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Handling the prediabetes burden: The way forward

India's fastest growing disease, diabetes, was recorded in 72 million cases in the year 2017, making India account for 49% of the world's diabetes burden. Diabetes prevalence has increased by 64% across India in the last 25 years, reports the Indian Council of Medical Research (ICMR), November 2017. The prevalence of Prediabetes or Impaired Glucose Tolerance (IGT) is 1.4 times higher than the diabetes prevalence of 7.3%, reported by the ICMR INDIA B study of 57,117 adults over 20 years from 14 states and the Union Territory of Chandigarh. It was observed that low diabetes prevalent states (4.3%) such as Bihar, had a higher prevalence of Prediabetes (10%) indicating an expected rise in diabetes in the next decade. There is sufficient evidence supporting the "Asian Phenotype" in diabetes, which is characterized by early onset, higher risk even at low BMI, higher abdominal adiposity, higher CVD in South Asia and stroke in East Asia. Researchers have shown that lifestyle interventions may decrease the risk of prediabetes progressing to diabetes for as long as 10 years. The benefits of long-term diet and exercise intervention to prevent diabetes was shown in the Chinese Da Quing study of more than 500 IGT subjects. The Finnish Diabetes Prevention Study also demonstrated a 58% reduction in the progression from IGT to diabetes with intense lifestyle changes. During Preventive health screening, routinely done in many hospitals across India we find many cases of IGT/ Prediabetes. These patients are counselled about diet as well as therapeutic lifestyle changes and weight management that could prevent diabetes. It is often observed that there is lack of follow up in this segment. A better follow-up, constant motivation

and monitoring not only helps in establishing the lifestyle changes, but also in sustaining these on a long-term basis. This presentation would throw light on how therapeutic lifestyle changes, if closely followed up by the dietitians/wellness consultants, can prevent IGT patients from becoming diabetics. We have an ongoing study where we follow-up with the Prediabetic patients in our hospital for a span of three months with interventional intensive therapeutic lifestyle changes, the results of which will be discussed in this presentation. This study gives scope for further research on the duration of follow-up required to sustain the change and the barriers faced in implementing these lifestyle changes in the community. As compared to a standard lifestyle advice, an intensive therapeutic lifestyle change, with periodic follow-up would help in the prevention of diabetes.

Speaker Biography

Uthara Upadhrashta is a registered dietitian in India. She graduated in food science and nutrition from Sri Sathya Sai Institute of Higher Learning, Anantapur. She holds a post graduate certificate in practical diabetology conducted by Steno Diabetes Research centre, Denmark. She is also a certified diabetes educator from the Christian Medical College, Vellore-under project HOPE, recognized by the International Diabetes Federation. She is a clinical dietitian and has completed 21 years of clinical nutrition practice in various multi-specialty hospitals in India. She has actively participated in national and international conferences and currently pursuing research on lifestyle risk factors and coronary artery disease, she works with a passion to advocate nutrition therapy in various clinical conditions, both in the hospital as well as in the community. She is the chief dietitian at SIMS Hospital (SRM Institutes for Medical Science), India.

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