



CAPSTONE
OBESITY DIABETES &
ENDOCRINE SCIENCES

under the aegis of



September 23 24

META DIABETES



Hotel Apollo Dimora Thiruvananthapuram

3 CME
CREDIT
HOURS

www.codeskowdiar.com





Dear friends,

Welcome to META-DIABETES 2023

It is our privilege to welcome you all to the third edition of our annual diabetes update “**META-DIABETES 2023**”, a scientific event organised by **CAPSTONE Obesity Diabetes & Endocrine Sciences** under the aegis of **Travancore Wellness Research Society**. This program is intended to give you an insight in to the recent updates in the field of obesity, diabetes and metabolic disorders. Apart from clinically relevant lectures, we have included a **panel discussion**, **meet-the-professor**, **quiz program**, **live diabetic foot workshop** and an **interactive & practical workshop on customised dietary management in diabetes** in this CME. We request you to block the date in advance and be a part of this scientific feast.

Kindly register your name using the Registration Link below

to register:  www.codeskowdiar.com/event-registration/

Organising team

Chairman : Dr Aneesh Ghosh MS
Secretary : Dr Tittu Oommen

Scientific Committee

Chairman : Dr Jabbar PK
Advisors : Dr Mathew John
Dr Thushanth Thomas
Dr Soumya S
Dr Karthik V

FACULTY

Dr A. Vimala, Thiruvananthapuram
Dr Abhilash Nair, Kollam
Dr Ajaiyakumar, Parassala
Dr Ajish TP, Kollam
Dr Akhil Krishna, Thiruvananthapuram
Dr Anantharaman, Bengaluru
Dr Anish Ahmed, Calicut
Dr Anulekha Mary John, Kottayam
Dr Arpandev Bhattacharya, Bengaluru
Dr Arun B Nair, Thiruvananthapuram
Dr Aswini Kumar, Thiruvananthapuram
Dr Belinda George , Bengaluru
Dr Bobby K Mathew, Kochi
Dr C. Rajasekharan, Thiruvananthapuram

Mrs. D Soly James, Kochi
Dr D. Thankom MD, Thiruvananthapuram
Dr G Vijayakumar, Pandalam
Dr George Koshy, Thiruvananthapuram
Dr Girish P, Kochi
Dr Karthik V, Thiruvananthapuram
Dr P K Jabbar, Thiruvananthapuram
Dr Jagdish Chandran, Thiruvananthapuram
Dr Jayan C, Thiruvananthapuram
Mrs. Jaziya, Thiruvananthapuram
Dr Jothydev Kesavadev, Thiruvananthapuram
Dr M.S. Sunil, Thiruvananthapuram
Dr Mahesh Sukumaran, Thiruvananthapuram
Dr Mathew John, Thiruvananthapuram
Dr Nandakumar G, Thiruvananthapuram
Dr Naseer Ali, Calicut
Dr Nisha Bhavani, Kochi
Dr Philip Finny, Thiruvalla
Dr Pk Jabbar, Kottayam

Dr Prasanna Kumari B, Thiruvananthapuram
Dr Rajmohan L, Thiruvananthapuram
Dr Rakhee V Nair, Thiruvananthapuram
Dr Rebecca Kuriyan Raj, Bengaluru
Dr Riyas RS, Thiruvananthapuram
Dr S. Thankom MD, Thiruvananthapuram
Dr Sasikumar V, Thiruvananthapuram
Dr Sathi M Pillai, Thiruvananthapuram
Dr Sibi NS, Thiruvananthapuram
Dr Soumya. S, Thiruvananthapuram
Dr Sreejith N Kumar, Thiruvananthapuram
Dr Sreenath S, Thiruvananthapuram
Dr Susheela B Nair, Thiruvananthapuram
Dr Thushanth Thomas, Thiruvananthapuram
Dr Tony, Thiruvananthapuram
Dr Unnikrishnan R, Parassala
Dr Vini Vivek, Thiruvananthapuram
Dr Vishad Vishwanathan
Dr Vishnu Vasudevan, Perinthalmanna

HYPOGLYCEMIA SYMPOSIUM | 06.00 PM - 07.20 PM

Beta Theatre

23/09/2023 SATURDAY

SPEAKER

Hypoglycemia: The Unmet Needs and Solutions- A Case Based Discussion (**15+5** mts)

Dr Akhil Krishna MD, DM
Thiruvananthapuram

Hypoglycemia-Associated Autonomic Failure- Bench to Bedside Approach for Better Patient Care (**15+5** mts)

Dr Karthik V MD, DM
Thiruvananthapuram

Time in Range: Calculations and Clinical Implications (**15+5** mts)

Dr Thushanth Thomas MD, DM
Thiruvananthapuram

Hypoglycemia and Cardiovascular Risk: What Do We Know? (**15+5** mts)

Dr Mathew John MD, DM
Thiruvananthapuram

CHAIRPERSON

Dr Sasikumar V MD, DM
Thiruvananthapuram

Prof PK Jabbar MD, DM
Kottayam

Prof Arpandev Bhattacharya MD, DM
Bengaluru

Dr Sasikumar V MD, DM
Thiruvananthapuram

MEET THE PROFESSOR | 07.20 PM - 09.00 PM

29-year-old Man with Hypoglycemia

Dr Archana MP
Dept. of Endocrinology
Govt. Medical College
Thiruvananthapuram

67- year-old Lady having Diabetes of 13 years with Recurrent Hypoglycemia

Dr Ashwin Valliyot
Dept. of Endocrinology
Govt. Medical College
Thiruvananthapuram

13-year-old Girl with Recurrent Hypoglycemia

Dr Thushanth Thomas MD, DM
Thiruvananthapuram

Prof. PK Jabbar MD, DM
Kottayam

Prof Arpandev Bhattacharya MD, DM
Bengaluru

Dr Nisha Bhavani MD, DNB
Kochi

OBESITY SYMPOSIUM | 09.00 AM - 09.40 AM

Alpha Theatre

24/09/2023 SUNDAY

SPEAKER

Why do We Need India Specific
Obesity Guidelines ? (15+5 mts)

Dr Tony MD, DM
Thiruvananthapuram

Glucocentric to Adipocentric Approach:
A Paradigm shift in Type 2 DM
Management (15+5 mts)

Dr Girish P. MD, DM
Kochi

CHAIRPERSON

Dr Sibi NS MD | Thiruvananthapuram
Dr Sreenath S MD

Inauguration: 9.45 AM

PANEL DISCUSSION | 10.00 AM - 10.30 AM

PANELISTS

Tricks and Tips Towards Diabetes Remission
(30 mts)

Dr Abhilash Nair MD, DM
Kollam

Prof Ajaiyakumar MS
Thiruvananthapuram

Dr Rebecca Kuriyan Raj MSc, MPhil, PhD
Bengaluru

Dr Unnikrishnan R DPMR, DNB
Thiruvananthapuram

MODERATOR

Dr Sreejith N Kumar MD
Thiruvananthapuram

GDM SYMPOSIUM | 10.30 AM - 11.10 AM

Pre-Conception Care in Young Type 2
DM: Challenges & Solutions **(15+5 mts)**

SPEAKER

Dr Belinda George MD, DM
Bengaluru

Gestational Diabetes – When to Screen and
Which Cut-off to Adopt?: A Pragmatic Approach
(15+5 mts)

Dr Anantharaman MD, DM
Bengaluru

CHAIRPERSON

Dr Sathi M Pillai MD
Dr Prasanna Kumari B MD
Thiruvananthapuram

CARDIO-RENAL SYMPOSIUM | 11.15 AM - 12.35 PM

Autonomic Bladder: Evaluation and
Management **(15+5 mts)**

SPEAKER

Dr A Vimala MD, DM
Thiruvananthapuram

Optimizing Target Organ Protection in
T2 DM with Effective Combination Therapy
(15+5 mts)

Dr Arpandev Bhattacharya MD, DM
Bengaluru

Targets for Intervention in Dyslipidemia in Diabetes
(15+5 mts)

Dr Naseer Ali MD, DM
Calicut

Risk Stratification, Prevention, Identification and
Management of Heart Failure Among Adults with
Diabetes **(15+5 mts)**

Dr George Koshy MD, DM
Thiruvananthapuram

CHAIRPERSON

Dr C. Rajasekharan MD
Dr Soumya. S MD, DM
Thiruvananthapuram

CONCEPTUAL SYMPOSIUM | 12.35 PM - 01.10 PM

Integrated Personalised Diabetes Management:
Are We There Yet ? (15+5 mts)

SPEAKER

Dr Vishnu Vasudevan MD, DM
Perinthalmanna

CHAIRPERSON

Dr Aswini Kumar MD
Dr Mahesh Sukumaran MD, MRCP
Thiruvananthapuram

Glucagon, from Past to Present: A Century of
Evolution (15+5 mts)

Dr Anantharaman MD, DM
Bengaluru

Lunch Break | 01.15 PM - 02.00 PM

APPLIED DIABETIC SYMPOSIUM | 02.00 PM - 02.20 PM

Musculoskeletal Manifestations in
Diabetes (15+5 mts)

SPEAKER

Dr Vishad Vishwanathan MD, DM
Thiruvananthapuram

CHAIRPERSON

Dr S. Thankom MD
Dr D. Thankom MD
Thiruvananthapuram

WORKSHOP ON DIABETIC FOOT & OFFLOADING WITH QUIZ

| 02.20 PM - 04.00 PM

This session deals with fundamentals of preventive foot care and proceeds with an approach to and management of trophic ulcer. Different therapeutic options and offloading techniques will be lucidly discussed with illustrations. We are arranging a live demo with the support of a patient.

QUIZ
on
Diabetic
FOOT

Dr G Vijayakumar MD
Pandalam

MODERATORS

Dr Jayan.C MS
Dr Jagdish Chandran MD (PMR)



SYMPOSIUM : Newer Trends | 10.00 AM - 11.40 AM**Beta Theatre****24/09/2023 SUNDAY**

	SPEAKER	CHAIRPERSON
Interactive Case Studies on Automated Insulin Delivery (15+5 mts)	Dr Anish Ahmed MD, DNB Calicut	Dr S Bhasi MD Dr Riyas RS MD, DM
Novel Insulins in T2 DM Management: Evolution Over Time (15+5 mts)	Dr Ajish TP MD, DM Kollam	
The dichotomy of insulin innovation & adoption (15+5 mts)	Dr P K Jabbar Thiruvananthapuram	
Optimizing Outcomes through Early Intervention- An Upstream Approach with Oral Semaglutide (35+5 mts)	Dr Bobby K Mathew Kochi	

SYMPOSIUM : Emerging Concepts | 11.40 AM - 01.00 PM

	SPEAKER	CHAIRPERSON
Newer Technologies in Effective Population Based Retinopathy Screening (15+5 mts)	Dr M.S. Sunil MS Thiruvananthapuram	Dr Susheela B Nair MS Thiruvananthapuram
Stress Management: A Strategic Tool in the Management of Diabetes Mellitus (15+5 mts)	Dr Arun B Nair MD Thiruvananthapuram	Dr Vini Vivek MD Thiruvananthapuram
Newer Therapies for Diabetes and Obesity (15+5 mts)	Dr Anulekha Mary John MD, Fellow (Endo) Thiruvalla	Dr S. Thankom MD Dr D. Thankom MD Thiruvananthapuram
Liver as an Endocrine Organ and Endocrine Target for Therapy (15+5 mts)	Dr Philip Finny MD, DNB Thiruvalla	
Application of Digital Interface in Diabetes (10+5 mts)	Dr Jothydev Kesavadev MD Thiruvananthapuram	

Lunch Break | 01.15 PM - 02.00 PM

APPLIED DIABETIC SYMPOSIUM | 02.00 PM - 02.20 PM

Skin and its Appendages in Diabetes:
Clinical Pearls (15+5 mts)

SPEAKER

Dr Rakhee V Nair DNB
Thiruvananthapuram

CHAIRPERSON

Dr Nandakumar G MD
Thiruvananthapuram

DIET WORKSHOP: INTERACTIVE SESSION | 02.20 PM - 04.00 PM

Here we have included interactive/ practical session on dietary management in diabetes. The program is structured to discuss / demonstrate all practical aspects of dietary management and help and equip clinicians with enough skills to oversee the dietary plan of their patients so as to get the best clinical outcome.

Dr Rebecca Kuriyan Raj MSc, MPhil, PhD
Bengaluru
Mrs. Soly James MSc
Kochi

CO-ORDINATOR
Mrs. Jaziya Msc
Thiruvananthapuram



**QUIZ
on
DIET**

BACK-END TEAM

Venue In-Charge

Dr Rakhee V Nair

Travel & Logistics

Mr Manoj

Registration

Vaishak S
Arun AR

Hall Supervisors

Mrs Anjana Das
Mrs Padma

Food & Beverages

Mr Vignesh

Compere Team

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Dr Chitra Pillai

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REGISTRATION

Please register using the link:
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CAPSTONE
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For Paid Registrations

	Upto 15 August 2023	Upto 15 September 2023	From September 16
Postgraduates	Nil	INR 1000/-	INR 1500/-
Paramedics	Nil	INR 1000/-	INR 1500/-
Medical Practitioners	Nil	INR 2000/-	INR 2500/-

For Online Payment :



UPI ID: codaeccopl049@fbl

CONFERENCE SECRETARIAT

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