



SPHERE

(Society for Prevention, Healthcare, Education and Research), Pune
In Collaboration With Novo Nordisk India & API Pune

Organizes

National Virtual Symposium on Women and Diabetes
Connecting the dots between Women and Diabetes



Sunday
20th December, 2020



Time
9:00 AM - 2:00 PM

MENTORS



Dr. Padmavati Menon
Endocrinologist
Mumbai



Dr. Premalata Varthakavi
Endocrinologist
Mumbai

ADVISORS



Dr. Sarita Bajaj
Endocrinologist
Prayagraj



Dr. Usha Sriram
Endocrinologist
Chennai



Dr. Sanjay Kalra
Endocrinologist
Karnal

ORGANIZING CHAIRPERSON



Dr. Vaishali Deshmukh
Endocrinologist
Pune

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MMC
ACCREDITATION
POINTS
AWAITED



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AGENDA

Time	Topic	Duration	Speaker
9:00 - 09:10 am	Welcome and Introduction	10 mins	 Dr. Paulami Deshmukh Pune  Dr. Vaishali Deshmukh Endocrinologist Pune
9:10 - 10:30 am	 Session 1 Diabetes- The Female Predicament Moderator: Dr. Shehla Shaikh		
9:10 - 09:20 am	Does biology of diabetes differ in women?	10 mins	 Dr. Jubin Jacob Endocrinologist Ludhiana
09:20 - 09:30 am	Psychosocial perspective of women with diabetes	10 mins	 Dr. Beena Bansal Endocrinologist Gurugram, Haryana
09:30 - 09:40 am	Implications for the treating physician when handling female patients with diabetes	10 mins	 Dr. Pramila Kalra Endocrinologist Bangalore
09:40 - 10:00 am	Panel discussion: WOMEN HEALTH IN INDIA: JOURNEY SO FAR Impact of : Region Culture Family types Matriarchal and patriarchal society Socioeconomic status Nutritional status Public health status	20 mins	 Dr. Padmavati Menon Endocrinologist Mumbai  Dr. Premalata Varthakavi Endocrinologist Mumbai  Dr. Sarita Bajaj Endocrinologist Prayagraj  Dr. Usha Sriram Endocrinologist Chennai  Moderator: Dr. Archana Juneja Endocrinologist Mumbai
10:00 - 10:15 am	CV Safety concerns in women with diabetes: Do diabetic complications vary in women?	15 mins	 Dr. AG Unnikrishnan Endocrinologist Pune



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10:15 - 10:25 am	Q & A	10 mins	 Dr. Shehla Shaikh Endocrinologist Mumbai
10:25 - 10:40 am	Case depicting gender differences in all aspects of diabetes: Duologue	15 mins	 Dr. Deep Dutta Endocrinologist Delhi  Dr. Aishwarya Krishnamurthy Endocrinologist Noida  Case Presenter: Dr. Kriti Kalra Karnal
10:40 - 11:50 am	 Session 2 Women and diabetes: PREGNANCY PLANNING Moderator: Dr. Usha Shriram		
10:40 - 10:55 am	Pregnancy planning and counselling in normal women with a family history of diabetes.	15 mins	 Dr. Sushil Jindal Endocrinologist Bhopal
10:55 - 11:10 am	Re-modelling the future: Intensifying preconceptional control for better future	15 mins	 Dr. Anjana Bhan Endocrinologist Delhi
11:10 - 11:25 am	FAQs on Gestational Diabetes Mellitus: Tighter control matters (focus on guidelines and targets and newer monitoring strategies)	15 mins	 Dr. Belinda George Endocrinologist Bangalore
11:25 - 11:35 am	Panel discussion with Q & A	10 mins	 All faculty moderated by Dr. Usha Shriram Endocrinologist Chennai
11:35 - 11:50 am	DM and pregnancy case Trimester wise management.	15 mins	 Dr. Neelveni K. Endocrinologist Hyderabad  Dr. Jayashree Gopal Endocrinologist Chennai  Dr. Indira Maisnam Endocrinologist Kolkata  Case presenter: Dr. Salomie Shaikh Mumbai



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11:50 - 01:00 pm	 Session 3 Newer therapies to address the challenges Moderator: Dr. Ameya Joshi		
11:50 - 12:10 pm	Severe hypoglycaemia and risk of MACE- Revisiting Insulin CVOTs	20 min	 Dr. Sarita Bajaj Endocrinologist Prayagraj
12:10 - 12:30 pm	Attaining treatment goals in T2DM: A 2 in 1 solution for Indian realities	20 mins	 Dr. Vaishali Deshmukh Endocrinologist Pune
12:30 - 12:50 pm	Empowering women with convenience Does antidiabetics affect differently	20 mins	 Dr. Sanjay Kalra Endocrinologist Karnal
12:50 - 01:00 pm	Panel Discussion with Q & A	10 mins	 All faculty moderated by Dr. Ameya Joshi Endocrinologist Mumbai
01:00 - 02:00 pm	 Session 4 LIVING WITH DIABETES Moderator: Dr. Gagan Priya		
01:00 - 1:20 pm	Does lifestyle management differ in both sexes? <ul style="list-style-type: none"> • Diet differences in both genders: Fad diets. • Diet advice given to diabetic women by a diabetologist • Exercise and lifestyle issues in women • Mind health differs in women? • Dealing with Depression • How to comply with lifestyle in COVID times • Does footcare matter and differ 	20 mins	Panel Does lifestyle management differ in both sexes? <div>  Dr. Emmy Grewal Endocrinologist Chandigarh </div> <div>  Dr. Tejal Lathia Endocrinologist Mumbai </div> <div>  Dr. Parjeet Kaur Endocrinologist Gurugram, Haryana </div> <div>  Dr. Chitra Selvan Endocrinologist Bangalore </div> <div>  Dr. Shweta Budhiyal Endocrinologist Mumbai </div>

DIABETES TEAM ROLE PLAY












Dietician/
Exercise Trainer/
Psychologist/
Educator/ Nurse/
Podiatrist



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01:20 - 1:50 pm Doctor Patient Consultation	Am a diabetic woman and want to <ul style="list-style-type: none">• Party with my school friends annually and still look slim and fit• Eat in a 5star hotel for dinner Sunday night .• Am overstressed at work and hardly get time for lunch in a busy OPD• Want to fast for Navratri• Have pain when I exercise, so lazy about it• I am on dialysis and don't want to take insulin /GLP-1 injection and injections for osteoporosis• Don't want pregnancy, what contraceptive should I use?	30 mins	Panel Doctors  Dr. Sambit Das Endocrinologist Bhubaneswar  Dr. Jayashree Shembalkar Endocrinologist Nagpur Diabetic Patients:  Dr. Arundhati Dasgupta Endocrinologist Siliguri, West Bengal  Dr. Shruti Chandrashekhar Endocrinologist Chennai  Dr. Abhamoni Baro Endocrinologist Guwahati  Dr. Geeta Aurangabadkar Endocrinologist Narayanguda, Hyderabad.  Dr. Kanchan Kewalramani Endocrinologist Mumbai  Dr. Nalini Kopalle Endocrinologist Hyderabad Compere:  Dr. Paulami Deshmukh Pune
01:50 - 02:00 pm	Q & A	10 mins	All faculty moderated by  Dr. Gagan Priya Mohali Endocrinologist
	Conclusion and Vote of thanks	05 mins	 Dr. Vaishali Deshmukh Endocrinologist Pune