



Divecha Centre for Climate Change
INDIAN INSTITUTE OF SCIENCE
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SEMINAR NOTICE

Title: "Reversal Of Diabetes Myth or Reality".

Speaker: : Dr. V. MOHAN, M.D., FRCP (London, Edinburgh, Glasgow & Ireland), Ph.D., D.Sc (Hon. Causa), FNASc, FASc, FNA, FACE, FACP, FTWAS, MACP, FRSE
Chairman & Chief of Diabetology,
Chairman, Dr. Mohan's Diabetes Specialities Centre & President & Chief of Diabetes Research, Madras
Diabetes Research Foundation, Chennai, India

Date: 25/11/2021

Time: 5.00 PM - 6.30 PM

Venue: Online using MS Teams

Speaker Bio:-

Dr. V. Mohan is Chairman and Chief of Diabetology at Dr. Mohan's Diabetes Specialities Centre at Chennai in South India which is an IDF Centre of Excellence in Diabetes Care. Dr. Mohan oversees a chain of 50 diabetes centres across 8 states of India and has over 540,000 registered diabetes patients in his centres. He is also President and Director of the Madras Diabetes Research Foundation which is Asia's largest stand-alone diabetes research centre. Deeply interested in research from his undergraduate medical student days, Dr. Mohan has published 1429 papers in peer reviewed journals. This includes 915 original articles, 330 review articles and invited editorials and 175 chapters to text-books on Diabetes. His research has attracted over 159,000 citations and has a 'h index' of 139. Dr. Mohan was ranked among Top 2% of Scientists in the World and highest ranked Scientist in Tamilnadu by Stanford University and among top 0.1% of researchers in type 2 Diabetes by Expertscape (Pubmed).

Dr. Mohan has trained a large number of physicians & diabetologists in addition to Nurses, Educators and received over 200 awards including the prestigious Dr. B.C. Roy National Award by the Medical Council of India and the Dr. B. R. Ambedkar Centenary Award, the highest award for Biomedical research given by the ICMR. He was conferred the Dr. Harold Rifkin Distinguished International Service in the Cause of Diabetes Award by the American Diabetes Association and he is the first Indian to receive this award. Recently he has been conferred FRS from the Royal

Society of Edinburgh. For his extensive contribution in the field of diabetes, in 2012 Dr. Mohan was awarded Padma Shri by the Govt. of India. Dr.Mohan's autobiography 'Making Excellence a Habit: The Secret to Building a World-Class Healthcare System in India' published by Penguin India, is a best seller.

Abstract :-

Diabetes has always been considered a chronic, progressive, irreversible, lifelong condition. Indeed, in most cases it is. Some forms of diabetes like type 1 diabetes are, indeed, not reversible, at least for now. However, evidence is accumulating that the commonest form of diabetes in the world, and in India – type 2 diabetes, which comprises over 90% of all cases of diabetes, 'Reversal', more correctly called, 'Remission' is a possibility. According to the latest definition of the American Diabetes Association (ADA) published recently, anybody who had diabetes earlier and was treated with either insulin and/or oral antidiabetic agents and subsequently was able to stop all antidiabetic medicines is considered to be in a 'Remission' stage of diabetes. This occurs mainly from weight loss and Caloric restrictions.

Apart from the situations outlined above, reversal of diabetes occurs in several other situations. Thus, stress induced diabetes, drug induced diabetes (eg. steroids given as part of Covid-19 treatment) and gestational or pregnancy associated diabetes are known to revert to normal later. The measures needed to achieve reversal of type-2 diabetes resources are a) People with normal glyeosolated hemoglobic level (HbA1C), b) Normal weight, c) Normal C peptide level, d) Shorter duration of onset, e) Enthusiastic personality. The details will be discussed during the talk.

ALL ARE WELCOME