

Divecha Centre for Climate Change, IISc.
Lakeside Education Trust
International Pediatric Association, Geneva

World Diabetes Month

Thursday 28th November 2024 Time: 4.00 PM – 5.00 PM (IST)

Auditorium DCCC IISc. - 3.30 PM to 4.00 PM High Tea

Timings	Agenda	Faculty
4:00 PM– 4:05 PM	Welcome Speech	Prof. S.K Satheesh / Prof. J Srinivasan
4.05 PM – 4.10 PM	Introduction of the subject and the speaker	Prof. D r. H. Paramesh
4:10 PM– 4:50 PM	"Relation of Environmental Diabetes and Its Reversal"	Dr. Sudha Tinaikar Consultant Diabetologist Bangalore
4:50 PM –5:00 PM	Q & A / Remarks by Moderator Vote of thanks Group picture of participants	Prof. Dr. H Paramesh

Prof. Dr. H Paramesh
Organiser
Visiting Physician Scientist DCCC IISc.
Chairman Lakeside Education Trust
Co-Chairman IPA on Environmental Health and Climate Change



Divecha Centre for Climate Change
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DCCC Seminar

Title: "Environmental Influences on Diabetes Mellitus"

Speaker: Dr. Sudha Tinaikar,
MBBS; MD, MBA (Hospital Admn)
Bengaluru

Date: 28th November 2024 (Thursday)

Time: 4:00 - 5:00 PM

Venue: DCCC Auditorium, 2nd Floor, D314.

Coffee/Tea: 3.30 - 4.00PM

Speaker Bio:

Dr. Sudha Tinaikar, MBBS; MD (Internal Medicine) Bengaluru, MBA (Hospital Admn), Canadian School Symbiosis Pune. Post graduate diploma in Medical Law and Ethics in National Laws School Bangalore and Course on General Counselling. She worked as Assistant professor of Internal Medicine at BR Ambedkar medical college, Bangalore, attached to the Bowring Hospital, Bangalore from 1984 to 2002. Worked as a Consultant in Internal Medicine and Diabetology in Lakeside Medical centre, Bangalore for 10 years, worked as clinical coordinator at Columbia Asia referral hospital.

She is in private practice in Internal Medicine and Diabetology since 1984, Most of her clinical practice involves patients with diabetes and other Internal Medicine disorders, specially focused on:

Diabetes in Pregnancy, Systemic and metabolic disorders in Pregnancy, Post partum medical disorders, post-menopausal medical disorders such as osteoporosis and other metabolic diseases, Polycystic Ovarian Disease (PCOD) is another disorder in women treated by me. She has been a speaker in medical meetings, teaching programmes and conferences. Teaching is passion and her students who are now consultants themselves, remember her as a very good teacher even today!

She writes on medical and social issues for some private magazines and newsletters.

Abstract:-

The burden of Diabetes Mellitus, especially the Type 2 is rising globally. Its impact is felt more in a country like India where the health care system and the economy of the affected population are unable to bear this rising burden. This disorder has a strong interplay of genetic and environmental factors. In countries like ours which are westernizing at a rapid rate, there are many environmental triggers which bring about clinical diabetes in much younger populations.

Though we have a growing number of options in the treatment of diabetes and its complications, more and more stress now is on preventing, delaying or even reversing the disorder. In this direction, a deeper understanding and manipulation of the environmental factors become very critical. This is a very vast subject, and extensive work has been done on the various environmental influences starting from diet patterns to environmental pollutants. I would like to introduce the environmental influences on clinical manifestation and management of Type 2 DM.

Interestingly Type I DM has also been shown to be influenced to quite an extent by the environmental factors which will be also dealt with passing reference. In the limited time frame, we will be able to deal with only the most important aspects of the said influences on this important lifestyle disorder.

All are welcome!