



DEL PRATO STRESSES EARLY UNCOMPROMISED INSISTENCE IN THE MANAGEMENT OF DIABETES

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The much-anticipated dinner symposium with Prof. Stefano Del Prato, the Chief of Diabetes and Metabolic Diseases at the University of Pisa in Italy and a world-renowned endocrinologist in the area of diabetes, was held at the Grand Ballroom of the New World Renaissance Hotel in Makati on November 7, 2009.

The symposium, which carried with it the theme “The Changing Landscape in the Early Aggressive Treatment of Type 2 Diabetes,” was jointly sponsored by the Philippine Society of Endocrinology and Diabetes and Merck Sharp & Dohme Philippines.

Professor Del Prato started by sharing three very important points in the management of diabetes: (1) Start early, (2) Individualize therapy, (3) Don't get too glucocentric. He stressed that in the management of diabetes, doctors tend to have clinical inertia, i.e., several months pass before the clinician intensifies his therapy. This tends to produce a “negative legacy” in which the poor glycemic control early in

the course of diabetes leads to micro- and macro-vascular complications in subsequent years that will be hard to reverse.

All the participants intently listened as Dr. Del Prato walked them through the different considerations that must be made if diabetes will be aggressively treated very early, using evidences from the different landmark studies.

Prof. Del Prato ended his scholarly discussion with five take home messages: (1) Aim at near normal glycemic control, (2) Adopt an uncompromised therapeutic insistence, (3) Consider the pathophysiologic basis of therapy (insulin resistance and beta-cell failure), (4) Individualize therapy reducing hypoglycemic risk, and (5) Treat promptly all cardiovascular risk factors.

A lively open forum followed the talk with the help of the reactions from Dr. Gabriel Jasul, secretary of PSEM and Dr. Sjoberg Kho, the treasurer of PSEM. The symposium was moderated by Dr. Nemencio Nicodemus Jr.

Cash Donation

The Philippine Society of Endocrinology and Metabolism (PSEM) and Merck Sharp and Dohme (MSD) turned over a cash donation to the ABS-CBN Foundation, Inc. to provide assistance to fellow Filipinos who were affected by typhoon Ondoy and Pepeng. These three organizations are partners in the “Diabetes-On-Air Academy” which is an advocacy to educate listeners to help prevent this debilitating disease. In lieu of a culminating event, the organizers agreed to channel

the resources to helping the victims of the recent calamities. Shown in photo are (from left): Karen Villanueva (external affairs director, MSD), Tina Monzon-Palma (executive director, ABS-CBN Foundation, Inc.), Dr. Gabriel Jasul, Jr., (secretary, PSEM), and Marco Bautista (senior product manager, MSD).

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