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## Novel approaches to the management of type-2 diabetes: An overview

India as the diabetes capital of the world has over 65 million diabetics and an equal number of pre-diabetics. In spite of the fact that large numbers of individuals are at risk, 30-80% of the individuals in India are not diagnosed and are therefore, left untreated. In a recent study Lifespan (www.lifespanindia.com), India, screened over 3500 individuals working at Siemens's India, using their R.I.S.C (Report on Insulin Sensitivity and Control) diagnostic platform and found that over 13% of the subjects were pre-diabetics. This large pre-diabetic population, which is "at risk" for developing diabetes, are not aware of their risk for developing this chronic disease and therefore, are not under any risk management programs. Using the same R.I.S.C platform after studying over 10,000 subjects, they found that over 80% of the diabetics are "at risk" for cardiovascular complications. Their R.I.S.C test of over 8,000 subjects also showed that 63% of this "cohort" was "at risk" for developing retinopathy. Although this diagnosis platform was developed in USA and has been in use worldwide as TM-Oxi (LD-technologies, Miami, Florida: www.ldteck.com. Furthermore, using data from larger clinical studies and using altered algorithms better risk profiling and risk prediction scores can be obtained in R.I.S.C, tests. In this overview, we will present the novelty of this non-invasive diagnostic technology and share our findings.

## **Biography**

Gundu H.R. Rao is an Emeritus Professor at Laboratory Medicine and Pathology, Director Thrombosis; Lillehei Heart Institute, University of Minnesota. Founder CEO, South Asian Society on Atherosclerosis and Thrombosis.

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