

# 5<sup>th</sup> World Congress on **Diabetes & Metabolism**

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## Non-traditional approaches for management of cardio metabolic risks

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Modern medicine has failed to reduce or prevent the rapid increase in Cardio-Metabolic Disorders worldwide. According to experts at NIH/USA, the disease driven approach to care, has resulted in spiraling costs, as well as a fragmented health system. Current Diagnostic methodologies identify “at risk” patients at a point that it is too late, to account for the damage already caused by underlying pathologies. For instance, if we consider the type-2 diabetes detection, monitoring standards such as HbA1c, fasting plasma glucose, aid in identifying irregular blood glucose in circulating blood. However, using these markers would result in management of just palliative treatment of the disease and its symptoms and the damage already done is not reversible. We at IPC Heart Care Center, Mumbai, feel that early detection of the underlying pathologies, and effective management of the observed lesions or dysfunctions, is the best choice for reducing the health care costs. Non-invasive methods are available, to monitor blood glucose, autonomic and peripheral sympathetic neuropathy, endothelial dysfunction and 3D imaging of carotid artery. We have screened over 1200 subjects, using this technology (TM-Oxi), in our clinics in Mumbai. Use of such technology has identified autonomic, sudo-motor and endothelial dysfunction reliably, to distinguish diabetic populations from non-diabetic subjects. We will present an overview of our work at Mumbai, India.

### Biography

Gundu H R Rao is an Emeritus Professor at the Lillehei Heart Institute, University of Minnesota. He has over 350 peer-reviewed publications. He is on the advisory board of many preventive cardiology journals. He is the founder CEO of SASAT and International Society for Prevention of Atherosclerosis and Thrombosis.

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