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What is and what is not - type 2 diabetes

Albeit diagnosed and defined as a “primary sugar disease of the adult”; i.e., also as namely a disease of the carbohydrate metabolism by most authors; so called type 2 diabetes mellitus should be better defined as a “No Man’s Land” state of disease in adults, at most diagnosed by a fasting glycaemia equal or higher than 126 mg/dL, and why this reality? Because in a global epidemic, which is badly out of control, among other reasons there is not much time to loose. So let’s get into some facts! Despite all controversies surrounding the etiology, pathogenesis, and therapeutic roles for hyperglycemia in type 2 diabetes mellitus, new anti-hyperglycemic drugs are still getting into the market at a high speed, due to the overconfidence in HbA1c as a surrogate outcome for microvascular complications; albeit all large recent randomized clinical trials and meta-analysis have shown that trying to achieve glycemic levels close to the normal range did not reduce the most clinically important microvascular or macro-vascular hard endpoints as end-stage renal disease, vision loss, stroke, cardiovascular and total mortality, with the added harm of substantial increase in the number of hypoglycemic episodes, and even death rates. If glucose or HbA1c were good surrogate disease markers, then why there is increased mortality in the ACCORD trial and the recent rosiglitazone saga, among other anti-hyperglycemic drugs? The above, among other core issues, will be covered during the presentation.

Biography

Jose Mario Franco De Oliveira is an Associate Professor of Medicine in the Department of Medicine at the Universidade Federal Fluminense, in the State of Rio de Janeiro, Brazil. He is also one of the Deputy Editors for Diabetes of the *British Medical Journal*. He has published a number of papers and has served as a reviewer and has author for many prestigious medical journals like *Hypertension*, *American Journal of Hypertension*, *Journal of the American Society of Nephrology*, *British Medical Journal* and *New England Journal of Medicine*. His main interests are in the clinical research of Diabetes and Hypertension. He is a Certified Preventive Cardiologist, Nephrologist, and Adult Intensive Care Unit Physician. He was a Post-doctoral Clinical and Research Fellow at the Endocrinology-Hypertension-Diabetes division at Harvard Medical School, in Boston, USA.

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