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“The times they are-a-changin’”: High intelligence diabetes treatment

Since this masterpiece of Bob Dylan created in 1964, when diabetic end-organ failures like visual blindness and neuropathy were much more common than today, the traditional therapeutic viewpoints have been the rule rather than the exception. The published results of the UKPDS the reduction of HbA1c levels has been the universal, and even more than that, ubiquitous paradigm in clinical guidelines, in older times for macrovascular diabetic complications and in the more recent times for microvascular diabetic complications. This overconfidence in the reliability of “safe” HbA1c levels, unfortunately, has increased over the last decades the frequency of severe hypoglycemic episodes, a high speed delivery into the market of unsafe new anti-diabetic drugs, forgetting about the endpoints that mostly matter to the diabetic patient survival and quality of life based on each day shorter and biased clinical trials. The purposes of this talk will be to explain for the audience; the concepts of a soft, a hard, and a surrogate outcome in the clinical spectrum of diabetes; and the relevance of highly intelligent strategies for diabetes therapeutics.

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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