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What it is and what it is not - Type 2 diabetes mellitus**Jose Mario F De Oliveira**

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Albeit diagnosed and defined as a “sugar disease of the adult”; i.e., namely a disease of the carbohydrate metabolism by mostly 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, in the majority of cases, a fasting glycemia equal or higher than 126 mg/dL. And Why That? Because in a global epidemic, which is badly out of control, there is not much time to lose. So let’s get into some facts! Despite all controversies surrounding the etiology, pathogenesis, and therapeutic roles for hyperglycemia in type 2 diabetes mellitus, newer anti-hyper-glycemic drugs are still getting onto the market at a high speed, due to the overconfidence in HbA1c as a surrogate outcome for micro-vascular 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 micro-vascular or macro-vascular hard endpoints as end-stage renal disease, vision loss, cardiovascular and total mortality, with the added harm of substantial increase in the number of hypoglycemic episodes, and even death rates. Is it not too soon for us to forget about the rosiglitazone saga? The above, among other core issues, will be covered in our talk.

Biography

Jose Mario F De Oliveira is an Associate Professor of Medicine in the Department of Medicine of 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 served as a reviewer or author and co-author for many prestigious medical journals like “Hypertension”, “The American Journal of Hypertension”, “The Journal of the American Society of Nephrology”, “The British Medical Journal”, and the “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. Finally, he was a Post-Doctoral Clinical and Research Fellow at the Endocrinology-Hypertension-Diabetes Division of the Brigham & Women’s Hospital at Harvard Medical School, in Boston, USA and is one of the two authors of the recent electronic Diabetes e-book published and edited by The British Medical Journal for all doctors world-wide.

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