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The meanings of the “soft”, “hard” and the “surrogate” outcomes in the diabetes spectrum: Implications for treatment and prognosis**Jose Mario F De Oliveira**

Universidade Federal Fluminense, Brazil

Since 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 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 onto 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 days 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 their clinical relevance to treatment and prognosis.

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.

jmariofranco@gmail.com**Notes:**