



*Asia Pacific*

**CODHy**

The 1<sup>st</sup> Asia Pacific Congress on  
**CONTROVERSIES TO CONSENSUS IN DIABETES,  
OBESITY AND HYPERTENSION**

Diabetes

obesity

Hypertension

Shanghai • China • June 2-5, 2011



**FIRST ANNOUNCEMENT**

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# Dear Friends and Colleagues,

We are proud to announce that the **1<sup>st</sup> Asia Pacific Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy)** will take place in Shanghai, China on June 2-5, 2011.

The success of the 1<sup>st</sup> and 2<sup>nd</sup> World CODHy Congresses, which took place in Europe, paved the way for the 1<sup>st</sup> locally oriented CODHy Congress, which was held in Buenos Aires in 2010.

The 1<sup>st</sup> Latin America CODHy Congress was a vibrant academic event with a regional focus and attracted approximately 2000 participants from 52 countries.

Academically, the 1<sup>st</sup> Asia Pacific CODHy Congress will raise the most dynamic and controversial topics facing clinicians in the fields of Diabetes, Obesity and Hypertension in an exciting debate forum. The Congress will promote excellence in these fields by seeking to shed light on ongoing and challenging debates and to bridge gaps between the expansion of information and its consolidation in clinical practice.

Allowing ample time for speaker-audience discussion, the Congress aims at reaching up-to-date and agreed-upon answers to ongoing debates even when data remains limited, through evidence-based medicine and expert opinion. Participants will have the opportunity to take part in this vibrant meeting which will facilitate discussions on the shared experiences and opinions of leading local and international experts.

The 1<sup>st</sup> Asia Pacific CODHy Congress will emphasise issues related to the region in terms of epidemiology, genetics, diagnostics, typical complications and distinctive responses to treatments.

Many of the Faculty members will be local in order to facilitate the involvement of a large number of participants in the debates and to discuss typical regional problems.

We invite you to participate in the 1<sup>st</sup> Asia Pacific CODHy Congress in Shanghai.

*Sincerely,*

Prof. **Markolf Hanefeld** • Prof. **Guang Ning** • Prof. **Itamar Raz** • Prof. **Shaukat M. Sadikot**

*Co-Chairpersons*

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# PRELIMINARY SCIENTIFIC PROGRAM

*Friday, June 3, 2011*

	HALL A	HALL B	HALL C
08:30-10:00	<b>PLENARY SESSION 1 FUTURE THERAPY</b> <ul style="list-style-type: none"> <li>• Diabetes in Asia – Is it only the beta cell?</li> <li>• Diabetes prevention vs. early diagnosis in Asia and worldwide</li> <li>• Recent trial to prevent CV disease: Is this the answer or has it created more questions?</li> <li>• Metabolic benefits of incremental weight loss/ The role of insulin resistance</li> </ul>		
10:00-10:30	<i>Coffee Break</i>		
10:30-12:00	<b>SESSION 2 DIABETES THERAPY- FOCUS ON ASIA</b> <ul style="list-style-type: none"> <li>• First line therapy - Glucosidase INH and Sulfonylurea vs. Metformin <i>Glucosidase INH and Sulfonylurea / Metformin</i></li> <li>• Second line therapy - GLP1 / DPP4 INH vs. Secretagogue / Insulin <i>GLP1 / DPP4 INH: Secretagogue / Insulin:</i></li> </ul>	<b>SESSION 6 HYPERTENSION CONTROVERSIES</b> <ul style="list-style-type: none"> <li>• The risk of hypertension in diabetic patients</li> <li>• Should we change the target blood pressure in diabetic patients? <i>Yes / No</i></li> <li>• Should we avoid antihypertensive drugs that increase glucose levels? <i>Yes / No</i></li> </ul>	<b>SESSION 10 CARDIOMETABOLIC RISK ASSESSMENT AND METABOLIC SYNDROME CONTROVERSIES</b> <ul style="list-style-type: none"> <li>• Drug therapy for Pre Diabetes <i>Yes / No</i></li> <li>• Sacropeic Obesity and metabolic syndrome</li> </ul>
12:00-12:10	<i>Technical Break</i>		
12:10-13:00	<b>SESSION 3 MEET THE PROFESSOR</b> <ul style="list-style-type: none"> <li>• Quality control in Asia: Diabetes Obesity Hypertension</li> </ul>	<b>SESSION 7 MEET THE PROFESSOR</b> <ul style="list-style-type: none"> <li>• Novel therapy for GDM in Asia</li> <li>• Diabetes and Alzheimer</li> </ul>	<b>SESSION 11 MEET THE PROFESSOR HYPERTENSION</b> <p>Resistant hypertension - Evaluation and treatment</p> <ul style="list-style-type: none"> <li>• Definition and Diagnosis</li> <li>• How far should we go with the evaluation?</li> <li>• How to achieve blood pressure goal in diabetic patients</li> </ul>
13:00-14:00	<i>Lunch Break</i>		
14:00-15:30	<b>SESSION 4 INSULIN THERAPY IN T2D - ASIA VS. THE ROW</b> <ul style="list-style-type: none"> <li>• Initiation of insulin <i>Not too early / Not too late</i></li> <li>• Oral Hypoglycaemic with long-acting analogs</li> <li>• Present and future of TZD in Asian diabetic patients</li> </ul>	<b>SESSION 8 TREATMENT GOALS IN DIABETES</b> <ul style="list-style-type: none"> <li>• A1C for diagnosis and monitoring in Asia (How accurate is A1C in Asia?)</li> <li>• Individualized A1C targets</li> <li>• Should we aim to normalise A1C? <i>Pro / Con</i></li> </ul>	<b>SESSION 12 OPTIMISING DIABETES THERAPY</b> <ul style="list-style-type: none"> <li>• The status of diabetes control in Asia</li> <li>• Benefit of self-monitoring glucose control <i>Pro / Con</i></li> <li>• Continuous glucose monitoring (CGM): For whom will it be beneficial?</li> </ul>
15:30-16:00	<i>Coffee Break</i>		
16:00-17:30	<b>SESSION 5 THERAPEUTIC APPROACH TO YOUTH WITH T2DM? IS IT EFFICIENT FOR ASIANS?</b> <ul style="list-style-type: none"> <li>• Insulin, metformin TZD, glucosidase INH</li> <li>• Combination therapy and lifestyle modifications (Based on preliminary results from TODAY study)</li> <li>• Type 1 Diabetes in Asia - Differences and similarities to the ROW</li> <li>• LADA in Asia</li> </ul>	<b>SESSION 9 RENAL AWARENESS</b> <p>2010-2011 Randomize control studies to protect the kidney</p> <ul style="list-style-type: none"> <li>• PLANET</li> <li>• SHARP</li> <li>• VITAL</li> </ul>	<b>SESSION 13 CARDIOVASCULAR RISK IN DIABETES FOCUSING ON GENETICS IN ASIA</b> <ul style="list-style-type: none"> <li>• Improving CV risk and diabetes burden</li> <li>• Hypoglycaemia barrier to glucose control in Asia</li> <li>• Asian vs. Western diet. Role of hypoglycaemic drug</li> </ul>



# PRELIMINARY SCIENTIFIC PROGRAM

*Saturday, June 4, 2011*

	HALL A	HALL B	HALL C
08:30-10:00	<p><b>SESSION 14</b> <b>APPROACH TO PREVENTION OF DIABETES</b></p> <ul style="list-style-type: none"> <li>• Score for high risk in Diabetes in Asia</li> <li>• Using A1C to detect diabetes</li> <li>• Asian Vs. European patients / De-Plan Project</li> <li>• High prevalence in the Gulf region</li> <li>• Difference in candidate gene for T2D in Asia</li> </ul>	<p><b>SESSION 19</b> <b>EXTRA GLYCAEMIC EFFECTS OF INCRETIN BASED THERAPY IN T2D</b></p> <ul style="list-style-type: none"> <li>• The heart</li> <li>• The brain</li> <li>• The vascular system</li> <li>• The kidney</li> </ul>	<p><b>SESSION 24</b> <b>DIABETIC DYSLIPIDEMIA - FOCUS ON ASIA</b></p> <ul style="list-style-type: none"> <li>• Statin or combination</li> <li>• Therapy for statin intolerance</li> <li>• HDL: unmet challenge</li> </ul>
10:00-10:30	<i>Coffee Break</i>		
10:30-12:00	<p><b>SESSION 15</b> <b>WHAT IS OF SPECIAL IMPORTANCE FOR HYPERTENSION AND ITS TREATMENT IN ASIA?</b></p> <ul style="list-style-type: none"> <li>• The epidemiological perspectives for populations in transition</li> <li>• Stroke more important than CHD in Asian countries - still true?</li> <li>• A review of interventions studies including Asian patients with hypertension</li> <li>• Which antihypertensive drugs to prefer in Asian patients?</li> </ul>	<p><b>SESSION 20</b> <b>NOVEL NEW THERAPY FOR DIABETES - FOCUS ON ASIA</b></p> <ul style="list-style-type: none"> <li>• SGLT2 inhibitor</li> <li>• Aspirin for primary prevention in Asia</li> <li>• Aspirin or other antiplatelet? <i>Aspirin / Other</i></li> </ul>	<p><b>SESSION 25</b> <b>OBESITY IN ASIA: IS IT DIFFERENT FROM THE REST OF THE WORLD?</b></p> <ul style="list-style-type: none"> <li>• Do we need anti - obesity drugs? <i>Yes / No: lifestyle intervention only</i></li> </ul>
12:00-12:10	<i>Technical Break</i>		
12:10-13:00	<p><b>SESSION 16</b> <b>MEET THE PROFESSOR</b></p> <ul style="list-style-type: none"> <li>• Criteria and classification of obesity in Asia</li> </ul>	<p><b>SESSION 21</b> <b>MEET THE PROFESSOR</b></p> <p>The diabetic foot: interdisciplinary intervention, do we need regional guidelines?</p> <ul style="list-style-type: none"> <li>• Vascular surgeon</li> <li>• Interventional radiologist</li> <li>• Orthopaedic specialist</li> <li>• Infectious disease specialist</li> </ul>	<p><b>SESSION 26</b> <b>MEET THE PROFESSOR</b></p> <ul style="list-style-type: none"> <li>• Diabetes treatment: from trial to practice, does it work?</li> </ul>
13:00-14:00	<i>Lunch Break</i>		
14:00-15:30	<p><b>SESSION 17</b> <b>NOVEL DRUGS FOR T2D IN ASIAN POPULATION</b></p> <ul style="list-style-type: none"> <li>• Efficacy</li> <li>• Safety hypoglycaemia and mortality</li> </ul>	<p><b>SESSION 22</b> <b>NEW TRENDS IN TYPE 1 DIABETES</b></p> <ul style="list-style-type: none"> <li>• The increased incidence of type 1 diabetes worldwide: what to blame?</li> <li>• Promising treatment to limit beta cell destruction</li> <li>• Application of technology to the disease management</li> </ul>	<p><b>SESSION 27</b> <b>CV RISK AND INSULIN RESISTANCE IN CHILDHOOD - ASIAN PERSPECTIVE</b></p> <ul style="list-style-type: none"> <li>• Monogenic obesity in children: Asia vs. Europe</li> <li>• Metabolic syndrome in children in Malaysia</li> <li>• Metabolic syndrome – Early life exposure</li> <li>• Metabolic syndrome in children in China</li> </ul>
15:30-16:00	<i>Coffee Break</i>		
16:00-17:30	<p><b>SESSION 18</b> <b>INDIVIDUALISED THERAPY IN ASIAN T2D PATIENTS</b></p> <ul style="list-style-type: none"> <li>• Are all Asian patients the same when it comes to Diabetes? Case reports: China, India, Australia, Japan / Korea, Cambodia</li> </ul>	<p><b>SESSION 23</b> <b>EVIDENCE FROM CLINICAL TRIALS IN DIABETES</b></p> <ul style="list-style-type: none"> <li>• Effects of glucose control on cardiovascular disease (CVD)</li> <li>• Specific OHG effects on CVD</li> <li>• Differences in the Asian patient populations</li> </ul>	<p><b>SESSION 28</b> <b>BARIATRIC SURGERY IN OBESITY AND DIABETES - ASIA</b></p> <ul style="list-style-type: none"> <li>• Last resort in obese patients <i>Pro / Con</i></li> <li>• Early in the obese patient with risk factors <i>Pro / Con</i></li> </ul>



# PRELIMINARY SCIENTIFIC PROGRAM

*Sunday, June 5, 2011*

	HALL A	HALL B
08:30-10:00	<p><b>PLENARY SESSION 29</b> <b>THE METABOLIC SYNDROME</b></p> <ul style="list-style-type: none"><li>• Metabolic Syndrome-from a bunch of interrelated diseases to a cluster of premorbid risk factors - Is this the right way?</li><li>• Abdominal obesity in Asian vs. Caucasian population</li><li>• BMI and longevity in Asian populations (e.g Japan)</li><li>• Testosterone Deficiency and Metabolic Syndrome</li></ul>	<p><b>SESSION 30</b> <b>HYPERTENSION</b></p> <ul style="list-style-type: none"><li>• The “Pearls and Perils” of managing hypertension in people with diabetes <i>Pearls / Perils</i></li><li>• ACEs or ARBs as first line treatment of hypertension in diabetes <i>Pro / Con</i></li><li>• Are all RAAS blockers equal? <i>Yes / No</i></li></ul>
10:00-10:30	<i>Coffee Break</i>	
10:30-12:00	<p><b>PLENARY SESSION 31</b></p> <ul style="list-style-type: none"><li>• Reducing oxidative stress</li><li>• Food vs. drugs</li><li>• Prevention of T2DM: Call for early intervention</li><li>• Diabetes and Cancer</li><li>• Very long acting insulin / GLP1 as second or third line therapy for Diabetes</li><li>• The present and future of PPAR gamma</li></ul>	





## GENERAL INFORMATION

### DATES

June 2-5, 2011

### LOCATION

Shanghai, China

### REGISTRATION FEES

	Early Registration Until Feb 9, 2011	Late Registration from Feb 10 until May 24, 2011	From May 25, 2011 and On Site
Participants - Physicians and Scientists	€490	€550	€600
Residents*	€330	€380	€420
Nurses and Students	€150	€190	€220
Accompanying Persons		€140	

\*Refers to non-tenured junior scientists. Registration form must be accompanied by documentation of residency or a letter from the head of department confirming their status. The letter should be on the department letterhead and addressed to the Registration Department of the Congress.

**Note:** Credit card payments (only) will be charged to your account in US\$ according to the rate of exchange to the Euro on the date of payment.

**Registration fees include:** Participation in scientific sessions, Congress bag, program and abstract book, all printed material of the Congress, invitation to the Welcome Reception, coffee breaks, lunch on Friday and Saturday.

### CONGRESS ORGANIZERS

Please do not hesitate to contact the Organizers for any additional information or assistance:

**codhyAP@codhy.com**

### LIABILITY AND INSURANCE

The Congress Organizer cannot accept liability for personal accidents, nor loss of, or damage to private property of participants, either during or directly arising from the 1<sup>st</sup> Asia Pacific Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy). Participants should make their own arrangements with respect to health and travel insurance.



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