Diabetes in the Lean in India: What Does it Mean?

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Indians develop Type 2 Diabetes at a significantly lower body mass index when compared to their Western counterparts. Over the last 15 years, our group has conducted ground-breaking research focused on this theme; specifically, we have investigated: the pathogenesis and aetiology of diabetes in the young in India; epidemiological and GWAS studies in the 50-year-old Vellore birth cohort; basic science research involving individuals with low birth weight, enabled by hyperinsulinemic euglycaemic clamp studies; indirect calorimetry and NMR spectrometry; and next generation sequencing techniques to characterize the patterns of beta cell secretion and insulin resistance defects which are different in Indian and Western populations. We have also studied the presence of monogenic disorders in pregnancy and protein deficient diabetes.

August 30

10:00 am - 11:00 am ET
7:30 pm - 8:30 pm IST

Prof. Nihal Thomas is Professor and Head of Unit-1 in the Department of Endocrinology and formerly Vice Principal for Research and Associate Director, Christian Medical College, Vellore. He has initiated a World Diabetes Foundation project to train 130 hospitals in rural India and subsequently from Project HOPE, resulting in a sustainable training secondary care training programme for doctors and educators in diabetes, inclusive of a distance education programme, now extending to other parts of Asia.

Event link: https://tinyurl.com/egdrc-seminar

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