

Scientific Meet Highlights New Approaches to Diabetes Management

Innovation in Care: Optimizing Diabetes Management

CardioDiabetic Society scientific meeting • Hotel MJ Residency, Dehradun • 31 August 2026



Innovation in Care: Optimizing Diabetes Management

CardioDiabetic Society hosts scientific meet on advanced insulin therapy for Type 2 diabetes Dehradun, 31 August 2026: The CardioDiabetic Society organised a scientific meeting on optimizing diabetes management at Hotel MJ Grand Inn here today. Prof. (Dr.) Ravikant, Head of the Department of Internal Medicine, AIIMS Rishikesh, led the discussion among leading physicians and endocrinologists on emerging approaches to insulin therapy for people with Type 2 diabetes. The meeting was supported by Novo Nordisk.

Photos: CardioDiabetic Society

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The CardioDiabetic Society organised a scientific meeting on “Innovation in Care: Optimizing Diabetes Management” at Hotel MJ Residency, Dehradun, on Monday. The meeting brought together physicians and diabetes specialists from across the region to discuss recent developments in the management of Type 2 diabetes.

The scientific session was led by **Prof. (Dr.) Ravikant**, Head of the Department of Internal Medicine at AIIMS Rishikesh and President of the CardioDiabetic Society. **Dr. KJS Sabarwal** and **Dr. Salil Garg** chaired the session.

Dr. Sunil Mishra, as Speaker and moderator, led discussions focused on emerging trends in insulin therapy and the importance of timely, individualised treatment for patients with Type 2 diabetes. A major focus of the meeting was the potential role of once-weekly insulin therapy for appropriately selected patients, particularly those already receiving long-acting insulin or those whose diabetes remains uncontrolled despite oral antidiabetic medicines.

Clinical Discussion Highlights

The experts discussed patient selection, treatment initiation and the importance of medical supervision while using newer insulin formulations. They emphasised that treatment decisions should be individualised according to a patient's clinical condition.

CANDIDATES FOR ONCE-WEEKLY INSULIN

1. Patients already on long-acting insulin (e.g., Glargine)
2. Type 2 diabetes uncontrolled on oral antidiabetic drugs.

NOT SUITABLE FOR

1. Pregnant ladies
2. Less than 18 years of age
3. Acute illness.

How to Take — Example Shared During the Session

	Daily dose of long-acting insulin (e.g., 10 units)
	Multiply by 7 (e.g., $10 \times 7 = 70$)
	Take once a week on the same day

Missed dose: The session material stated that, in case of a missed dose, it can be injected within 3 days of the missed dose.

Expert Panel & Key Messages

An interactive panel discussion followed the scientific presentation, with participation from **Dr. Sunil Kumar Mishra, Dr. Sanjay Shah, Dr. Shreya Sharma, Dr. Swati Chopra, Dr. Yogesh Yadav** and **Dr. Nihit Kharakwal**, along with other members of the medical fraternity.

The speakers highlighted the increasing burden of diabetes and cardiometabolic diseases in the region and stressed the importance of structured patient education in improving treatment adherence and outcomes. Recent advances aimed at simplifying insulin therapy, particularly for patients starting insulin for the first time, were also discussed.

Event Summary

EVENT	Innovation in Care: Optimizing Diabetes Management
ORGANISER	CardioDiabetic Society
DATE	31 August 2026
VENUE	Hotel MJ Residency, Dehradun
FOCUS	Recent developments in Type 2 diabetes management and insulin therapy
SUPPORT	Novo Nordisk

The meeting was attended by doctors and healthcare professionals from Dehradun and surrounding areas and was supported by Novo Nordisk.

The CardioDiabetic Society said it would continue organising such scientific meetings periodically to update medical professionals on advances in diabetes and cardiometabolic care.

CONTINUING MEDICAL EDUCATION

The society's scientific meetings aim to facilitate professional dialogue and keep healthcare professionals informed about evolving approaches in diabetes and cardiometabolic care.