



ACCPSM

American College of Physicians
Leading Internal Medicine, Improving Lives

India Chapter

Edition: OCT - DEC 2023

NEWSLETTER

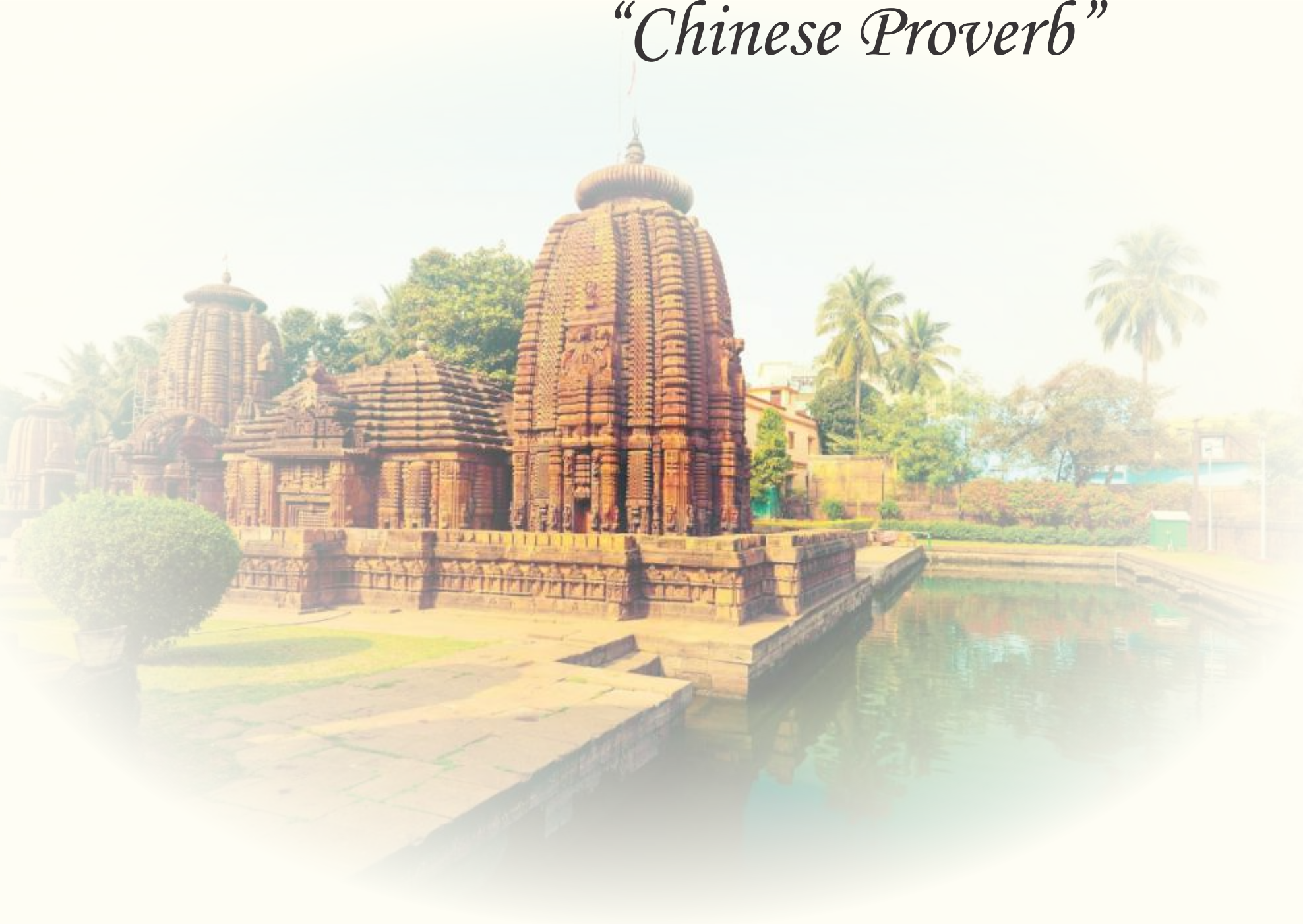
INSIDE THE ISSUE:

- Governor's Message
- Editorial
- Meet the new Governor elect designee
- Lecture series on Hypercholesterolemia
- Diabetes Dialogue
- Soul Curry
- India case files
- Global Ambassador
- ACP Study Presentation
- Students Activity



*“Tell me and I’ll forget
Show me and I may remember
Involve me and I’ll understand”*

“Chinese Proverb”



MESSAGE FROM GOVERNOR



Dear Colleagues,

Greetings for new year 2024! Hope it may be brighter & healthier for all of us. I believe most of us ended previous year in a feeling of satisfaction. Lot of pleasant memories are there to treasure. Our chapter has won again Gold Excellence Award in past year. Elections for Governor elect are over. New Governor elect Prof Swati Srivastava has started working as Governor Elect Designee. In April 2024, she will start working as Governor Elect. She is also the editor of the current edition of this newsletter. I believe you will appreciate her efforts.

In the new year 2024 we are going to begin few new programs like Artificial Intelligence in Human Health, monthly web series for a year. Those who will attend at least 10 out of 12 modules, shall receive the completion certificate from ACP India Chapter. Newly elected Advisory council has taken charge and is fully active in great enthusiasm. New wing of Advanced career Physicians is eager to start some program to engage senior physicians in ACP India chapter activities.

This year we are planning to outreach those areas where ACP presence is less in terms of membership. We are planning outreach educational CMEs in those areas like North East part of country.

ACP India chapter is planning more public awareness and health check-up activities for deprived section of societies. Dr Abhijit Gupta has organised two such activities for anemia detection and awareness among villagers of remote areas in Bihar state. It is my appeal to all members of ACP India chapter to do patient care & public education activities in your area and share the report with us. We shall give them place in our newsletter.

Another time I wish to encourage maintain your membership without break to remain on board for various activities of ACP India Chapter. Apply for FACP if you have completed your 3 years being member in continuation. Apply for various awards of ACP India chapter. Eligible candidates can apply for MACP.

Get yourself registered for Boston annual conference of ACP. You can take the advantage of group registration. Motivate others doctors in your area to become member of ACP.

Eligible residents are encouraged to send their entries to participate in "Doctor's Dilemma" competition to Prof Swati Srivastava. She is head of screening committee for this competition in India and responsible for India team selection.

With lot of best wishes looking forward to see you in Boston.

Prof. Anuj Maheshwari,
Governor,
ACP India chapter



Editorial



Prof. Swati Srivastava
MBBS, MD, FACP

Dear Colleagues,

It is my proud privilege to be writing this editorial for the ACP newsletter. It is a greater honor to be writing in the capacity of the Governor Elect Designee for the chapter.

As we know, the ACP is one of the largest and most impactful global organizations in the field of Medicine. The India chapter attempts to fulfill its efforts to connect amongst internists, support and motivate each other by the various educational events, collaborations, and other activities.

In continuum with the previous months, this quarter of the year also witnessed some important CMEs, lecture series as well as case files presentations on the ACP, India platform. The study conducted by ACP India chapter on Prevalence of Subclinical Hypothyroidism in patients with type 2 diabetes was presented as one of the best posters on the World platform, IDF. Academic activities involving residents and students encouraged enhanced participation by these groups in the ACP.

With this collaborative teamwork approach, let's move on to the New Year 2024, applying our scientific knowledge and clinical efficiency to treat emphatically the intricate ailments of our patients. Let's also be aware and pay adequate attention to our own physical, mental as well as psychological and social health as well of our peers.

While bidding adieu to the much enriching year 2023, I wish the New Year 2024 to usher in new dreams and achieve greater heights while maintaining good health to all my friends in the ACP.

Prof. Swati Srivastava
Editor, Governor Elect Designee
ACP, India Chapter



ACP INDIA CHAPTER NEW GOVERNOR



Prof. Swati Srivastava
MBBS, MD, FACP

Medical School Education: MBBS and MD, Baroda Medical College, MS University, Varoda, Gujarat. (I secured Gold medal for being the best candidate in MD Examination of the year 1995 in the Institute.

Medical School Education: Fellow in Diabetes, CMC Vellore; Trained in Endocrine Techniques, Applications, NIN, ICMR

Board Certifications: MBBS and MD, Baroda Medical Collge, MS University, Vadodara Gujarat

Congratulations to the India Chapter Governor Elect Designee (GED), Swati Srivastava, MBBS, MD, FACP. Our new GED will complete a year of training as a Governor-Elect and then will start their four-year term as Governor in the Spring of 2025. As Governor, Dr. Srivastava will serve as the official representative of the College for our Chapter, providing a link between members at the local level and leadership at the national level. In the meantime, Dr. Srivastava will be working closely with Dr. Maheshwari (the current governor) and College and their duties as Governor. To learn more about the new GED, read their bio below.

Educational Lecture Series on Hypercholesterolemia



ACP, INDIA Educational Lecture
Series on **Hypercholesterolemia** by **Experts**

REGISTER NOW!

MODULE 4

Summarisation of Risk Factors, Treatment Goals and Management of Hypercholesterolemia



Moderator
Dr. Vinayak Hiremath
MD (Internal Medicine), MRCP(UK),
MRCP (Endocrinology & Diabetes)
Advisory Council - ACP India Medical Director &
Chief Consultant KMK Hospital, Cochin, Kerala



Expert 1
Dr. Christie M. Ballantyne
MD | FACP | FACC
Director, Center for Cardiovascular Disease Prevention
Professor of Medicine, Molecular and Human Genetics,
and Integrative Physiology
Baylor College of Medicine, Houston, Texas, USA



Expert 2
Dr. Vimal Mehta
MBBS | MD | DM (Cardio)
Professor, Cardiology, GGI PANT Hospital, New Delhi
Scientific Coordinator, Lipid Association of India
EC member, CSI, Delhi



FRIDAY
15 DEC 2023



08:00 PM
ONWARDS

YOU JUST CANNOT MISS THIS

[CLICK HERE TO REGISTER](#)



COMPLETED SESSIONS

- Module 1** | Pathophysiology, Rationale for treatment and Risk Burden (**July 2023**)
- Module 2** | Hypercholesterolemia: Risk Reduction Strategies- Prevention and Treatment (**August 2023**)
- Module 3** | Guidelines and Case-based Discussions (**October 2023**)

Enhance your knowledge and make a difference in patient care.

"This initiative is supported through educational grant from **Alkem Diabetology** as part of **Z+ International Connect** Program"



ACP, INDIA Educational Lecture
Series on **Hypercholesterolemia** by **Experts**

REGISTER NOW!

MODULE 4

Summarisation of Risk Factors, Treatment Goals and Management of Hypercholesterolemia



Welcome Note
Prof. (Dr.) Anuj Maheshwari
[MD, FICP, FIACM, FIMS, FRSSDI,
FACP(USA), FACE(USA), FRCP]
Governor American College of Physicians India Chapter
Fellow of American College of Endocrinology (FACE)
Secretary General, Indian Society of Hypertension
Professor of Medicine, Hind Medical College



Moderator
Dr. Vinayak Hiremath
MD (Internal Medicine), MRCP(UK),
MRCP (Endocrinology & Diabetes)
Advisory Council - ACP India Medical Director &
Chief Consultant KMK Hospital, Cochin, Kerala



Expert 1
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Educational Lecture Series on Hypercholesterolemia



ACP, INDIA Educational Lecture
Series on **Hypercholesterolemia** by **Experts**

REGISTER NOW!

MODULE 3
Critical Appraisal of National and International Guidelines, and Treatment Algorithms

Moderator
Prof. (Dr.) **Anuj Maheshwari**
[MD, FCP, FIACM, FIMS, FRSSD, FACPUISA, FACEIUSA, FRCPI]
Governor American College of Physicians India Chapter
Fellow of American College of Endocrinology (FACE)
Secretary General, Indian Society of Hypertension
Professor of Medicine, Hindu Medical College

Expert 1
Prof. **Dr. Lale Tokgozoglu**
MD | FACC | FESC
Past President, European Atherosclerosis Society
Professor of Cardiology
Hacettepe University, Ankara-Turkey

Expert 2
Dr. Narasimha Pai
MBBS | MD (General Medicine)
DM (Cardiology) | DNB (Cardio)
FCC | FACC | FESC
Consultant - Cardiology, XMC Hospital, Mangalore

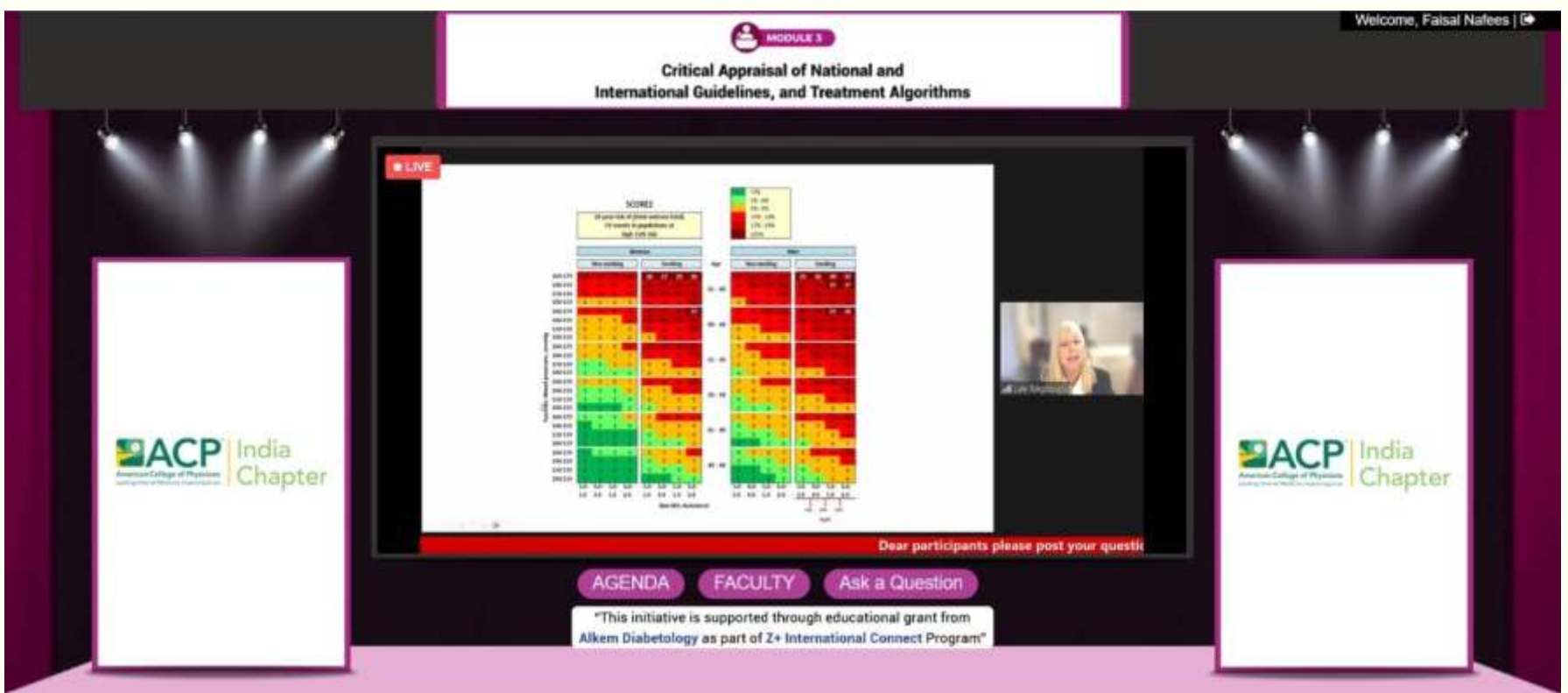
WEDNESDAY
18 OCT 2023 **08:00 PM ONWARDS**

YOU JUST CANNOT MISS THIS
[CLICK HERE TO REGISTER](#) >>

UPCOMING SESSIONS
Module Summary and Consensus
(November 2023)

Enhance your knowledge and make a difference in patient care.

"This initiative is supported through educational grant from **Alkem Diabetology** as part of **Z+ International Connect Program**"



The Board of Governors meeting at Orlando, attended by our Governor Dr Anuj Maheshwari, October 12th and 13th



Deliberation in Srilanka College of Internal Medicine at Colombo as Global Ambassador of American College of Physicians



The Governor ACP India chapter was invited to attend the Srilanka College of Internal Medicine Conference SIMCON, at Colombo as Global Ambassador of the American College of Physicians



A CME on "Diabetes Dialogue" was conducted in Indore on the 20th of October 2023. The agenda highlighted the cardiovascular risks of diabetes and rationality of fixed drug combinations



Simplifying Diabetes Management With Novel Therapies

**BLOCK
YOUR DATE**



20th October' 2023



8:00 pm onwards



Hotel Sayaji, Indore

PROGRAM CONVENER



Dr Bharat Saboo

MBBS, D DIAB, Director- Prayas Diabetes Care, Indore

SPEAKER



Dr Anuj Maheshwari

MD, FRCP - FICP- FIMSA, FRSSN, FACP, FRCP,
Governor - ACP - India Chapter, Prof - Internal
Medicine, HIMS, Lucknow

Eminent Panel

Moderator



Dr Ashish Sharma

MD - Medicine,
HOD professor of Medicine, R D Gardi
Medical College, Ujjain



Dr Dilip Balani

MBBS, DTCF, FCCP, MCAL,
Consulting Physician, Indore



Dr Nitin Kumar Sahoo

MD - General Medicine,
Consulting Physician and Diabetologist,
Indore



Dr Rajesh Agrawal

MD - Medicine,
Diabetologist (Indore),
Endocrine Fellowship - PGI (Chandigarh),
Honored with Limca Book of Records



Simplifying Diabetes Management With Novel Therapies

Hotel Sayaji, Indore



20th October' 2023



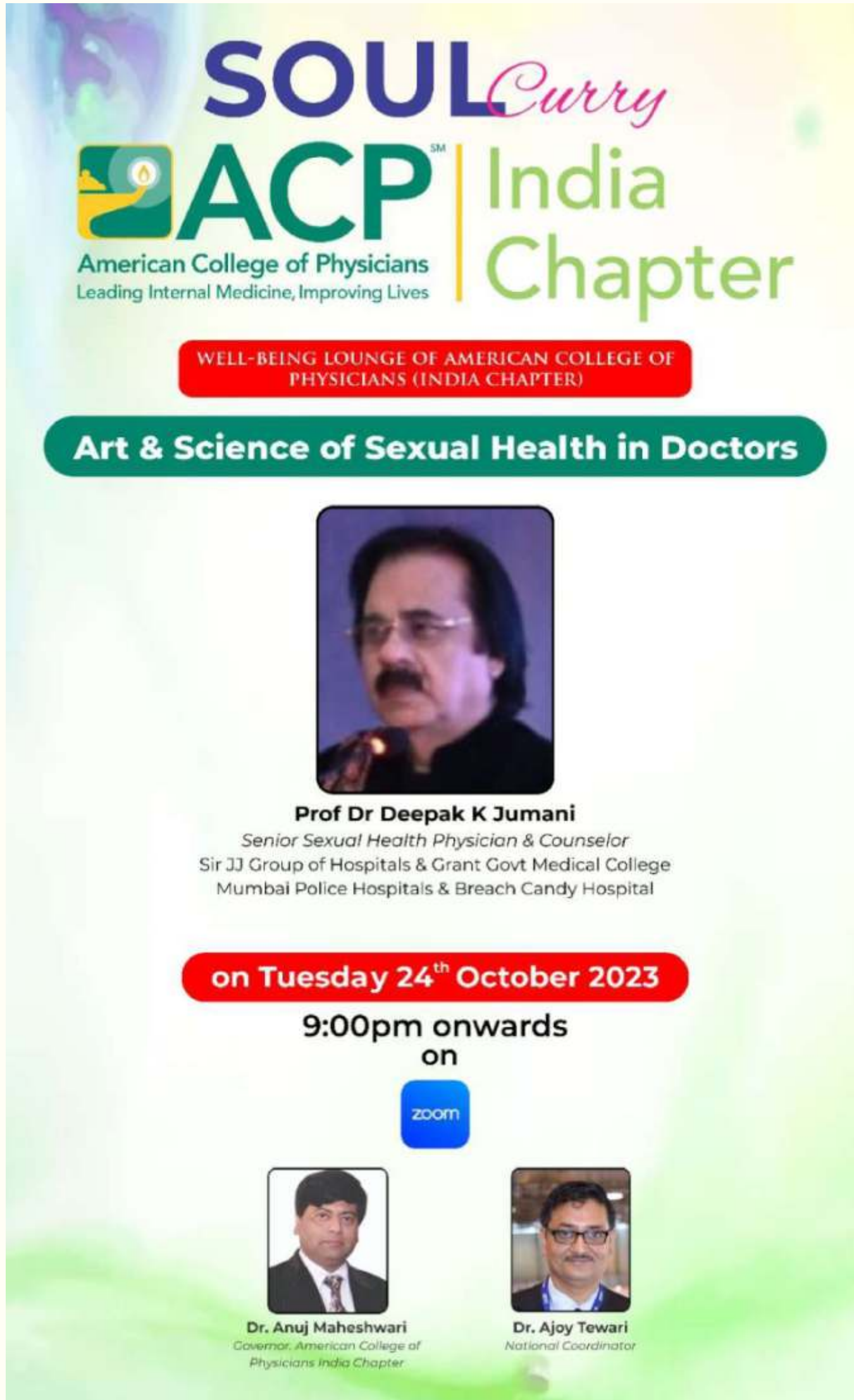
8:00 pm onwards

AGENDA

Topic	Speaker / Moderator	Time
Introduction & Context Setting	Dr Bharat Saboo	5 min
Gaps in Cardiovascular risk management in T2DM - Synergistic Power of Incretin and SGLT2i in T2DM	Dr Anuj Maheshwari	20 min
Discussion		
Panel Discussion Rational Use of FDC's Incontext of Indian Diabetic Patients	Dr Ashish Sharma Dr Dilip Balani Dr Nitin Kumar Sahoo Dr Rajesh Agrawal	30 min
Closure and Vote of Thanks		5 min



**Soul Curry, a mentally stimulating session by
Prof. Dr. Deepak K Jumani**




SOUL *Curry*


ACPSM | India Chapter
American College of Physicians
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WELL-BEING LOUNGE OF AMERICAN COLLEGE OF PHYSICIANS (INDIA CHAPTER)

Art & Science of Sexual Health in Doctors




Prof Dr Deepak K Jumani
Senior Sexual Health Physician & Counselor
Sir JJ Group of Hospitals & Grant Govt Medical College
Mumbai Police Hospitals & Breach Candy Hospital

on Tuesday 24th October 2023
9:00pm onwards
on




Dr. Anuj Maheshwari
Governor, American College of Physicians India Chapter



Dr. Ajoy Tewari
National Coordinator

ACP India Case Files



ACP India Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

ACP

India Case Files

Tues, 28th November 2023
7:30 - 8:30 PM

Speakers

<p>Unraveling The Renal Enigma of a Multifaceted Complex Case</p>  <p>Dr. Vishakha Jain Professor & HOD General Medicine, AIIMS, Bibinagar</p>	<p>Mindfulness Intervention in Pain Management in Clinical Practice</p>  <p>Dr. Gurvinder Pal Singh Professor & HOD Psychiatry AIIMS, Bathinda</p>	<p>Moderator</p>  <p>Dr. Deepak Choudhary Assistant Professor General Medicine, AIIMS, Bathinda</p>
 <p>Dr. Anuj Maheshwari Governor ACP India Chapter</p>	 <p>Dr. Amit Gupta Advisory Council Member ACP India Chapter</p>	 <p>Dr. Preeti Singh Dhoat Advisory Council Member ACP India Chapter</p>

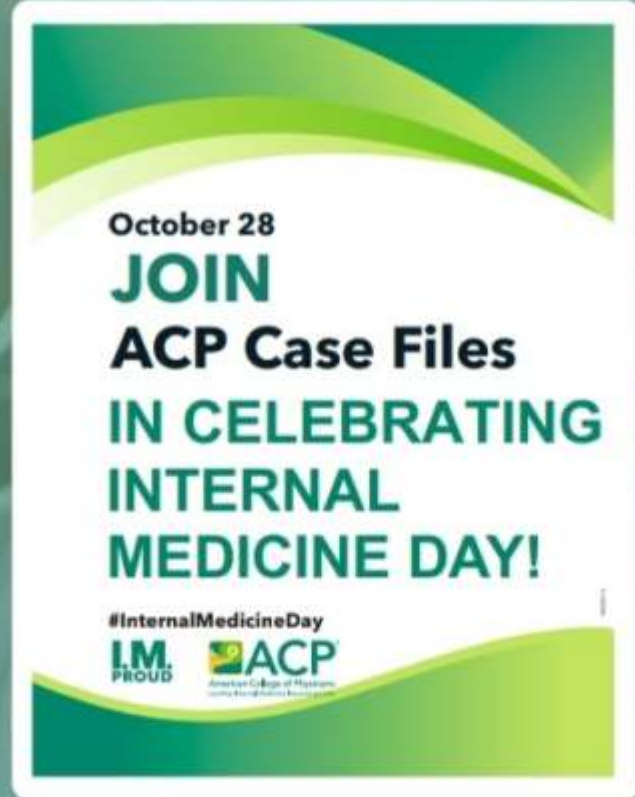
[REGISTER NOW](#)

ACP India Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

ACP

India Case Files

 **Sat, 28th October 2023**
 **7:30 - 8:30 PM**



Speakers

Hashimoto's Encephalopathy
vs Catatonia : A Diagnostic Dilemma



Dr. Preeti Singh Dhoat
Advisory Council Member
ACP India Chapter

Why should one
join ACP?



Dr. Anuj Maheshwari
Governor,
ACP India Chapter

Moderator



Dr. Amit Gupta
Advisory Council Member
ACP India Chapter

[REGISTER NOW](#)

ACP Study Presentation

Prof. Swati Srivastava presented the paper on Study conducted by ACP India chapter at the Virtual International Diabetes Federation, World Congress, on 7th December 2023. The paper was selected for oral presentation as one of the best posters, a significant achievement for the chapter.

The paper was on the study conducted by the ACP, India chapter, on Prevalence of subclinical hypothyroidism in patients with Type 2 diabetes Mellitus, a multicentric study covering 20 cities from North, south, east, west and Central India.

The study authors were Dr Anuj Maheshwari, Dr Swati Srivastava, Dr Mukhyaprana Prabhu and others.

News

International Diabetes Federation **IDF** CONGRESS 2023 **VIRTUAL**
DIABETES COMPLICATIONS AND DIABETES IN CRISES
4-7 DECEMBER

Logout

DIABETES COMPLICATIONS AND DIABETES IN CRISES
4-7 DECEMBER

Welcome Prof. Swati Srivastava (India)

Channel 2
Date : 07-12-2023
Time : 03:30PM - 04:00PM

Abstract selected Poster Presentation:
Best Posters

Your Role : Speaker

Click Here To Join Your Session



UNDIAGNOSED SUBCLINICAL HYPOTHYROIDISM AMONG TYPE 2 DIABETES MELLITUS PATIENTS - A CLINIC BASED STUDY IN INDIA

INTRODUCTION: Diabetes and thyroid disorders are common endocrine disorders. Uncontrolled diabetes may affect thyroid hormone levels. Indian guidelines lack clarity on thyroid monitoring in Type 2 Diabetes Mellitus (T2DM) patients. ACP India conducted this study to assess the situation in India.

AIM: To determine the prevalence of undiagnosed subclinical hypothyroidism (SCH) among Indian patients with T2DM without known thyroid disorders. To assess if there is a relationship between TSH levels and glycemic status.

METHODOLOGY: After approval from the ethics committee, adult patients with T2DM without a known history of thyroid disorders from tertiary hospitals in India were included in the study. PMH (Personal medical history and laboratory values), including thyroid function tests and glycemic status in these patients, from Year March 2021 to July 2022 was assessed.

RESULTS: Of the 1271 T2DM patients enrolled in the study, 106 were males and 826 were females. The average age was 53.7 years. Hypothyroidism was newly detected in 22% of patients with T2DM, out of which 22% had subclinical hypothyroidism. Hypothyroidism was found in 19% of the patients. The average HbA1c in the undiagnosed group was 8.21%, while for the group with T2DM (T2 + SCH), it was 7.70%. A statistically significant difference is observed between these two groups.

CONCLUSION: Undiagnosed hypothyroidism, detected as subtle thyroid screening, was present in 22% in the studied Indian population with T2DM. Given the heightened cardiovascular risk and impact on metabolic health associated with both T2DM and thyroid disorders, routine thyroid screening in diabetic patients is crucial for early detection and treatment of subclinical thyroid dysfunction. Integrating thyroid function tests into T2DM guidelines should be considered.



UNDIAGNOSED SUBCLINICAL HYPOTHYROIDISM AMONG TYPE 2 DIABETES MELLITUS PATIENTS - A CLINIC BASED STUDY IN INDIA

Dr. Anuj Mendonca (Post Graduate of Medical Sciences, Lucknow), Dr. Deepa Srinivasan (MD Medical College & Hospital, Coimbatore), Dr. Manoj Kumar (MD General, 1988, Government Medical College), Dr. Shashi Kumar (MD, DNB, General, Lucknow), Dr. Madan Mohan (Post Graduate of Cardiac Sciences, Hyderabad), Dr. Shravan Kumar (MD, General, Lucknow), Dr. Rajesh Kumar (MD, General, Lucknow), Dr. N. S. Prasad (MD, General, Lucknow), Dr. P. N. Prasad (MD, General, Lucknow), Dr. R. S. Prasad (MD, General, Lucknow), Dr. S. S. Prasad (MD, General, Lucknow), Dr. T. S. Prasad (MD, General, Lucknow), Dr. U. S. Prasad (MD, General, Lucknow), Dr. V. S. Prasad (MD, General, Lucknow), Dr. W. S. Prasad (MD, General, Lucknow), Dr. X. S. Prasad (MD, General, Lucknow), Dr. Y. S. Prasad (MD, General, Lucknow), Dr. Z. S. Prasad (MD, General, Lucknow)

INTRODUCTION

Diabetes and thyroid disorders are common endocrine diseases¹. Uncontrolled diabetes may affect thyroid hormone levels. Indian guidelines lack clarity on thyroid monitoring in Type 2 Diabetes Mellitus (T2DM) patients². ACP India chapter conducted this study to assess the situation in India.

AIM

- To determine the prevalence of undiagnosed subclinical hypothyroidism (SCHT) among Indian patients with T2DM without known thyroid disorders.
- To assess if there is a relationship between TSH levels and glycaemic status.

METHODOLOGY

After approval from the ethics committee, adult patients with T2DM without a known history of thyroid disorders from twenty locations in India were included in the study. EHR (Mediva) recorded medical history and laboratory values, including thyroid function tests and glycaemic status in these patients. Data from March 2023 to July 2023 was analyzed.

RESULTS

Of the 1271 T2DM patients enrolled in the study, 38% were male, and 62% were female. The average age was 52.7 years. Hypothyroidism was newly detected in 23% of patients with T2DM, out of which 22% had subclinical hypothyroidism. Hyperthyroidism was found in 1% of the patients. The average HbA1c in the euthyroid group was 8.05%, while for the group with TSH (>5 mIU/L), it was 7.75%. A statistically significant difference is observed between these two groups.

CONCLUSION

Undiagnosed hypothyroidism, detected on routine thyroid screening, was prevalent at 23% in the studied Indian population with T2DM. Given the heightened cardiovascular risk and impact on metabolic health associated with both T2DM and thyroid disorders, routine thyroid screening in diabetic patients is crucial for early detection and treatment of subclinical thyroid dysfunction. Integrating thyroid function tests into T2DM guidelines should be considered.

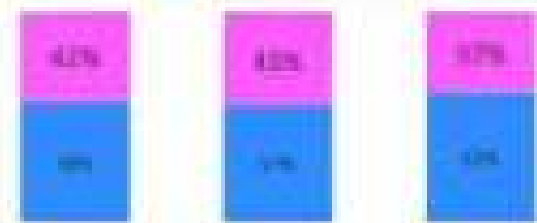
Total number of T2DM patients

1271



Gender

■ Male ■ Female



Overall Hypothyroidism No Hypothyroidism

	Hypothyroidism	No Hypothyroidism
HbA1c (%)	7.75%	8.05%
FBS (mg/dL)	151	150
PPBS (mg/dL)	211	221



1. Wang C. The relationship between T2DM and thyroid dysfunction. *Int J Diabetes Mellitus*. 2017;3(2):11-15.
2. Parvatharaj R et al. SCH as a contributor to Microvascular Complications in Patients with T2DM. *Int J Diabetes Mellitus*. 2021;3(3):100-104.

IDF23-0481

Post Graduate students program ACP India with DRWA and HIMS, Ataria Live workshop



Congratulations!!
New Fellows FACP

Name	Post
Dr Rojith K Balakrishnan	MD, FACP
Dr Deodatta Shripad Chafekar	MD, FACP
Dr S S Dariya	MD, FACP
Dr Srikant Kumar Dhar	MBBS, FACP
Dr Rajesh Kumar Jha	MD, FACP
Dr Robin George Manappallil	MD, FACP
Dr Mukesh Mehra	MD, FACP
Dr Sirshendu Pal	MBBS, FACP
Dr Prasan Kumar Panda	MBBS MD, FACP
Dr Puneet Saxena	MD, FACP

One invited fellowship awarded to Dr Munna Lal Patel from KGMU in this quarter

Entries invited for "Doctors Dilemma"

Entries are invited from Residents of Internal medicine for representing India Chapter at the brainstorming contest "Doctors Dilemma", at the Annual Conference of the ACP, to be held in Boston this year. The applying residents must be members of ACP residents category. The interested Residents may mail to officeacpindia@gmail.com before 25th January 2024.

Inviting members to reconnect at the upcoming Annual Conference of American College of Physicians at Boston



*As we move on from the year 2023 to the new year 2024
Celebrate endings for they precede new beginnings*

Jonathan Lockwood Huie

