



Mediterranean Group for the Study of Diabetes

MGSD Newsletter June 2016 Highlights from the 14th MGSD Congress

The MGSD Congress, the largest meeting in the field of diabetes in the Mediterranean area, is noted for the outstanding quality of its presentations and speakers.

❖ **Impact of glucose variability on diabetic complications**

In healthy people, glucose concentrations are maintained within a narrow physiological range, whereas in diabetic patients this target is often difficult to reach. Higher glucose variability is associated with the presence of micro and macro complications, longer stay of hospitalization, and elevated mortality. The latest research has shown that oxidative stress and free radicals might play a pivotal role in this condition.



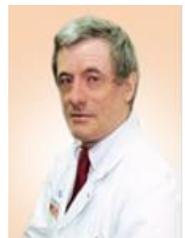
Prof Ceriello (Spain)

❖ **The burden of renal complications in type 2 diabetes and key challenges in daily practice**

All complications of diabetes have decreased in incidence over the last decade, with the exception of end-stage renal disease. Levels of endothelial progenitor cells play an important role in determining kidney injury as they significantly predict microvascular outcomes, including decline in renal function. Current research is focusing on biomarkers of early kidney injury, supported by the results of ADVANCE showing that early and intensive glucose control with gliclazide modified release reduced by about 11% the incidence of new renal complications and greatly lowered the incidence of end-stage renal disease, when compared with other trials using a tight control strategy. The positive effects seen in ADVANCE were confirmed in the post-observational period (ADVANCE-ON), probably due to a memory effect.



Prof Avogaro (Italy)



Prof Marre (France)

❖ **“Education in a resource-limited setting”**

Example of two educational purposes:

- A peer support intervention made through group meetings, personal face-to-face encounters between peer supporters and their group members, and telephone calls
- The use of mobile technology to increase self-management of disease and reduce costs for the patient.

Both interventions have confirmed that diabetes education is crucial for both patients and health care professionals.



Prof Mbanya (Cameroon)