

LOOKING AHEAD TO HYDERABAD, INDIA

Urgency for diabetes awareness and education

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One of the major aims of IDF is to reduce the complications of diabetes, and for this purpose the IDF is working hard in the area of self-management education for people who live with diabetes and their families, and professional education for nurses, educators, and physicians.

As a part of this objective and to reflect the importance of continuing education, the IDF Board 2016-2017 planned for a series of regional biennial congresses focused on diabetes complications. The first, **IDF Diabetes Complications and Foot Congress 2018**, will take place in the city of Hyderabad, India from 24 to 27 October 2018. As time moves forward, it is projected that each of the seven IDF regions will be host to one of the seven in the series of congresses.

IDF chose India as the backdrop for the first congress on complications and foot disease for many important reasons. Today, India is home to the second largest diabetes population worldwide - after China - with 72.9 million people with diabetes (20-79 years old), but in 2045 India is predicted to overtake China and become the country with the largest number of estimated people living with diabetes at 134.3 million. Managing diabetes in India is a multi-faceted challenge due to the high risk population, young age of onset, low

levels of diabetes awareness, insufficient medical training for healthcare professionals and lack of affordable access to medicine and treatment. Most of India's challenges in diabetes care and treatment are also common to a number of low-and middle-income countries and therefore, any new ideas or solutions can be replicated.

The Diabetes Complications and Foot Congress 2018 will focus on:

- ▶ **The Diabetic Foot** programme will be divided into topics covering Ulcers and Infection; Neuropathy; and peripheral arterial disease (PAD). Losing a limb is one of the most feared complications of diabetes and a major global medical crisis. The Diabetic Foot has therefore been chosen as the primary focus for IDF 2018. Foot ulceration is the most frequently recognized complication, estimated to affect up to 26 million people with diabetes worldwide.
- ▶ **Cardiovascular Disease (CVD)** accounts for over one-third of all deaths among people with diabetes. The CVD complications programme topics will be divided into Risk Factors and Coronary Heart Disease, and Heart Failure.

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Diabetes Complications and Foot Congress 2018



Hyderabad, India - 25-27 October

- ▶ **Diabetic eye disease, Kidney complications and diabetes in pregnancy** will be discussed in order to facilitate essential orientation for all healthcare professionals to make early detection and early referral to specialized centers.

Each programme area will have a wide range of topics from essential and simple prevention up to the most recent and advanced treatments.

There is a critical urgency in India to increase awareness of diabetes and associated complications among healthcare professionals to promote screening and early diagnosis and improve health outcomes to save lives. We look forward to meeting you there.

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