7th World Congress on Prevention of Diabetes and its Complications
Madrid, 11 - 13 November 2012

"Making Prevention a Reality"

Sponsors:

Kowa
impetomédical
Pronokal
Panasonic
Roche
Abbott
SBI Pharma
novo nordisk
Colabora Medtronic Ibérica S.A.
Medtronic
Menarini Group
Solutex
coffee&health
Sanofi
Lilly
JDRF
Novartis
Dannon
Coca-Cola España
Novartis
World Diabetes Foundation
Catalysis
Merck

Institutional support:

GOBIERNO DE ESPAÑA
Ministerio de Sanidad, Política Social e Igualdad

Real Academia Nacional de Medicina

International Diabetes Federation
Final Scientific Programme

Sunday, November 11

14:00-16:00  Satellite symposia: Kowa Pharmaceuticals

16:45-18:30  Opening Ceremony
Health Authorities of Madrid
Co-presidents: Jaakko Tuomilehto, Manuel Serrano-Ríos, Rafael Gabriel

Plenary opening lecture
Chair: Jaakko Tuomilehto
Lecturer: Jean-Claude Mbanya. President of the IDF Brussels. Belgium.
Worldwide challenges for the prevention of Diabetes

Round table: Sports for the Prevention of Diabetes
Chair: Rafael Gabriel
Speakers:
Colin Fuller. FIFA program on football and health. Zurich. Switzerland.
Julio González Ronco. Director the Real Madrid Foundation.
Alberto Gómez. Real Madrid Medical Services.
Tomás Mejías. Real Madrid football player.

20:00  Welcome Reception

Monday, November 12

08:30-09:30  Key Notes I  (Roma meeting room)
Highlights on Diabetes and Inflammation
(ABBOTT Session)
Pablo E. Pergola. San Antonio. USA.

Key Notes II  (Milan meeting room)
Pharmacology in the Prevention of Diabetes
Review of state of the art and new therapies. Ralph DeFronzo. San Antonio. USA.

09:30 -11:00

TRACK 1 - Session 1.1.1.  (Roma meeting room)
Mitochondria and 5-Aminiolevulinic acid (5-ALA) in type 2 diabetes
(SBI Pharmaceuticals Session)
Chair: Hiroshi Itoh.
- Use of the dietary supplement 5-aminolevulinic acid (5-ALA) and its relationship with glucose levels and hemoglobin a1c among individuals with pre-diabetes. Beatriz Rodríguez. Honolulu. USA.
- Suppression of both the fasting and postprandial plasma glucose levels by 5-aminolevulinic acid. Tohru Tanaka. Tokyo. Japan.

TRACK 2 - Session 1.2.1.  (Milan meeting room)
WDF 10th Anniversary Symposium 1. Addressing Primary Prevention of Diabetes Catalyzing Action on Diabetes Celebrating a Decade of WDF Initiatives
- Building advocacy to address the burden of diabetes amongst indigenous peoples. Ida Nicolaisen. Copenhagen. Denmark.

Discussion Forum.

TRACK 3 - Session 1.3.1.  (Venecia meeting room)
Nutrition and Diabetes Prevention
- Vitamin D and diabetes, where are we at present? Elina Hyppönen. London. UK.

Oral communication:
2. Greater fruit and vegetable intake is associated with reduced glycaemic parameters. Patrice. Carter. Leicester. UK.

Concluding remarks and further research. Matti Uusitupa. Kuopio. Finland.

TRACK 4 - Session 1.4.1. (Munich meeting room)
Role of technology in the prevention of diabetes and its complications. (Medtronic Session)

• Translating insulin pump technology into patient benefit. Ohad Cohen. Israel.
• METABO as a support tool for the optimization of integrated care programs for T1-T2DM. Diego Ardigó. Parma. Italy.

Oral communications (presenting author):
• Potentials of (new) media for health communication in the field of diabetes prevention. Daniel Tolk. Munich. Germany.

11:00-11:30 Coffee break. Visit exhibition and poster areas

11:30 -13:00

TRACK 1 - Session 1.1.2. (Roma meeting room)
Good things in life: Can coffee help in diabetes prevention? (Institute of Scientific Information on Coffee ISIC Session)

• Mechanistic theories on how coffee might act with regard to diabetes. Nathan Matusheski. USA.
• Significance of clinical parameters found so far regarding coffee and diabetes. Pilar Riobó. Madrid. Spain.


13:00-14:30 Lunch / Poster session

Poster session 1.1. General
   Chair: Pregrag Djordjevic. Serbia.

Poster session 1.2. Controversies of glucose control on microvascular and macrovascular complications
   Chair: Ruy López Ridaura. México.

Poster session 1.3. CVD-risk
   Chair: Javier Muñíz. Spain.

Poster session 1.4. Cost of diabetes prevention. Socioeconomic and cultural differences
   Chair: Noel Barengo. Argentina.

Poster session 1.5. Health Behaviour change
   Chair: Beatriz Rodriguez. USA.

Poster session 1.6. National Diabetes Prevention Programs
   Chair: Jaanna Lindström. Finland.

Poster session 1.7. Obesity
   Chair: Kristian Midthjell. Norway.

Poster session 1.8. Risk scores/prediction/screening
   Chair: Crystal Lee. Australia.

14:30-16:00 Key Notes I (Roma meeting room)
   - Genetics
     - Genetics and personalized medicine in the prevention of diabetes. José Florez. Boston. USA.

Key Notes II (Milan meeting room)
   Chair: Edward Gregg. Atlanta. USA.

16:00-16:30 Coffee break. Visit exhibition and poster areas

16:30-17:30 Plenary lecture Menarini Award
   Joseph J. Hoet Memorial Lecture.
   Chairs: Paolo Pozzilli. Italy and Jaakko Tuomilehto. Finland.
   - Diabetes Research between Past and Future
     Prof. Massimmo Porta. Turin. Italy.

17:30-19:00

TRACK 1 - Session 1.1.3. (Roma meeting room)

The Juvenile Diabetes Research Foundation Session
   - Principles to study genes and environment interaction. Marian Rewers. Colorado. USA.
   - Epigenetics in relation to T1D. David Leslie. London. UK.

TRACK 2 - Session 1.2.3. (Milan meeting room)

Preventing type 2 diabetes. Trans-disciplinary collaboration
   Chair: Mary Beth Weber & K. M. Venkat Narayan. Atlanta. USA.
   - Introduction and Context.
   - Example of research connecting genes, sociology, diabetes. Mark Pachucki. San Francisco. USA.
   - Social structure, diabetes risk and prevention. Learning from non-human Primates. Carla Moore. Atlanta. USA.

TRACK 3 - Session 1.3.3. (Venecia meeting room)

National Diabetes Prevention Programs Asia / Pacific Region
Oral communications:
3. Diabetes self-risk assessment questionnaire coupled with a multimedia health promotion campaign are cheap and effective tools to increase public awareness of diabetes in a large chinese population. Qing Qiao. Helsinki, Finland.

TRACK 4 - Session 1.4.3. (Munich meeting room)

Physical activity and Obesity
Chair and Introduction: Diet and weight control.
Co-chair and Introduction: Physical activity.
Laura Kuznetsov. Cambridge. UK.

Oral communications:
1. Relations between baseline physical activity by pedometer counts and the development of diabetes mellitus in the NAVIGATOR study. Thomas Yates. Seinajoki. Finland.
2. Association of Individual Characteristics with Type I or Type II Diabetes.
4. Predictors of change in objectively measured and self-reported health behaviours among people with recently diagnosed type 2 diabetes: results from the ADDITION-PLUS trial cohort. Laura Kuznetsov. Cambridge. UK.

Tuesday, November 13

08:30-09:30 Key Notes I (Roma meeting room)
Mediterranean and Baltic seas diets to prevent Diabetes

Key Notes II (Milan meeting room)
Chair: Andrea Natali. Pisa. Italy.
Lifestyle interventions for the prevention of NAFLD
Amalia Gastaldelli. Pisa. Italy.

09:30 -11:00

TRACK 1 - Session 2.1.1. (Roma meeting room)
Early detection and prevention of diabetic retinopathy (Novartis session)
Chairs: Maria Isabel Lopez. Valladolid. Spain & Alicia Pareja. Tenerife. Spain

- Diabetic retinopathy: magnitude of the problem and social repercussions.
  Massimmo Porta. Turin. Italy.
- Screening of Diabetic retinopathy: current concepts and future perspectives.
  Peter Scanlon. Cheltenham. UK.

Oral communications:
1. Heart rate variability in non-proliferative diabetic retinopathy.
   Avtandil Kipiani. Tbilisi, Georgia.

TRACK 2 - Session 2.2.1. (Milan meeting room)
Prevention of Diabetes in Primary Care

  • DE-PLAN Turkey. Cemile Idiz Cakmakci. Istanbul. Turkey.

Oral communications:
1. Effect of health education in people with early detected dysglycemia: 3 year follow-up (the ADDITION-DK).
   Helle Terkildsen Maindal. Aarhus. Denmark.
2. ALAS Alas program: detection of people at high risk of type 2 diabetes mellitus followed by lifestyle interventions in Madrid, Spain.

Closing remarks: Aleksandra Gilis-Januszewska.
**TRACK 3 - Session 2.3.1.** (Venecia meeting room)

**Insulin resistance, β-cell function and prevention of T2D**

*Chairs:* Amalia Gastaldelli, Pisa, Italy & Gumersindo Fernández Vázquez, Madrid, Spain.

- GLP-1 therapy, body weight and conversion from IGT to type 2 diabetes. John Petrie, Glasgow, UK.
- Diabesity: new treatments. Alain Golay, Genève, Switzerland.

**Oral communications:**

1. Blood glucose is neurally regulated. Graham Wilfred Ewing, Nottingham, UK.

11:00-11:30 Coffee break. Visit exhibition and poster areas

**TRACK 1 - Session 2.1.2.** (Roma meeting room)

**Cardiovascular risk in Diabetes. EASD DM-CVD Study Group Session**

*Chairs:* Javier Muñiz, A Coruña, Spain & Oliver Schnell, Munich, Germany.

- Diabetes and CVD: How to diagnose and treat. Oliver Schnell, Munich, Germany.

**Oral communications:**


**TRACK 2 - Session 2.2.2.** (Milan meeting room)

**Implementing a National Diabetes Prevention Program for High Risk Adults: What does it take? CDC session**

*Chairs:* James Dunbar, Melbourne, Australia

1. Necessary steps and lessons learned in building an effective diabetes prevention program with National reach:
   a. Effective partnerships and coordination
   b. Technology

13:00-14:30 Lunch / Poster session

**Poster session 2.1. General**

*Chair:* Agustín Gómez de la Cámara, Spain.

**Poster session 2.2. Diabetes and Brain**

*Chair:* Henri Tuomilehto, Finland.
Poster session 2.3. Nutrition
Chair: Linda Penn. U.K.

Poster session 2.4. Pharmacol. Strategies
Chair: Aleksandra Gilis-Januszewska. Poland.

Poster session 2.5. Physical activity and Obesity
Chair: Martha Daviglus. USA.

Poster session 2.6. Pregnancy
Chair: Edward Gregg USA.

Poster session 2.7. Primary Care
Chair: Xavier Cos. Spain.

14:30-16:00

TRACK 1 - Session 2.1.3.  (Roma meeting room)
Controversies of glucose control on microvascular complications. ePREDICE session
Chair: Jaakko Tuomilehto & Rafael Gabriel.
• Endothelial and vascular function. Andrea Natali. Pisa. Italy.
• Sleep pattern. Henri Tuomilehto. Kuopio. Finland.

Oral communications:

TRACK 2 - Session 2.2.3.  (Milan meeting room)
Diabetes in Minorities
Introduction: Beatriz Rodríguez. Honolulu. USA.

Oral communications:

16:00-16:30  Coffee break. Visit exhibition and poster areas

16:30-17:30  Key Notes I  (Roma meeting room)
Gut Microbiota and the Pathogenesis of Insulin Resistance. Possible implication for Prevention or Management (Danone Session)
Speaker: Francisco Guarner Barcelona. Spain.

Oral communications:

**Key Notes II (Milan meeting room)**

**Diabetes and mental health**


**Oral communications:**


**17:30-19:00**

**TRACK 1 - Session 2.1.4. (Roma meeting room)**

**Oral communications Miscellanea / General**


5. Safety and efficacy of empagliflozin as monotherapy or add-on to metformin in a 78-week open-label extension study in patients with type 2 diabetes. Hans J. Woerle. Ingelheim. Germany.

**TRACK 2 - Session 2.2.4. (Milan meeting room)**

**Experience of Diabetes Prevention Programs (North-America, Spain and Latin-America)**


Introduction: Michael Pratt.

- Prevention Programs and Risk Stratification in the U.S.A. Progress Report. Edward Gregg. Atlanta. USA.

**Oral communications:**


**Conclusions:** Michael Pratt.

**19:00-19:15 Closing ceremony**

Co-Chair: Jaakko Tuomilehto. Finland and Rafael Gabriel. Spain.

- Presentation of the 8th WCPD Oslo 2014. Akhtar Hussain. Norway.

**20:00 Gala dinner & Farewell party**