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39th Prof. M Viswanathan Gold Medal Oration

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Prof. Dr. Frances Game, FRCP, UK.

Cinical Director of R&D, Reyal Derby Hospital, University Hospitals of Derby and Burton NHS FT.

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National RSSDI White Paper Launch & Release of

on Saturday, 22 March 2025 @ 11:30 AM Venue: Hyatt Regency, Teynampet, Chennai

Dr. S. N. Narasingan,

Dr. Jayashree Gopal, Assesiste Dean

Dr. Vijay Viswanathan, Head & Chief Physician

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Inauguration & 39th Prof. M Viswanathan Gold Medal Oration 2025

@ Hyatt Regency on 22 March 2025











K. Naravanasamy, Vijay Viswanathan, and other dignitaries at an event held in Chennai, B. VELANKANNI RAJ

The Hindu Bureau CHENNAL

Low-and middle-income countries bear a significant burden of diabetes related foot complications, primarily owing to lack of awareness of foot care practices, said Frances Game, clinical director of R&D at University Hospitals of Derby and Burton, NHS Foundation Trust, England.

Delivering the 39th Prof. M. Viswanathan Gold Medal Oration, organised by M.V. Hosptial for Diabetes, Dr. Game said inadequate management of foot ulcers often led to amputations.

Pointing to a study that established that 80% of diabetic lower limb amputations were preceded by an ulcer, Dr. Game said the study questioned the prevailing dogma on the inevitability of diabetic foot complications and established that the key to amputation prevention was foot ulcer prevention or healing of an existing ulcer.

Tamil Nadu Dr. MGR Medical University Vice-Chancellor K. Narayanasamy said a study on diabetic complications was under way in tribal areas.

'Proper training'

Research Society for the Study of Diabetes in India (RSSDI) national president and head of M.V. Hospital for Diabetes Viiav Viswanathan said greater awareness, coupled with proper training, was key to preventing unnecessary amputations.

"India has unfortunately earned the dubious distinction of being the diabetes capital of the world, with over 10% of its population being affected. According to estimates by the Indian Council of Medical Research, India has 101 million people living with diabetes. However, for every diagnosed case, another remains undetected. In Tamil Nadu, the prevalence of diabetes is approximately 15%-18% in urban areas and 6%-8% in rural

regions," he said. At the event, RSSDI released a White Paper highlighting key challenges and strategies. RSSDI is focused on expanding access to care by leveraging mobile health units and telemedicine to reach the underserved areas.

It is also dedicated to raising public awareness through nationwide campaigns that educate people on diabetes risks, preventive measures, and treatment options. RSSDI aims to partner with technology-providers to roll out telemedicine, mobile applications, and Al-driven health monitoring. Additionally, a national diabetes registry will help track and optimise treatment strategies.

Times of India

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White paper released on diabetes care, 101 million Indians diagnosed

Doc Urges Patients To Prevent Ulcers To Avert Diabetic Foot Amputation

TIMES NEWS NETWORK

Chennai: Lack of awareness and inadequate foot care contribute significantly to amoutations among people with diabetes in low and middle-income countries, said Dr Frances Game, clinical director of R&D at University Hospitals of Derby and Burton, NHS Foundation Trust, England.

Game, who on Saturday delivered the 39th M Viswanathan Gold Medal Oration on strategi-

es to eliminate preventable amputations, said a study in the 1990s revealed that 18% of amputations are preceded by ulcers. "This was a revelation, as anyone with diabetes inevitably believed that they would get an amputation further down the line," she said.

The process occurs in four stages, starting with diabetes, leading to neuropathy or peripheral artery disease, to ulceration, and amputation at the final step. "This can be averted by

preventing the ulcer," she said. It is important to identify people at risk of amputation by offering them frequent foot examinations, educating the patient and family, and ensuring they wear the appropriate footwear. "Treating risk factors for ulceration is the key element to prevent amputation for patients with diabetes," she said.

The event also marked the launch of a white paper on diabetes care by Research Society for Study of Diabetes in India

(RSSDI). The white paper outlines that with more than 101 million Indians diagnosed with diabetes and 136 million with prediabetes, there are challenges in care, awareness, and treatment adherence. RSSDI called for nationwide screenings, telemedicine expansion, and policy reforms to improve care.

Total diabetes treatment cost is projected to hit \$12.8 billion by 2030, it said urging govt action to curb India's growing burden. RSSDI is world's lar-

gest organisation dedicated to diabetes care, with more than 12,000 members across 23 chapters in India. Half of diabetes patients still remain undiagnosed in India, said TN Dr MGR Medical University V-C Dr K Narayanasamy, who was the chief guest. Dr Vijay Viswanathan, head and chief physician of M V Diabetes and national president of RSSDI, agreed. In TN, diabetes prevalence is 15%-18% in cities and 6%-8% in rural areas, he said.

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