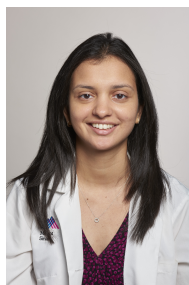


Biomedical Informatics Grand Rounds
Wednesday, March 24, 2021 3:00 pm – 4:00 pm



Emerging Technologies for the Management of Type 2 Diabetes Mellitus

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Remote Access

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Meeting ID: 956 1719 7636 Passcode: 924293

Bio: Dr. Nirali Shah is an Assistant Professor of Medicine in the Division of Endocrinology, Diabetes and Metabolism at the Icahn School of Medicine at Mount Sinai, and Director of Ambulatory Endocrine Services at Mount Sinai Hospital. She earned an MD from N.H.L Municipal Medical College in India. Her clinical training included residency and chief residency in Internal Medicine at the Stony Brook University Hospital and fellowship in Endocrinology at Icahn School of Medicine at Mount Sinai. After completing her training, she stayed on as faculty at Mount Sinai. She has participated as a co-investigator on multiple clinical trials focusing on the use of technology in different patient populations with Type 2 Diabetes Mellitus. Her clinical focus includes implementing these novel tools in the management of Type 1 and Type 2 Diabetes Mellitus.

Abstract: Diabetes Mellitus is a global health problem affecting 422 million people worldwide, of which 34.2 million live in the United States alone. Complications due to diabetes can lead to considerable morbidity and mortality related to both micro- and macro- vascular disease. While Hemoglobin A1c testing is the standard test utilized to evaluate glycemic control, emerging targets like “time in range” and “glycemic variability” often provide more accurate assessments of glycemic fluctuations and have implications for diabetes complications and quality of life. Patients with diabetes face considerable burdens of self-care including frequent glucose monitoring, multiple insulin injections, dietary management, and the need to track daily activities, all of which lead to reduced adherence and psychological burn-out. From the provider perspective, limited patient data and access to self-management tools leads to treatment inertia and a reduced ability to help patients achieve and maintain their glycemic goals. In the past few decades, there have been considerable advances in treatment based technology and technological applications designed to help reduce patient burden and provide tools for better self-management. These advances make real-time clinical data available for clinicians to make necessary changes in treatment regimens. Here I discuss the latest emerging technologies available for the management of people with type 2 Diabetes Mellitus.

Educational Objects: Upon completion, participants should be able to:

- Review the latest available technologies for management of Type 2 Diabetes
- Review the evidence behind their use
- Review the cost effectiveness of these treatment options

Disclosure Statement: In compliance with the ACCME Standards for Commercial Support, everyone who is in a position to control the content of an educational activity provided by the School of Medicine is expected to disclose to the audience any relevant financial relationships with any commercial interest that relates to the content of his/her presentation.

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