

Background

The pandemic of diabetes (DM) – predominantly type 2 diabetes – is affecting all continents and all peoples. Thus, Africa has not escaped the diabetes pandemic even though considerable regional and local differences in the prevalence of DM exist within the continent. Urban populations in particular have high DM prevalence going as high as 8-10% in countries such as South Africa and Kenya. An even higher proportion of individuals are suffering from pre-diabetes, and approximately 50% of these individuals are expected to progress to overt diabetes. The incidence and prevalence of cardiovascular disease (CVD) including hypertension is high as well, and the risk factors for CVD and DM often overlap within a cluster of metabolic disorders collectively known as the metabolic syndrome.

Objectives

Based on the above, the University of Copenhagen in collaboration with Steno Diabetes Center will put emphasis on the understanding of the development and prevention of DM and CVD in Africa. On June 2-3 2009 a seminar will be held at Steno Diabetes Center including experienced researchers and health professionals from Africa and Europe who will lecture within different themes. They will all critically discuss DM and CVD in an African context ranging from treatment of patients at diabetes clinics to treatment of HIV-patients and the risk of CVD and DM.



Steno



FACULTY OF HEALTH SCIENCES
UNIVERSITY OF COPENHAGEN

With kind support from:

CISU



COPENHAGEN SCHOOL OF
GLOBAL HEALTH



ENRECA HEALTH

danish research network for international health



WORLD **DIABETES** FOUNDATION



novo nordisk®

development and prevention of diabetes and cardiovascular disease in sub-saharan africa



seminar on 2 & 3 june 2009

hagedorn auditorium
steno diabetes centre
niels steensens vej 2-4
gentofte

First Day - Tuesday 2 June 2009

- 8.00-9.00 Registration
- 9.00-9.15 Welcome and introduction
Professor Knut Borch-Johnsen, Steno Diabetes Center, Denmark
- 9.15-10.00 Introductory lecture: Non-communicable diseases in Africa – the scope of the problem
Professor Nigel Unwin, University of Newcastle, UK
Professor Nancy Phaswana-Mafuya, Human Science Research Council, South Africa

Theme: Type 1 diabetes and gestational diabetes

Chair: Professor Knut Borch-Johnsen, Steno Diabetes Center, Denmark

- 10.00-10.30 Low incidence of T1D in Africa: misclassification or low incidence
Dr. Kaushik Ramaia, Shree Hindu Mandal Hospital, Tanzania
- 10.30-10.45 Coffee/tea break
- 10.45-11.15 WDF diabetes clinics in Africa: diagnosing and preventing T1D
Dr. Anil Kapur, World Diabetes Foundation, Denmark
- 11.15-11.45 Screening and management of gestational diabetes
Dr. Eugene Sobngwi, University of Newcastle/University of Yaoundé, UK/Cameroon
- 11.45-13.00 Lunch break

Theme: CVD in relation to migration and ethnicity in Africa

Chair: Dr. Mbelenge Mapoko Ilondo, Novo Nordisk, Denmark

- 13.00-13.15 Introductory remarks
Dr. Mbelenge Mapoko Ilondo, Novo Nordisk, Denmark
- 13.15-13.45 CVD risk factors: rural-urban and ethnic differences in Kenya
Gitahi Theuri, Kenyatta University, Kenya
- 13.45-14.15 CVD in patients of different ethnicity: experiences from a hospital
Dr. Venance Maro, Kilimanjaro Christian Medical College, Tanzania
- 14.15-14.45 Primary prevention of CVD and obesity in clinical practice
Alice Ndong, Xenihhealth Nutrition and Management Program, Kenya
- 14.45-15.15 Lipid profiles and modified LDL of HIV patients on ARV who live in a semi-rural region in South Africa: a forerunner of CVD?
Professor Kathy Myburgh, Stellenbosch University, South Africa
- 15.15-15.30 Coffee/tea break

Theme: New risk factors and prospects for prevention of T2D

Chair: Dr. Anil Kapur, World Diabetes Foundation, Denmark

- 15.30-15.45 Introductory remarks
Dr. Anil Kapur, World Diabetes Foundation, Denmark
- 15.45-16.15 Is T2D in Africans the same as in Europeans?
Professor Albert G. B. Amoah, University of Ghana, Ghana
- 16.15-16.45 Are CVD risk factors similar in Africans and Europeans?
Dr. Pernille Poulsen, Novo Nordisk, Denmark

Second Day - Wednesday 3 June 2009

Theme: Prevention of T2D and CVD: what could and should be recommended?

Chair: Dr. Daniel R. Witte, Steno Diabetes Center, Denmark

- 9.00-9.15 Introductory remarks
Dr. Daniel R. Witte, Steno Diabetes Center, Denmark
- 9.15-9.45 WHO guidelines of obesity measures and ethnicity
Professor Knut Borch-Johnsen, Steno Diabetes Center, Denmark
- 9.45-10.15 Physical inactivity and obesity: the decline of walking in Africans
Eugene Sobngwi, University of Newcastle/University of Yaoundé, UK/Cameroon
- 10.15-10.45 Coffee/tea break

Theme: Diabetes education and management

Chair: Professor Nigel Unwin, University of Newcastle, UK

- 10.45-11.00 Introductory remarks
Professor Nigel Unwin, University of Newcastle, UK
- 11.00-11.30 Diabetes Practice guidelines
Dr. Kaushik Ramaia, Shree Hindu Mandal Hospital, Tanzania
- 11.30-12.00 Community awareness of DM and hypertension in Ghana
Professor Albert Amoah, University of Ghana, Ghana
- 12.00-13.15 Lunch break

Theme: The “missing link” between communicable and non-communicable diseases

Chair: Professor Ib Bygbjerg, University of Copenhagen, Denmark

- 13.15-13.30 Introductory remarks
Professor Ib Bygbjerg, University of Copenhagen, Denmark
- 13.30-14.00 ARV regimen and body composition of HIV patients in a semi-rural region in South Africa: a forerunner of type 2 diabetes?
Professor Kathy Myburgh, Stellenbosch University, South Africa
- 14.00-14.30 T2D and infections in low-income countries
Professor Henrik Friis, University of Copenhagen, Denmark
- 14.30-15.00 Dysmetabolism in HIV-infected patients receiving HAART
Dr. Jesper Eugen-Olsen, Hvidovre Hospital, Denmark
- 15.00-15.30 T2D and malaria: possible impact of maternal malaria in adult off-spring
Dr. Dirk Lund Christensen, University of Copenhagen, Denmark
- 15.30-16.00 Coffee/tea break
- 16.00-16.15 **Closing remarks**
Dr. Mbelenge Mapoko Ilondo, Novo Nordisk, Denmark