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Updates of the pharmacotherapy of diabetes mellitus

Despite the known benefits of a healthy lifestyle, many individuals find it hard to maintain such a lifestyle in the modern world, which facilitates sedentary behavior and overeating. Consequently, the prevalence of type 2 diabetes mellitus is predicted to increase dramatically over the coming years. To counteract the resulting impact on morbidity and mortality of the disease, a tremendous number of new treatments available for diabetes was poured into the market. Research lines in diabetes can be grouped into three main categories: technological, biological, and pharmacological with the latter category, pharmacological research, appears the most effective for significantly reducing the burden of type 2 diabetes mellitus. However, the success of antidiabetic medication has also been limited by their mechanism of action and side effects. A big number of promising new drugs were developed to achieve newer antidiabetic medication including oral insulin, gene therapy, the incretins, dipeptidyl peptidase-4 inhibitors, peroxisome proliferator-activated receptor inhibitors, and sodium–glucose cotransporter inhibitors to treat Type 2 diabetes mellitus. However, the up to date, current standard of care for diabetes management is not enough for long run benefits to diabetic patients. The aim of my talk is to provide a brief overview of current antidiabetic drugs & updates on diabetes management for clinical usage.

Biography

Suzan Darwish has completed her BPharm, MSc from faculty of Pharmacy, Alexandria University, Egypt; PhD in Pharmacology from Strathclyde University, UK. Worked as Professor of Pharmacology in Faculty of Medicine, University of Alexandria, Egypt, from 1988 until 2003 then acted as head of the same department until 2005. She is now Emeritus Professor in Pharmacology, Faculty of Medicine, Alexandria University, since 2005. Published 35 papers in reputed journals and supervised 14 MSc/ PhD thesis. Elected as president of the Egyptian Association of the Advancement of Basic Medical Sciences (EAMBS) from 2003 up till now.