SEMINAR : **DIABETES ASIA CONFERENCE 2018**

DATE : 26 JULAI – 29 JULAI 2018

VENUE : BORNEO CONVENTION CENTRE , KUCHING SARAWAK.

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SUMMARY OF IMPORTANT KEY POINTS :

1. **HEART FAILURE IN DIABETES MELLITUS PATIENTS**
2. Increased HEART FAILURE risk in Diabetes Mellitus patients with strong impact on prognosis has been known for so long.
3. The glucose sodium reabsorption coupled breakthrough actions that occur as a mechanism of action in SGLT2i (***Sodium-Glucose Transport Protein 2 inhibitor )*** , puts the reduction of HEART FAILURE events as a treatment target .
4. As there seems to be a huge potential for undiagnosed HEART FAILURE in patient with Diabetis , every Diabetologist should understand the basics in dianostics and therapy of HEART FAILURE ( in cooperation with Cardiologist) and how to tailor glucose lowering therapy to the individual patient .
5. **LOW CALORIE SWEETENERS.**
6. We should not consider ARTIFICIAL SWEETENERS as healthy foods because there is no proven benefits. However , for patients with Diabetes who regularly consume soft drinks or unsweetened fruit juice and who canno replace these beverages with water, we should recommend the minimum consumption of artificially sweetened beverages rather than sugary drinks
7. There is a possibility in which indirectly that ARTIFICIAL SWEETENERS cause weight gain because it actually increases sugar cravings.
8. ARTIFICIAL SWEETENERS are hundreds to thousands of times sweeter than sugar , repeated exposure to a flavor trains flavor preferences.
9. Some ARTIFICIAL SWEETENERS has disadvantages , as below:

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| NAME OF ARTIFICIAL SWEETENERS | DISADVANTAGES |
| STEVIA  | RAW STEVIA CAN DAMAGE HEART AND REPRODUCTIVE HEALTH |
| SUCRALOSE | PRESENCE OF CHLORINE IN IT IS CONSIDERED A CARSINOGEN |
| ACESULFAME K | CONTAINS THE CARCINOGEN METHYLENE CHLORIDE |
| ASPARTAME | CANNOT BE CONSUMED BY PEOPLE WITH METABOLIC DISORDER IE PENYLKETONURIA (PKU) |