

Reports of the EASD Study Groups 1987/1988

European Association for the Study of Diabetes, Study group on Artificial Insulin Delivery Systems and Pancreas and Islet Transplantation (AIDSPIT/1988)

As in previous years, the Study Group's Annual Meeting took place in Igls, Austria. Organisation and financing of this meeting was provided from Dr. Pozza's group in Milano/Italy, the scientific and clinical content was agreed by the officers and committee members of the group. The following topics were selected for presentation: Pancreas transplantation, islet cell transplantation, immuno-suppression Type 1 (insulin-dependent) diabetes, implantable devices and intervention studies. In particular, discussions were based on reports from the Registry for pancreas transplantation (C. Groth, Sweden) and islet transplantation (D. Scharp, USA). Eligibility, indications and selection of patients, as well as prevention and treatment of rejection of pancreatic grafts were worked out by C. Groth, and J.M. Dubernard, France. The theme of immunosuppression in Type 1 diabetes at its onset was thoroughly discussed by D. Pyke, UK, and J. Dupre, Canada, in a pro and con presentation.

The second day was devoted to implantable devices, introduced by a report from the International Registry on Implantable Devices (ISGIID), by G. Knatterud, USA. Contributions to this session were received from D. Hepp, FRG, on clinical data of the European Multicenter Study, from G. Seipke, FRG, on insulin stability, and from J.L. Selam, USA, and R. Hutter, Austria, on catheter performance in the experience with implantable devices, to name only a few speakers and topics.

Contributions from K. Dahl-Jorgensen, Norway, G. Crepaldi, Italy, T. Deckert, Denmark, and S. Christensen, Denmark, presented insights into the clinical achievements in a growing number of treatment intervention studies. The proper design of insulin therapy on the basis of fundamental aspects of the patho-physiology of diabetes mellitus (W. Waldhäusl, Austria) was the subject of a round table discussion (C. Binder, Denmark; F.A. Gries, FRG; P. Home, UK; D. Brandenburg, FRG; and P. Brunetti, Italy).

The programme committee had received and reviewed 97 abstracts of which only 9 had been submitted from outside Europe. Sixteen papers had to be rejected, 27 were selected for oral presentation, and 54 papers were selected as posters. Some of the latter were discussed at special sessions chaired by R. Landgraf, FRG, D. Scharp, P. Bratusch-Marrain, Austria, and P. Home.

Almost 300 scientists from all over the world participated in this meeting; the next one will be held in Igls, February 5-7, 1989.

Dr. G. Pozza, Dr. P. Bratusch-Marrain

European Association for the Study of Diabetes, Diabetes Education Study Group (DESG/1988)

The activities of DESG in 1988:

1. Publication and distribution to members of five Teaching Letters prepared during the 4th DESG Workshop in April 1987 in Athens. The themes of the letters are:

- Evaluating diabetes education
- Teaching the woman with diabetes about preparing for conception, pregnancy and delivery.
- Nutrition for the child and adolescent with diabetes mellitus.
- Continuing and reinforcing patient education.
- Educational approach for the elderly diabetic patient with special needs.

2. An assessment questionnaire of the Teaching Letters was prepared and distributed to all DESG members in January 1988. The evaluation of the questionnaire is under study.

3. The second issue of the DESG Newsletter was prepared and distributed in February 1988.

4. A DESG Workshop was held in Windsor, U.K., from February 4th to 7th, 1988 in order to examine the past, present and future activities of the Diabetes Education Study Group. Twenty-one countries were represented with 43 participants. Sessions were devoted to:

- a) The examination of progress in diabetes education,
- b) Identifying outstanding problems,
- c) Analysis of the past activities of the DESG,
- d) Determination of future objectives of the DESG,
- e) Definition of proposals for their implementation.

The following is a summary of the results of the Windsor Workshop:

Outstanding Problems

a. Training of Health Care Personnel

Failure to include instructions to diabetologists on how to educate. Lack of consideration of diabetes in most undergraduate curricula.

b. Problems with the Educational Process

Absence of good systems of evaluation of the educational process. Lack of understanding of the process involved in initiating and maintaining patient motivation, the contribution of health beliefs and difficulty in identifying patients' learning problems.

c. Organisational Problems

The role of some Diabetic Centres are still ill-defined. Clarification of the importance of education at every stage in diabetes care is needed.

d. Lack of Resources

Lack of personnel and equipment. Many countries have no nurse educators and an insufficient number of doctors concerned with diabetes.

e. Political Problems

Need to educate politicians in the importance of diabetes. Lay organisations could play an important role in applying political pressure.

Past Activities of DESG

The past activities of DESG were discussed and criticised; especially, International Workshops, National Workshops, International Conferences as well as Teaching Letters and Newsletters.

Objectives of Future Activities of the DESG

The following were considered to be the most important objectives for the DESG.

1. The promotion of post-graduate education with training courses in diabetes education for health care professionals at all levels
2. The expansion of knowledge of the processes of education and its impact
3. The development of a multidisciplinary team approach
4. The development and application of improved methods of evaluation
5. The further examination of the role of the Teaching Letters and their most effective use, together with the consideration of possibly producing a handbook
6. Promotion of the needs for diabetes education through publicity and political pressure
7. Research. A number of specific areas requiring evaluation were identified, these including assessment of:
 - a) The quality of life as well as glycaemic control
 - b) Health beliefs of patients and staff and their relationship to the socio-cultural situation of the patients
 - c) The influences on educational outcomes of multidisciplinary team approaches
 - d) Application of programmes for specific groups such as Type 2 (non-insulin-dependent) diabetes of the elderly or obese or parents of diabetic children
 - e) The role of computers in patient education.

Proposals for the Future

1. In improving instructional activities (Teaching Letters, International and National Workshops).
2. In promoting research activities and developing appropriate protocols.
3. In developing methods of promotion and recognition of diabetes patient education.
5. DESG Workshop "Care and Education in Patients with Diabetic Late Complications": June 23th to 26th 1988, Lockenhaus Castle (Austria), organised by Medizinische Klinik F, University of Düsseldorf, FRG.
6. The organisation of a Symposium on "Trends in Patient Education" is underway to be held in Nauplia, Greece, from the 12th to 16th October, 1988, for members of the DESG.

Dr. J.G. Alivisatos

European Association for the Study of Diabetes, Control of Metabolism Study Group (CMSG/1988)

The first meeting of the Control of Metabolism Study Group was held in Brussels from 20-21 November, 1987. Jointly organised by Drs. L. Hue and F.O. Balasse, the Study Group aimed at favouring interactions between basic and clinical researchers interested in the control of metabolism. To achieve this goal, it was decided that the vast majority of communications would be presented as posters. This permitted ample and informal discussions. There were sixty posters. On 20 November, following registration and posters' installation, there was a plenary session with Dr. E. Ferrannini (Pisa) as speaker addressing clinical research. The conference was entitled "Insulin Resistance at Large". A get-together party followed, warm and simple as Belgians have the art of making them. On 21 November, 60 posters were displayed, the first session lasting 2½ hours, with all 111 participants attending, and the first author of the poster being on duty. There was then a second plenary session with Dr. A. Kahn (Paris) as speaker addressing basic research. The conference was on "Nutritional and Hormonal Regulation of Glycolytic Genes in the Liver". It was followed by a second poster session comprising the same posters, but with the second author on duty. The format of the meeting was considered optimal; thanks were extended to Dr. L. Hue (in particular, whose organisation and dedication were remarkable). The meeting was sponsored by Boehringer Belgium, Servier Benelux, the Fonds National de la Recherche Scientifique (Belgium) and the European Nutritional Network.

The second meeting of the Study Group is to be held in Lyon, France, 2-3 September, 1988. Details available from: Prof. J.-P. Riou, INSERM 197, Faculté de Médecine Alexis Carrel, rue Guillaume-Paradin, F-69372 Lyon Cedex 08, France.

Dr. B. Jeanrenaud

European Association for the Study of Diabetes, European Diabetic Nephropathy Study Group (EDNSG/1988)

Chairman: GianCarlo Viberti
 Vice-Chairman: Torsten Deckert
 Secretary: Jens Sandahl Christiansen
 Treasurer: Leif Groop, Christoph Hasslacher

The first meeting of the study group, entitled "Blood pressure and diabetic nephropathy" took place in Pisa, Italy, on April 22-23, 1988 with approximately 150 attendants. During 3 half day sessions 30 papers were presented, mainly dealing with blood pressure in relation to diabetic nephropathy. The following topics were discussed: 1) Antihypertensive therapy at different stages from incipient nephropathy to end-stage renal failure. The well-known beneficial effect of antihypertensive therapy in established nephropathy was further substantiated. Also, the possibility of treating patients with microalbuminuria - incipient nephropathy - was discussed; the conclusion, however, awaits further results. Finally, the different actions of various antihypertensive drugs in diabetic patients were briefly discussed. 2) The time course of albuminuria in Type 1 (insulin-dependent) diabetes mellitus and the interrelationship between blood pressure elevation of albumin excretion rate. 3) Proteinuria in Type 2 (non-insulin-dependent) diabetic patients - with special reference to risk factors and to microvascular disease. 4) Morphology of the diabetic kidney with special attention to the number of glomeruli and the possible role of hypertrophy. 5) Functional studies on renal haemodynamics and cell membrane, ion transport in relation to hypertension, hyperinsulinaemia (aminoacids, glucagon, prostaglandins), volume expansion and atrial natriuretic peptide. The next meeting entitled "Renal pharmacology and factors affecting the renal vascular barrier in diabetes" will be held 12-13 May 1989 in Aarhus, Denmark

Details available from: Dr. G.C. Viberti, Unit for Metabolic Medicine, Division of Medicine UMDS, Guy's Hospital, London Bridge, SR1 9RT, UK

Address for correspondence:

Dr. J.S. Christiansen, Second University Clinic of Internal Medicine, Kommunehospitalet, DK-8000 Arhus C, Denmark

European Association for the Study of Diabetes, Diabetes and Nutrition Study Group (DNSG/1988)

Officers

Chairman: Prof. J. Mann, Dunedin (New Zealand)
 Vice-Chairman: Dr. M. Toeller, Düsseldorf (FRG)
 Secretary: Dr. G. Riccardi, Napoli (Italy)

Committee Members

Dr. A. Aro, Helsinki (Finland); Prof. P. Christopoulos, Athens (Greece); Prof. I. de Leeuw, Antwerp (Belgium); Dr. P. Robertson, Fredrikstad (Norway); Prof. G. Slama, Paris (France)

The 5th International Symposium on Diabetes and Nutrition was held in Sorrento, Italy, from June 24-26, 1987, and was organised by Dr. G. Riccardi and Dr. A. Rivellese. One hundred eleven physicians, nutritionists, biochemists and dietitians attended. Topics discussed were: methodology in diabetes and nutrition; fat in the diabetes diet; glycaemic index; miscellaneous aspects of diabetes and nutrition.

During the meeting recommendations for the diabetes diet were discussed and approved by the members of the Study Group.

Nutritional recommendations for individuals with diabetes mellitus (Summary)

Dietary modification plays a central role in the management of patients with Types 1 (insulin-dependent) and 2 (non-insulin-dependent) diabetes mellitus. In Type 1 patients, dietary advice aims firstly to co-ordinate the type and quantity of carbohydrate with the phar-

macokinetics of injected insulin. The majority of Type 2 patients are overweight and for them energy restriction is the most important aspect of dietary advice. Other aspects of dietary advice apply equally to both types of diabetes and are relevant to the entire population of most European countries. The most important general recommendation is a decrease in intake of saturated fatty acids (<10% total energy). This may be compensated for by an increased intake of complex carbohydrate (50-60% total energy), especially those foods high in soluble dietary fibre (>20 g per 1000 Kcal), and some increase in consumption of mono- and polyunsaturated fatty acids. Until more information is available, it may be appropriate to suggest that total intake of added sucrose be no more than 30 g per day. Attention should also be given to intake of protein, sodium and alcohol. Individual dietary advice is essential for all patients with diabetes.

Next Meeting

The 6th International Symposium on Diabetes and Nutrition will be held in Helsinki Finland, June 27-29, 1988, and organised by Dr. A. Aro. Topics: psychological aspects of diabetes and nutrition; obesity and very low calorie diets in relation to diabetes; study design.

Address for correspondence:

Dr. Gabriele Riccardi, Institute of Internal Medicine and Metabolic Diseases, 2nd Medical School, Via S. Pansini 5, I-80131 Napoli, Italy

European Association for the Study of Diabetes, Diabetic Pregnancy Study Group (DPSG/1988)

The aims of the Diabetic Pregnancy Study Group of the European Association for the Study of Diabetes are to improve the care of pregnant diabetic patients and their offspring by fostering research, treatment and education in the subject of diabetic pregnancy.

The group holds one scientific meeting each year, normally either just before or after the EASD-meeting. The group has 30 ordinary members representing obstetricians, paediatricians, physicians and basic scientists who have been elected both to secure a multi-disciplinary mix and a broad European representation. Each member has the right to invite one guest who may present a paper if the Board considers the submitted abstract to have sufficient merit; they also have the right to vote at the annual business meeting. This year celebrates the 20th meeting of the group and the format of the present Constitution will be reviewed. There are also 11 honorary members who can participate in the meetings but are not entitled to invite a guest or vote at the business meeting.

The annual scientific meetings are attended by the great majority of members; these meetings are open to anyone interested in diabetic pregnancy who applies to the Board. Papers may also be presented to the Board for consideration as contributions to the annual meetings. The total number of attendants will, however, not normally exceed 60 persons. The reason for this limitation is the strong wish to preserve the workshop atmosphere that has proven to be very constructive in the past.

From August 31-September 3, 1988 the Diabetic Pregnancy Study Group is going to have its 20th annual meeting in Athens. The organiser is Dr. C. Zoupas of Athens and the meeting will have the following sessions:

Session I Human Fetal Growth and Development
Chaired by Dr. B. Persson

Session II Recent Advances in Animal Studies
Chaired by Dr. C. Hellerström

Session III Management and Follow-up of the Diabetic Mother and Her Infant
Chaired by Dr. K. Fuhrman

Session IV Associated Metabolic Disorders
Chaired by Dr. L. Molsted-Pedersen

The meeting will also include the annual Jorgen Pedersen Memorial Lecture, which this year is going to be given by Dr. J. Nerup from Copenhagen.

It is anticipated that the next meeting will be held in Uppsala, Sweden.

Professor T. Lind
Chairman, Diabetic Pregnancy Study Group

European Association for the Study of Diabetes, European Diabetes Epidemiology Study Group (EDES/1988)

The Group held its 23rd annual scientific meeting in Glion-sur-Montreux, Switzerland, May 1-4 1988, and was hosted by Professor A. Teuscher, Bern. The meeting was attended by a majority of the 55 members plus another 13 persons presenting a total of 44 papers to the group.

The introductory lecture was given by Professor F. Epstein, Zürich, as an overview of the diabetic enigma. Another invited speaker was Dr. H. King (WHO, Geneva), who lectured on the north-south prevalence of diabetes. A report about the EURODIAB was given by Professor H. Keen, London. This is a collaborative study on diabetes mellitus approved and founded by the European Community and covers three main subareas: epidemiology and aetio-pathogenesis of Type 1 (insulin-dependent) diabetes mellitus; complications and mortality in Type 1 diabetes and epidemiology of diabetes from routine health information.

Some results from the meeting

Diabetes in the elderly. In 12,940 hospital admissions in the UK in patients aged 65 and over coexisting diabetes was present in 8%. An estimated 2100 excess days of hospital stay were due to diabetes. Also, the number of investigations (excluding those for diabetes) was 60% more than those for non-diabetic persons, and drug expenditure (excluding drugs for diabetes) was about double. Hospital mortality was increased for patients with hip fracture (26% vs 13% when diabetes was absent) and for patients with concussion (14% vs 3%).

In Yugoslavia diabetic patients aged 60 and over visited the health care physician due to diabetes twice as often as younger diabetic patients. The older patients were found to have, on average, another three chronic diseases. With the anticipated prolongation of life expectancy, health care systems must prepare for appropriate care for longer periods of time.

Nephropathy. A cross-sectional study of 1308 Type 1 patients in Austria revealed a normal night time albumin excretion in urine in 73% of the cases. In 10% values were in the range 20-200 µg/min and 17% had manifest proteinuria. Seven of 22 registered for kidney transplant died; four of them are still on the waiting list. There is an obvious need for regular screening for nephropathy, predialytic therapeutic measurements and transplantation as timely as possible.

Another cross-sectional study from Italy, in 199 Type 1 subjects and 311 Type 2 (non-insulin-dependent) diabetic subjects showed a higher prevalence (35% vs 13%) of clinical nephropathy (Albustix-positive urine) in the Type 2 group. The development towards end-stage nephropathy is to be covered in the two groups.

Mortality. In Finland age-adjusted mortality risks of diabetic patients has been calculated in the age groups of 0-17, 18-29, 30-64, 65 years and over. The risks for men were 1.6, 5.1, 2.0 and 1.5 and for females 3.0, 11.3, 3.0 and 1.8 respectively.

Mortality in diabetic patients under age 18 at time of diagnosis (time period 1970-9) was followed up to December 1984. Thirty-four of 3585 diabetic patients had died, compared to 39 of 7123 age- and sex-matched non-diabetic subjects. The male excess in crude mortality was less (48%) among the diabetic patients than referents (135%).

Comparative data on mortality in population based cohorts of diabetic patients from Finland, Israel and the USA (Pennsylvania) demonstrated an excess mortality for Type 1 subjects in the USA, especially from non-white subjects.

The Paris Prospective Study of Coronary Heart Disease (CHD) in 7038 males aged 43-54 year revealed 123 deaths during a mean follow-up period of 11.2 years. In those with IGT or diabetes and who died of CHD, fasting plasma insulin, serum triglycerides and cholesterol were higher than in those who died of other causes.

Next activity

On September 5th, 1988 in Paris, the Study Group will present a special review of basic knowledge and new information in the field of diabetes epidemiology. This is part of the EASD strategy to encourage the study groups to provide continuing education to the Association. It will be a two and a half hour session immediately before the Opening Ceremony of EASD. Five times will be presented and they will be orientated towards diabetes epidemiology, public health aspects and complications of diabetes.

Next annual meeting

May 10-13, 1989, in Venice, Italy (Host: Professor G.Crepaldi, Padova)

Topics

1) Epidemiology of neuropathy 2) Diabetes in the elderly 3) Mortality in diabetic patients 4) Epidemiology of Type 2 diabetes. Abstracts are to be submitted to the Secretary and Professor Crepal-di (addresses see below), *no later than February 28th, 1989.*

Chairman: E. Eschwege

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Vice-chairman: D. Michaelis

Karlsburg, GDR

Secretary: G. Sartor

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C. Arnold

Budapest, Hungary

G. Sartor

(Secretary, EDFSG)

Agenda for the 24th General Assembly of the European Association for the Study of Diabetes to be held in Hall GA of the Palais de Congress, Paris, France on Wednesday, 7th September, 1988 at 10.30 am

1. Minutes, 23rd General Assembly, Leipzig, 1987

Printed in *Diabetologia* 31:259-264 (and in the Volume of Abstracts). To be confirmed as a correct record

2. Reports

a) *President*

Dr. P. Freychet

b) *Honorary Treasurer*

Dr. J.D. Ward

c) *Honorary Auditors*

Drs. H. Beck-Nielsen and D. Pometta

d) *Honorary Secretary*

Dr. A. Lernmark

e) *Editor-in-Chief, Diabetologia*

Dr. M. Berger

3. Elections

a) Council Members 1989-1992

To replace those retiring by rotation in Lisbon, namely: Drs. K. F. Federlin, P. Freychet, P. D. Home, P. Micossi, and J. C. C. Nunes Correa

b) Honorary Auditors 1989

c) Editor-in-Chief, *Diabetologia* 1989-1992

To ratify appointment of Dr. C. Hellerström

d) Honorary Members

4. *Postgraduate Education Sub-committee*

Dr. J. P. Assal to report

5. *Study Groups*

To receive annual reports

6. *Farewell presentation to Mr. JGL Jackson*

7. *Any Other Business*