

JOINT ANNUAL MEETING OF SQLNM,
CMDO NETWORK, AND COLOSSUS
CONGRESS

SCIENTIFIC CONFERENCE REPORT

Magog-Orford, Qc
6-8 February 2019

ABSTRACT

The purpose of this report is to present a summary of the activities that took place during the [joint annual meeting of SQLNM, CMDO Network and COLosSUS congress](#), on February 6-8, 2019. Following the initiative of a patient partner, the Patient Engagement goal group of Diabetes Action Canada sent four patient partners as Science Ambassadors to Magog-Orford to hear their perspectives on various aspects of the event. They attended presentations and workshops of their choosing and completed brief evaluations. Their views are expressed in this report.

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From left to right: Dr. André Carpentier, André Gaudreau, Danièle Remy, Jaime Borja, Éleine Brière, Danielle Bérubé and Dr. Jean-Pierre Després.

THE CONFERENCE

This seventh joint annual symposium, aimed at maintaining the efforts to improve the health of the Quebec population with respect to diabetes, dyslipidemia and cardiometabolic and vascular disorders, took place at the Hôtel Chéribourg, Magog-Orford. This event also highlights the Francophone Quebec week dedicated to education on cardiometabolic health, diabetes and obesity in February each year.

For two days, the scientific ambassadors took part in four symposia gathering which covered several themes and attended presentations from Dr. Bruce Perkins and Dr. Pedro Geraldes, winner of the 2017 CMDO Network Young Investigator Award. In the pages that follow, we will give a brief overview of the topics covered and present the various points of view expressed by the ambassadors about their experience.

« During these three days I learned that the world of research is in full swing... »

DANIÈLE REMY | PATIENT PARTNER

« I have seen passionate people and young researchers with so much knowledge »

DANIELLE BÉRUBÉ | PATIENT PARTNER

THE PRESENTATIONS

This year's conference program focused on the expansive theme of "Metabolic Health and Interventions During Life". The future of young people and the impact of diabetes prevention programs as well as understanding the

mechanisms leading to chronic diseases and amputations were topics of great interest and concern to the ambassadors.

Below is a summary of the session reports completed by the ambassadors. The session reports are grouped into four categories: cardiometabolic health among young people, amputation risk, therapeutic developments in type 1 diabetes, and nutrition / sustainable health.

CARDIOMETABOLIC HEALTH DURING CHILDHOOD AND IMPLICATIONS FOR THE FUTURE

Short and long term impacts of pediatric cancer on cardiometabolic health

DR VALÉRIE MARCIL

Diabetes type 2 paradoxes in children

DR MELANIE HENDERSON

Is adiposity associated with blood pressure in children?

DR GILLES PARADIS

Dysglycemia from childhood to adolescence is a complex phenomenon. Here are some scientific conclusions that Dr. Paradis has brought forward on this topic.

- The obesity epidemic does not appear to be associated with a concurrent increase in blood pressure at the population level in children and adolescents. So there may be protective factors at play (eg, diet, fat distribution, other?).
- The obesity epidemic will have other major deleterious effects (diabetes, cardiovascular diseases, etc.).
- There is a need to improve our understanding of the determinants and consequences of blood pressure in young people.

One of the presentations also highlighted the dangers of pre-diabetes type 2 in young people. Complications evolving faster than for adults make for even more aggressive treatments. The growing rate of obesity in young people has for consequence that future generations will have a lower life expectancy.

Unfortunately, there is a lack of data to help physicians understand this phenomenon in young people. In conclusion, public policies and recommendations for prevention are still important.

« I am very satisfied that the conference's program includes themes related to the issue of prevention, particularly for children and young people living with type 2 diabetes. »

JAIME BORJA | PATIENT PARTNER

YOUNG INVESTIGATOR KEYNOTE (2017 LAUREAT)

Understanding the mechanisms leading to chronic diseases and amputations related to diabetes.

DR PEDRO GERALDES

The presentation of Dr. Geraldes (Winner of the CMDO Network's Jean-Davignon Young Investigator Award 2017) generated the ambassadors' interest given their experience with diabetes.

Among the key points identified by the ambassadors, atherosclerosis seems to be a great danger for people living with diabetes. In fact, diseases of the arteries resulting in diabetes can lead to amputation. Several ambassadors were troubled by the statistics on amputations, that is, 50% of patients that undergo an amputation may have to have another one five years later and they may die 5 years after the second amputation.

« Personally, I was under the impression that [amputations related to diabetes] were a thing of the past... we must put this matter back on the agenda. It is essential that caregivers be knowledgeable about this very real risk. »

DANIÈLE REMY | PATIENT PARTNER

THERAPEUTIC DEVELOPMENTS IN TYPE 1 DIABETES

Type 1 diabetes and physical activity
DR MIKE RIDDELL

Challenges associated with obesity and insulin resistance in type 1 diabetes
DR VÉRONIQUE GINGRAS

Diabetes type 1: lifestyle challenges and technology developments
DR RÉMI RABASA-LHORET

Several sessions described therapeutic developments in type 1 diabetes. Substantial improvements in metabolic control, frequency of hypoglycaemia and patient comfort are far from revolutionizing the treatment of type 1 diabetes. It appears that more than 60% of individuals living with type 1 diabetes are sedentary.

One of the presentations entitled "Type 1 diabetes and physical activity" highlighted the benefits of regular physical activity for people living with type 1 diabetes and how to make exercise safer by improving glycaemic control. Moreover, specifically for young people, learning to fine-tune the insulin pump and better manage it according to physical activity is essential. The ambassadors were pleasantly surprised to see that there were camps for young people living with type 1 diabetes to guide them in this subject using a variety of techniques.

« If the young person does not pay attention to his flow [insulin pump], it could cause either a hyper or hypoglycemia. »

ANDRÉ GAUDREAU | PATIENT PARTNER

HEALTHY EATING AT THE HEART OF SUSTAINABLE HEALTH

How to tackle food and health's social inequalities: recommendations of the High Council of public health in France

DR SERGE HERCBERG

Impacting the food supply: a must for population health

DR VÉRONIQUE PROVENCHER

Innovate for better care: the future of food in Quebec for sustainable health

DR BENOÎT LAMARCHE

Diet, as well as physical activity and sedentary lifestyle, are major determinants of chronic diseases such as cardiovascular diseases, certain cancers, diabetes, obesity or osteoporosis. In France, the widening of inequalities between the different social groups in terms of food and health status lead the government to rethink the nutritional policy. Today, the desire is to strengthen actions on the environment that will specifically help facilitate healthy food choices made by the population explained Dr Hercberg.

In Quebec, a new public health surveillance strategy using purchasing data to act on the food supply is being put in place. Dr. Després and Dr. Lamarche explained the opportunities and challenges. Simultaneously, starting in the year 2020, the Chinese authorities will classify individuals according to the data collected from purchases made by telephone, internet or other communication sites. This topic generated interest and concern from the ambassadors. Especially on the neutrality of the data, because to act on the food supply it is necessary to have large databases which should, in principle be perfectly neutral.

CRITICAL ASSESSMENT

At the end of the conference, each ambassador shared their impressions of their experience by completing an evaluation questionnaire. The following section attempts to sum-up the various points of views expressed.

HIGHLIGHTS

In general, the ambassadors greatly appreciated the conference. According to them, the event was well organized and welcoming. They enjoyed the meal arrangements and the breaks that favored exchanges between attendees.

Some pointed out the lack of simultaneous translation that would have helped a lot in understanding some very specialized topics. On the other hand, the majority of presentations were in French, which largely compensated for the lack of translation. The lack of workshops / roundtables or time allocated for exchanges immediately after the presentations was also noted. One of the ambassadors recommended going forward, that specific times be allocated for exchanges between diabetes researchers and patient partners.

« Later I had the chance to speak with researchers and doctors individually. Some people say that their point of view has changed about us, and others are already working with partner patients and are delighted. They are very aware of their importance and for a future nutrition project, they might include patient partner.

Ultimately, it was during these moments that I understood the importance of our role and gave me the will to continue. »

DANIELLE BÉRUBÉ | PATIENT PARTNER

The majority enjoyed the scientific program of the conference, but some would have liked to see greater involvement of patient partners as suggested by the

agenda. However, given the difficulties inherent to this partnership, the ambassadors acknowledged the efforts made by the conference organizers.

« The words spoken by Dr. Després and some others whose name I forget, about the fact that they appreciated our presence as patient partners in this conference, inspired me to continue my commitment. »

ÉLAINE BRIÈRE | PATIENT PARTNER

CONCLUSION

In summary, this activity was an enriching experience for the ambassadors. The ambassadors took full advantage of the opportunities that this type of event confers, such as access to important medical information and an opportunity to socialize in French with a diverse mix of individuals concerned with diabetes and its complications. They look forward to future conferences like this and the future of diabetes care as a whole.
