

Plenary Lecture 2

Chairperson

Kee-Hyoung Lee
Korea University, Korea

Speaker

Silva Arslanian
University of Pittsburgh, USA



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University of Pittsburgh, USA

• Education

Period	Affiliation	Position
– 1980-1984	Children’s Hospital of Pittsburgh Pittsburgh, Pennsylvania	Fellowship
– 1978-1980	American University Hospital of Beirut, Beirut, Lebanon	Residency
– 1973-1978	American University of Beirut School of Medicine, Beirut, Lebanon	M.D.
– 1971-1973	American University of Beirut, Beirut, Lebanon	B.S.

• Affiliations / Experience

Period	Affiliation	Position
– 2008-Present	University of Pittsburgh	Professor
– 2005-Present	University of Pittsburgh, School of Medicine	Richard L. Day Professor of Pediatrics Director, Pediatric Clinical & Translational Research Center
	UPMC Children’s Hospital of Pittsburgh	Scientific Director, Center for Pediatric Research in Obesity and Metabolism (CPROM)
– 1999-Present	University of Pittsburgh School of Medicine UPMC Children’s Hospital of Pittsburgh	Tenured Professor of Pediatrics

• Committee Memberships

- Pediatric Endocrine Society (PES)
- Endocrine Society
- American Diabetes Association (ADA)
- International Society Pediatric and Adolescent Diabetes (ISPAD)

• Publications

- Arslanian SA, Hannon T, Zeitler P, Chao LC, Boucher-Berry C, Barrientos-Pérez M, Bismuth E, Dib S, Cho JI, Cox D for the AWARD-PEDS Investigators: Once-Weekly Dulaglutide for the Treatment of Youths with Type 2 Diabetes. *N Engl J Med.* 387(5):433-443
- Weghuber D, Barrett T, Barrientos-Pérez M, Gies I, Hesse D, Jeppesen OK, Kelly AS, Mastrandrea LD, Sørrig R, Arslanian S the STEP Teens Investigators: Once-Weekly Semaglutide in Adolescents with Obesity. *N Engl J Med.* 15;387(24):2245-2257
- Vajravelu ME, Mani I, Malik S, Hewitt B, Peyyety V, Arslanian S: Race and Neighborhood-Related Disparities Spanning the COVID-19 Pandemic: Trajectories of Combined Glycemic Control and Body Mass Index in Youth with Diabetes. *Diabetes Care* 1;46(3):511-518
- Kelly A, Arslanian S, Hesse D, Iversen AT, Körner A, Schmidt S, Sørrig R, Weghuber D, Jastreboff A: Reducing BMI Below the Obesity Threshold in Adolescents Treated with Once-weekly Subcutaneous Semaglutide 2.4 mg. *Obesity* 31(8):2139-2149
- Hannon TS, Arslanian SA. Obesity in Adolescents. *N Engl J Med.* 389(3):251-261

Plenary Lecture 2

Management of Youth Type 2 Diabetes: New Pharmacotherapeutic Modalities

Silva Arslanian (University of Pittsburgh, USA)

Parallel to the increase in obesity worldwide, there has been a rise in the prevalence of type 2 diabetes mellitus (T2DM) in youth. The etiology of T2DM in youth, like adults, is multifactorial including genetic and environmental factors, among which obesity, sedentary lifestyle, family history of T2DM, and high-risk ethnicity play important roles. The pathophysiology of youth T2DM involves peripheral, hepatic, and adipose tissue insulin resistance combined with relative insulin deficiency, and impaired incretin effect. Treatment of T2DM should not have a glucocentric approach, rather it should target pathophysiological impairments in improving not only glycemia, but also dyslipidemia, hypertension, weight management and the prevention of short- and long-term complications. Presently limited pharmacotherapeutic options need to be expanded both for childhood T2DM and obesity.

During this lecture the following points will be discussed:

1. What are the clinical characteristics of T2DM in youth?
2. What is the pathophysiology of T2DM in youth?
3. What is the treatment of T2DM in youth?
4. What are the long-term complications?