

Satellite Symposium 1

Chairperson

Suk Chon

Kyung Hee University, Korea

Speaker

Eun Young Lee

The Catholic University of Korea, Korea



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The Catholic University of Korea, Korea

• Education

Period	Affiliation	Position
– 2022	Washington University in St Louis	Visiting Scholar
– 2014	Yonsei University College of Medicine	M.D., Ph.D.
– 2011	Yonsei University College of Medicine	B.S.
– 2006	Yonsei University College of Medicine	M.D.

• Affiliations / Experience

Period	Affiliation	Position
– 2023-Present	The Catholic University of Korea	Associate Professor
– 2019-2022	The Catholic University of Korea	Assistant Professor
– 2015-2018	Yonsei University College of Medicine	Clinical Assistant Professor
– 2011-2014	Yonsei University College of Medicine	Research Fellow
– 2007-2011	Yonsei University College of Medicine	Residency

• Committee Memberships

- Korean Diabetes Association
- Korean Endocrine Society
- Korean Society for the Study of Obesity

• Publications

- Lee EY, Hughes JW. Rediscovering Primary Cilia in Pancreatic Islets. *Diabetes Metab J* 2023 Apr 28
- Kim WJ, Lee SJ, Lee E, Lee EY, Han K. Risk of Incident Dementia According to Glycemic Status and Comorbidities of Hyperglycemia: A Nationwide Population-Based Cohort Study. *Diabetes Care* 2022;45:134–141
- Kim MJ, Lee EY, You YH, Yang HK, Yoon KH, Kim JW. Generation of iPSC-derived insulin-producing cells from patients with type 1 and type 2 diabetes compared with healthy control. *Stem Cell Res.* 2020 Oct;48:101958
- Lee EY, Han K, Kim DH, Park YM, Kwon HS, Yoon KH, Kim MK, Lee SH. Exposure-weighted scoring for metabolic syndrome and the risk of myocardial infarction and stroke: a nationwide population-based study. *Cardiovasc Diabetol.* 2020 Sep 29;19(1):153
- Lee EY, Lee YH, Yi SW, Shin SA, Yi JJ. BMI and All-Cause Mortality in Normoglycemia, Impaired Fasting Glucose, Newly Diagnosed Diabetes, and Prevalent Diabetes: A Cohort Study. *Diabetes Care.* 2017 Aug;40(8):1026-1033

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Insulin Therapy Optimization: Unlocking the Potential for Better Diabetes Treatment

Eun Young Lee (The Catholic University of Korea, Korea)

Diabetes mellitus imposes significant challenges in achieving optimal glycemic control, necessitating continuous advancements in treatment strategies. This abstract explores key aspects of insulin therapy optimization to enhance diabetes management. Firstly, limitations in glycemic control underscore the need for tailored treatment options. Advances in basal insulin formulations have played a pivotal role in achieving stable glycemic profiles while minimizing hypoglycemia. Among these, insulin U300 emerges as an ideal basal insulin due to its extended duration of action and lower risk of nocturnal hypoglycemia. Secondly, combining basal insulin with glucagon-like peptide-1 receptor agonists (GLP-1RAs) offers a well-balanced approach for patients with type 2 diabetes. The insulin glargine and lixisenatide fixed-ratio combination demonstrates synergistic effects, promoting weight loss and improving glycemic control with reduced cardiovascular risk. Furthermore, the integration of digital solutions is transforming insulin therapy optimization. Smart connected insulin pens and caps offer real-time data capture and analysis, empowering patients and healthcare providers to make informed decisions and adjust insulin regimens promptly. In conclusion, optimizing insulin therapy through innovative formulations and digital technologies holds promise for advancing diabetes care. Tailored approaches, such as utilizing insulin U300 and combining basal insulin with GLP-1RAs, are pivotal in achieving safer and more effective glycemic control. Embracing digital solutions enhances patient engagement and fosters personalized diabetes management, ultimately unlocking the potential for better outcomes in diabetes treatment.