

5th ANNUAL MEETING OF
INTERNATIONAL SOCIETY FOR
RENAL RESEARCH
CMC 2026



5th International

Cardio Metabolic Congress

10th & 11th October 2026

Hotel Hilton, Chennai

4 CME Credit Points
Accredited & Awarded by
Tamil Nadu Medical Council

Organized by

International Society for
Renal Research



Scientific Agenda



Scientific Agenda

08:45 AM – 09:00 AM

Prayer Song / Invocation

Welcome Address

Organising Secretary's Address

Organising Chairman Opening Remarks

DAY-1

10th October 2026

Hall-A

Time	Session Topic	Faculty	Session Chairperson
Session 1		Rapporteur –Dr. K. Kannan	
09:00 AM – 09:15 AM	Beyond Office Blood Pressure: Role of ABPM and HBPM in Clinical Practice	Dr. Aafrin Shabbir	Dr. L. Meenakshisundaram
09:15 AM – 09:30 AM	Muscle as a Metabolic Organ and Its Role in Cardiovascular Health	Dr. R. Gowri Shankar	Dr. C. Sathish Babu
09:30 AM – 09:45 AM	Pulmonary Complications of Obesity	Dr. Vengadakrishnan	Dr. J. C Sekar
09:45 AM – 09:55 AM	Discussion		
Session 2		Moderator: Dr. S. Priyadarshini Panelists: Dr. Usha Rajesh Dr. Ramya G Dr. Saranya Devi Dr. Jalaja Ramesh	
09:55 AM –10:25 AM	Panel Discussion on Hypertension in women		
Session 3		Rapporteur –Dr. K. Tamil Selvan	
10:25 AM – 10:40 AM	Obstructive Sleep Apnea: The Silent Driver of Cardio-Metabolic Risk	Dr. A. R. Balamurugan	Dr. M. Nandakumaran
10:40 AM – 10:55 AM	Remission in Type 2 Diabetes: Myth or Metabolic Reality?	Dr. R. P. Rajesh	Dr. Shaik Sulaiman Meeran
10:55 AM – 11:10 AM	Dizziness, Presyncope and Syncope in Diabetes and Hypertension: A Practical Approach for Clinicians	Dr. Jayanta Panda	Dr. R. M. Muthiah
11:10 AM – 11:20 AM	Discussion		
Session 4		Rapporteur –Dr. Soundara Rajan P	
11:20 AM – 11:35 AM	Albuminuria in Diabetes: What Should I Do Next?	Dr. M. Subashri	Dr. C. Hariharan
11:35 AM – 11:50 AM	Urogenital Infections in Diabetes: What Every Clinician Should Know?	Dr. P. Paranthaman	Dr. Paraameswari Subramanian
11:50 AM – 12:05 PM	Uric Acid in Cardio-Metabolic Disease: Risk Marker or Therapeutic Target?	Dr. Manigandan	Dr. K. Nagarajan
12:05 PM – 12:20 PM	Heart Failure in 2026	Dr. Prabhakar .D	
12:20 PM – 12: 30 PM	Discussion		
Session 5		Moderator: Dr. Shriram Mahadevan Panelists: Dr. K. Shanmugam Dr. K. Senthil Kumar Dr. Vetrivel N Dr. Ashwin Karuppan V Dr. Haripriya	
12:30 PM – 01:30 PM	Panel discussion on Obesity		
Lunch Break (01:30 PM to 02:15 PM)			
Session 6		Rapporteur –Dr. R. Kannan	
02:15 PM – 02:30 PM	Common Laboratory Errors in Diabetes: What Every Clinician Should Know?	Dr. Ravindranath V	
02:30 PM – 02:45 PM	Coronary Microvascular Dysfunction in Diabetes: Angina Despite Normal Coronary Angiography	Dr. K. P. Suresh Kumar	Dr. V. Priya
02:45 PM– 03:00 PM	PMOS: Unmasking the Metabolic Disease Behind the Ovarian Phenotype	Dr. Sruti Chandrasekaran	Dr. T. Balaji
03:00 PM – 03:15 PM	Beyond Conventional Therapy: New Frontiers in Stroke and Parkinson's Disease (Apollo Sponsored Session)	Dr. Vijayashankar. P	Dr. G. Elangovan
03:15 PM – 03:20 PM	Discussion		
Session 7		Rapporteur –Dr. K. Mohan	
03:20 PM – 03:35 PM	Insights into Metabolic Arthropathy	Dr. M. Hema	
03:35 PM – 03:50 PM	Cardiorespiratory fitness: What physician should know?	Dr. Ravikeerthy M	Dr. Sarath Babu
03:50 PM – 04:05 PM	Comparison of BP Guidelines	Dr. K. Kannan	Dr. Selvapandian. P
04:05 PM – 04:20 PM	Heart Failure with Preserved Ejection Fraction: A Multisystem Disorder in Diabetes	Dr. K. Baraneedharan	Dr. N. Kannan
04:20 PM – 04:25 PM	Discussion		

Scientific Agenda

DAY-1
10th October 2026
Hall-A

Time	Session Topic	Faculty	Session Chairperson
Session 8			Rapporteur –Dr. K. Dhananjayan
04:25 PM – 04:40 PM	Primary Prevention of Cardiovascular Disease in Diabetes: Statins, Aspirin and Beyond	Dr. B. Karthikeyan	Dr. M. Swarna
04:40 PM – 04:55 PM	Meal Timing and Metabolic Health: Is Late-Night Eating Harmful?	Dr. R. Navin	Dr. Kothai G.
04:55 PM – 05:10 PM	Sarcopenic Obesity in Type 2 Diabetes – The Hidden Cardio-Metabolic Risk	Dr. Hari Prasath J	Dr. Roopesh Jain
05:10 PM – 05:15 PM	Discussion		
Session 9– Five Hypertension Challenges Every Clinician Should Master			Rapporteur –Dr. D. Ramesh
05:15 PM – 05:25 PM	Resistant Hypertension: Finding the Cause and Breaking the Resistance	Dr. Ramesh Duraisamy	Dr. Suresh Kannan
05:25 PM – 05:35 PM	Nocturnal Hypertension & Non-Dipping BP: Why it matters and how to manage?	Dr. Manian R. B. S.	Dr. Sangetha
05:35 PM – 05:45 PM	Orthostatic Hypotension in the Hypertensive Patient: Finding the right balance	Dr. R. Satish Kumar	Dr. M. Sashi Kumar
05:45 PM – 05:55 PM	Salt Sensitivity in Hypertension: Who Is at Risk how should we manage?	Dr. Kathiravan A. R.	
05:55 PM – 06:05 PM	Treating Hypertension in the Elderly: Balancing Benefit and Risk	Dr. K. Prakash	
06:05 PM – 06:15 PM	Discussion		
Session 10			Rapporteur –Dr. A. Ramanan
06:15 PM – 06:30 PM	Vitamin B12 Supplementation: When and How to Start, When to Monitor and When to Stop?	Dr. C. S. Gauthaman	Dr. Prasanna Karthik
06:30 PM – 06:45 PM	MASLD – Clinical Insights	Dr. Ravichandran V	Dr. Prathish Kumar
06:45 PM – 07:00 PM	Nuances of choosing Beta-blockers across the spectrum of Hypertension in person with or without diabetes: Focus on Nebivolol (Torrent Sponsored)	Dr. B. Vinod Kumar	Dr. Mohammed Zaid
07:00 PM – 07:15 PM	Vitamin D Supplementation: Who Needs It, How Much, How Long and How to Avoid Excess?	Dr. Manoj Kumar Shah	
07:15 PM – 07:30 PM	Managing Stress in CAD Patients	Dr. V. Mahadevan	
07: 30 PM Onwards	Inauguration Ceremony followed by Dinner		

Hall-B

Oral Presentations	
08:30 PM – 11:00 AM	
12:00 PM – 12:50 PM	
03:00 PM – 04:40 PM	

Hall-C

Workshops & Poster Presentation		
09:00 AM – 10:00 AM	Insulin Delivery Devices & Pen Practical aspects of Insulin therapy in everyday practice	Moderator: Dr. Muralidharan C. Panelist: Dr. Amala Florida Dr. Waseem Ahmed Dr. Jaiganesh Muruganandam Dr. Sanjay Dhruve
10:00 AM– 11:00 AM	The Killer ECGs in ICU	Dr. Natarajan K. U.
11:30 AM – 12:10 PM	Poster Presentations	
02:30 PM – 03:30 PM	CRRT Workshop	Dr. M. Edwin Fernando Dr. Sujit S Dr. Manojkumar V Dr. Monisha R Dr. Mathini S
03:30 AM – 03:45 PM	Medico legal Cases – what is relevant today?	Dr. K. N. V. Aditya
04:00 PM – 05:00 PM	Panel Discussion on Acute Kidney Injury	Moderator: Dr. M. Edwin Fernando Panelist: Dr. J. Kamaraj Dr. M. Savitha Dr. A Sumanth Reddy Dr. Kavitha Dr. Priyadharshini R Dr. K. N. V. Aditya

Time	Session Topic	Faculty	Session Chairperson
Session 11		Rapporteur –Dr. Ambedkar	
09:00 AM – 09:15 AM	Cooking Oils and Cardiovascular Health: Which Oil Should We Recommend?	Dr. Uthra	
09:15 AM – 09:30 AM	Beyond LDL-C: The Role of ApoB, Non-HDL-C and Lp(a) in Redefining Cardiovascular Risk	Dr. S. Raghothaman	Dr. Leela Baid
09:30 AM – 09:45 AM	What is New in STEMI Management	Dr. Dhamodharan	Dr. Kanagaraj D
09:45 AM – 10:00 AM	Can lifestyle reverse metabolic disorders?	Dr. C. Balaji	
10:00 AM – 10:10 AM	Discussion		
Session 12		Rapporteur –Dr. V. S. Hariharan	
10:10 AM – 10:25 AM	Weight Regain After Successful Weight Loss: Why Does It Happen and Can We Prevent It?	Dr Arun Raghavan	Dr. Suresh Kanna
10:25 AM – 10:40 AM	Crosstalk Between Adipose Tissue, Liver, Pancreas and Heart: The Role of Adipokines in Cardio-Metabolic Disease	Dr. R. H. Lakshmi	Dr. C. Arul Murugan
10:40 AM – 10:55 AM	Patient on Statin, But Triglycerides >150, >500 or >1000 mg/dL: How Do Our Priorities and Management Change?	Dr. Jayashankar	Dr. K. R. Sivanesan
10:55 AM – 11:10 AM	Beyond Statins: Choosing the Right Non-Statins Lipid-Lowering Therapy	Dr. S. Sadhanandham	
11:10 AM – 11:20 AM	Discussion		
Session 13		Rapporteur –Dr. K. Balakrishnan	
11:20 AM – 11:50 AM	Dyslipidemia in special population: Short & Riser	Dr. S. N. Narasingan & Dr. SS Lakshmanan	Dr. N. Jayaprakash
11:50 AM – 12:05 PM	Hypoglycemia and the Heart: Understanding the Cardiovascular Consequences	Dr. Varsha Ezhilarasu	Dr. P. Madialagan
12:05 PM – 12:20 PM	Prediabetes: Who Progresses, Who Reverses?	Dr. Ranjith Prathap	Dr. A. Marimuthu
12:20 PM – 12:35 PM	Resting Tachycardia – Relevance in Clinical Practice	Dr. Preetam Krishnamurthy	
12:35 PM – 12:45 PM	Discussion		
Session 14		Rapporteur –Dr. V. Rajendran	
12:45 PM – 01:00 PM	Insights on Hyperglycemia in Pregnancy	Dr. Bhavatharini Aruyarchelvan	Dr. Rajalakshmi K. V.
01:00 PM – 01:15 PM	Amiodarone in Clinical Practice – Emphasis on when or not?	Dr. K. U. Natarajan	Dr. P. Anand Prasanna
01:15 PM – 01:30 PM	Vaccination: The Often-Forgotten Pillar of Diabetes and Cardio-Metabolic Care	Dr. T. Anbuchelvan	Dr. N. Sukanya
01:30 PM – 01:40 PM	Discussion		
Lunch Break (01:40 PM to 02:30 PM)			
Session 15		Rapporteur –Dr. Padma V	
02:30 PM – 02:45 PM	For Patients Who Say, "Doctor I'm always tired": A Clinical Approach to Persistent Fatigue	Dr. Appandraj S	
02:45 PM – 03:00 PM	Insulin in OPD practice	Dr. S. Nallaperumal	Dr. S. Senthil Kumar
03:00 PM – 03:15 PM	Pros & Cons of using AI in Healthcare	Dr. A. Shanmugan	Dr. P. R. Vishanth
03:15 PM – 03:30 PM	Recurrent Hypoglycemia	Dr. Sai Lakshmikanthan	Dr. Joeimon J. L
03:30 PM – 03:45 PM	Diabetic Ketoacidosis	Dr. Pushpa	
03:45 PM – 03:55 PM	Discussion		
Session 16		Rapporteur –Dr. A. Sethuramashankaran	
03:55 PM – 04:10 PM	The Debate is over the choice of Diuretics	R. Navin	
04:10 PM – 04:25 PM	Menarche to Menopause: The Metabolic Journey of a Woman – What Is Relevant Today?	Dr. Namitha Narayanan	Dr. U.V. Mohan
04:25 PM – 04:40 PM	Diabetes and Cognitive Decline: An Overlooked Complication	Dr. Vijay Alagappan	Dr. Neo Church Tharsis
04:40 PM – 04:55 PM	CAD in Young	Dr. Deep Chandh Raja S.	Dr. P. Sudhakar
04:55 PM – 05:10 PM	Erectile Dysfunction in Diabetes	Dr. Raveendran S. R.	
05:10 PM – 05:20 PM	Discussion		

Oral Presentations	
	08:30 PM – 11:00 AM
	12:00 PM – 12:50 PM
	03:00 PM – 03:50 PM

Workshops & Poster Presentation		
09:00 AM – 10:00 AM	Intelligent Interpretation of ABG in Common Clinical Encounters	Dr. Poonam Negi
10:00 AM – 11:30 AM	Poster Presentations	
11:30 AM – 12:30 PM	Emergency Procedures	Dr. S. Senthilkumaran Dr. Arthi Rajendran Dr. Niveda R.
02:30 PM – 03:30 PM	POCUS	Dr. Vijay Chakravarthy Dr. Vignesh Dr. Srikanth Koti