

Qualification

MD PhD FRCP

Experience

I have completed 32 years as a practising diabetologist .I have done PhD in Diabetic Nephropathy in 1999 from the Tamilnadu Dr MGR Medical University after my MD in General Medicine and FRCP from the Royal College of Physicians London and Glasgow.

I have worked in the field of Diabetic Foot and saved the feet of nearly 90 ,000 patients so far .

I have worked in the field of Diabetes and Tuberculosis and also done extensive research work in this field .

I have used the various treatment options available for Diabetes management like the older Sulphonyl ureas and older insulins to the modern agents like SGLT2 Inhibitors and Insulin analogues.

My experience covers various agents like the Gliptins , GLP Receptor agonists , the newer basal insulins etc

I have treated several Type 1 Diabetic children from the age of 1 year to 25 years.

Good experience in using the insulin pumps for people with Type 1 and Type 2 Diabetes.

Official Positions held in RSSDI

Positions held in RSSDI • Executive Committee member for 3 terms • National Vice President RSSDI

Papers/Publications

Credited with about 300 research publications on various aspects of diabetes and its complications in peer-reviewed national and international scientific journals and has also contributed about 25 book chapters and one book.

LIST OF IMPORTANT PUBLICATIONS RELEVANT TO FIELD

Impact of microRNA-210 on wound healing among the patients with diabetic foot ulcer
Sivakamasundari Pichul, Selvaraj Vimalraj, Vijay Viswanathan, PLOS ONE |
<https://doi.org/10.1371/journal.pone.0254921> July 22, 2021

Major Lower-Limb Amputation during the COVID Pandemic in South India [Vijay Viswanathan](#) , [Sukanya Nachimuthu](#) Int J Low Extrem Wounds 2021 May 28; doi: 10.1177/15347346211020985.

Diabetic Neuropathy. Eva I. Feldman, Brian C. Callaghan, Rodica Pop-Busui, Douglas

W. Zochodne, Douglas R. Wright, David I. Bennette, Vera Bril, James W. Russell and

Vijay Viswanathan. Nature Reviews. Disease Primers, 2019.

[Bidirectional link between diabetes mellitus and coronavirus disease 2019 leading to cardiovascular disease: A narrative review.](#) Viswanathan V, Puvvula A, Jamthikar AD, Saba L, Johri AM, Kotsis V, Khanna NN, Dhanjil SK, Majhail M, Misra DP, Agarwal V, Kitas GD, Sharma AM, Kolluri R, Naidu S, Suri JS. World J Diabetes. 2021 Mar 15;12(3):215-237. doi: 10.4239/wjd.v12.i3.215. PMID: 33758644

Effect of yoga intervention on biochemical, oxidative stress markers, inflammatory markers and sleep quality among subjects with Type-2 Diabetes in South India: Results from the SATYAM project. [Vijay Viswanathan](#), [Sumathi Sivakumar](#), [A. Sai Prathiba](#), [Arutselvi Devarajan](#), [LeemaGeorge](#), [Satyavani Kumpatla](#). Diabetes Research and Clinical Practice; Jan 2021

Heart failure in people with Type 2 diabetes Vs. those without diabetes: A retrospective observational study from South India ArutselviDevarajan, KirubakaranKaruppiah, Rubini Venkatasalam ,Sai PrathibaAvasarala, Sasikala Subramanian, SathyamurthyImmaneni, Vijay Viswanathan in Diabetes and Metabolic Syndrome: Clinical Research and Reviews, 2020 (in press)

Morphological Carotid Plaque Area Is Associated With Glomerular Filtration Rate: A Study of South Asian Indian Patients With Diabetes and Chronic Kidney Disease. Puvvula A, Jamthikar AD, Gupta D, Khanna NN, Porcu M, Saba L, et al. *Angiology*. 2020 Jul;71(6):520-535. doi: 10.1177/0003319720910660. Epub 2020 Mar 17. PMID: 32180436.

Artificial intelligence framework for predictive cardiovascular and stroke risk assessment models: A narrative review of integrated approaches using carotid ultrasound. Jamthikar AD, Gupta D, Saba L, Khanna NN, Viskovic K, Mavrogeni S et al. *Comput Biol Med*. 2020 Nov;126:104043. doi: 10.1016/j.compbiomed.2020.104043. Epub 2020 Oct 8. PMID: 33065389.

Edema as a Manifestation of Childhood Metastatic Crohn's Disease. Kapur SV, Oswal JS, Viswanathan V. *Vulval*. *Indian J Pediatr*. 2020 Jul 10. doi: 10.1007/s12098-020-03419-4. Epub ahead of print. PMID: 32651862.

Indian Academy of Pediatrics Position Paper on Kawasaki Disease. Shenoy B, Singh S, Ahmed MZ, Pal P, Balan S, Viswanathan V et al. *Indian Pediatr*. 2020 Nov 15;57(11):1040-1048. Epub 2020 May 28. PMID: 32471961.

Low-cost preventive screening using carotid ultrasound in patients with diabetes Viswanathan V, Jamthikar AD, Gupta D, Shanu N, Puvvula A, Khanna NN, et al. *Front Biosci (Landmark Ed)*. 2020 Mar 1;25:1132-1171. PMID: 32114427.

Plasma chemokines are baseline predictors of unfavorable treatment outcomes in pulmonary tuberculosis. Kumar NP, Moideen K, Nancy A, Viswanathan V, Thiruvengadam K, Nair D, et al. *Clin Infect Dis*. 2020 Aug 7:ciaa1104. doi: 10.1093/cid/ciaa1104. Epub ahead of print. PMID: 32766812.

Anti-inflammatory cytokines IL-27, IL-10, IL-1Ra and TGF- β in subjects with increasing grades of glucose intolerance (DM-LTB-2). Bobhate A, Viswanathan V, Aravindhan V. *Cytokine*. 2020 Oct 9;137:155333. doi: 10.1016/j.cyto.2020.155333. Epub ahead of print. PMID: 33045524.

Low-Cost Office-Based Cardiovascular Risk Stratification Using Machine Learning and Focused Carotid Ultrasound in an Asian-Indian Cohort. Jamthikar AD, Gupta D, Johri AM, Mantella LE, Saba L, Kolluri R, et al. *J Med Syst*. 2020 Nov 11;44(12):208. doi: 10.1007/s10916-020-01675-7. PMID: 33175247.

Novel findings in Differential Leucocyte Count in early Type 2 Diabetes in the backdrop of normal Total Leucocyte Count: a peephole view via the COVID-19 doorway Prince Johnson Samuel, Mathangi D. Chandrasekar, Vijay Viswanathan, Anitha Rani *ANNALS OF TROPICAL MEDICINE AND PUBLIC HEALTH* - Volume 23 Issue 20, November 2020 Pages: 232-229

Crosstalk between endoplasmic reticulum stress and oxidative stress in the progression of diabetic nephropathy. Victor P, Umapathy D, George L, Juttada U, Ganesh GV, Amin KN, et al. *Cell Stress Chaperones*. 2020 Nov 7. doi: 10.1007/s12192-020-01176-z. Epub ahead of print. PMID: 33161510.

Insulin use in India – challenges. Vijay V. *RSSDI's Insulin monograph – A Complete guide to insulin therapy* Ed by Sanjay Aga (Book Chapter)

A Special report on changing trends in preventive stroke /cardiovascular risk assesement via B-mode ultrasonography – chapter 15 (Book Chapter)

Does the Carotid Bulb Offer a Better 10-Year CVD/Stroke Risk Assessment Compared to the Common Carotid Artery? A 1516 Ultrasound Scan Study. Viswanathan V, Jamthikar AD, Gupta D, Puvvula A, Khanna NN, Saba L, et al. *Angiology*. 2020 Nov; 71(10):920-933. doi: 10.1177/0003319720941730. Epub 2020 Jul 22. PMID: 32696658.

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3-D optimized classification and characterization artificial intelligence paradigm for cardiovascular/stroke risk stratification using carotid ultrasound-based delineated plaque: Atheromatic™ 2.0. Skandha SS, Gupta SK, Saba L, Koppula VK, Johri AM, Khanna NN, et al. *ComputBiol Med.* 2020 Oct;125:103958. doi: 10.1016/j.compbimed.2020.103958. Epub 2020 Aug 16. PMID: 32927257.

Cardiovascular disease and stroke risk assessment in patients with chronic kidney disease using integration of estimated glomerular filtration rate, ultrasonic image phenotypes, and artificial intelligence: a narrative review. Jamthikar AD, Puvvula A, Gupta D, Johri AM, Nambi V, Khanna NN, et al. *IntAngiol.* 2020 Nov 25. doi: 10.23736/S0392-9590.20.04538-1. Epub ahead of print. PMID: 33236868.

Two-stage artificial intelligence model for jointly measurement of atherosclerotic wall thickness and plaque burden in carotid ultrasound: A screening tool for cardiovascular/stroke risk assessment. Biswas M, Saba L, Chakrabartty S, Khanna NN, Song H, Suri HS, et al. *ComputBiol Med.* 2020 Aug;123:103847. doi: 10.1016/j.compbimed.2020.103847. Epub 2020 Jun 17. PMID: 32768040.

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Clinical Infectious Diseases, ciaa054, <https://doi.org/10.1093/cid/ciaa054>

Coping with diabetes during the COVID 19 lockdown in India: Results of an online pilot survey. SukanyaNachimuthu, R. Vijayalakshmi, M. Sudha, Vijay Viswanathan* published in Diabetes and Metabolic Syndrome: CLinical Research and Reviews, April 2020

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Research India Vijay Viswanathan¹ & Sukanya Nachimuthu² & Balkhiwala Ahmed Khan
published in August 2020 <https://doi.org/10.1007/s13410-020-00847-y>

Assessment of diabetes related distress among subjects with type 2 diabetes in South India.
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Single nucleotide polymorphisms in cytokine/chemokine genes are associated with severe infection, ulcer grade and amputation in diabetic foot ulcer. 2018 Jul 13. pii: S0141-8130(18)32435-8.

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Diabetic Foot Infection and Worsening Kidney Function: Implication for Health Care in the Developing World. 2017; 5(5): 208 – 213.

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Diabetic Neuropathy: Practical Pearls. Vijay V and Anitharani A. Chap 9, Monograph – Practicle pearls in diabetes. 2017: 46 – 50. ISBN:978-93-86261-41-0 (**Book Chapter**)

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Patent:

A novel therapeutic footwear for diabetic patients with foot complications named "DIASTEPE"

Community work done

I have been doing free service for the poor below the Poverty line people with the help of the Rama krishna Mission, The Chinmaya Mission

Started the Village Adoption project in the RSSDI Tamilnadu at Thamaraiappakam village near Chennai and did free service for them

Have helped the Rotary Club of Ambattur to do service in the village where they do free service

Seeing patients in the Free Clinic at MV Hospital for Diabetes for the last 32 years

Contribution to RSSDI

- Was the main author of 2 Guidelines written by RSSDI on DM and TB and DM and OSA
- Executive Editor of IJDDC
- Started the Village Adoption Program near Chennai
- Was part of the RSSDI Consensus 2022
- Was the main coordinator for the RSSDI Save the Feet and Keep Walking Campaign in 2022
- Contributed to RSSDI Tamil Nādu Chapter in many way

