



McGill

Department of
**Epidemiology, Biostatistics
and Occupational Health**



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EPIDEMIOLOGY SEMINAR SERIES
Winter 2015

****THE DEPARTMENT OF EPIDEMIOLOGY, BIostatISTICS AND OCCUPATIONAL HEALTH, - SEMINAR SERIES IS A SELF-APPROVED GROUP LEARNING ACTIVITY (SECTION 1) AS DEFINED BY THE MAINTENANCE OF CERTIFICATION PROGRAM OF THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA****

50th Anniversary Guest Speaker

Sonia Anand, MD, PhD

Professor of Medicine and Epidemiology at McMaster University, Hamilton and Director of McMaster Population Genomics Program

***Global Epidemic of Type 2 Diabetes in the South Asian
Diaspora***

Monday, 12 January 2015

4:00 pm - 5:00 pm – McIntyre Medical Building

3655 promenade Sir William Osler – Martin Amphitheater – Rm 504

ALL ARE WELCOME

SYNOPSIS:

Globally the burden of CVD is changing, with an increasing proportion of individuals in low income countries (LIC) adopting high income countries (HIC) ways of living including lifestyle changes which occur with urbanization. As activity patterns and diets change, the prevalence of overweight and associated risk factors such as hypertension and T2DM increase. While risk factor levels remain lower in LIC than in HIC, the outcomes after MI and CVA are much poorer due to under prepared health systems. In Canada, although CVD has been declining for the past 30 years, certain risk factors are plateauing T2DM and hypertension. These risk factors are also higher in certain groups including South Asians, First Nations people, and low SES populations. While both treatments for CVD and risk factor control account for much of the decline in CVD in Canada, greater emphasis on healthy eating, adequate physical activity, and screening and treatment of risk factors in young people, women, and certain high risk ethnic groups is required.

<http://www.mcgill.ca/epi-biostat-occh/seminars/epidemiology/>

OBJECTIVES:

1. To review the underlying causes of the type 2 diabetes among South Asians
2. To describe how risk factors for cardiometabolic diseases may also be associated with certain cancers
3. To describe prevention strategies at the individual and population levels

BIO:

Dr. Sonia Anand is a Professor of Medicine and Epidemiology at McMaster University, the Director of McMaster Population Genomics Program and a vascular medicine specialist. She recently received the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease. She also holds both the new Heart and Stroke Foundation of Ontario/Michael G. DeGroote Chair in Population Health Research, as well as the Eli Lilly/May Cohen Chair in Women's Health Research at McMaster. Her present research focuses upon the environmental and genetic determinants of vascular disease in populations of varying ancestral origin, women and cardiovascular disease.

Dr. Anand received a Doctor of Medicine from McMaster in 1992, Internal Medicine Training at McMaster and a Fellowship of the Royal College of Physicians and Surgeons of Canada in 1996. She further received her Masters in Clinical Epidemiology at McMaster in 1996 and Ph.D. in Health Research Methodology at McMaster in 2002. In 1996, Dr. Anand received a Canadian Institutes of Health Research Clinician Scientist Award Phase 1 followed by the Phase 2 Award which she held from 2003-2008. Her current research includes initiating 2 large birth cohort studies funded by the CIHR and Heart and Stroke Foundation of Canada - one among South Asian women of the greater Toronto area and the second among Aboriginal women from the Six Nations Reserve. Her work is widely published amongst academic and peer-evaluated journals and she teaches clinical epidemiology courses in methodology and cardiovascular disease at McMaster University.