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From :  
 Organizing Secretary  
 ChanRe Update - 2024  
**ChanRe Rheumatology & Immunology Center & Research**  
 # 414/65, 20th Main, West of Chord Road,  
 1st Block, Rajajinagara, Bengaluru-560 010. Ph: 080 42516635



# 22<sup>nd</sup> ChanRe Update

Sunday, 22<sup>nd</sup> December 2024

Venue: **API BHAVAN**

Millers Tank Bed Area, Vasanthnagar, Bengaluru.

**KARNATAKA MEDICAL COUNCIL IS AWARDING  
TWO HOURS OF ACCREDITATION FOR CHANRE UPDATE 2024**

The deadline for registration for availing credit hours is

**19th December 2024, 12.00 noon**

**Spot registrations will not carry credit hours**



## Empowering Primary Healthcare in Rheumatology & Allergy

**Organized by**

**The Immunology & Arthritis Research & Education Trust (IARET)**

*In association with*

**ChanRe Rheumatology & Immunology Center & Research (CRICR)**

**ChanRe Diagnostic Laboratory (CDL)**

**Nagarathna Srikantiah Paramedical College (NSPC)**

**Organizing Secretary**

**Dr. Chandrashekara. S**

**ChanRe Rheumatology & Immunology Center & Research**

# 414/65, 20th Main, West of Chord Road,

1st Block, Rajajinagara, Bengaluru – 560 010

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**THE IMMUNOLOGY & ARTHRITIS RESEARCH &  
EDUCATION TRUST ®**

Registration No.: 262/99-2000, dated 25.02.2000

IARET 12A Reg. No.: AAATI3936PE20221 | 80G Reg. No.: AAATI3936PF20221

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### ChanRe Rheumatology & Immunology Center & Research (CRICR)

A unique one of its kind hospital in India, dedicated for management of patients suffering from Rheumatic Diseases (Musculoskeletal) and other Immunological diseases. It provides under one roof, a complete care to the patients suffering from Arthritis and other Immunological Diseases such as Immune-Deficiency Disorders, Allergic Disorders and Immuno-hematological disorders. This center is a tertiary reference facility.

Apart from therapeutic care, CRICR completing 22 years have a blend of academics and research. It has an ongoing programme of full time two years training programme with certification and award of fellowship in Immunology & Rheumatology to post MD candidates.

### ChanRe Diagnostic Laboratory (CDL)

One of the most trusted and reputed, fully certified, NABL-accredited clinical and diagnostic laboratory in Bengaluru and provides results of uncompromising quality in a transparent and customer-centric manner. Over the span of 19 years, The stringent quality control and processes, backed by technical expertise, ensures highest levels of accuracy of the tests conducted by CDL. Apart from all the routine diagnostic tests, it focuses on diagnosis of autoimmune diseases, special assays and molecular diagnostics including flow cytometry and real-time PCR-based assays.

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## Empowering Primary Healthcare in Rheumatology & Allergy

The focus of the 22<sup>nd</sup> ChanRe Update is to provide primary care physicians an insight into the latest advancements in therapeutics related to Rheumatology & Allergy

Rheumatological diseases and allergic disorders are among the most common non-communicable diseases, accounting for over 15% of the global disease burden. However, only about 2% of these cases may require specialty care and need to be managed at secondary or tertiary care levels. In primary care practice, these conditions are frequently encountered among patients attending regular outpatient clinics. On an average, primary care providers encounter 5 to 10 such cases per month in a clinic with a daily outpatient load of 40 patients. With the increasing potential avenues and diverse approaches to managing allergies, regular updates are paramount. It is essential to empower primary care physicians to manage these conditions more effectively and coordinate with secondary care specialists for the care for complex cases.

Targeted synthetic disease-modifying antirheumatic drugs (tsDMARDs) and Biologics have revolutionized the treatment landscape for autoimmune rheumatic diseases. The first lecture aims to provide guidance on the appropriate integration of these treatments into the therapeutic armamentarium. Additionally, strategies for the early identification of pulmonary and renal involvement in autoimmune rheumatic diseases will be discussed.

The session will further explore systemic lupus erythematosus (SLE) through a graded treatment approach, emphasizing individualized care for its diverse manifestations.

Vasculitis, a condition that ranges from mild to life-threatening, will be examined to better understand its spectrum and management.

Subsequent discussions in the second session will cover the evaluation of IgE-mediated allergies, identification of allergens, optimal testing methods with their utility and limitations. Allergies and their management through immunotherapy will be highlighted, with a focus on current applications and future directions.

Expanding the management of autoimmune diseases, the program also involves important primary healthcare aspect, such as the reproductive health of patients with autoimmune diseases, emphasizing safety and precautions during conception.

Recent developments in the diagnostic specialty related to skin biopsies has seen different aspects helping as a diagnostic tool for Rheumatology & Autoimmunity. The newer developments in the recent decade will be highlighted.

The post lunch session will have engaging case discussions to highlight the different aspects relating to empowering primary healthcare in Rheumatology & Allergy.

The lectures and case discussions are designed to provide valuable insights for enhancing patient management skills and deepening knowledge of strategies to navigate the complexities of autoimmune diseases and allergic disorders

We warmly welcome you all to actively participate in all the sessions.

### Programme Schedule

Session I 9.30 am to 11.00 am

#### Managing RA by stepwise approach-Is it still relevant?

**Dr. Dharmanand. B.G,**  
MD, DM (Rheumatology)

Consultant Rheumatologist, Manipal Hospital, Bengaluru

#### Are all SLEs the same?-Graded treatment approach

**Dr. Chandrashekar. S,**  
MD, DNB, DM

Medical Director & Consultant Rheumatologist, CRICR, Bengaluru

#### Vasculitis-Simple to Devastating Disease

**Dr. Veena Ramachandran,**  
MD, Fellowship in Clinical Immunology & Rheumatology

Consultant Rheumatologist,  
ChanRe Veena Rheumatology & Immunology Center, Bengaluru

11:00 am to 11:30 am Inauguration with Presentation of IARET Awards  
High Tea

Session II: 12.00 noon to 1.30 pm

#### Allergies – Immunotherapy

#### When & how to use and what is its future?

**Dr. U. Narayan Reddy,**

MD, DCH, DNB, FACI (Fellow in Allergy and Clinical Immunology)

Prof. & HOD, Dept. of Pediatrics, Shadan Medical College, Hyderabad

#### Can patients with autoimmune diseases conceive?

#### Safety and precautions

**Dr. Chaitra. S. Nirantara,**

MBBS, MS OBG, DNB, PGDMLS, FICMCH, PGDHMM, MCCC

Chief Obstetrician and Gynaecologist, Dept. of Reproductive Immunology & High-Risk Pregnancy, CRICR, Bengaluru

#### Biopsy of the skin – How relevant in diagnosis?

#### Significance and Interpretation

**Dr. Renuka. P, DCP, DNB**

Director & Pathologist, ChanRe Diagnostic Laboratory, Bengaluru

### LUNCH

Session III: Case Discussion 2.30 pm to 4.00 pm

#### Interesting Allergy Case

**Dr. Smitha. J. N. Singh, MD,**

Dept. of Allergy & Clinical Immunology, CRICR, Bengaluru

#### Interesting Rheumatology Case

**Dr. Dhanshree Gaval, MD,**

Fellowship Student, CRICR, Bengaluru

#### Home Physiotherapy Services - Illustrative Introduction

**Mrs. Yogarani. G, MPT (Ortho), CDNT**

Chief Physiotherapist, CRICR, Bengaluru

Session IV: Quiz: 4.00 pm to 4.30 pm



Web Version

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IOS Version

### Registration Details

Registration	Doctors	PGs
Online Pre-Registration (Upto 20 <sup>th</sup> Dec 2024)	Rs. 100/-	Rs. 50/-
Spot Registration at API Bhavan	Rs. 150/-	Rs. 100/-
<b>To avail KMC – CME Credit Points – Register before 18<sup>th</sup> Dec 2024</b>		

The online registration form is available on the websites

[www.iaret.org](http://www.iaret.org) / [www.chanrericsr.com](http://www.chanrericsr.com)

Registration Fees can be paid through  
UPI payment using QR Code / NEFT with the bank details  
available in the Registration Form

**\*\*On submission of registration form, you will get an email.  
Please forward the mail to [administrator@iaret.org](mailto:administrator@iaret.org)**

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