

## **Curriculum Vitae**

**Name:** Alice Pik Shan Kong

江碧珊

### **Professional Qualifications:**

M.B.,Ch.B. (C.U.H.K.1992)

M.R.C.P. (U.K. 1996)

Basic Training in General Medicine (Hong Kong College of Physicians 1996)

E.C.F.M.G. (Certificate of Pass of the Examinations in Educational Commission for Foreign Medical Graduates, USA 1996)

Full Registration as Medical Practitioner in General Medical Council, UK (1997)

F.H.K.C.P. (HK 2000)

F.H.K.A.M. (HK 2000) with accreditation in Advanced Internal Medicine, Endocrinology, Diabetes and Metabolism

F.R.C.P. (Glasgow 2005)

F.R.C.P. (Edinburgh 2010)

M.D. (C.U.H.K 2013)

F.R.C.P. (London 2022)

### **Positions held & Present Appointment:**

Jul 1992 to Jun 1993 House officer, Princes of Wales Hospital, Shatin, Hong Kong

Jul 1993 to Aug 1998 Medical Officer, Department of Medicine,

& Aug 1999 to Aug 2004 Queen Elizabeth Hospital, Hong Kong

Sept 1998 to Jul 1999 Postdoctoral Fellow, Department of Medicine, Division of Endocrinology and Metabolism, University of California, San Diego, USA

Aug 2004 to July 2019 Associate Professor, Department of Medicine & Therapeutics, The Chinese University of Hong Kong

Aug 2019 to present Professor, Department of Medicine & Therapeutics, The Chinese University of Hong Kong

Aug 2004 to Nov 2019 Honorary Associate Consultant, Department of Medicine & Therapeutics, Prince of Wales Hospital, Hong Kong

Dec 2019 to present Honorary Consultant, Department of Medicine & Therapeutics, Prince of Wales Hospital, Hong Kong

Jul 2017 to Jun 2020 Researcher (by Courtesy), Shenzhen Research Institute, The Chinese University of Hong Kong

### **Professional Membership (since)**

1997 Life member, Hong Kong Society of Endocrinology, Metabolism and Reproduction, Hong Kong

1998 Member, American Association of Clinical Endocrinologists, United State

1998 Member, The Endocrine Society, United States

2000 Voting member, Diabetes Hongkong

2000 Member, American Diabetes Association, United States

2005 Life member, Hong Kong Association for the Study of Obesity, Hong Kong

2005-2019 Council member, Hong Kong Association for the Study of Obesity, Hong Kong

2011	Founding member, Hong Kong Thyroid Society
2013	Life member, Osteoporosis Society of Hong Kong
2013-2015	Honorary Secretary, Hong Kong Association for the Study of Obesity, Hong Kong
2013	Hong Kong Society of Behavioral Health (Founding member)
2013-2017	Specialty Programme Director and Deputy Examination Coordinator, Specialty Board in Advanced Internal Medicine, Hong Kong College of Physicians
2015-2017	Vice President, Hong Kong Association for the Study of Obesity, Hong Kong
2016-2020	Council member, Diabetes Hongkong
2017-2019	Chairperson, Specialty Board in Advanced Internal Medicine, Hong Kong College of Physicians
2017-2019	Member, Subcommittee on Clinical Pharmacology & Therapeutics, Hong Kong College of Physicians
2017	Member, Asian Association for the Study of Diabetes (AASD)
2022	Council member, Hong Kong Society for the Study of Endocrinology, Metabolism and Reproduction

### **Other Membership**

- (1) Operation Committee Member of international, multi-centre, clinical trial entitled “Exenatide Study of Cardiovascular Event Lowering Trial (EXSCEL)”.
- (2) Steering Committee Member of Joint Asia Diabetes Evaluation (JADE) program (established since 2007)
- (3) Steering Committee Member of Hong Kong Institute of Diabetes and Obesity (HKIDO)
- (4) Core Member of International Diabetes Federation (IDF) Centre of Education at The Chinese University of Hong Kong-Prince of Wales Hospital (accredited since 2011) and IDF Centre of Excellence (accredited since 2017)
- (5) Member of Clinical Research Ethics Committee (Joint Chinese University of Hong Kong- New Territories East Cluster) (2008-2019)
- (6) Commissioner, Lancet Diabetes Commission
- (7) Member of GAME (Global Alliance of Medical Education), CUHK and member of TEI (Transnational Education Initiative)
- (8) Member of the AGP (Ambulatory Glucose Profile) Academy Program Steering Committee
- (9) Medical Assessors, Member, the Preliminary Investigation Committee and/or the Inquiry Panel, Medical Council of Hong Kong (8 January 2020 to 7 January 2023)
- (10) Chairperson, Working group on Training of Advance Directives, Hong Kong College of Physicians

**Research Interest:** Diabetes mellitus, insulin resistance, obesity, with particular focus on lifestyle factors including sleep, nutrition and physical activity and cardiovascular risk factors clustering in adults and adolescents

**Award/Scholarship:**

- 2007 Distinguished Research Paper Award for Young Investigators 2007 (Hong Kong College of Physicians)
- 2012 Travel Grant for oral presentation awarded by 9<sup>th</sup> International Diabetes Federation- Western Pacific Region (IDF-WPR) Congress & 4<sup>th</sup> Asian Association for the Study of Diabetes (AASD) Scientific Meeting
- 2014 American Diabetes Association (ADA) Scholars Program
- 2015 Travel grant awarded by 8th Asia-Oceania Conference on Obesity (AOCO2015), held at Nagoya, Japan on 2-4 Oct 2015 for oral presentation selected as one of the most excellent abstracts
- 2016 Outstanding staff and team award 2016 from Hospital Authority, Hong Kong, to member of “Multidisciplinary Management Team for Patients with Obese Metabolic Syndrome” Prince of Wales Hospital
- 2017 Travel grant awarded by Australia & New Zealand Obesity Society (ANZOS)- Obesity Surgery Society of Australia & New Zealand (OSSANZ) - Asia-Oceania Conference on Obesity (AOCO) Joint Scientific Meeting 2017 for oral presentation (held at Adelaide, Australia on 4-6 Oct 2017)
- 2018 Exemplary Teacher Award- Junior Medical Clerkship, The Chinese University of Hong Kong 2017-2018
- 2020 Exemplary Teacher Award 2019-2020, The Chinese University of Hong Kong
- 2020 Long Service Award, The Chinese University of Hong Kong
- 2022 Faculty Education Award, Faculty of Medicine, The Chinese University of Hong Kong

**Invited Reviewer and Editorial Board Membership:**

Editor in Chief of “Primary Care Diabetes” (since Jan 2021);  
 Editorial Board Member of "Diabetes Care" (8 September 2022 to 7 September 2025);  
 International Associate Editor of “Diabetes Technology and Therapeutics”;  
 Editorial Board Member and Section Editor of “Current Diabetes Reports”,  
 "International Medical Education", "Journal of Integrated Endocrine and Metabolic Disease", “Scientific Reports”(resigned), “The Korean Journal of Obesity” (member of international editorial board), “World Congress of Clinical Cases” and “Clinical Diabetes and Endocrinology” (resigned since June 2018); Academic Editor of "PLOS One" (resigned since 2021); Advisory Board Member of The Lancet Diabetes and Endocrinology, Hong Kong Edition

Invited reviewer for the following local and international journals:

- (1) Annals of Internal Medicine
- (2) Archives of Medical Research
- (3) Atherosclerosis
- (4) Chinese Journal of Cancer Research
- (5) Clinical Endocrinology
- (6) Clinical Chemistry and Laboratory Medicine
- (7) Diabetes
- (8) Diabetes Care
- (9) Diabetic Medicine
- (10) Diabetes, Obesity and Metabolism
- (11) Diabetes Research and Clinical Practice
- (12) Frontiers
- (13) Hong Kong Journal of Nephrology

- (14) International Journal of Pediatric Obesity
- (15) Journal of Diabetes
- (16) Journal of Diabetes Investigation
- (17) Journal of Epidemiology and Global Health
- (18) Journal of Gastroenterology
- (19) Journal of Hepatology
- (20) Kidney and Blood Pressure Research
- (21) Metabolism
- (22) Nature Review Cardiology
- (23) Nutrition, Metabolism and Cardiovascular Diseases
- (24) Open Journal of Preventive Medicine
- (25) Peritoneal Dialysis International
- (26) PLoS One
- (27) Preventive Medicine
- (28) Primary Care Diabetes

**Scientific Grant Reviewer for:**

1. Health Services Research (HSR) grant awarded by the Ministry of Health, Singapore
2. University of Macau Multi-Year Research Grant, Macau
3. Food and Health Bureau, Hong Kong Special Administrative Region (SAR)
4. Research Grants Council, Hong Kong SAR

**Invited Examiner for:**

1. Interim Examination, Advanced Internal Medicine, Hong Kong College of Physicians (since Jun 2014)
2. Internal Medicine Examination, Department of Health, Macau (14-15 May 2015)
3. Exit Examination, Advanced Internal Medicine, Hong Kong College of Physicians (since Jun 2015)
4. External Examiner, Department of Medicine, Hong Kong University (2018)

**Invited Speaker and Presentations** in over 100 local, regional and international meetings

**Clinical Trials Experience:** principal and co-investigators in more than 30 clinical trials related to diabetic and obese patients including TECOS: A randomized placebo controlled clinical trial to evaluate cardiovascular outcomes after treatment with sitagliptin patient with type 2 diabetes mellitus and inadequate glycaemic control on mono- or dual combination oral antihyperglycaemic therapy.

**Book Chapters:**

- (1) Yang XL, **Kong AP**, So WY, Chan JCN. Risk factors and their predicting values for diabetic complications in Type 2 diabetes mellitus - A summary of findings from the Hong Kong Diabetes Registry. In Lignalli AT. Handbook of Type 2 Diabetes in the Middle-Aged and Elderly. Nova Science Publishers, Inc, Hauppauge, NY, 2009. p217-270.
- (2) **Kong AP**, Chan JC. Diabetes Mellitus and Complications. Essential Internal Medicine. People's Medical Publishing House, 1<sup>st</sup> Ed, 2009, p 439-442.
- (3) **Kong AP**, Chan JC. Pathogenesis of Diabetes: Other Disorders with Type 1 Phenotype. Textbook of Diabetes, Fourth Edition. Blackwell, 2010. p152-159.
- (4) **Kong AP**, Choi KC. Novel and Traditional Risk Factors in Adolescents. InTech book title "Cardiovascular Risk Factors / Book 1", ISBN 978-953-308-77-2. Web: <http://www.intechweb.org/>
- (5) **Kong AP**, Chan JC. Clinical Trial Evidence in Diabetes: Prevention of Diabetic Microvascular Complications. International Textbook of Diabetes Mellitus. 4<sup>th</sup> Ed, 2015.
- (6) Mazze RS, **Kong AP**, Petrovski G. Diabetes Technology for Precision Therapy in Children, Adults and Pregnancy. Precision Medicine in Diabetes: A Multidisciplinary Approach to an Emerging Paradigm". First Edition. Springer Nature, 2021.

**Publications:**

- (1) Ciaraldi TP, **Kong AP**, Chu NV, Kim DD, Baxi S, Loviscach M, Plodkowski R, Reitz R, Caulfield M, Mudaliar S, Henry RR. Regulation of Glucose Transport and Insulin Signaling by Troglitazone or Metformin in Adipose Tissue of Type 2 Diabetes Subjects. Diabetes 2002; 51:30-36 (equal contribution from Ciaraldi TP and **Kong AP**)
- (2) Kim Y, Ciaraldi TP, **Kong AP**, Kim D, Chu N, Mohideen P, Mudaliar S, Henry RR, Kahn BB. Troglitazone but not Metformin Restores Insulin-Stimulated Phosphoinositide 3-Kinase Activity and Increases p110 $\beta$  Protein Levels in Skeletal Muscle of Type 2 Diabetes Subjects. Diabetes 2002; 51:443-448
- (3) Chu NV, **Kong AP**, Kim DD, Armstrong D, Baxi S, Deutsch R, Caulfield M, Mudaliar SR, Reitz R, Henry RR, Reaven PD. Differential Effects of Metformin and Troglitazone on Cardiovascular Risk Factors in Patients with Type 2 Diabetes. Diabetes Care 2002; 25:542-549
- (4) Choi CH, Tiu SC, Shek CC, Choi KL, Chan FKW, **Kong P**. Use of low-dose corticotropin stimulation test for the diagnosis of secondary adrenocortical insufficiency. Hong Kong Med J 2002;8:427-34
- (5) Phillips SA, Ciaraldi TP, **Kong AP**, Bandukwala R, Aroda V, Carter L, Baxi S, Mudaliar SR, Henry RR. Modulation of Circulating and Adipose Tissue Adiponectin levels by antidiabetic Therapy. Diabetes 2003;52(3): 667-674
- (6) Mathieu-Costello O, **Kong AP**, Ciaraldi TP, Cui L, Ju Y, Chu N, Kim D, Mudaliar S, Henry RR. Regulation of Skeletal Muscle Morphology in Type 2 Diabetic Subjects by Troglitazone and Metformin: Relationship to Glucose Disposal. Metabolism 2003;52(5): 540-546
- (7) Chan FKW, Tiu SC, Choi KL, Choi CH, **Kong AP**, Shek CC. Increased Bone Mineral Density in Patients with Chronic Hypoparathyroidism. J Clin Endocrinol Metab 2003;88:3155-3159

- (8) Tiu SC, Choi CH, Shek CC, Ng YW, Chan FK, Ng CM, **Kong AP**. The Use of Aldosterone-Renin Ratio as a Diagnostic Test for Primary Hyperaldosteronism and its Test Characteristics under Different Conditions of Blood Sampling. *J Clin Endocrinol Metab* 2005;90(1):72-8
- (9) Phillips SA, Choe CC, Ciaraldi TP, Greenberg AS, **Kong AP**, Baxi SC, Christiansen L, Mudaliar SR, Henry RR. Adipocyte differentiation-related protein in human skeletal muscle: relationship to insulin sensitivity. *Obes Res*. 2005 Aug;13(8):1321-9
- (10) **Kong AP**, Lam CW, Chan AO, Yiu SF, Tiu SC. Resistance to Thyroid Hormone in a Chinese Family with R429Q Mutation in the Thyroid Hormone Receptor Beta Gene. *Hong Kong Med J* 2005;11(2): 428-432
- (11) Chan NN, Tong PC, **Kong AP**, Chan WB, Chan JC. Antihypertensive therapy and incidence of type 2 diabetes in an elderly cohort. *Diabetes Care* 2005;28(3):762
- (12) Chan NN, Tong PC, **Kong AP**, Chan JC. Obesity hypertension: the rationale for rennin-angiotensin system blockade. *Hong Kong Med J* 2005;11(3): 217-220
- (13) Chan NN, **Kong AP**, Chan JC. Metabolic syndrome and type 2 diabetes: The Hong Kong perspective. *Clin Biochem Rev* 2005;26:51-57
- (14) Phillips SA, Choe CC, Ciaraldi TP, Greenberg AS, **Kong AP**, Baxi SC, Christiansen L, Mudaliar SR, Henry RR. Adipocyte differentiation-related protein in human skeletal muscle: relationship to insulin sensitivity. *Obesity Research* 2005;13(8):1321-9
- (15) **Kong AP**, So WY, Szeto CC, Chan NN, Luk A, Ma RC, Ozaki R, Ng VW, Ho CS, Lam CW, Chow CC, Cockram CS, Chan JC, Tong PC. Assessment of glomerular filtration rate in addition to albuminuria is important in managing type 2 diabetes. *Kidney International* 2006;69(2):383-7
- (16) So WY, Ma RC, Ozaki R, Tong PC, Ho CS, Lam CW, Lau WY, Chow CC, Chan WB, **Kong AP**, Chan JC. Angiotensin-converting enzyme (ACE) inhibition in Type 2 diabetic patients- interaction with ACE insertion/deletion polymorphism. *Kidney International* 2006;69(8):1438-43
- (17) **Kong AP**, Chan NN, Chan JC. The role of adipocytokines and neurohormonal dysregulation in metabolic syndrome. *Current Diabetes Reviews* 2006;2:397-407
- (18) Cheng AY, **Kong AP**, Wong VW, So WY, Chan HL, Ho CS, Lam CW, Tam JS, Chow CC, Chan JC, Tong PC. Chronic hepatitis B viral infection is associated with increased risk of end stage renal disease in Chinese patients with type 2 diabetes. *Diabetologia* 2006;49(8):1777-1784
- (19) Ciaraldi TP, Oh DK, Christiansen L, Nikoulina SE, **Kong AP**, Baxi S, Mudaliar SR, Henry RR. Tissue-Specific Expression and Regulation of Glycogen Synthase Kinase 3 (GSK-3) in Human Skeletal Muscle and Adipose Tissue. *Am J Physiol Endocrinol Metab* 2006;291(5):E891-898
- (20) Ng YW, Tiu SC, Choi KL, Chan FK, Choi CH, **Kong P**, Ng CM, Shek CC. Use of Lithium in the treatment of thyrotoxicosis. *Hong Kong Med J* 2006;12(4):254-259
- (21) Yang XL, **Kong AP**, So WY, Ma RC, Ho CS, Lam CW, Chow CC, Cockram CS, Tong PC, Chan JC. Effects of chronic hyperglycemia on incident stroke in Hong Kong Chinese patients with type 2 diabetes. *Diabetes Metab Res Rev* 2007; 23(3):220-226
- (22) So WY, **Kong AP**, Ma RC, Ozaki R, Szeto CC, Chan NN, Ng V, Ho CS, Lam CW, Chow CC, Cockram CS, Chan JC, Tong PC,. Glomerular filtration rate,

cardiovascular endpoints and all-cause mortality in type 2 diabetic patients. *Diabetes Care* 2006;29(9):2046-2052

- (23) Ng VW, **Kong AP**, Choi KC, Ozaki R, Wong GWK, So WY, Tong PC, Sung R, Xu S, Chan M, Ho CS, Lam CW, Chan JC. Body mass index and waist circumference as predictors for cardiovascular risk factors clustering among adolescents. *Obesity (Silver Spring)* 2007; 15 (2): 494-503 (**Kong AP** as corresponding author)
- (24) Ozaki R, Qiao Q, Wong GWK, Chan MH, So WY, Tong PC, Ho CS, Ko GT, **Kong AP**, Lam CW, Tuomilehto J, Chan JC. The relationship between attendance at schools of low academic achievement and the risk for metabolic syndrome in Hong Kong Chinese adolescents. *Arch Dis Child* 2007; 92 (3): 224-228
- (25) Yang XL, So WY, **Kong AP**, Clarke P, Ho CS, Lam CW, Ng MH, Lyu RR, Yin DD, Chow CC, Cockram CS, Tong PC, Chan JC. End-stage renal disease risk equations for Hong Kong Chinese Type 2 diabetic patients – Hong Kong Diabetes Registry. *Diabetologia* 2006;49(10):2299-2308
- (26) Tong PC, **Kong AP**, So WY, Ng MH, Yang X, Ng MC, Ma RC, Ho CS, Lam CW, Chow CC, Cockram CS, Chan JC. Hematocrit, independent of chronic kidney disease, predicts adverse cardiovascular outcomes in Chinese patients with type 2 diabetes. *Diabetes Care* 2006;29(11):2439-2444
- (27) Yang X, So WY, **Kong AP**, Ho CS, Lam CW, Stevens RJ, Lyu RR, Yin DD, Cockram CS, Tong PC, Wong V, Chan JC. Development and validation of stroke risk equation for Hong Kong Chinese patients with type 2 diabetes: the Hong Kong Diabetes Registry. *Diabetes Care* 2007; 30 (1):65-70
- (28) Ma RC, Chow CC, Yeung VT, So WY, **Kong AP**, Tong PC, Cockram CS, Chan JC. Acute renal failure following oral sodium phosphate bowel preparation in diabetes. *Diabetes Care* 2007; 30(1):182-183
- (29) Ma RC, **Kong AP**, Chan N, Tong PC, Chan JC. Drug-induced endocrine and metabolic disorders. *Drug Saf* 2007; 30 (3): 215-245
- (30) **Kong AP**, Yang X, Ko GT, So WY, Chan WB, Ma RC, Ng VW, Chow CC, Cockram CS, Tong PC, Wong V, Chan JC. Effects of treatment targets on subsequent cardiovascular events in Chinese patients with type 2 diabetes. *Diabetes Care* 2007; 30 (4): 953-959
- (31) Tong PC, **Kong AP**, So WY, Yang X, Ho CS, Ma RC, Ozaki R, Chow CC, Lam CW, Chan JC, Cockram CS. The Usefulness of the International Diabetes Federation and the National Cholesterol Education Program’s Adult Treatment Panel III Disease in Subjects with Type 2 Diabetes. *Diabetes Care* 2007; 30 (5): 1206-1211
- (32) Tong PC, **Kong AP**, So WY, Yang X, Ng MC, Ho CS, Ma RC, Ozaki R, Ng V, Chow CC, Lam CW, Chan JC, Cockram CS. Interactive effect of retinopathy and macroalbuminuria on all-cause mortality, cardiovascular and renal end points in Chinese patients with Type 2 diabetes mellitus. *Diabet Med* 2007; 24(7): 741-746
- (33) Wong CK, Ho AW, Tong PC, Yeung CY, **Kong AP**, Lun SW, Chan JC, Lam CW. Aberrant activation profile of cytokines and mitogen-activated protein kinase in type 2 diabetic patients with nephropathy. *Clin Exp Immunol* 2007; 149 (1): 123-131
- (34) Yang XL, So WY, **Kong AP**, Ho CS, Lam CW, Ng MH, Lyu RR, Yin DD, Chow CC, Cockram CS, Tong PC, Chan JC. Modified end-stage renal disease

risk score for Chinese type 2 diabetic patients- the Hong Kong Diabetes Registry. *Diabetologia* 2007; 50 (6): 1348-1350

- (35) **Kong AP**, Wong GW, Choi KC, Ho CS, Chan MH, Lam CW, Tong PC, Ozaki R, So WY, Ma RC, Lau JT, Chan JC. Reference values for serum levels of insulin-like growth factor (IGF-1) and IGF-binding protein 3 (IGFBP-3) and their ratio in Chinese adolescents. *Clin Biochem* 2007; 40 (15): 1093-1099
- (36) Sui Y, Zhao HL, Ma RC, Ho CS, **Kong AP**, Lai FM, Ng HK, Rowlands DK, Chan JC, Tong PC. Pancreatic islet beta-cell deficit and glucose intolerance in rats with uninephrectomy. *Cell Mol Life Sci.* 2007; 64 (23): 3119-3128
- (37) So WY, Yang X, Ma RC, **Kong AP**, Lam CW, Ho CS, Cockram CS, Ko GT, Chow CC, Wong V, Tong PC, Chan JC. Risk factors in V-shaped risk associations with all-cause mortality in type 2 diabetes- The Hong Kong Diabetes Registry. *Diabetes Metab Res Rev* 2008 Mar-Apr; 24(3): 238-246
- (38) Wong CK, Ho AW, Tong PC, Yeung CY, Chan JC, **Kong AP**, Lam CW. Aberrant expression of soluble co-stimulatory molecules and adhesion molecules in type 2 diabetic patients with nephropathy. *J Clin Immunol.* 2008 Jan; 28 (1): 36-43.
- (39) Yang X, Ma RC, So WY, Ko GT, **Kong AP**, Lam CW, Ho CS, Cockram CS, Wong VC, Tong PC, Chan JC. Impacts of chronic kidney disease and albuminuria on associations between coronary heart disease and its traditional risk factors in type 2 diabetic patients- the Hong Kong diabetes registry. *Cardiovasc Diabetol.* 2007 Dec 2;6:37.
- (40) Yang X, So WY, **Kong AP**, Ma RC, Ko GT, Ho CS, Lam CW, Cockram CS, Chan JC, Tong PC. Development and validation of a total coronary heart disease risk score in type 2 diabetes mellitus. *Am J Cardiol* 2008; 101 (5): 596-601.
- (41) Yang X, So WY, Tong PC, Ma CW, **Kong AP**, Lam CW, Ho CS, Cockram CS, Ko GT, Chow CC, Wong VC, Chan JC. Development and validation of an all-cause mortality risk score in type 2 diabetes. *Arch Intern Med* 2008; 168 (5): 451-457.
- (42) Ko GT, Ozaki R, Wong GW, **Kong AP**, So WY, Tong PC, Chan MH, Ho CS, Lam CW, Chan JC. The problem of obesity among adolescents in Hong Kong: a comparison using various diagnostic criteria. *BMC Pediatr* 2008; 8:10.
- (43) Yang X, Ma RC, So WY, **Kong AP**, Ko GT, Ho CS, Lam CW, Cockram CS, Tong PC, Chan JC. Development and validation of a risk score for hospitalization for heart failure in patients with type 2 diabetes mellitus. *Cardiovasc Diabetol* 2008 Apr 22; 7(1):9 [Epub ahead of print]
- (44) **Kong AP**, Choi KC, Cockram CS, Ho CS, Chan MH, Ozaki R, Wong GW, Ko GT, Lam CW, So WY, Tong PC, Lau JT, Chow FC, Chan JC. Independent associations of alanine aminotransferase (ALT) levels with cardiovascular risk factors clustering in Chinese adolescents. *J of Hepatology* 2008 Jul; 49(1):115-122.
- (45) Yang XL, So WY, Ma R, Ko G, **Kong A**, Lam C, Ho CS, Cockram C, Chow CC, Tong P, Chan J. Effects of albuminuria and renal dysfunction on development of dyslipidemia in type 2 diabetes – the Hong Kong Diabetes Registry. *Nephrol Dial Transplant* 2008, 23(9):2834-40.
- (46) Chan NP, Sung RY, **Kong AP**, Goggins WB, So HK, Nelson EA. Reliability of pubertal self-assessment in Hong Kong Chinese children. *J Paediatr Child Health* 2008 Jun; 44(6):353-8.



- (47) Zhao HL, Sui Y, Guan J, He L, Zhu X, Fan RR, Xu G, **Kong AP**, Ho CS, Lai FM, Rowlands DK, Chan JC, Tong PC. Fat redistribution and adipocyte transformation in uninephrectomized rats. *Kidney Int* 2008 Aug;74(4):467-77.
- (48) Ma RC, So WY, Yang X, Yu LW, **Kong AP**, Ko GT, Chow CC, Cockram CS, Chan JC, Tong PC. Erectile dysfunction predicts coronary heart disease in type 2 diabetes. *J Am Coll Cardiol* 2008 May 27;51(21):2045-50.
- (49) **Kong AP**, Choi KC, Ko GT, Wong GW, Ozaki R, So WY, Tong PC, Chan JC. Associations of overweight with insulin resistance, beta-cell function and inflammatory markers in Chinese adolescents. *Pediatr Diabetes* 2008 Oct;9(5):488-95.
- (50) Yang X, So WY, Ma RC, Ko GT, **Kong AP**, Wang Q, Cockram CS, Chow CC, Chan JC, Tong PC. Predicting values of lipids and white blood cell count for all-site cancer in type 2 diabetes. *Endocr Relat Cancer* 2008 Jun; 15(2):597-607.
- (51) Yang X, So WY, Ma RC, Ko GT, **Kong AP**, Ho CS, Lam CW, Ozaki R, Cockram CS, Tong PC, Wong V, Chan JC. Thresholds of risk factors for ischemic stroke in type 2 diabetic patients with and without albuminuria -A non-linear approach. *Clin Neurol Neurosurg* 2008 Jul; 110(7):701-9.
- (52) Yang X, So WY, Ma RC, Ko GT, **Kong AP**, Ho CS, Lam CW, Ozaki R, Cockram CS, Tong PC, Wong V, Chan JC. Aldose reductase genotypes and cardiorenal complications: an 8-year prospective analysis of 1,074 type 2 diabetic patients. *Diabetes Care* 2008 Nov;31(11):2148-53.
- (53) Yang X, So WY, Ko GT, Ma RC, **Kong AP**, Chow CC, Tong PC, Chan JC. Independent associations between low-density lipoprotein cholesterol and cancer among patients with type 2 diabetes mellitus. *CMAJ* 2008 Aug 26; 179(5):427-37.
- (54) Lam CW, **Kong AP**, Tsui TK, Ozaki R, Chan HM, Tong SF, Siu TS, Tam S, Chan JC. A novel mutation of SLC22A12 gene causing primary renal hypouricemia in a patient with metabolic syndrome. *Clin Chim Acta* 2008 Dec; 398(1-2):157-8.
- (55) Yang X, Ko GT, So WY, Ma RC, **Kong AP**, Lam CW, Ho CS, Chow CC, Tong PC, Chan JC; Hong Kong Diabetes Registry. Additive interaction of hyperglycemia and albuminuria on risk of ischemic stroke in type 2 diabetes: Hong Kong Diabetes Registry. *Diabetes Care* 2008 Dec; 31(12):2294-300.
- (56) Luk AO, So WY, Ma RC, **Kong AP**, Ozaki R, Ng VS, Yu LW, Lau WW, Yang X, Chow FC, Chan JC, Tong PC: Hong Kong Diabetes Registry. Metabolic syndrome predicts new onset of chronic kidney disease in 5,829 patients with type 2 diabetes: a 5-year prospective analysis of the Hong Kong Diabetes Registry. *Diabetes Care* 2008 Dec; 31(12):2357-61.
- (57) Tong PC, Ko GT, So WY, Chiang SC, Yang X, **Kong AP**, Ozaki R, Ma RC, Cockram CS, Chow CC, Chan JC. Use of anti-diabetic drugs and glycaemic control in type 2 diabetes- The Hong Kong Diabetes Registry. *Diabetes Res Clin Pract* 2008 Dec; 82(3):346-52.
- (58) **Kong AP**, Ko GT, Ozaki R, Wong GW, Tong PC, Chan JC. Metabolic syndrome by the new IDF criteria in Hong Kong Chinese adolescents and its prediction by using body mass index. *Acta Paediatr* 2008 Dec; 97(12):1738-42.
- (59) Luk AO, Ma RC, So WY, Yang XL, **Kong AP**, Ozaki R, Ko GT, Chow CC, Cockram CS, Chan JC, Tong PC. The NCEP-ATPIII but not the IDF criteria for the metabolic syndrome identify type 2 diabetic patients at increased risk of chronic kidney disease. *Diabet Med* 2008 Dec; 25(12):1419-25.

- (60) Leung TF, **Kong AP**, Chan IH, Choi KC, Ho CS, Chan MH, So WY, Lam CW, Wong GW, Chan JC. Association between Obesity and Atopy in Chinese schoolchildren. *Int Arch Allergy Immunol* 2009 Jan 6; 149(2):133-140.
- (61) Leung TF, Li CY, **Kong AP**, Chan IH, Ng MC, Chan MH, So WY, Wong GW, Lam CW, Chan JC. PTGDR is not a major candidate gene for asthma and atopy in Chinese children. *Pediatr Allergy Immunol* 2009 Sep;20(6):556-62.
- (62) Luk A, Ma RC, Lam CW, Tam WH, Lo AW, Ng EK, **Kong AP**, So WY, Chow CC. A 21-year-old pregnant woman with hypertension and proteinuria. *PLoS Med* 2009 Feb 24;6(2):e1000037.
- (63) Wong SKH, **Kong AP**, Mui WL, So WY, Tsung BY, Yau PY, Chow FC, Ng EK. Laparoscopic bariatric surgery: a five-year review. *Hong Kong Med J* 2009 Apr; 15(2):100-9.
- (64) Ko GT, So WY, Tong PC, Chan WB, Yang X, Ma RC, **Kong AP**, Ozaki R, Yeung CY, Chow CC, Chan JC. Effects of interactions between C peptide levels and insulin treatment on clinical outcomes among patients with type 2 diabetes mellitus. *CMAJ* 2009 Apr 28; 180(9):919-26.
- (65) Yang X, Zhao H, Sui Y, Ma RC, So WY, Ko GT, **Kong AP**, Ozaki R, Yeung CY, Xu G, Tong PC, Chan JC. Additive interaction between the renin-angiotensin system and lipid metabolism for cancer in type 2 diabetes. *Diabetes* 2009 Jul; 58(7):1518-25.
- (66) Chan MH, Chan IH, **Kong AP**, Ozaki R, Cheung RC, Ho CS, Wong GW, Tong PC, Chan JC, Lam CW. Cold-vapour atomic absorption spectrometry underestimates total mercury in blood and urine compared to inductively-coupled plasma mass spectrometry: an important factor for determining mercury reference intervals. *Pathology* 2009; 41(5):467-72.
- (67) Chan J, So W, Ko G, Tong P, Yang X, Ma R, **Kong A**, Wong R, Le Coguiec F, Tamesis B, Wolthers T, Lyubomirsky G, Chow P. The Joint Asia Diabetes Evaluation (JADE) Program: a web-based program to translate evidence to clinical practice in Type 2 diabetes. *Diabet Med.* 2009 Jul;26(7):693-9.
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## **Title: Diabetes management in older adults**

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### **Abstract**

Many places across the globe are facing major challenges brought on by a rapidly ageing population and an increase in the prevalence of chronic diseases including type 2 diabetes (T2D). More than one quarter of people over the age of 65 years have T2D, and the management of diabetes in older adults are unique deserving special attention, as well as requiring multi-disciplinary approach. Older adults with diabetes have higher rates of comorbidities and complications such as stroke, coronary heart disease, etc. leading to functional disability and polypharmacy. They are also at risk of cognitive impairment and depression. Insomnia, one of the most common sleep problems, is commonly underrecognized in the management of older adults. This talk will review the current literature related to the approach and special precautions in diabetes management of older adults.