

# **Ravi Retnakaran**

**Associate Member at Diabetes Canada**

Toronto, ON, CA

Focusing on the pathophysiology and treatment of type 2 diabetes.

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An endocrinologist and clinician-scientist based at the Leadership Sinai Centre for Diabetes at Mount Sinai Hospital in Toronto, Dr. Ravi Retnakaran leads a clinical research program that focuses on the pathophysiology and treatment of type 2 diabetes. He is leading a series of innovative clinical trials (LIBRA, RESET IT, PREVAIL) that aim to preserve pancreatic beta-cell function early in the course of type 2 diabetes and thereby halt the progressive nature of diabetes in patients. Recently, Dr. Retnakaran and his research team published an analysis of data from several studies in which patients with early-stage diabetes were treated temporarily with insulin, revealing that the disease can indeed be halted in its tracks. Published in *The Lancet Diabetes & Endocrinology*, the findings have provided the impetus for a novel clinical trial at Mount Sinai Hospital, called RESET IT, which aims to demonstrate that, when introduced early in the course of disease, treatment with short-term insulin therapy for two to three weeks can restore the body's ability to make and use insulin, the two key problems that cause diabetes. Similarly, his research group reported in *The Lancet* that combination therapy consisting of basal insulin and a GLP-1 agonist can yield excellent glucose control without hypoglycemia or weight gain in patients with type 2 diabetes. These findings have led to another currently ongoing clinical trial, called PREVAIL.

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Research, Health Care - Services, Health and Wellness, Training and Development, Education/Learning

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Insulin Therapy, Medical Research, Diabetes and Metabolism, Diabetes, Cardiovascular Disease

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Leadership Sinai Centre for Diabetes : Endocrinologist, University of Toronto, Division of Endocrinology : Associate Professor, Canadian Institutes of Health research (CIHR) : New Investigator

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**Bugs Modify Glucose Control in Obesity**

17th Annual CDA/CSEM Professional Conference and Annual Meetings

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**Dr. Charles Hollenberg Young Investigator Award**

Awarded by the Canadian Society of Endocrinology and Metabolism.

**Dr. Joe Doupe Award**

Awarded by the Canadian Society for Clinical Investigation.

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