

# Viral N. Shah

MD | United States

Professor of Medicine, Director of Diabetes Clinical Research, IU Center for Diabetes and Metabolic Diseases

dexcom

PERSONALISED GUIDANCE
powerful results*

Dr. Shah is a Professor of Medicine, Division of Endocrinology & Metabolism and Director of Diabetes Clinical Research at the IU Center for Diabetes and Metabolic diseases at Indiana University. His research is focused on the use of diabetes technologies and adjunctive therapies in people with type 1 diabetes (T1D) to improve glycemic outcomes and reduce complications. Another area of research is understanding the effects of long-standing T1D on skeletal health.

Dr. Shah has been the PI for over 30+ clinical trials of diabetes technologies and therapeutics. He has been a part of many landmark research projects that led to FDA approval of newer devices and changed type 1 diabetes management. Moreover, his interest in understanding the effect of diabetes on bone fragility had led to NIH-funded studies investigating effects of long-standing T1D on bone structural and tissue material properties in older adults with T1D.

Dr. Shah has served in many leadership positions such as steering committee member for T1D Exchange Clinic Registry (2016-2017) and Scientific Session Planning Committee member for the American Diabetes Association (2023-2024). He is currently serving as a Chair, Diabetes Technology Interest Group at the American Diabetes Association. He is the recipient of the prestigious AACE Rising Star in Endocrinology Award (2021), ADA Diabetes Technology Interest Group Award (2022), Diabetes Technology Society Leadership Award (2023) and Mary Tyler Moore, and S. Robert Levine, MD Excellence in Clinical Research Award from JDRF (2024).

He serves as the Editor-in-Chief for Clinical Diabetology, Senior Editor for the Endocrine Connections and on the Editorial Board for Diabetes Care and Journal of Diabetes Science and Technology. He is well published with over 170 research publications including original articles, invited reviews, editorials, and book chapters.

*Results with Dexcom CGM have been proven in over 70 clinical studies, data available on clinicaltrials.gov. Dexcom Data on File, 2026.