

Update in medicine



6 June 2024 | Birmingham

CPD code: 148458

6 CPD
credits

08.15 Registration and refreshments

09.15 Welcome and introduction

Session 1: Movement and medicine

Chair – Dr M Ali Karamat, RCP regional adviser, West Midlands

09.25 **Type 1 diabetes and exercise**

Dr Alistair Lumb, consultant in diabetes and acute general medicine,
Oxford University Hospitals NHS Foundation Trust

09.55 **Sudden cardiac death from exercise**

Professor Sanjay Sharma, professor of cardiology,
St George's University Hospitals NHS Foundation Trust

10.25 **Panel Q&A**

10.40 **Comfort break**

Session 2

Chair – Dr Sarah Bowater, RCP regional adviser, West Midlands

11.10 **Helping patients with intellectual disability lead better lives**

Dr Shanika Samarasekera, RCP regional adviser, consultant neurologist,
University Hospitals Birmingham NHS Foundation Trust

11.40 **Immunology – mast cell activation or immune consequences
of checkpoint inhibitors**

Dr Richard Baretto, consultant immunologist, University Hospitals Birmingham
NHS Foundation Trust

12.15 **Climate change and its impact on neurological conditions**

Professor Sanjay Sisodiya, deputy director of sustainability and climate
change, consultant neurologist, University College London Hospitals NHS
Foundation Trust

12.50 **Lunch**

Programme



Session 3: Turner-Warwick lectures

13.50 **Chair – Dr Chern Hsiang Choy**, medical registrar,
University Hospitals Birmingham NHS Foundation Trust

14.00 **Turner-Warwick lecture – Oxford and Thames Valley**

The cost-of-living crisis and poverty-associated diabetes in the UK

Dr Rhea Saksena, NIHR academic clinical fellow in diabetes and endocrinology,
Oxford University Hospitals NHS Foundation Trust

14.15 **Turner-Warwick lecture – West Midlands**

Enhanced support programme to improve transitioning of IMGs to the NHS

Dr Roopa Chopra, acting up consultant in diabetes and endocrinology,
Royal Wolverhampton NHS Trust

Turner-Warwick plaque presentations

14.30 **President's update**

14.40 **Comfort break**

Session 4

Chair – Dr Shanika Samarasekera, RCP regional adviser, West Midlands

15.00 **Cystic fibrosis in the post-modulator era**

Dr Joanna Whitehouse, consultant in general respiratory medicine,
University Hospitals Birmingham NHS Foundation Trust

15.35 **Recent advances in stroke medicine for the busy physician**

Dr Rayessa Rayessa, consultant stroke physician,
Hull University Teaching Hospitals NHS Trust

16.15 **Non-alcoholic fatty liver disease**

Dr Rebecca Harris, consultant hepatologist,
Nottingham University Hospitals NHS Trust

16.50 **Closing comments**

16.55 **Close of conference**

Please note this programme may be subject to change.

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Your regional representatives in the West Midlands region

Regional advisers

Dr Sarah Bowater
Dr M Ali Karamat
Dr Shanika Samarasekera
Dr Nwe Ni Than

New Consultants Committee

Vacancy *

SAS Regional Representatives Network

Dr Muhammad Azam

Trainees Committee

Dr Duncan Street

Student and Foundation Doctor Network

Vacancy *

* If you are interested in the above vacancies, please get in touch.

Enquiries:

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Meet the speakers



Dr Alistair Lumb

Dr Alistair Lumb is a consultant in diabetes and acute general medicine at Oxford University Hospitals NHS Foundation Trust. He is a member of the ExTOD (exercise in type one diabetes) steering committee and undertakes specialist sports clinics for adults and children with type 1 diabetes. He is also clinical lead for the National Diabetes Inpatient Safety Audit and chair of the Diabetes Technology Network-UK (DTN-UK). His clinical interests also include cystic fibrosis-related diabetes and transplantation.



Dr Shanika Samarasekera

Dr Samarasekera is an RCP regional adviser for the West Midlands and clinical lead for epilepsy at University Hospitals Birmingham NHS Foundation Trust. Shanika graduated and trained in Newcastle and the West Midlands. She has a background in psychiatry and neurology and runs a regional clinical for patients with intellectual disability. She is an advisor for the charity UK-Rare Epilepsies Together (UK-RET).

Speaker biographies



Professor Sanjay Sharma

Sanjay Sharma is professor of cardiology at St George's, University of London and St George's NHS Foundation trust. His interests include heart muscle disease, sudden cardiac death in the young, and sports cardiology for which he has an international reputation and over 350 publications on PubMed (h index 98). He regularly lectures at major scientific meetings and is now considered as one of the most prolific cardiologists in the world in his field of research. Professor Sharma leads a large tertiary inherited cardiac diseases programme serving South-East England to manage young patients with cardiomyopathy and ion channel diseases. He is the director for the largest sports cardiology unit in the UK which is responsible for athletes with potentially serious cardiac diseases from the English Football Association, rugby league, Lawn Tennis association and the English institute of sport. He is the cardiology advisor for the British rowing team and is the chairman for the expert cardiac committee for the football association. He is medical director of the London marathon and has been commended for providing one of the best medical services for endurance events in the world. He was awarded membership of Venerable Order of St John for his services to St John Ambulance for supporting the medical welfare of the runners. Professor Sharma was the lead cardiologist for the 2012 London Olympics and provided medical services for all endurance sports. Professor Sharma has previously held posts as chairman of the ESC sports cardiology nucleus, board member for the European Association of Cardiovascular Prevention, congress programme committee member of the European Society of Cardiology in Preventive Cardiology, "Best of ESC" expert group, ESC media and communications committee, editor for ESC Congress News and International associate editor for the European Heart Journal. Working with the charitable organisation, Cardiac Risk in the Young (CRY) for the past 25 years, Professor Sharma leads the largest cardiac screening programme in the UK for individuals aged 14-35 years old. The charity screens over 20,000 individuals each year from which several data sets have been developed to provide an estimate of the number of young individuals dying suddenly from unsuspected heart disease and methods to prevent such tragedies.

Meet the speakers



Dr Richard Baretto

Dr Richard Baretto has researched primary immune deficiencies, including antibody deficiencies and deficiencies of the innate system affecting mycobacteria immunity and pneumococcal infection. His allergy research has been on perioperative anaphylaxis, food and drug allergy.



Professor Sanjay Sisodiya

Professor Sanjay Sisodiya is professor of neurology at UCL institute of neurology and honorary consultant neurologist at the National Hospital for Neurology and Neurosurgery and the Epilepsy Society. His key interests are in epilepsy, difficult-to-treat epilepsy, phenotyping in epilepsy and genetic research into epilepsy, and the impacts of climate change on neurological diseases. In 2021, Sanjay was appointed to the posts of deputy director for sustainability and climate change at the UCL Queen Square Institute of Neurology, and chair of the International League Against Epilepsy climate change commission.



Dr Rhea Saksena

Dr Rhea Saksena is a passionate health advocate. She graduated from UCL with first class honours in global health, where she was awarded the John Yudkin prize in International health and nominated for the Faculty of Life Sciences. She has worked as scientific officer for Public Health England, designing and implementing strategies as part of the national childhood obesity strategy. Rhea is one of three people to be jointly awarded both a Fulbright scholarship and Kennedy Memorial Trust scholarship. Through these awards, Rhea has undertaken a Masters in Public Health at the Harvard TH Chan School of Public Health. Rhea is currently training as an NIHR academic clinical fellow in diabetes and endocrinology in Oxford, a role which enables her to continue to develop both her clinical and academic approaches to ensure that a high standard of metabolic health is a certainty for all and not a privilege for the lucky few.

Speaker biographies



Dr Roopa Chopra

Dr Roopa Chopra is an acting up consultant in diabetes and endocrine, and clinical lead for GIM in New Cross Hospital, Wolverhampton. Roopa came to the UK on an MTI post in 2016 as an international medical graduate (IMG) through the Royal College of Physicians. She was appointed as the first pastoral lead, first chief clinical fellow and then first non-trainee chief registrar in her trust. As an IMG, Roopa faced challenges and struggled in the beginning of her career in the NHS but has been lucky to be working with the Royal Wolverhampton NHS Trust. She was given the opportunity to develop various support services that can improve the transitioning of IMGs into the NHS and has been well supported and encouraged by the clinical fellowship team in this journey.



Dr Joanna Whitehouse

Dr Joanna Whitehouse became a consultant in cystic fibrosis (CF) at the West Midlands adult CF centre in 2004 and took over as centre director in 2011. She leads on non-CF bronchiectasis for HGS, developing services for this group, in particular respiratory patients with primary immunodeficiency and more recently PCD. Joanna has spent 3 years as a member of the BTS specialist advisory group for CF and has been a member of the national CF trust strategic implementation board since 2016. She leads on clinical trials in CF and is a member of the national and European clinical trial networks for CF. For the past 3 years she has taken over as chair of the Heartlands cystic fibrosis centre charity. Her interests are palliative care and obstetrics for CF patients.



Dr Rayessa Rayessa

Dr Rayessa Rayessa trained as a geriatrician in North East London followed by a stroke fellowship in Edinburgh. She was one of the first trainees to benefit from the dedicated specialist stroke training culminating in a CCST in stroke. Rayessa has been a stroke consultant at Hull University Teaching Hospitals for the past 14 years and has held various leadership positions, including clinical lead and research lead for the service and latterly the clinical lead for the ISDN in HNY. Her passions lie in service development and improvement, including pathway transformations (operationally) and cerebral amyloid angiopathy and AF management (clinically). She has also completed a LLM in medical law and ethics from University of Edinburgh and an executive MBA from Hull University.



Dr Rebecca Harris

Dr Harris graduated from the University of Nottingham and completed her postgraduate training in general internal medicine, gastroenterology and hepatology across the East Midlands. Dr Harris received a PhD from the University of Nottingham in 2019, which focussed on the early identification and stratification of patients at risk of chronic liver disease. She has assisted in translating this research into clinical practice across Nottinghamshire.