

14TH ANNUAL CONFERENCE OF THE
South Asian Health Foundation (SAHF)



Diabetes and
Cardiovascular Disease:

The clinical
conundrums



21-22 November 2013
Hilton Metropole, Birmingham NEC

**CPD
CERTIFIED**
The CPD Certification
Service

Over 8 accredited
hours applied for

WHY ATTEND

Tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the south Asian population

A wide range of core clinical topics explored within a densely packed, dynamic programme

Interactive masterclasses on a range of practical topics

Multiple networking opportunities

CPD accreditation, certificate of attendance and a workbook designed to aid delegates in fulfilling revalidation requirements

Aimed at
healthcare
professionals
delivering diabetes
and cardiovascular
disease care to
the south Asian
community

Gold sponsor



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This conference was developed by the SAHF committee in conjunction with SB Communications Group. The sponsoring companies have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium sessions (among sponsors with such a session), for which the respective companies are fully responsible. This is correct at the time of print.

To book your complimentary place, please visit: www.diabetesonthenet.com/events



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POSTER ABSTRACT AWARDS

- Submission deadline: 21 October 2013
- Opportunity for individuals to share information and acknowledge ideas and innovations within diabetes and cardiovascular care in the south Asian community.
- £500 educational grant and trophy presented at the conference to the successful entrant.
- To enter please visit:
www.diabetesonthenet.com/events



Wasim Hanif,
Consultant Physician
and Honorary Senior
Lecturer in Diabetes
and Endocrinology,
Birmingham

We invite you to a unique 2-day meeting designed to help healthcare professionals in the UK deliver optimum care – whether in a primary, intermediate or secondary care setting – to south Asian people with diabetes, cardiovascular disease or, as it is frequently the case, both. Sessions will include state-of-the-art lectures, clinical updates and interactive masterclasses, each with a specific focus on providing practical guidance, based on best-practice evidence, for use “at the coalface”.

From prevention to diagnosis and from screening to management, this event recognises the uniqueness of the south Asian patient group and offers implementable advice on managing the threat of the twin scourges of diabetes and cardiovascular disease, which remains a significant challenge for many of us in the UK.



Posters supported by
Novo Nordisk

PROGRAMME

THURSDAY 21 NOVEMBER

SESSION 1: REGISTRATION AND SYMPOSIUM

08.30 – 09.30 Registration

09.30 – 10.15 Symposium sponsored by Novo Nordisk

SESSION 2: EMERGING THEMES

10.15 – 10.45 Tea and exhibition viewing

10.45 – 10.50 Chair's introduction

Wasim Hanif, Consultant Physician and Honorary Senior Lecturer in Diabetes & Endocrinology, Birmingham

10.50 – 11.20 **Mental health considerations in south Asians with diabetes and CVD** ♥ ○

Cathy Lloyd, Senior Lecturer, Open University, Milton Keynes

- Impact of long-term conditions on south Asian patients' psychological well-being
- How is it affected by the diagnosis, self-managing the condition, and later events and complications?

11.20 – 11.50 **Liver disease and the role of diabetes** ○

Jeremy Tomlinson, Consultant Endocrinologist, Birmingham

- Managing liver complications in people with diabetes
- Understanding fatty liver disease
- What is the impact of alcohol-related issues?

11.50 – 12.20 **Debate: Can we create a level playing field in acute coronary syndromes?**

Justin Zaman, Consultant Cardiologist, James Paget University Hospitals

Vinod Patel, Honorary Consultant in Endocrinology and Diabetes, Warwickshire

- Can we address the raised prevalence of ischaemic heart disease in south Asian people?
- Why is CHD-associated mortality raised in south Asian people?
- Can we hope to increase the efficacy of anti-thrombotic therapy and CABG?

12.20 – 13.30 Lunch and exhibition viewing

SESSION 3: MASTERCLASSES

13.30 – 14.30 **Rotation 1**

1. Diet, nutrition and the development of type 2 diabetes ♥ ○

Nita Forouhi, MRC Programme Leader, Addenbrooke's Hospital

- How effective might new types of diet be for the south Asian community?
- Are there any barriers relating to cultural practices?

2. Future diabetes service redesigns ○

Harni Bharaj, Consultant Physician, Bolton
Mohamed Roshan, GP Principal & Diabetes Research Fellow, University of Leicester

- Key points to consider when redesigning diabetes services in areas with large south Asian communities
- What impact will the development of Clinical Commissioning Groups have?

3. Retinopathy ○

Margaret Clark, Consultant Physician, Heartlands Hospital

- The importance of retinopathy screening and how best to engage with it
- The role of "any qualified provider" in the provision of the service

4. DVD & SASI data ○

Sudhesh Kumar, Professor of Medicine, Warwick
Naina Patel, Research Associate, Leicester General Hospital

- Presentation of the Apnee Sehat SASI data
- Interactive educational DVD: Addressing myths and misconceptions about insulin therapy in type 2 diabetes

14.30 – 15.30 **Rotation 2**

15.30 – 16.00 Tea and exhibition viewing

SESSION 4: KEYNOTE LECTURE

16.00 – 16.30 **Renal disease** ○

Jiten Vora, Consultant Physician and Endocrinologist, Royal Liverpool University Hospitals

- Managing kidney-related complications in south Asians with diabetes: the what, the when, the how and the why

16.30 – 17.15 **Symposium sponsored by Bristol-Myers Squibb and AstraZeneca**

FRIDAY 22 NOVEMBER

SESSION 5: SYMPOSIUM

09.15 – 10.00 Symposium sponsored by Boehringer Ingelheim Ltd and Eli Lilly and Company Ltd

10.00 – 10.30 Tea and exhibition viewing

SESSION 6: HOT TOPICS

10.30 – 11.00 **Atrial fibrillation and stroke** ♥

Pankaj Sharma, Reader and Consultant Neurologist, Imperial College London & Hammersmith Hospitals

- Addressing atrial fibrillation: current management options
- Why might mortality rates be higher after stroke in south Asians?
- How can we fight the burden of stroke in the future?

11.00 – 11.30 **Gestational diabetes** ○

Muhammad Karamat, Consultant Physician & Honorary Senior Lecturer, University of Birmingham

- Best-practice approaches to managing GDM
- Are there differences in clinical characteristics where GDM develops in south Asian women?
- Is GDM less pronounced as a risk factor for later type 2 diabetes in south Asian women?

11.30 – 12.00 Tea and exhibition viewing

SESSION 7: CLOSING PLENARY

12.00 – 12.30 **Physical activity** ♥ ○

Tom Yates, Senior Researcher, Leicester
Monèm Jenni, Associate Professor, University of Greenwich

- The science behind physical activity
- Selecting the appropriate regimen for the patient
- What are the motivational barriers and can they be overcome?

12.30 – 13.00 **Life-time achievement award**

Salim Yusuf, Professor of Medicine, McMaster University, Canada

13.15 **Conference close**



BOOKING FORM

To reserve your complimentary place please book online at:
www.diabetesonthenet.com/events
 or complete this form and fax it back to: **020 7627 1570**

PERSONAL DETAILS

Please fill in your name, title and place of work as you would like them to appear on the delegate name badge. Please use BLOCK CAPITALS. (If you wish to book more than one place, please photocopy this form or write other names on a separate sheet.)

Title: Full name:

Post/job title:

Primary/secondary care:

Place of work:

Special requests (e.g. dietary):

Daytime telephone: Daytime fax:

Email address:

(Confirmation will be sent via email)

Correspondence address:

Post code:

I confirm that I am a healthcare professional

MASTERCLASSES

Please choose **TWO** masterclasses* from the list below:

- Diet, nutrition and the development of type 2 diabetes
 Retinopathy
 Future diabetes service redesigns
 DVD & SASI data

*Please note, we will not be able to process your registration without these choices

HOW TO BOOK

Please send your completed booking form to:

The Events Team,
 SB Communications Group,
 1.03 Enterprise House,
 1-2 Hatfields, London, SE1 9PG

Tel: 020 7627 1510
 Fax: 020 7627 1570
 Email: bookings@sbcommunicationsgroup.com