



Royal College  
of Physicians

# Update in medicine



6 June 2024 | Birmingham

CPD code:\*\*\*\*\*

6 CPD  
credits

08:15 Registration and refreshments

09:15 Welcome and introduction

**Session 1: Movement and medicine**

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

09:25 **The benefits of physical activity for inpatients and those in the perioperative period**

**Dr David Whittaker**, consultant in sport and exercise medicine,  
Homerton Healthcare NHS Foundation Trust

09:55 **Type 1 diabetes and exercise**

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

10:25 **Sudden cardiac death from exercise**

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

10:55 **Panel Q&A**

11:10 Comfort break

**Session 2**

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

11:40 **Immunology – mast cell activation or immune consequences of checkpoint inhibitors**

**Dr Richard Baretto**, consultant immunologist, Birmingham Heartlands Hospital

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 **President's update**

Programme

Birmingham conference and events centre, Hill Street, Birmingham, B5 4EW  
#RCPUdate



13:00 Lunch

14:00 **Turner-Warwick lectures**

**Turner-Warwick lecture – Oxford and Thames Valley**  
**The cost-of-living crisis and poverty-associated diabetes in the UK**  
**14:10 Dr Rhea Saksena**, NIHR academic clinical fellow in diabetes and endocrinology, Oxford University Hospitals NHS Foundation Trust

**Turner-Warwick lecture – West Midlands**  
**Enhanced support programme to improve transitioning of IMGs to the NHS**  
**14:25 Dr Roopa Chopra**, senior clinical fellow, the Royal Wolverhampton NHS Trust

**Turner-Warwick plaque presentations**

14:40 Comfort break

**Session 4**

**Chair – Dr M. Ali Karamat**, 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 Updates in stroke medicine for the acute physician**  
**Dr Rayessa Rayessa**, consultant stroke physician, Hull and East Yorkshire Hospitals NHS Trust

**16:15 Non-alcoholic fatty liver disease**  
**Dr Rebecca Harris**, academic clinical lecturer, Nottingham University Hospitals NHS Trust

16:50 Closing comments

16:55 Close of conference

**Please note this programme may be subject to change.**

Any presentations shown at this event have been produced by the individual speakers.  
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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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