

Update in medicine



26 February 2026 | Birmingham

CPD code:

6 CPD
credits

Programme

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- 08.15 Registration and refreshments
-
- 09.15 Welcome and introduction
Dr Shanika Samarasekera, RCP regional adviser, West Midlands
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- 09.20 Session 1
Chair – Dr Shanika Samarasekera
-
- 09.25 Dementia and recent developments in Alzheimer's disease
Professor Iracema Leroi, professor in geriatric psychiatry, Trinity College Dublin
-
- 10.00 Tobacco dependency and nicotine de-addiction
Professor Sanjay Agrawal FRCP, professor of respiratory and intensive care medicine, University Hospitals of Leicester NHS Trust; national specialty advisor on tobacco, NHS England; special adviser on tobacco, RCP
-
- 10.35 Turner-Warwick lecturer in quality improvement: **Novel preventative cardiology clinic associated with reduced risk of recurrent major adverse cardiovascular events for patients with prior acute coronary syndrome**
Dr Jun Yu Chen, internal medicine and cardiology training doctor, University Hospitals Birmingham NHS Foundation Trust
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- 11.10 Comfort break
-
- 11.35 Session 2
Chair – Dr M Ali Karamat, RCP regional adviser, West Midlands
-
- 11.40 Keynote session: Social justice and health equity
Professor Sir Michael Marmot FRCP, professor of epidemiology, director of the Institute of Health Equity, University College London; past president of the World Medical Association
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- 12.40 RCP update



Programme

12.55 Lunch

13.45 **Session 3**

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

13.50 **Update on diabetes and obesity pharmacotherapy**

Professor Iskandar Idris FRCP, professor of diabetes and metabolic medicine, University of Nottingham; honorary consultant physician, University Hospitals of Derby and Burton NHS Foundation Trust

14.25 **Navigating the challenges of premature ovarian insufficiency**

Miss Lynne Robinson, consultant gynaecologist, Birmingham Women's and Children's NHS Foundation Trust

15.00 **Topic to be confirmed**

Speaker TBC

15.35 Comfort break

15.50 **Session 4**

Chair – Dr Nawaid Ahmad, RCP regional adviser, West Midlands

15.55 **Immunology drugs**

Dr Lalit Pallan, consultant clinical oncologist, University Hospitals Birmingham NHS Foundation Trust

16.30 **Power failure: a general physician's guide to the weak patient**

Professor Hector Chinoy FRCP, professor of rheumatology and neuromuscular disease, The University of Manchester; honorary consultant rheumatologist, Northern Care Alliance NHS Foundation Trust

17.05 **Conference closing comments**

17.10 **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 Nawaaid Ahmad, Shrewsbury and Telford Hospital NHS Trust
Dr M Ali Karamat, University Hospitals Birmingham NHS Foundation Trust
Dr Shanika Samarasekera, University Hospitals Birmingham NHS Foundation Trust
Dr Nwe Ni Than, University Hospitals Coventry and Warwickshire NHS Trust

New Consultants Committee

Dr Nadia Sarween, University Hospitals Birmingham NHS Foundation Trust

SAS Regional Representatives Network

Dr Muhammad Azam, University Hospitals Birmingham NHS Foundation Trust

Resident Doctor Committee

Dr Max Thoburn, University Hospitals of North Midlands

Student and Foundation Doctor Network

Thomas Anderson, University Hospitals Coventry and Warwickshire NHS Trust

Enquiries:

Jenny Ward, regional manager (West Midlands)

Email: westmidlandsregion@rcp.ac.uk

Tel: 0121 803 1061



Regional representatives