



Royal College  
of Physicians

# Update in medicine



26 February 2026 | Birmingham

CPD code:

6 CPD  
credits

Programme

08.15 Registration and refreshments

09.15 **Welcome and introduction**

Dr Shanika Samarasekera, RCP regional adviser, West Midlands

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

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

12.40 **RCP update**



12.55	Lunch
13.45	<b>Session 3</b> Chair – Dr M Ali Karamat, RCP regional adviser, West Midlands
13.50	<b>Update on diabetes and obesity pharmacotherapy</b> 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	<b>Navigating the challenges of premature ovarian insufficiency</b> Miss Lynne Robinson, consultant gynaecologist, Birmingham Women's and Children's NHS Foundation Trust
15.00	<b>Topic to be confirmed</b> Speaker TBC
15.35	Comfort break
15.50	<b>Session 4</b> Chair – Dr Nawaid Ahmad, RCP regional adviser, West Midlands
15.55	<b>Immunology drugs</b> Dr Lalit Pallan, consultant clinical oncologist, University Hospitals Birmingham NHS Foundation Trust
16.30	<b>Power failure: a general physician's guide to the weak patient</b> 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	<b>Conference closing comments</b>
17.10	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. As such they are not owned by, and do not necessarily represent the views of, the RCP.



## Your regional representatives in the West Midlands region

### Regional advisers

Dr Nawaid 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](mailto:westmidlandsregion@rcp.ac.uk)  
Tel: 0121 803 1061

