09:00 Registration & refreshments with opportunity to meet sponsors

Latest developments & research from West Midlands

Introduction to 4th Annual EMBMI / ASO Midlands Obesity Symposium

09:30 2019

Mr Sherif Awad; Bariatric Surgeon & Lead for East-Midlands Bariatric & Metabolic Institute (EMBMI)

09:40 Preventing childhood obesity: an economist’s perspective

Dr Emma Frew, Reader in Health Economics and NIHR CDF at the University of Birmingham

10:00 TBC

Rachel Starchan, Senior Clinical Psychologist; University Hospitals Birmingham NHS Foundation Trust

10:20 Obesity research using routinely collected data: opportunities and challenges

Dr Krishnarajah Niranharakumar; Clinical Fellow & Honorary Consultant in Public Health Medicine at University of Birmingham.

10:40 Group sessions vs 1-2-1 lifestyle interventions: A Systematic Review

Sally Abbott; Clinical Researcher at the University of Birmingham and Senior Dietitian at Heartlands Hospital Birmingham. and Pushpa Singh

10:50 Bariatric surgery and real world outcome

Dr Pushpa Singh, PhD Student at University of Birmingham

Organisation strategies to help support employees make healthier life choices'.

Dr Deidre Phelan; Occupational Health Physician and Global Lead for Health & Wellbeing at Rolls Royce.

11:00 Refreshments with opportunity to meet sponsors

Lymphoedema and Excess skin

Lymphoedema management in patients with severe obesity. Outcomes of studies in this field and findings from the prevalence study that we performed in derby

Dr Vaughan Keeley; Consultant in Lymphoedema at the University Hospitals Derby & Burton NHS Trust.

Excess skin surgery: Procedures offered/costs/patient selection/nhs criteria and pp criteria

Miss Anne Dancey; Consultant Plastic and Reconstructive Surgeon, Birmingham

11:55 Excess skin – Patient perspective.

Paul Stevenson

12:20 Excess skin – Patient perspective.

Paul Stevenson

12:50 Dinner with opportunity to meet sponsors

Obesity and Non-alcoholic fatty liver disease
13:40 **The NAFLD spectrum in obesity: Update on mechanism and investigation.**  
*Dr Andy Austin; Consultant Hepatologist at the University Hospitals Derby & Burton NHS Trust.*

14:00 **Screening for the NAFLD spectrum and bariatric surgery – is it important?**  
*Mr Niall Dempster; Bariatric Surgical Research Fellow, Oxford Centre for Diabetes, Endocrinology and Metabolism, Churchill Hospital, Oxford, UK.*

14:20 **Genetic aspects of Obesity and Human Metabolism: an update**  
*Dr Tom Barber; Associate Professor and Honorary Consultant Endocrinologist at University of Warwick and University Hospitals Coventry and Warwickshire*

14:40 **Dietetic aspects of Bariatric surgery**  
*Mary O’Kane; Consultant Dietitian at Leeds Teaching Hospitals NHS Trust*  
Management of the ‘troublesome’ gastric band presenting to Tier 3 and Tier 4 services. EMBMI Guidelines on Revisional Surgery in gastric band patients.  
*Mr Paul Leeder; Consultant Bariatric Surgeon at the University Hospitals Derby & Burton NHS Trust.*

15:00 **Refreshments with opportunity to meet sponsors**

15:20 **Annual Debate**  
GLP-1 drug therapies are superior to lifestyle interventions in obese patients with type 2 diabetes.  
*FOR: Dr Abd Tahrani*  
*AGAINST: Dr Iskandar Idris; Associate Professor in Diabetes and Vascular Medicine at the University of Nottingham and Honorary Consultant Bariatric Physician at the University Hospitals Derby & Burton NHS Trust.*

16:30 **Closing Remarks**  
*Dr David Hughes; Consultant Bariatric Physician at the University Hospitals Derby & Burton NHS Trust.*