

## 2018 EMBMI/ASO Midlands Network - Obesity Symposium

Tuesday 15th May, 2018  
Edgbaston Cricket Ground, Birmingham, B5 7QU

### Programme

**13.00 Registration & refreshments with opportunity to meet sponsors**

#### Afternoon - Session 1

**13.50 Welcome and Introductions**

*Abd Tahrani and David Hughes*

**14.00 Public health - Healthy obesity: Does it exist?**

*Professor Neil Thomas, Regional Director for NIHR RDS West Midlands and Professor in Epidemiology and Research Methods, UoB*

**14.20 Bariatric surgery - Sleep apnoea outcomes after bariatric surgery**

*Ms Toritseju Sillo, Affiliation is Health Education, West Midlands*

**14.40 Psychology: Effects of metabolic signals on food reward, cognition and eating behaviours**

*Dr. Maartje Spetter, Post-doc research fellow, School of Psychology, University of Birmingham*

**15.00 Primary care - Weight management in primary care: Challenges and Tier 3 mapping**

*Dr Matthew Capehorn; GP with a specialist interest in obesity, and Clinical Manager of Rotherham Institute for Obesity (RIO)*

**15.30 Refreshments with opportunity to meet sponsors**

#### Afternoon - Session 2

**15.50 Medical - Obesity and male hypogonadism / mindfulness in the management of patients with obesity**

*Dr Tom Barber Associate Professor and Consultant Endocrinologist & Petra Hanson Academic clinical fellow at University of Warwick*

**16.10 Using economics to inform a Birmingham childhood obesity plan**

*Dr Emma Frew, NIHR Career Development Fellow and Reader in Health Economics, University of Birmingham*

**16.30 Duodenal Mucosal Resurfacing to treat Type II Diabetes" the REVITA 2 trial**

*Professor Krish Ragnath, Professor of Gastrointestinal Endoscopy, University of Nottingham*

**16.50 Medical - Incretin, calorie restriction and muscle turnover**

*Dr Iskandr Idris, Associate Professor, Nottingham University & Honorary Consultant Physician at Derby Teaching Hospitals*

**17.10 Patients voice - Obesity stigma**

*Mr Ken Clare, Co-Chair of the European Association for the Study for Obesity Patient Council, trustee of ASO and BOMSS*

**17.40 Dinner with opportunity to meet sponsors**

#### Evening - Session 1

**18.30 Physical activity: Uncertainty and challenges of physical activity in the management of obesity**

*Dr David Broom, Senior Lecturer in Physical Activity and Health and Postgraduate Research Tutor for Sport, Sheffield Hallam University*

**19.00 Bariatric surgery: Options, outcomes and mechanisms**

*Mr Sherif Awad, Lead for the East Midlands Bariatric & Metabolic Institute*

*Mr Rishi Singhal, Honorary Senior Lecturer at UoB and Consultant Bariatric Surgeon at Heartlands Hospital*

**19.25 Debate: Current Tier 3 is essential to optimise patient care and bariatric surgery outcomes**

**For:** Dr. David Hughes, WM Consultant at Derby Teaching Hospital. **Against:** Dr. Abd Tahrani NIHR Clinician Scientist, University of Birmingham and WM Consultant at HEFT and UHB. **Chair:** Sherif Awad

**19.55 Close of meeting**

*Abd Tahrani, David Hughes, Sherif Awad*