



Diabetes and obesity within multiple long-term conditions

ILEC Conference Centre, London

12 July 2024

SYMPOSIUM SPONSORS



This conference was developed by the PCDS in conjunction with OmniaMed Communications. The sponsoring companies have contributed financial support towards this event but have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium sessions, for which the respective sponsoring companies are fully responsible. Novo Nordisk has provided sponsorship to the PCDS towards the running of this conference, in support of continued medical education, and has no influence over any of the sessions. Novo Nordisk has been granted stand space and will be present at the conference.

Time	Session	Speaker
08.15 - 08.45	Registration and refreshments	
08.45 - 09.15	<p>Type 2 Diabetes in 2024: How can we support people with the use of incretins?</p> <p>This is a promotional symposium developed and funded by Lilly for GB healthcare professionals. Lilly products will be discussed. Lilly has provided a sponsorship towards this Conference, however have had no input, control or influence over the agenda, speaker selections, presentations or collateral content, except for this symposium session. The speakers for this sponsored symposium have been selected, briefed, and paid an honorarium by Lilly. PP-TR-GB-0528 June 2024</p>	Dr Yassir Javaid and Dr Victor Oguntolu
09:15 - 09.40	Welcome and NHSE overview	Dr Clare Hambling
09:40 - 10.20	Diabetes and Obesity	Pam Brown and Matt Capehorn
10.20 - 10.55	<p>Primary prevention and MACE outcomes in T2D - A review of the evidence</p> <p>This is a promotional symposium developed and funded by A. Menarini Farmaceutica Internazionale SRL. Menarini has provided sponsorship towards this conference, however they have not had input, control or influence over the agenda, speaker selections, presentations or collateral content, except for this symposium session. July 2024 PP-ENDO-UK-0439</p>	Professor Stephen Bain
Coffee & exhibition		
11:20 - 12.00	Diabetes/obesity and CKD	Waqas Tahir and Andrew Frankel
12.00 - 12.35	<p>Is this the final piece of the jigsaw? Improving outcomes for adult patients with T2D, HF and CKD</p> <p>This promotional symposium session has been developed and funded by the Boehringer Ingelheim & Lilly Alliance (Alliance) for UK HCPs only. Alliance products will be discussed at this meeting. The Alliance has provided funding towards the PCDS SMART Conference 2024; however, it has had no input into the agenda, speaker selection, presentations or collateral content, except for this promotional symposium session, which the Alliance is fully responsible for. NP-GB-104712 July 2024</p>	Professor Ahmet Fuat and Nadia Malik
Lunch and exhibition		
13.30 - 14.10	Diabetes/obesity and CVD	Naresh Kanumilli and Ameet Bakhai
14.10 - 14.45	<p>Tick Tock slow the eGFR clock: Managing kidney risk in people with T2D</p> <p>This is a promotional symposium sponsored and organised by AstraZeneca and is intended for GB HCPs only.</p>	Arshna Sanghrajka
Coffee and exhibition		
15.10 - 15.50	Diabetes/obesity and Cancer	Hannah Beba and Safwaan Adam
15.50 - 16.30	Panel session: Prioritising care in multi-morbidity	Chair: Clare Hambling Panel: Pam Brown, Naresh Kanumilli, Waqas Tahir, Hannah Beba
16.30 - 16.35	Chair's concluding remarks	

CONFERENCE CHAIR



Clare Hambling

General Practitioner, Norfolk, Chair of the PCDS and National Clinical Director for Diabetes and Obesity, NHS England

Clare is a GP with an interest in diabetes and the Chair of PCDS. She has recently been appointed the National Clinical Director for Diabetes and Obesity for NHS England and is a Specialty Advisor for Norfolk and Waveney ICS. Clare is interested in all things pertaining to diabetes and obesity, and has a particular interest in how we can use data and population health management approaches to drive excellence in care, reduce unwarranted variation and address health inequalities.

Away from work, Clare keeps fit by running, including undertaking half-marathons to fundraise for good causes, and she relaxes by enjoying music, singing in the Ely Consort Chamber Choir.

SPEAKER BIOGRAPHIES



Pam Brown

GP, Swansea

After qualifying from Edinburgh University, Pam has been a GP in Swansea for more than 40 years and throughout that time has been passionate about helping people use nutrition and lifestyle changes to prevent and manage their diabetes, obesity and chronic diseases. Building on her MSc in Nutritional Medicine she has trained in Lifestyle Medicine and participated in the RCGP GP Leadership in Obesity programme, and along with colleagues, teaches lifestyle medicine to medical students, GP registrars and other healthcare professionals. Pam jointly runs an NHS Level 2 weight management programme.

Pam develops educational materials and writes about diabetes, obesity and nutrition for primary care teams and the public. She is Editor-in-Chief of Diabetes Distilled. Pam enjoys teaching and has been involved in developing and teaching diabetes, obesity and rheumatology programmes for UK and international healthcare professionals. Currently she tutors on the University of Warwick/iHeed global Diabetes MSc programme. In her free time she grows vegetables on her allotment and plays golf around the world.



Matt Capehorn

GP and Clinical Manager of Rotherham Institute for Obesity

Matt Capehorn studied at the University of Sheffield and qualified with a BMedSci degree in Neurophysiology in 1993, and an MBChB degree in Medicine and Surgery in 1996.

In 2002, he set up a weight management clinic within his practice, which for many years remained Rotherham's only dedicated service for adult obesity and was expanded over subsequent years due to demand and a reputation for achieving good, sustainable results. He was a member of the group that helped to develop the NHS Rotherham Healthy Weight Framework, which won the NHS Health and Social Care Award 2009.

Matt developed the Rotherham Institute for Obesity (RIO) to provide a Rotherham-wide multidisciplinary (tier 3) service based around a specialist centre in the primary care setting, which also tackled difficult areas such as childhood obesity as well as adult obesity, diabetes and obstructive sleep apnoea. RIO is now an established research site with a dedicated team that conducts commercial and non-commercial studies specialising in obesity and diabetes-related research. It is involved with its local Primary Care Research Network and collaborates with several academic institutions, and it has produced numerous studies in all aspects of primary care medicine.

Matt has published numerous articles related to obesity and diabetes, as well as numerous abstracts at conferences. He has been invited on to several local, regional and national strategy/advisory boards and regularly speaks at meetings to all healthcare professionals in the hope of encouraging weight management and diabetes services.

Matt is Medical Director of the commercial weight loss company Lighterlife and is an ad hoc Medical Advisor to McDonalds. He is an Expert Advisor to NICE and has been asked to present at All-Party Parliamentary Group meetings on obesity. He was previously a visiting lecturer at the University of Chester on its MSc course in obesity and an honorary senior lecturer with the University of Sheffield. He is on the Academic Advisory Board of the College of Contemporary Health. He previously held the position of Clinical Director of the National Obesity Forum (NOF), where he developed the NOF One-Day Diploma in Obesity and organised the 2009 and 2010 NOF annual conferences. He has also been on the Faculty of the Primary Care Academy of Diabetes Specialists since it formed in 2014.

Primary prevention and MACE outcomes in T2D – A review of the evidence

🕒 10.20-10.55

SPEAKER



Professor Stephen Bain

Professor of Medicine (Diabetes), Swansea University and Honorary Consultant Physician, Swansea Bay University Health Board (SBUHB), Wales. Assistant Director of Research & Development for SBUHB, and Clinical Lead for the Diabetes Unit, Swansea University.

He completed his undergraduate training at St John's College, Cambridge, and then was clinically trained at King's College Hospital, London. On qualifying in 1983, he went on to hold junior appointments in London and the Midlands. His research centred on the genetics of type 1 diabetes, and he was granted a Medical Research Council Lectureship. In 1993, he became a Senior Lecturer/ Honorary Consultant Physician at Birmingham Heartlands Hospital, Birmingham, UK, with promotion to Reader in Diabetic Medicine in 1998.

Professor Bain became a Fellow of the Royal College of Physicians, UK, in 1996 and was appointed to a newly created Chair in Medicine (Diabetes) in the University of Wales Swansea in 2005. His clinical interests include new therapies for diabetes and the provision of diabetes services within the community. He has been Chief Investigator for several global multi-centre trials investigating novel therapies for diabetes.



Waqas Tahir

GPwER Diabetes, Bradford

Dr Waqas Tahir is a GP partner in Affinity Care, a multi-site partnership covering 65,000 patients. He also works as a GPwER in Diabetes, advising and teaching local GPs and nurses. As Clinical lead for Diabetes, he has been leading the re-design of diabetes services, clinical guidelines, outcome measures and quality indicators across Bradford & Craven place with a focus on cardio-metabolic pathways.

He has a particular interest in translating evidence into practice, cardio-metabolic medicine, multi-morbidity and the role of technology and innovation in the delivery of patient care. He is a standing member of the NICE Indicator Advisory Committee as well as the clinical diabetes lead for West Yorkshire Health and Care Partnership. In the latter role, he has taken an avid interest in reducing health inequalities and championing diabetes awareness and prevention across the region. He has recently been appointed as the primary care clinical lead for diabetes clinical networks (Y&H) to support local health systems improve quality outcomes for their communities, reduce variation and drive improvement across the region.



Andrew Frankel

Consultant Renal Physician, Imperial College Healthcare NHS Trust

Andrew has been working as a consultant nephrologist at Imperial College Healthcare NHS trust since 1995. He has extensive experience in managing all aspects of kidney disease but has a particular interest in relation to the management of diabetes in the context of kidney disease. Andrew has Maintained a significant research interest in relation to diabetes and kidney, both in terms of how diabetes affects the kidneys leading to deterioration in kidney function, but also in relation to how the presence of kidney disease influences the management of diabetes.

He is published in relation to assessment of renal complications in people with diabetes and obesity. He has also played a significant role in the development of UK national guidelines on the management of diabetes in the context of kidney disease.

Andrew is joint editor of the UK Kidney Association guidelines on the use of SGLT2I in adults with chronic kidney disease. He is also an educational leader supporting the next generation of doctors, having been the director Imperial's Foundation School from its inception to 2010, London lead for Foundation Training 2010 to 2013 and Postgraduate Dean for South London from 2013 and 2018.

Is this the final piece of the jigsaw? Improving outcomes for adult patients with T2D, HF and CKD

🕒 12:00-12:35

SPEAKER



Professor Ahmet Fuat

Education and Research Lead, Primary Care Cardiovascular Society; Honorary Professor of Primary Care Cardiology, Durham University; GP Appraiser and GPSI Cardiology, County Durham

Professor Ahmet Fuat has recently retired as a GP after 37 years in the same practice and 41 years as a qualified doctor. He has been a GPSI Cardiology for 26 years and will continue his role running a genetic lipid service for County Durham and Darlington Foundation Trust.

He holds various positions, including the immediate past President of the PCCS, GP Research Engagement Lead for NENC CRN and Honorary Professor at Durham University.

His work in community cardiology has been recognised with fellowships from the RCGP, RCP London, RCP Edinburgh and the PCCS.



Nadia Malik

PCN Pharmacist, North Stockton PCN

Nadia has worked in community pharmacy for 15 years. In 2021, she made the move to primary care to work for North Stockton PCN with a special interest in type 2 diabetes. Recently Nadia has helped setup a Diabetes Interest Group which facilitates upskilling and education of local healthcare professionals and provides a support network.



Naresh Kanumilli

GP with a Special Interest in Diabetes and Cardiology, Manchester

Dr Naresh Kanumilli has worked as a GP in south Manchester for the past 10 years, and he has a specialist interest in diabetes and cardiology. He currently runs a diabetes intervention clinic and is actively involved with the ongoing integration agenda in order to provide patients with seamless care between primary and secondary care.

Dr Kanumilli is the Quality and Performance Lead for the South Manchester Clinical Commissioning Group (CCG), a role that involves reducing variation in the provision of care across all conditions in the CCG. He is Clinical Network Lead for Diabetes for Greater Manchester, Lancashire and South Cumbria; he is also Primary Care Research Lead for Diabetes. He is also actively involved in GP and nurse training.



Ameet Bakhai

Consultant Cardiologist and Cardiovascular R&D Director at the Royal Free London NHS Trust UK

Dr Bakhai trained at St Bartholomew's, St Mary's, Royal Brompton, Beth Israel Deaconess and the Royal Free hospitals. He did a scholarship year at Harvard Clinical Research Institute and Harvard School of Public Health.

Dr Bakhai is a renowned cardiologist and researcher with wide expertise in lifestyle, cardiac risk factors, cardiovascular disease and prevention, angina and heart attacks with expertise in advanced heart failure, atrial fibrillation/flutter, valvular heart disease and atypical chest pain with research interests in large cardiac registries and trials, cost-effectiveness and quality of life.

He undertakes ward rounds, heart improvement clinics, coronary angiography, permanent pacing, echocardiography, student education, appraisals, audits and research.

Dr Bakhai is a member of University College London partners task forces in heart failure, atrial fibrillation and stroke prevention and is also an NHS London clinical leadership group member for end of life care.

Tick Tock slow the eGFR clock: Managing kidney risk in people with T2D

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🕒 14.10-14.45

SPEAKER



Arshna Sanghrajka

Diabetes Clinical Pharmacist, North London

Arshna is a Diabetes Clinical Pharmacist with over 25 years of experience in the Community, Hospital and General Practice Sectors. She is currently a partner in a GP Practice in North London and practices Diabetes and Chronic Kidney Disease Management in primary and secondary care. She has a passion for Diabetes and is actively involved in educating clinicians and the wider community about disease prevention, managing Diabetes and preventing cardiovascular and renal disease. She has given numerous talks on Covid, Diabetes and other health related issues to local community groups, on radio shows and on television.

AstraZeneca has provided a sponsorship towards this independent Programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored symposia presentations.



Hannah Beba

Consultant Pharmacist, Leeds Health and Care Partnership

Hannah Beba is a consultant pharmacist at Leeds Health and Care Partnership, part of West Yorkshire Health and Care Partnership. Hannah is co-chair of the Diabetes UK Council of Healthcare Professionals and is an active member of the Primary Care Diabetes Society committee. Closer to home Hannah is a clinical leader in West Yorkshire Health and Care Partnership and chairs the Diabetes Steering Group and the Expert Reference Group for Cardio-Renal and Metabolic Medicine at Leeds Place.

Hannah was a 2018 Diabetes UK Clinical Champion and is a tutor for the Warwick MSc in Diabetes.

Hannah works clinically across the healthcare system, having weekly clinics for type 1 diabetes at Leeds Teaching Hospitals, for complex type 2 diabetes for Leeds Community Healthcare and for outreach to identified primary care networks using a population health management approach.

Integrated care is a huge area of interest for her and how this might help deliver more holistic care to people living with diabetes closer to home.



Safwaan Adam

Consultant Endocrinologist, The Christie NHS Foundation Trust

Dr Adam did his undergraduate training in Cape Town, South Africa before completing his specialist training in endocrinology in the NorthWest of England. His PhD was focused on the metabolic impact of diabetes and the effect of bariatric surgery on micro- and cardiovascular disease risk, in obese patients with and without diabetes. He is a consultant at The Christie Hospital where he leads the 'oncodiabetes' service and has contributed to national guidelines pertaining to the management of diabetes in patients with cancer.

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Resource pack



ABCD and Renal Association diabetic kidney disease guidelines

Guidelines on management of glycaemia, blood pressure and lipids in people with DKD

[Link](#)



KDIGO 2024 clinical practice guideline for the evaluation and management of chronic kidney disease

Evaluation, classification and risk assessment of CKD, management of complications, medication management and strategies for person-centred care

[Link](#)



Joint British Diabetes Societies guideline: Management of hyperglycaemia and steroid (glucocorticoid) therapy

Guide to the management of hyperglycaemia in people given steroids as a hospital inpatient and following discharge

[Link](#)



How to deliver best practice in diabetes care across Primary Care Networks

A summary of key messages on delivering optimal diabetes care within the Primary Care Network structure

[Link](#)



How to manage high HbA_{1c} in people with type 2 diabetes

A practical approach to preparing for and conducting successful consultations with people with high HbA_{1c}

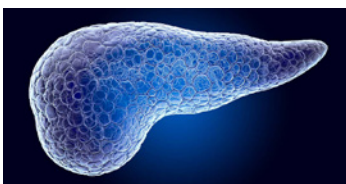
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How to diagnose and treat hypertension in adults with type 2 diabetes

How to diagnose and treat hypertension in accordance with updated NICE guidelines

[Link](#)



At a glance factsheet: Recognition and management of pancreatogenic (type 3c) diabetes

Essential information on recognising this often misdiagnosed type of diabetes and its management in primary care

[Link](#)



Factsheet series: Lifestyle discussions

Brief tools to facilitate discussions on nutrition, exercise, stress, risky substances, sleep and relationships

[Link](#)



How to prepare people with diabetes for surgery

Considerations for people with or at high risk of diabetes undergoing surgery, including which information to include when referring

[Link](#)

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Resource pack



How to use SGLT2 inhibitors safely and effectively

Using sodium–glucose cotransporter 2 inhibitors safely, effectively and in line with the latest NICE guidance

[Link](#)



Need to know guide: SGLT2 inhibitor indications, doses and licences in adults

A printable guide to SGLT2 inhibitors, organised by drug and by indication

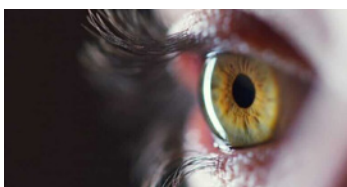
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How to use GLP-1 receptor agonist therapy safely and effectively

The latest guidance and practical tips on the safe use of glucagon-like peptide-1 receptor agonists

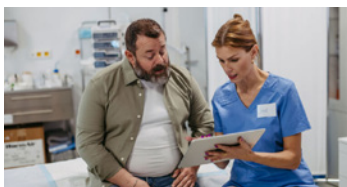
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At a glance factsheet: GLP-1 receptor agonists and diabetic retinopathy

The evidence regarding diabetic retinopathy in users of GLP-1 receptor agonists, plus recommendations on safe use

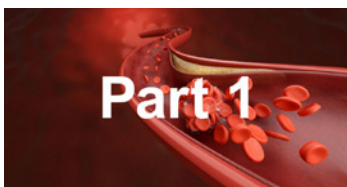
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At a glance factsheet: Tirzepatide for management of type 2 diabetes

Indications, benefits and side effects of tirzepatide, plus tips for prescribing

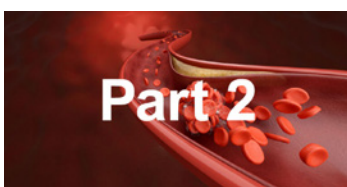
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Q&A: Lipid management – Part 1: Measuring lipids and lipid targets

Questions answered on lipid monitoring, triglycerides, familial hypercholesterolaemia and more

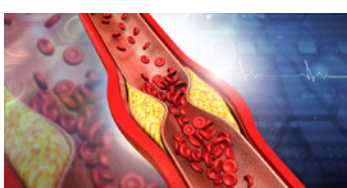
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Q&A: Lipid management – Part 2: Use of statins

Questions answered on statin prescribing and monitoring

[Link](#)



At a glance factsheet: Newer lipid-lowering therapies in type 2 diabetes

The newer lipid-lowering therapies available, their different modes of action and their place in treatment

[Link](#)



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