

RCPE Symposium Edinburgh
Date: Wednesday, 26 October 2016
Venue: Classroom A&B

Shaukat Khanum Memorial Cancer Hospital & Research Centre Lahore

Dear All,

The Royal College of Physicians of Edinburgh (RCPE) is organizing Diabetes and Endocrinology symposium on 26th October 2016. Shaukat Khanum Memorial Hospital Cancer Hospital and Research Centre (SKMCH&RC) will have this telecasted live. There is no fee for attendance at SKMCH&RC venue but pre-registration is required especially for outside participants.

Despite some "parting of the ways" between Diabetes and Endocrinology in recent years, there is still much overlap in aspects of the pathogenesis of conditions being managed and in their investigation and treatment.....indeed, often "two sides of the same coin".

This programme explores various facets of the commonality between diabetes and endocrinology, such as examining both hypertension and also insulin resistance from a diabetes and then endocrine perspective. It is likely therefore to appeal to a wide audience, who manage both diabetes and endocrine conditions, both in a specialist and also more generalist environment. The speakers are not only world authorities in their fields but are also highly experienced in communicating their expertise effectively to a wider audience.

Those attending can expect to have their knowledge of diabetes and endocrine conditions enhanced and their intellect stimulated by cutting edge lectures from world experts.

Dr Hamish Courtney
Chair of Organising Sub-Committee

Wednesday 26 October 2016

13.00 Registration

13.25 Welcome and Introductory Remarks
by President, Royal College of Physicians of Edinburgh

Session 1 - Hypertension: how do I

Chair: Dr Hamish Courtney, Consultant Physician, Royal Victoria Hospital, Belfast

13:30manage hypertension in the diabetic clinic
Professor Tony Heagerty, Professor of Medicine, University of Manchester
*understanding blood pressure targets in diabetes *using 24h ambulatory blood pressure monitoring in the diabetes clinic *making treatment choices for hypertension in diabetes

14:15investigate suspected secondary hypertension
Dr Marie Freel, Honorary Associate Clinical Professor & Consultant Endocrinologist, University of Glasgow
*who and when to investigate for secondary hypertension *choosing the optimal tests and avoiding interpretation pitfalls

15:00 Coffee / tea

Session 2 - When and what to test in the patient with

Chair: Professor Bijay Vaidya, Consultant Endocrinologist & Honorary Clinical Professor, Royal Devon and Exeter NHS Foundation Trust

15:30 suspected monogenic diabetes
Professor Andrew Hattersley, Professor of Molecular Medicine, University of Exeter
*when to think of monogenic diabetes *what tests should be sent?

16:15 a pituitary incidentaloma
Professor Peter Trainer, Professor of Endocrinology, University of Manchester
*what investigations to send in a newly diagnosed pituitary incidentaloma patient *what tests should be performed in follow up and when?

17:00 Hi Tea

Session 3 - Insulin resistance

Chair: Professor Andrew Collier, Honorary Senior Lecturer and Consultant Physician, Ayr Hospital

17:45 Putting insulin resistance into context by dietary reversal of type 2 diabetes
Professor Roy Taylor, Professor of Medicine and Metabolism, Newcastle University
*what happens to insulin resistance during reversal of diabetes to normal? *can or should we target insulin resistance in patients with diabetes?

18:30 **Understanding insulin resistance in the patient with polycystic ovary syndrome**
Dr Colin Duncan, Principal Investigator, MRC Centre for Reproductive Health,
University of Edinburgh
*what is the modern understanding of PCOS and how does insulin resistance fit into this? *how should an
understanding of insulin resistance affect treatment choices?

19:15 **Coffee / tea**

Session 4 -

Chair: Professor Derek Bell, President, Royal College of Physicians of Edinburgh

19:45 **DR ARCHIBALD PITCAIRNE LECTURE**
Unusual thyroid function tests and disorders of the pituitary-thyroid axis
Professor Krishna Chatterjee, Professor of Endocrinology, University of Cambridge

20:30 **Discussion**

20:40 **Close**