

RCPE Symposium Edinburgh
Date: Friday, 18 November 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 Gastroenterology symposium on 18th November 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.

The Gastroenterology Symposium in 2016 centres around the role of environmental factors in the pathogenesis and treatment of gastrointestinal and liver disease. Diet in the Western world plays a key role in many facets of health and disease in the early parts of the 21st century. In addition to the obvious adverse effects on obesity, metabolic syndrome and cancer, it is increasingly evident that diet not only alters homeostasis in the gut and the liver but also contributes to many different disease phenotypes.

The inflammatory bowel diseases, for example, are likely caused by effects of diet and other environmental factors on the gut microbiota and hence the mucosal immune system in genetically susceptible individuals. Therapeutic approaches in manipulating diet have been the mainstay of inducing remission in paediatric Crohn's disease; more specific dietary approaches to maintaining remission are being explored in adult IBD.

Low FODMAP diets in irritable bowel syndrome now have an extensive evidence base and are being adopted with great success in the clinic. The pandemic of chronic liver disease is now being driven not only by alcohol but also increasingly by non-alcoholic fatty liver disease. An expert faculty has been assembled to address these issues.

Our keynote lecturer Professor Ran from Shanghai will look at the lessons we can learn in the West from the inexorable rise of Crohn's disease and ulcerative colitis in the East. This symposium will be informative and practical with immediate impact on clinical practice. It is open to all medical professionals from gastroenterologists, surgeons, GPs, trainees, nursing staff and other members of the multi-disciplinary team. We look forward to welcoming you to Edinburgh for a day of fascinating learning and discussion.

Dr Charlie Lees
Chair, Organising Committee

Friday 18 November 2016

13.55 Registration

14.20 Welcome and Introductory Remarks

by Professor Derek Bell, President, Royal College of Physicians of Edinburgh

Session 1 - Diet in inflammatory bowel disease (IBD)

Chair: Dr Paul Henderson, Consultant Paediatric Gastroenterologist, Royal Hospital for Sick Children, Edinburgh

14.25 THE IBD exposome

Dr Charlie Lees, Consultant Gastroenterologist, Western General Hospital, Edinburgh

*diet, environmental factors and the gut microbiome as causes of Crohn's disease *role in disease flare
*role as predictive factors

14.55 Antibiotics, probiotics and complementary therapies for IBD: what should we advise our patients?

Professor Jon Rhodes, Professor of Gastroenterology, University of Liverpool

*evidence of dietary supplements *what will help? *can they do harm?

15.25 Eating Crohn's disease into remission, can we learn from paediatrics?

Professor Arie Levine, Director, Paediatric Gastroenterology, Wolfson Medical Centre, Israel

*diet versus drugs *meeting challenges in compliance *nutraceuticals; can food be therapy?

15.55 Coffee / tea

Session 2 - IBD: a world view

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

16.15 Adopting new therapies for IBD

Professor GJ van den Brink, Professor of Gastroenterology & Hepatology, AMC, Amsterdam

*unmet therapeutic need in IBD *new therapies in the IBD pipeline *adopting new therapies (vedolizumab, ustekinumab) in the clinic today

16.45 PROFESSOR ANNE FERGUSON LECTURE

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

Inflammatory bowel disease in the East: lessons from the West

Professor Zhi Hua Ran, Professor, Shanghai Jiao Tong University, China

*the emergence of IBD in the East *is it the same disease? *lessons from the NHS: managing large number of patients with limited resources

17.30 Hi Tea

Session 3 - Diet and the liver

Chair: Dr Elaine Henry, Consultant Gastroenterologist, Ninewells Hospital, Dundee

- 18.10 NAFLD - which fatty liver needs follow up and how to do it?**
Dr William Alazawi, Consultant Hepatologist, Queen Mary University, London
*stratifying liver disease in primary and secondary care *what interventions really work? *who should we target for intervention?
- 18.40 Everyday poisons and the liver - the good, the bad and the ugly**
Dr Alastair MacGilchrist, Consultant Gastroenterologist, Royal Infirmary of Edinburgh
*alcohol: lessons from a difficult relationship *over-nutrition: too much of the wrong thing *drugs: what did we learn from paracetamol packs?
- 19.10 Imaging the liver - how to assess the fatty liver and monitor for its complications**
Dr David Sheridan, Associate Professor of Hepatology & Honorary Consultant, Plymouth University & Plymouth Hospitals NHS Trust
*non-invasive imaging versus biopsy? *the role of genomics *imaging hepatoma?
- 19.40 Bariatric surgery as a cure for the metabolic syndrome**
Dr Jude Oben, Consultant Hepatologist, Royal Free Hospital, London
*bypass, barrier or balloon: do we have to be radical to get results? *can high-intensity exercise replicate surgery?
- 20.10 Coffee/Tea and symposium feedback**

Session 4 - Diet and irritable bowel syndrome (IBS)

Chair: Dr Nick Kennedy, Consultant Gastroenterologist, Royal Devon and Exeter Hospital & Dr Daniel Gaya, Consultant Gastroenterologist, Glasgow Royal Infirmary

- 20.30 Modern management of constipation predominant IBS**
Dr Anton Emmanuel, Consultant Gastroenterologist at University College Hospital and the National Hospital for Neurology and Neurosurgery, London
*dietary myths in the management of constipation *emerging pharmacological therapy *role of behavioural therapy *surgical intervention - when and who?
- 21.00 Low FODMAP diet in IBS: panacea or just another fad?**
Dr Megan Rossi, Research Associate, Kings College London
*fact and fiction: are they a panacea for all? *whom can we help the most? *evidence beyond symptom control *mechanisms underpinning the diet
- 21.30 Avoiding gluten: coeliac disease versus non-coeliac gluten sensitivity**
Dr Peter Gillett, Consultant Paediatric Gastroenterologist, Royal Hospital for Sick Children, Edinburgh
*how big is the real problem? diagnosis - are there any useful tests yet? *gluten vs other constituents of wheat
- 22.00 Close**