

Programme - Thursday, 5th October 2017

13.00 Registration

13.25 Welcome and Introductory Remarks

by Dr Tom Mackay, Vice-President, Royal College of Physicians of Edinburgh

Session 1 - How I manage

Chair: Dr Rachel Williamson, Consultant Physician, Borders General Hospital, Melrose

13.30 Thyroid disease in pregnancy

Dr Kristien Boelaert, Reader in Endocrinology & Consultant Endocrinologist, IMSR, University of Birmingham

* subclinical thyrotoxicosis * treated hypothyroidism * Graves' Disease

14.00 Hypocalcaemia

Professor Neil Gittoes, Honorary Professor of Endocrinology, University of Birmingham

* differential diagnosis * management of osteomalacia * chronic hypoparathyroidism management

14.30 Diabetes care during Ramadan

Dr Mohamed Hassanein, Consultant in Endocrinology, Dubai Hospital & Honorary Senior Lecturer, Cardiff University & Chair Diabetes and Ramadan (DAR) International Alliance

* physiological effects and risks of Ramadan fasting * when to break the fast * how to achieve optimal glycaemic control

15.00 Coffee/tea

Session 2 - Balancing nutrition for optimal diabetes care

Chair: Dr Stuart Ritchie, Consultant Physician, Metabolic Unit, Western General Hospital, Edinburgh

15.30 STANLEY DAVIDSON LECTURE

Chair: Dr Tom Mackay, Vice-President, Royal College of Physicians of Edinburgh

What is the optimal diet for the management of pre-diabetes and type 2 diabetes?

Professor Arne Astrup, Head of Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark

16.15 Bariatric surgery and beyond

Professor Nick Finan, Hon Clinical Professor, UCL Institute of Cardiovascular Science

* mechanisms of diabetes improvement following bariatric surgery * evidence of long-term health outcomes

* optimal follow-up

16.45 Hi-Tea

Session 3 - Endocrine oncology

Chair: Dr Marie Freel, Consultant Endocrinologist, Queen Elizabeth University Hospital, Glasgow

17.30 Diagnosis and management of neuroendocrine tumours

Professor Mark Strachan, Consultant Physician, Western General Hospital, Edinburgh

* presentation and diagnosis * prognosis * therapeutic options

18.00 Update on the management of multiple endocrine neoplasia (MEN)

Dr Paul Newey, Senior Lecturer in Endocrinology, Ninewells Hospital and Medical School, Dundee

* identification of patients with potential MEN syndromes * recent advances in the management of MEN-1 and MEN-2 *MEN-4

18.30 Coffee/Tea

Session 4 - Day to day challenges in type 1 diabetes management

Chair: Professor Rory McCrimmon, Professor of Experimental Diabetes and Metabolism, School of Medicine, University of Dundee; Lead Clinician for the Scottish Diabetes Research Network

18.55 Optimising glycaemic control during exercise: A patient's perspective

Louise Wilkie

19.15 Physiological changes and glycaemic control

Dr Ian Gallen, Consultant Physician, Royal Berkshire FT and Community Diabetes Specialist

* effects of exercise intensity *counter-regulatory hormones *temperature and altitude

19.35 Balancing nutrition

Ms Francesca Annan, Clinical Specialist Paediatric / Adolescent Diabetes Dietician, UCLH

* macronutrient recommendations in exercise *carbohydrate loading

19.55 Panel discussion

20.05 Subcutaneous glucose sensors and 'closed loop' systems

Dr Pratik Choudhary, Senior Lecturer and Consultant in Diabetes, King's College, London

* optimal use of continual glucose monitoring * evidence behind closed loop systems

20.35 Close