

# Update in medicine



26 February 2026 | Birmingham

CPD code:

6 CPD  
credits

Programme

08.15 Registration and refreshments

09.15 Welcome and introduction  
Dr Shanika Samarasekera FRCP, RCP regional adviser, West Midlands

09.20 Session 1  
Chair – Dr Shanika Samarasekera FRCP

09.25 Tobacco dependency and nicotine de-addiction  
Professor Sanjay Agrawal FRCP, professor of respiratory and intensive care medicine, University Hospitals of Leicester NHS Trust; national specialty advisor on tobacco, NHS England; special adviser on tobacco, RCP

10.00 Dementia and recent developments in Alzheimer's disease  
Professor Iracema Leroi, professor in geriatric psychiatry, Trinity College Dublin

10.35 Turner-Warwick lecturer in quality improvement: **Novel preventative cardiology clinic associated with reduced risk of recurrent major adverse cardiovascular events for patients with prior acute coronary syndrome**  
Dr Jun Yu Chen, internal medicine and cardiology training doctor, University Hospitals Birmingham NHS Foundation Trust

11.10 Comfort break

11.35 Session 2  
Chair – Dr M Ali Karamat FRCP, RCP regional adviser, West Midlands

11.40 Keynote session: Social justice and health equity  
Professor Sir Michael Marmot FRCP, professor of epidemiology, director of the Institute of Health Equity, University College London; past president of the World Medical Association

12.40 RCP update



12.55 Lunch

13.45 **Session 3**

Chair – Dr M Ali Karamat FRCP, RCP regional adviser, West Midlands

13.50 **Update on obesity pharmacotherapy**

**Professor Iskandar Idris FRCP**, professor of diabetes and metabolic medicine, University of Nottingham; honorary consultant physician, University Hospitals of Derby and Burton NHS Foundation Trust

14.25 **Navigating the challenges of premature ovarian insufficiency**

**Miss Lynne Robinson**, consultant gynaecologist, Birmingham Women's and Children's NHS Foundation Trust

15.00 **Artificial intelligence in medicine: from hype to clinical value**

**Mr Mohamed Saleem Noormohamed**, consultant upper gastrointestinal and bariatric surgeon, Worcestershire Acute Hospitals NHS Trust

15.35 Comfort break

15.50 **Session 4**

Chair – Dr Nawaid Ahmad FRCP, RCP regional adviser, West Midlands

15.55 **Immunology drugs**

**Dr Lalit Pallan**, consultant clinical oncologist, University Hospitals Birmingham NHS Foundation Trust

16.30 **Power failure: a general physician's guide to the weak patient**

**Professor Hector Chinoy FRCP**, professor of rheumatology and neuromuscular disease, The University of Manchester; honorary consultant rheumatologist, Northern Care Alliance NHS Foundation Trust

17.05 **Conference closing comments**

17.10 **Close of conference**

**Please note this programme may be subject to change.**

**Any presentations shown at this event have been produced by the individual speakers.**

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## Your regional representatives in the West Midlands region

### Regional advisers

Dr Nawaiq Ahmad FRCP, Shrewsbury and Telford Hospital NHS Trust  
Dr M Ali Karamat FRCP, University Hospitals Birmingham NHS Foundation Trust  
Dr Shanika Samarasekera FRCP, University Hospitals Birmingham NHS Foundation Trust  
Dr Nwe Ni Than FRCP, University Hospitals Coventry and Warwickshire NHS Trust

### New Consultants Committee

Dr Nadia Sarween FRCP, University Hospitals Birmingham NHS Foundation Trust

### SAS Regional Representatives Network

Dr Muhammad Azam FRCP, University Hospitals Birmingham NHS Foundation Trust

### Resident Doctor Committee

Dr Max Thoburn, University Hospitals of North Midlands

### Student and Foundation Doctor Network

Thomas Anderson, University Hospitals Coventry and Warwickshire NHS Trust

# Regional representatives

### Enquiries:

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