

Update in medicine



26 February 2026 | Birmingham

CPD code: 154684

6 CPD
credits

Programme

- 08.15 Registration and refreshments
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- 09.15 **Welcome and introduction**
Dr Shanika Samarasekera FRCP, RCP regional adviser, West Midlands
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- 09.20 **Session 1**
Chair – Dr Shanika Samarasekera FRCP
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- 09.25 **Tobacco dependency and 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 **Update on dementia and 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
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- 11.10 **Comfort break**
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- 11.35 **Session 2**
Chair – Dr M Ali Karamat FRCP, RCP regional adviser, West Midlands
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- 11.40 **Population specific approaches in gestational diabetes mellitus**
Professor Ponnusamy Saravanan FRCP,
RCP editor-in-chief, Clinical Medicine; professor of diabetes, endocrinology and metabolism and honorary consultant physician, University of Warwick, George Eliot Hospital NHS Trust
- 12.10 **Chronic kidney disease and cardiovascular risk**
Professor Jon Townend FRCP,
Consultant cardiologist, University Hospitals Birmingham NHS Foundation Trust; director of clinical research and honorary professor of cardiology, University of Birmingham
- 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 **Immunotherapy: a revolution in cancer treatment**

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.

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Your regional representatives in the West Midlands region

Regional advisers

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