This first UK conference on food and medicine is a “must attend” for all healthcare professionals, who want to know how food can be used to prevent and treat different problems and diseases. The conference will focus on providing clinicians and their patients with the necessary resources and information that can then be applied in every day practice. It is a conference that will “walk the talk” including a healthy lunch and positive interaction with the audience but with a sharp focus on bringing about effective change at every level.

Chaired by Dr Phil Hammond, NHS doctor, journalist, broadcaster and campaigner.

Food. The forgotten Medicine

Royal Society of Medicine, London
Thursday 9th June 2016
Why You Should Attend
Your patients increasingly call on your advice for diet and nutrition to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health, yet many practitioners lack the basic expertise in nutrition to recommend dietary strategies to their patients.
To meet this growing need, this course will provide you with essential information on:
- Practical strategies for incorporating nutrition into your clinical practice
- Using diet to prevent illness
- Nutritional recommendations for management of specific conditions
- Tools to evaluate the latest nutrition research findings
- Social and political aspects of diet and health

The conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

What You Will Learn
Upon conclusion of this conference, you will be able to:
- Incorporate nutritional information into clinical practice and advise patients about eating for optimum health as well as using dietary change as a therapeutic intervention
- Evaluate the benefits and risks of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence
- Identify the health value of specific nutrients and protective phytochemicals and evaluate dietary supplements
- Recognise the emerging science on the impact of the microbiome on health and disease
- Describe current research on nutrition and cardiovascular health
- Analyse the social, political, and behavioural aspects of diet and health, the impact on obesity and diabetes, and implications for patient care.

Programme

9.00 Welcome
From Dr Michael Dixon Chair College of Medicine and Dr Catherine Zollman, Programme Director - Why a conference on food and medicine?

9.10 Introduction
Dr Phil Hammond, NHS doctor, journalist, broadcaster and campaigner.

9.15 Food and health
understanding the complexities Dr Margaret Rayman, Professor of Nutritional Medicine, University of Surrey.

9.30 Hippocrates and ancient wisdom - Learning from the past, Dr Eleni Tsiompanou, Palliative Medicine Consultant, Nutritional Medicine Specialist, London.

9.40 Opening Keynote
What should we be eating? The definitive guide from one of the world’s leading authorities on Nutrition and Health Dr Andrew Weil, University of Arizona

10.20 Mental health and the importance of nutrition
How diet affects the brain, Dr Alex Richardson, University of Oxford; and Food and Behaviour (FAB) Research.

10.40 Dietary Fats and Heart Health
The scientific truth about fats and sugars, Dr Steven Devries, Medical Director, Gaples Institute for Integrative Cardiology, Chicago, Illinois.

11.00 Panel Q&A
With Dr Margaret Rayman, Dr Eleni Tsiompanou, Dr Andrew Weil, Dr Alex Richardson and Dr Steven Devries with Dr Phil Hammond.

11.15 Break and Refreshments

11.45 Microorganisms and how they affect the immune system
Prof Tim Spector, Kings College, London.

12.10 Herbs and spices
Using Mother Nature’s pharmacy to maintain health and cure illness, and Simon Mills, British Herbal Medicine Association.

12.30 How we grow our food
The critical importance of healthy farming and the dangers of pesticides Patrick Holden CBE – Chair Sustainable Food Trust.

12.50 Getting the right messages about food to the right people
Prof Annie Anderson, Prof of Public Health Nutrition and Founder of the Scottish Cancer Prevention Network.

13.10 Roundtable discussion on the morning’s issues and take home messages
Professor Tim Spector, Dr Andrew Weil, Patrick Holden, Simon Mills, Prof Annie Anderson and Dr Phil Hammond.

13.30 Lunch

14.30 Presentation of Awards
Presentation of awards for the College of Medicine Student of the Year Award 2016, the Michael Pittillo 2016 Student Essay Prize and the winner of the Food and Health poster display.

14:45 Healthy Cooking in Action
Practical Demonstration by Dale Pinnock, The Medicinal Chef.

15.10 Patients with heart conditions
How do you persuade a patient to change their lifestyle? Dr Ali Khavandi, Consultant Interventional Cardiologist, Royal United Hospitals NHS Foundation Trust.

15.25 Using food and diet to successfully treat bowel problems
Learn about FODMAP and other useful methods, Dr Sheldon Cooper, Consultant Gastroenterologist, University Hospitals Birmingham.

15.40 Nutritional advice for patients with cancer
Nutritional advice for patients with cancer Professor Robert Thomas, Consultant Oncologist, Addenbrookes and Bedford Hospitals, Dr Clare Shaw, Consultant Dietician, Royal Marsden Hospital and Dr Catherine Zollman, GP and Clinical Lead, Penny Brohn UK.

15.55 Q&A session
With all speakers and Dr Phil Hammond.

16.00 Tea Break

Examples where changes have made a difference

16.25 Helping to reverse diabetes and prediabetes with food and exercise
Results from the Health Advisor Service in Cullompton, Devon – Dr Marie Polley Senior Lecturer in Health Sciences, University of Westminster; Co-Chair, National Social Prescribing Network and Ruth Tucker Health Facilitator, Culm Valley Integrated Centre for Health.

16.40 Making good food the easy choice in schools and hospitals
Joanna Lewis, Soil Association Food for Life and Dr Steven Clessex, Calderdale Clinical Commissioning Group.

16.55 Bringing your kitchen to life

17.10 Q&A and audience participation session with speakers and Dr Phil Hammond
“So what do you think?” – Those attending the conference will be invited to share their views on “The one thing I would do to improve health with food”.

17.20 How do we make the necessary changes in our relationship to food, health and illness? Dr Phil Hammond in conversation with:
- The Public Health Perspective Duncan Selbie, Chief Executive, Public Health England.
- The Patient perspective Carrie Grant, Presenter & Patient Champion, Working together and the Art of Listening.
- The Government perspective Dame Sally Davies, Chief Medical Officer, Department of Health.

17.50 Panel Q&A
With Duncan Selbie, Carrie Grant, Dame Sally Davies and Dr Andrew Weil, with Dr Phil Hammond.

18.00 Summary and Close Dr Phil Hammond.

18:10 Drinks Reception for all those attending the conference.