

COLLEGE OF MEDICINE

SERVICE • SCIENCE • HEALING

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.

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

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# Food. The forgotten Medicine

**Royal Society of Medicine, London**

**Thursday 9th June 2016**



# 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

Why is a change in attitude to food and health so urgent and necessary?

**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 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 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,

**Dr Bharat Aggarwal**, MD Anderson, Texas and **Simon Mills**, British Herbal Medicine Association.

## 12.35 Panel Discussion

With **Dr Andrew Weil**, **Prof Tim Spector**, **Dr Bharat Aggarwal** and **Dr Phil Hammond**.

## 12.45 Healthy Cooking in Action

Practical Demonstration by **Dale Pinnock**, The Medicinal Chef.

## 13.05 Lunch and VIP reception

## 14.00 Panel Discussion (cont'd)

With **Dr Andrew Weil**, **Prof Tim Spector**, **Dr Bharat Aggarwal** and **Dr Phil Hammond**.

## 14.10 Food and Health poster prizes

**Dr Phil Hammond** and **Dr Catherine Zollman**.

Presentation of the Michael Pittilo 2016 Student Essay Prize - **Dr Michael Dixon**.

## Examples where changes have made a difference

## 14.30 Reversing 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 and **Ruth Tucker**, Health Facilitator, Culm Valley Integrated Centre for Health.

## 14.45 Making good food the easy choice in schools and hospitals

**Joanna Lewis**, Soil Association Food for Life and **Dr Steven Cleasby**, Calderdale Clinical Commissioning Group.



Dr Phil Hammond



Dr Andrew Weil



Dale Pinnock

## 15.00 Bringing your kitchen to life

The Bristol Kitchen on Prescription Partnership Project,

**Helen Cooke**, Nutrition and Kitchen on Prescription, Portland Centre for Integrative Medicine and **Zoe Bateman** (service user).

## Practical information for clinicians and patients

## 15.15 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.

## 15.30 Using food and diet to successfully treat bowel problems

Learn about FODMAP and other useful methods,

**Dr Sheldon Cooper**, Consultant Gastroenterologist, University Hospitals Birmingham.

## 15.45 Nutritional advice for patients with cancer

**Prof Robert Thomas**, Consultant Oncologist Addenbrookes and Bedford Hospitals and **Dr Catherine Zollman**, GP and Clinical Lead, Penny Brohn UK.

## 16.00 Q&A session

With all speakers and **Dr Phil Hammond**.

## 16.15 Tea Break

## 16.35 "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".

## 16.55 How we grow our food

The critical importance of healthy farming and the dangers of pesticides,

**Patrick Holden CBE**, Sustainable Food Trust.

## 17.10 How do we make the necessary changes in our relationship to food, health and illness?

• **The Public Health Perspective** **Duncan Selbie**, Chief Executive, Public Health England.

• **The Campaigner's Perspective** **Professor Annie Anderson**, Professor of Public Health Nutrition & Founder of the Scottish Cancer Prevention Network.

• **The Patient perspective** **Carrie Grant**, Presenter & Patient Champion, Working together and the Art of Listening.

• **The Retailer's perspective** **Speaker TBA**.

## In conversation with Dr Phil Hammond

## 17.45 What next? How can we all help to change things?

**Dame Sally Davies**, Chief Medical Officer, Department of Health in conversation with **Dr Andrew Weil** and **Dr Phil Hammond** with questions and answers from the audience.

## 18.00 Summary and Close

**Dr Phil Hammond**.

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

# 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.