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.

Food. The forgotten Medicine

Royal Society of Medicine, London

Thursday 9th June 2016

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

- 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 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
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, Gales 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.

15.00 Bringing your kitchen to life
The Bristol Kitchen on Prescription Partnership Project.

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