



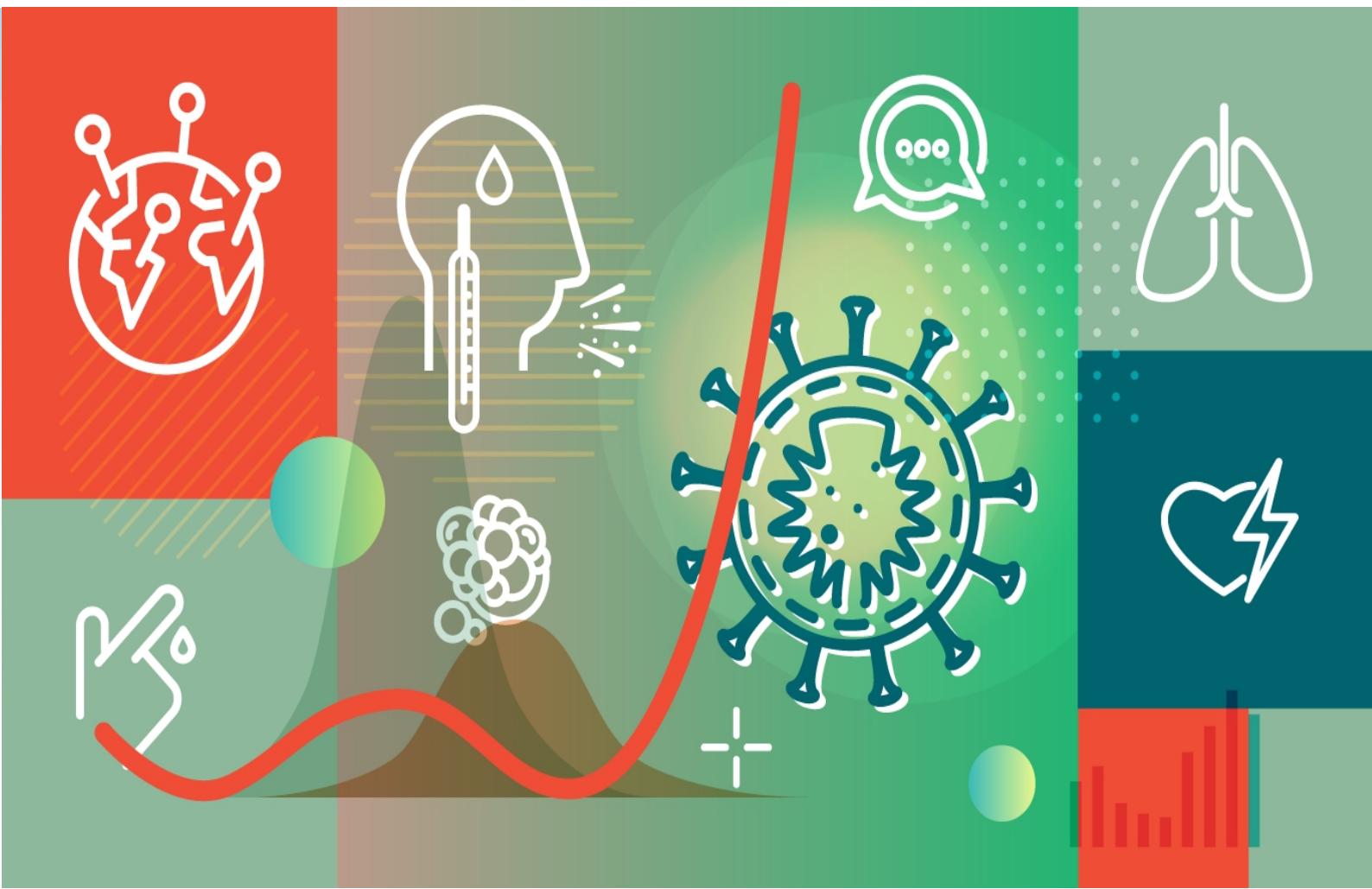
SOUTH ASIAN HEALTH
FOUNDATION

21st

Annual Conference
of South Asian Health Foundation

Diabetes and MultiMorbidity Challenges and Education in a Global Pandemic

Programme Booklet | Thursday 15th October, 2020



Diabetes and MultiMorbidity Challenges and Education in a Global Pandemic

CHAIR'S WELCOME

Professor **Kamlesh Khunti** and Professor **Wasim Hanif**
Trustees and Chair's Diabetes Working Group



On behalf of the trustees and patrons of the South Asian Health Foundation, we warmly welcome you to our 21st virtual conference. At a time when there is so much uncertainty in the world, it is vital that we focus on what is important. The programme this year promises to do just that with a clear focus on the challenges diabetes, COVID-19 and Multimorbidity poses on health systems and the health care professionals who work within them. The challenges are likely to increase as we improve diagnosis, and aspire to provide the best care possible for our patients and populations, while simultaneously striving to prevent diabetes. I hope you enjoy the conference and learn a great deal, and most importantly apply the knowledge thereafter to improve the care of our patients and citizens.

Virtual Diabetes and MultiMorbidity, Challenges and Education in a Global Pandemic

Thursday 15th October, 2020

Time/duration	Session	Presenter(s)
11:00 - 11:10	Chair's welcome (SAHF perspective)	Professor Kiran Patel
11:10 - 11:30	Diabetes "Language Matters"	Professor Partha Kar
11:30 - 11:50	Diabetes UK perspective	Mr Chris Askew
11:50 - 12:10	NHS diabetes perspective	Professor Jonathan Valabhji
12:10 - 12:30	Panel Discussion	Professor Jonathan Valabhji and Professor Partha Kar
12:30 - 12:50	Latest update on Trials •Gain an up to date understanding of key recent trials in diabetes and their outcomes, including updates on diabetes and COVID-19, SGLT2 inhibitors and from recent conferences.	Dr Amar Puttanna
12:50 - 13:10	20 minute Break	
13:10-13:45	"Are GLP1RA the second line drug of choice for South Asians"? Symposium Sponsored by Novo Nordisk	Dr Abd Tahrani
13:45- 14:15	COVID 19: Ethnicity and Mental Health <ul style="list-style-type: none">• What differences are there in mental health linked to ethnicity in the UK and why?• How has covid19 impacted differentially, linked to ethnicity?• What practical steps can we take to bridge the disparity of health and life outcomes of those from ethnic minorities?	Dr Sridevi Kalidindi
14:15-14:45	NASH/NAFLD in relation to T2DM <ul style="list-style-type: none">• Burden of NASH and advanced fibrosis in patients with T2DM• New methods to identify patients with advanced fibrosis• New treatments being developed.	Professor Philip Newsome
14:45-15:15	Low carbohydrate diet versus low calorie diet <ul style="list-style-type: none">• To understand key points on nutrition composition and health• To understand facts and myths about low-carb and low-calorie diets• To leave with greater knowledge & less confusion than before the session	Professor Nita Forouhi

Time/duration	Session	Presenter(s)
15:15– 15:45	<p>Novel Insights from recent CVOTS</p> <ul style="list-style-type: none"> To understand the pathogenesis of DKD, including Asian origin as an important risk factor, and the implications of DKD for cardiometabolic risk. To understand the recent data from the CREDENCE and Dapa-CKD trials. To understand the relevance of DKD in the management guidelines for Diabetes Mellitus, and the role of the SGLT2-Inhibitor class to improve overall cardio-renal outcomes in patients with Diabetes Mellitus. 	Dr Thomas Barber
15:45 – 16:10	25 minute Break	
16:10 – 16:45	<p>“Ethnicity and COVID 19”</p> <p>Symposium Sponsored by Abbott</p>	Professor Wasim Hanif
16:45 – 16:50	Introduction: Lifetime Achievement Award	Professor Kamlesh Khunti and Professor Wasim Hanif
16:50 – 17:50	<p>‘Lifetime Achievement Award’</p> <p>‘Diabetes in South Asians: Harnessing Ancient and Modern Knowledge into Action’</p> <p>Objectives:</p> <ul style="list-style-type: none"> What are the dominant cause of the diabetes excess in South Asians? How has 'omics increased our understanding of causes? How do we harness this vast knowledge of diabetes causes into effective prevention strategies? 	Dr Sonia Anand, Canada
17:50 – 18:00	Closing statements	Professor Kamlesh Khunti and Professor Wasim Hanif

CONFERENCE SPEAKERS



Professor Kiran Patel, PhD

University Hospitals Coventry and Warwickshire

Kiran Patel is Chair of Trustees at SAHF and was a founder member. He graduated from King's College Cambridge in 1993. He works as a Chief Medical Officer and a consultant cardiologist at University Hospitals Coventry and Warwickshire. In 2018 he was appointed Honorary Professor at Warwick University. As a senior NHS leader, Professor Patel has managed significant strategic and transformational changes not only in cardiac services but as Clinical Director at West Midlands Strategic Health Authority (2009– 11), Medical Director for West Mercia PCT Cluster (2011–13), and Medical Director for NHS England (West Midlands, 2014–19) For over two decades, Professor Patel has worked in healthcare policy and strategy with the National Institute for Health and Care Excellence, the Royal Colleges, and the UK Department of Health. He has published papers and books, and has lectured both nationally and internationally on cardiology as well as on social determinants and healthcare systems and strategy.



Partha Kar

**National Specialty Advisor for Diabetes with NHS England,
Consultant in Diabetes & Endocrinology, Portsmouth**

Professor Partha Kar is the National Specialty Advisor for Diabetes with NHS England and the co-lead for the National Diabetes GIRFT programme. He also holds a full-time job as a consultant in Portsmouth. Among his work, Dr Kar has enabled Freestyle Libre access to the NHS, and ensures that continuous glucose monitoring will be available for all Type 1 diabetes pregnancy cases from 2020. He has also led on developing the Language Matters document along with the Type 1 diabetes information portal on NHS Choices. Locally, he has helped develop the Super Six Diabetes Model of Care, adopted by many areas within the NHS. Dr Kar has also negotiated changes to GP contracts based on frailty and revised diabetes targets, developing a virtual reality programme to improve hospital safety and implementing increased mental health service access for diabetes patients across the NHS.



Chris Askew

**Chief Executive of Diabetes
UK, London**

Chris Askew is Chief Executive of Diabetes UK and joined the charity in September 2015.

In his previous role as Chief Executive at Breakthrough Breast Cancer, Chris led on the charity's merger with Breast Cancer Campaign, to form the new charity Breast Cancer Now.

Before arriving at Breakthrough in 2006 as its Director of Fundraising, Chris held senior fundraising positions at the charities Juvenile Diabetes Research Foundation, Crisis and Action for Children. He moved into the charitable sector in 1997, after a number of years working as a shipbroker in the international freight markets.

Chris has previously Chaired and actively represents Diabetes UK on the Richmond Group of 14 major health charities.

He is a Trustee of the rare disease charity Action on A-T (ataxia telangiectasia). In the past, Chris has been a member of the BBC Appeals Advisory Committee, a regional volunteer for the MS Society and a Trustee of the Revolving Doors Agency.

You can follow Chris on Twitter at @ChrisAskewCE.

CONFERENCE SPEAKERS



Professor Jonathan Valabhji

National Clinical Director for Diabetes and Obesity NHS England
London

Professor Jonathan Valabhji is National Clinical Director for Diabetes and Obesity at NHS England and NHS Improvement. He is clinical lead for the NHS England Diabetes Programme, including the Healthier You: NHS Diabetes Prevention Programme, a collaboration between NHS England, Public Health England and Diabetes UK that has seen England become the first country to achieve full national coverage with an evidence-based Type 2 diabetes prevention programme. He is a Consultant Diabetologist at Imperial College Healthcare NHS Trust, where the published clinical outcomes from his Multidisciplinary Diabetic Foot Service are comparable to the best centres internationally. He is Professor of Practice (Diabetes) at Imperial College London. He qualified in 1990 from St Bartholomew's Hospital Medical College, London. He was awarded OBE for services to diabetes and obesity care in the 2019 New Year Honours List.



Dr Amar Puttana

Diabetes and Endocrine Consultant
West Midlands

Amar Puttanna is a Diabetes and Endocrine Consultant in the West Midlands. He is particularly interested in education, having won teaching awards from the University of Birmingham and the Royal College of Physicians of Edinburgh and currently sits on the MRCP Part 1 examining board. In 2018 he received an award from the Royal College of Physicians for contribution to the profession.

He is involved in writing guidelines including those on older adults with diabetes with the Joint British Diabetes Societies (JBDS) and guidelines/patient leaflets for TREND-UK on diabetes and dementia. He is currently part of the national advisory panel for diabetes in care homes. He is part of the Birmingham and Solihull diabetes medicines management group and has worked on local guidelines for type 2 diabetes highlighting cardiovascular risk reduction and specifically the section of frailty – one of the first in the UK. He has also served on a NICE scoping board as diabetes specialist and sits on the editorial boards for the British Journal of Cardiology and Diabetic Medicine Journal.

Dr Puttanna's interests are in cardiovascular disease, diabetes management in older adults and cognitive impairment where his DIADEM project has won a Quality in Care award



Dr Abd Tahrani

MD, MMedSci, CCT (Endocrinology and Diabetes), PhD, SCOPE
(National Fellow), FRCP (London)

University of Birmingham

Abd Tahrani is a Senior Lecturer in Metabolic Endocrinology and Obesity Medicine at the University of Birmingham (UoB). Abd is also an Honorary Consultant in Endocrinology, Diabetes and Weight Management, and the lead for weight management research and diabetic neuropathy services at the University Hospitals Birmingham NHS Foundation Trust. Abd is the lead for translational research in the Centre of Endocrinology, Diabetes and Metabolism (CEDAM), Birmingham Health Partners and the communication co-lead in the Institute of Metabolism and Systems Research (IMSR) at the UoB.

He obtained his PhD in 2013 from UoB, which was focussed on the impact of obstructive sleep apnoea (OSA) in patients with Type 2 diabetes. He was awarded a SCOPE National Fellowship in 2014 and a SCOPE international fellowship in 2020 from the World Obesity Federation. Abd's research has the following themes: 1) the metabolic consequences of sleep-related disorders, 2) obesity management, health care delivery and complications, 3) diabetes-related neuropathy.

Abd has published over 150 peer reviewed articles and several book chapters. He delivered more than 100 invited and keynote talks in the leading conferences globally in the fields of diabetes, endocrinology, sleep and obesity. He was awarded the American Academy of Sleep Medicine Sleep Disordered Breathing investigator of the year award in 2013.

Abd is an elected member of Neurodiab, a trustee of the Association for the Study of Obesity(ASO UK), a panel member of the NIHR Research for Patients benefit (RfPB), the NIHR Dissemination Centre, the program organising committee of ECO 2019, and the British Sleep Society Research Committee. Abd is also an Expert advisor to the Medical Technology Advisory Committee of NICE and a member of the strategic council of the Obesity All Party Parliamentary Committee (Obesity APPG) in the UK. He is also the co-Chair of the Clinical practice and Obesity Management Committee of ASO (UK) and a member of the Obesity Policy Engagement Network (OPEN) UK. He is a regular peer reviewer to the leading journals and research funding organisations in the fields of diabetes, endocrinology, obesity and sleep.

Abd is an associate editor for the European Journal of Endocrinology and the Diabetes Section Editor for BMC Endocrine Disorders. He is a member of the post bariatric surgery diabetes management guidelines for the British Obesity and Metabolic Surgery Society (BOMSS). He was an examiner to the RCP and a member of the Clinical Committee of the Society for Endocrinology (SfE).

CONFERENCE SPEAKERS



Dr Sridevi Kalidindi Consultant Rehabilitation Psychiatrist, Croydon

Dr Sridevi Kalidindi is a Consultant Psychiatrist and previous Associate Medical Director at the South London & Maudsley (SLaM) NHS Foundation Trust and Visiting Senior Clinical Lecturer at the Institute of Psychiatry, Psychology and Neuroscience. She is currently the National Clinical Lead for Mental Health Rehabilitation for the Getting It Right First Time programme with NHS England and Improvement. Dr Kalidindi is an Executive Coach and with her clinical background in psychiatry, she supports leaders to transform to their next levels of ability. <https://livewellmastermind.com> She is also a national Clinical Entrepreneur Fellow with the NHS England and Improvement Clinical Entrepreneurs Programme and is developing two med tech startups. She is experienced in adult psychiatric clinical care, innovative clinical service development, contracting, research, teaching and training, policy, media presence, strategy and system leadership. Dr Kalidindi is well published in peer reviewed journals and co-edited and co-authored the primary textbook on Rehabilitation Psychiatry in the UK, which was commended by the BMA Book Awards.

She was awarded 'Psychiatrist of the Year 2017-18' by the Royal College of Psychiatrists and remains a spokesperson for the College, strongly advocating for good mental health services, for the population. She was honoured with a C.B.E in 2019 for services to Rehabilitation Psychiatry.



Professor Philip Newsome Birmingham

He graduated from the Medical School at the University of Edinburgh in 1995 and moved to Birmingham in 2007. He runs the metabolic services at the Liver Unit at the Queen Elizabeth Hospital Birmingham which includes a large multi-disciplinary clinic for patients with NAFLD. Professor Newsome has published over 100 research papers in scientific journals as well as many book chapters in the field of Non-Alcoholic Fatty Liver Disease (NAFLD). His laboratory group focusses on identifying novel targets in the pathogenesis of NAFLD and has access to in vivo methodologies in patients. He was Chief Investigator on a randomised controlled trial of Glucagon-like peptide-1 (GLP-1) therapy in NAFLD published in the Lancet, and is also Chief Investigator on studies of Fibroscan in NAFLD published in Gastroenterology and Lancet Gastroenterology & Hepatology. He is the Co-ordinating Investigator for several global NAFLD studies. He is editor of a recently published textbook on Liver Transplantation, chaired the national guidelines for liver transplantation in NAFLD and sat on the NICE Guideline Development Group for NAFLD. He led the recent UK multi-stakeholder guideline group on the management of abnormal liver blood tests.

This research portfolio has led to high impact publications throughout including both original articles (PNAS, Gastroenterology, Journal of Hepatology, Hepatology, Nature, Gut, American Journal of Transplantation, Annals of Internal Medicine, Lancet) and review articles (FASEB, Nature Reviews, Gastroenterology, Journal of Hepatology).



Professor Nita Forouhi, MRCP, PhD, FFPH MRC Epidemiology Unit, University of Cambridge

Nita Forouhi is Head of the Nutritional Epidemiology Programme at the MRC Epidemiology Unit and Professor of Population Health & Nutrition at the University of Cambridge. She is a Consultant Public Health Physician with Public Health England.

Her research focuses on defining the link between diet, nutrition and the risk of diabetes, obesity and cardiometabolic disease, and in informing strategies for the prevention of non-communicable disease. She is a principal investigator of several large studies and research consortia in the UK, Europe and in low-middle income countries with a focus on global health and nutrition. Her research has been cited extensively and been incorporated into dietary guidelines and public health policy, and she has won awards for the reach and impact of her research.

She trained in Medicine, Epidemiology and Public Health in Newcastle, Edinburgh, London and Cambridge. She is a champion for equality, diversity and inclusion in the workplace.

CONFERENCE SPEAKERS



Dr Thomas Barber

Associate Professor and Honorary Consultant Endocrinologist,

University of Warwick and University Hospitals

Dr. Barber has been employed as an Associate Professor and Honorary Consultant Endocrinologist at University of Warwick and University Hospitals Coventry and Warwickshire (UHCW) since 2010. Dr. Barber has a research background in the genetic and metabolic features of Polycystic Ovary Syndrome, from his work as a Clinical Research Fellow whilst based at the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM). This led to the award of DPhil from the University of Oxford, and award of the prestigious 'Society for Endocrinology Clinical Prize Lecture' and 'University of Oxford Medical Sciences Divisional Research Prize' in 2009. Dr. Barber has published >90 papers in peer-reviewed journals, and presents regularly as an invited speaker at scientific meetings both nationally and internationally. He engages regularly with national media on topics relating to human metabolism and Obesity. Recently, Dr. Barber's research on Mindfulness application in Obesity management in a tier 3 Obesity service, published in Journal of Clinical Endocrinology and Metabolism, received international media interest in >50 outlets. As scientific lead for the Human Metabolism Research Unit, his current research interests include the impact of human metabolism on the development of Obesity, and novel strategies to prevent and manage Obesity and Diabetes Mellitus within the populace. As Clinical Lead for the Obesity service at UHCW, Dr. Barber combines clinical duties with clinical and translational research.



Professor Wasim Hanif MBBS MD FRCP

**Professor of Diabetes & Endocrinology, Consultant Physician,
& Head of Service in Diabetes
Birmingham**

Prof. Wasim Hanif is a Professor of Diabetes & Endocrinology, Consultant Physician, & Head of Service in diabetes at University Hospital Birmingham. He is a Hon. Professor of Medicine at University of Warwick. He is the Board Member of Centre for Diabetes Endocrine & Metabolism, University of Birmingham & Clinical Advisory Group lead for research in Diabetes & Endocrinology at Institute of Translation Medicine, Birmingham. He is a visiting Professor at Birmingham City University and Medical Director of Advanced Diabetes Course. He is an eminent authority on Diabetes, Obesity, and Ethnic health. He works with several national bodies, and professional groups in the UK. He has been involved with major research projects in diabetes and has published widely. He was selected for Kings Fund Leadership Programme in Diabetes. His research interest includes diabetic kidney disease, diabetes prevention, cardiovascular disease in diabetes, diabetes in Ramadan, obesity, ethnicity and tackling health inequalities. He is well known authority on real world evidence working on big data with a dedicated bioinformatics team. He is involved as a chief and principal investigator in several international multi-centre trials and was instrumental in setting up UKADS (United Kingdom Asian Diabetes Study). Prof. Hanif has been involved at a parliamentary level to advise the government on issues relating to Diabetes and ethnic health. He is the Chair of the Diabetes Working Group of the world-recognised South Asian Health Foundation (SAHF). Prof. Hanif is a member of the Parliamentary and Stakeholder Diabetes Think Tank advising the All-Party Parliamentary Group on Diabetes. He is a member European policy forum on diabetes advising EU. His involvement in NICE has been extensive, sitting on advisory NICE Health Technology Appraisal Committee between 2009 and 2015. He is on the Expert Advisory Committee of Commission of Human Medicine, advising MHRA on new Medicinal agents. He is on the Board of Governors as a Trustee of Diabetes UK. He is involved in several international projects, that include, IDF WHO Global Policy Forum on Diabetes, Strategy for Commonwealth to guide ministers at UN summit, Chair International advisory board for ORNATE project India of MRC, member of UK Foreign & commonwealth office Scientific trade delegation among others. He is recipient of several national and international awards including the prestigious South Asian Health Foundation UK Life Time Achievement Award.

CONFERENCE SPEAKERS



Professor Kamlesh Khunti **Professor of Primary Care Diabetes and Vascular Medicine, Leicester**

Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine at the University of Leicester, UK. He is Co-Director of the Leicester Diabetes Centre and leads a research group that is currently working on the early identification of, and interventions with, people who have cardiometabolic disease or are at increased risk of developing cardiometabolic diseases. His work has influenced national and international guidelines on the screening and management of people with diabetes. Professor Khunti is also Director of the UK National Institute for Health Research (NIHR) in Applied Research Collaborations (ARC) East Midlands, Director of Centre for BME Health and Director of The Real World Evidence Unit. He is a NIHR Senior Investigator and Principal Investigator on several major national and international studies. He has published over 800 publications. Professor Khunti is a Fellow of the Academy of Medical Sciences and is currently an advisor to the Department of Health, Member of the International KDIGO on diabetes & CKD and Clinical Advisor for the National Institute for Health and Care Excellence (NICE) and Steering Board Member of the Primary Care Study Group of the European Association for the Study of Diabetes. He is Past Chair of the Department of Health– RCGP Committee on Classification of Diabetes and is Past Chair of the NICE Guidelines on Prevention of Diabetes. Professor Khunti is a Fellow of the Academy of Medical Sciences and an advisor to the Department of Health.



Dr Sonia Anand **Professor in the Department of Medicine, and the Director of the Population Genomics Program**

McMaster University, Canada

Dr. Sonia Anand is a Professor of Medicine and Epidemiology at McMaster University, and a Senior Scientist at the Population Health Research Institute. She is also a vascular medicine specialist at Hamilton Health Sciences and McMaster University. Dr. Anand holds the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease and the Heart and Stroke Foundation of Ontario/Michael G. DeGroote Chair in Population Health Research. Her present research focuses upon the environmental and genetic determinants of vascular disease in populations of varying ancestral origin, women and cardiovascular disease.

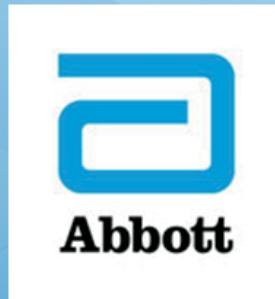
Dr. Anand received a Doctor of Medicine from McMaster in 1992, Internal Medicine Training at McMaster and a Fellowship of the Royal College of Physicians and Surgeons of Canada in 1996. She further received her Master's in Clinical Epidemiology at McMaster in 1996 and Ph.D. in Health Research Methodology at McMaster in 2002. Her current research includes leading cohort studies including two birth cohorts - one among South Asian women of the greater Toronto area and the second among Indigenous women from the Six Nations Reserve. Further she is a co-PI of the Canadian Alliance of Health Hearts and Minds cohort study funded by the Canadian Partnership Against Cancer and Heart and Stroke Foundation of Canada. Her work is widely published amongst academic journals, and in 2019 she was inducted as a Fellow to the Canadian Academy of Health Sciences.

SPONSORS:

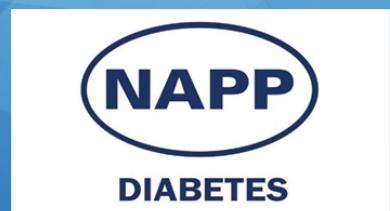
GOLD SPONSOR



SILVER SPONSOR



SPONSOR



This conference has been instigated and organised by South Asian Health Foundation. The sponsoring companies have had no input into the conference agenda, speaker selection or presentations.