

Tackling Obesity and its Impact on Health Study Day

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(pictured right)



On the 6th of April 2019, OASIS-GB held their annual study day on epidemic of obesity and its impact on health. Following two previous successful years, this was the 3rd study day of this kind, which was organised to raise awareness on the impacts of obesity on various aspects of health and the latest research and evidence on how best to tackle these ill effects. The study day was held in the Mayo Building at Salford Royal Foundation NHS Trust and was a Royal College of Surgeons of Edinburgh approved educational event, attracting 5.5 Continuous Professional Development points.

The study day was organised by OASIS-GB and BIDA and supported by BAPIO. It attracted a number of speakers including consultants of different specialities, dieticians, psychologists, general practitioners and patients from all over UK. Like previous years it was attended and participated by an audience of around 80 people comprising of medical and health professionals from various backgrounds.

The day started by registration of the attendees with a welcome pack and refreshments. **Professor Siba Senapati**, Consultant Bariatric Surgeon and Chairman of OASIS-GB opened the proceedings of the day with a welcome note in which he briefly highlighted the impacts of morbid obesity on health and the purpose and aims of the study day.

The morning session was chaired by **Mr Khurshid Akhtar**, lead of Upper GI and Bariatric Surgery services at Salford Royal Foundation NHS Trust. This session included talks from five speakers who highlighted the multitude of ill-effects of obesity and the challenges associated in their management. **Dr Venkat Sridharan**, Consultant Physician, Royal Oldham Hospital explained how patients with morbid obesity are linked to a spectrum of metabolic illnesses like diabetes, metabolic syndrome and cardiovascular issues, which can be resistant to medical treatment. **Professor Andrew Renehan**, Consultant Surgeon at The Christie Hospital, discussed his research in the

increased incidence and prevalence of various cancers in patients with morbid obesity and the current awareness guidelines produced by Cancer Research UK. He also explained the challenges morbid obesity poses in management of such cancers. **Dr Phil Evans**, Honorary Senior Lecturer at University of Manchester and Consultant Physician at Salford Royal, explained how obesity can lead to the development and worsening of chronic kidney disease, and how this can be reversed with the correction of morbid obesity. He also made us aware, the current concerns with equity of care to end stage renal disease pts with morbid obesity. **Dr J.S. Bamrah**, Consultant Psychiatrist elaborated on the psychological aspects associated with obesity like anxiety, depression and other behavioural diseases and current awareness campaign to tackle obesity in parliament especially on sugar tax. The first session came to a conclusion following the talk of **Mr Nikhil Sharma**, Consultant Trauma and Orthopaedic Surgeon at Wrightington Hospital who stressed upon the impacts of morbid obesity on joint diseases like arthritis, poor mobility and the challenges in the surgical management of these illnesses and its long-term outcome.

The second session was chaired by **Dr Prasana Rao Balakrishna**, Consultant Diabetologist at Manchester Royal Infirmary.

This session further focused on the multi-spectral health effects of obesity. **Dr Sanjay Arya**, Consultant Cardiologist & Medical Director at Wigan and Leigh Foundation Trust discussed the increased cardiovascular risks associated with morbid obesity. **Dr Sangeeta Das**, Consultant Obstetrician and Gynaecologists at Royal Bolton Hospital talked about the increased link of obesity and infertility. **Dr Michelle Makintosh**, Consultant Gynaecologist at St Mary's Hospital Manchester discussed her research of increased risk of endometrial cancer in patients with morbid obesity. She further discussed the evidence of regression of endometrial pre-cancerous changes with successful treatment of obesity. **Dr Akheel Syed**, Consultant Endocrinologist at Salford Royal Foundation Trust discussed the recent evidence in medical management of morbid obesity and its related metabolic syndrome. The second session came to a conclusion following the talk of **Professor Siba Senapati**, Consultant Bariatric Surgeon and Chairman of OASIS-GB in which he discussed various surgical procedures like gastric bypass, sleeve gastrectomy and gastric banding, and the latest evidence in the surgical management of morbid obesity and its associated metabolic syndrome.

Following a lunch break, the third and final session commenced and was chaired by



Dr Sanjay Arya, Consultant Cardiologist & Medical Director at Wigan and Leigh Foundation Trust. The first talk by Dr Hugh McMurtry, Consultant Hepatologist at Salford Royal Hospital focused on the impact of morbid obesity on liver and the current increased prevalence of fatty liver disease and non-alcoholic fatty liver disease. He also made it clear that currently obesity is the leading cause of Liver cirrhosis than alcohol. He discussed that it is reversible in the early stages with the treatment of obesity, however, if left untreated, can progress to irreversible chronic liver disease and cirrhosis of liver. Dr Girish Patel, General Practitioner Sides Medical Centre at Swinton discussed the challenges faced in the management of obesity at the primary care and community level. He talked about various community based activities and how getting involved in them can create a positive change. Chris Slater, Bariatric Specialist Dietician at Salford Royal Foundation Trust talked about the impact of tackling obesity by healthy eating and balanced diet. The session also included talks from a few patients who shared their experience following bariatric surgery and the positive impact it had following their significant weight reduction. The session came to a conclusion after the keynote lecture from Dr Aseem Malhotra, Honorary Consultant Cardiologist in Lister Hospital Stevenage on the science of the Pioppi diet and the evidence of how it impacts tackling obesity and its associated comorbidities.

The day came to a conclusion with a vote of thanks from Mr Jack Carney, Co-Chair OASIS-GB.

The study day raised awareness on how morbid obesity is a multispectral illness with various physical and psychological aspects and discussed the research and evidence on successfully managing it both in the community and hospital settings.

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BRITISH INTERNATIONAL DOCTORS' ASSOCIATION



OASIS-GB
AWARENESS ON OBESITY

For Physicians, Surgeons, GPs, Medical Students and AHPs (CPD points applied for by Royal College of Surgeons of Edinburgh & Royal College of Physicians of London.)

Saturday 6th April 2019 at The Mayo Building, Salford Royal NHS Foundation Trust

<p>08:45 to 09:00: Welcome and Introduction: Professor Siba Senapati <i>Chairman of Obesity Awareness & Support OASIS-GB</i></p> <p>1st Session: Chair: Mr. Khurshid Akhtar <i>Consultant UGI and Bariatric Surgery UGI and Bariatric Services Lead, Salford Royal Foundation NHS Trust</i></p> <p>09:00 to 09:20: Obesity: Thoughts to Chew Over Dr. Venkat Sridharan <i>Consultant Physician, Royal Oldham Hospital</i></p> <p>09:20 to 09:40: Obesity and Cancer Prof. Andrew Renehan <i>Consultant General Surgeon, The Christie Hospital</i></p> <p>09:40 to 10:00: Kidney Disease due to Obesity : Can it be Reversed Dr. Phil Evans <i>Hon. Senior Lecturer, University of Manchester & Salford Royal Hospital</i></p> <p>10:00 to 10:20: Obesity - one disease spectrum, multiple solutions Dr J S Bamrah <i>Consultant Psychiatrist and Honorary Reader, University of Manchester</i></p> <p>10:20 to 10:40: A Burden on my Joints Mr Nikhil Shah <i>Consultant Trauma and Orthopaedic Surgeon, Wrightington Hospital</i></p> <p>10:40 to 11:00: Coffee</p> <p>2nd Session: Chair: Dr Prasanna Rao Balakrishna <i>Consultant Diabetologist, Manchester Royal Infirmary</i></p> <p>11:00 to 11:20: Every Little Helps Dr. Sanjay Arya <i>Consultant Cardiologist & Medical Director, Wigan & Leigh Foundation Trust</i></p> <p>11:20 to 11:40: Obesity and Reproductive Health Dr. Sangeeta Das <i>Consultant Obstetrician and Gynaecologist, Royal Bolton Hospital</i></p> <p>11:40 to 12:00: Obesity and Endometrial Cancer Miss Michelle Macintosh <i>Consultant Gynaecologist, St Mary's Hospital</i></p> <p>12:00 to 12:20: Current Medical Management of Obesity Dr. Akheel Syed <i>Consultant Endocrinologist, Salford Royal Foundation Trust</i></p> <p>12:20 to 12:40: Metabolic and Obesity Surgery : Is it the panacea for all effects of obesity Professor Siba Senapati <i>Chairman of Obesity Awareness & Support OASIS-GB Consultant Upper GI and Bariatric Surgeon, Salford Royal Foundation Trust</i></p> <p>12:40 to 13:40: Lunch</p>	<p>3rd Session: Chair: Dr. Sanjay Arya <i>Consultant Cardiologist & Medical Director, Wigan and Leigh Foundation Trust</i></p> <p>13:40 to 14:00: Obesity and NAFLD Dr. Hugh McMurtry <i>Consultant Gastroenterologist, Manchester Royal Infirmary</i></p> <p>14:00 to 14:20: The Patient's Perspective Mr J. Williams, Mrs C. Rostron, Mrs L. Williams</p> <p>14:20 to 14:40: Tackling Obesity in General Practice Dr Girish Patel <i>General Practitioner, Sides Medical Centre, Swinton</i></p> <p>14:40 to 15:00: Healthy Eating: Myths and Facts Chris Slater <i>Bariatric Specialist Dietician, Salford Royal Foundation Trust</i></p> <p>15:00 to 15:30: Keynote Lecture: The Science of Pioppi Diet Dr Aseem Malhotra <i>Honorary Consultant Cardiologist, Lister Hospital, Stevenage</i></p> <p>15:30 to 15:40: Vote of Thanks Mr. Jack Carney <i>Co-Chair OASIS-GB</i></p>
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