

Health and Nutrition Conference 13th April 2019

Venue: <https://www.thecentreatbirchwoodpark.co.uk>

Organisers: Plant-based health professionals UK (pbhp.uk)

Dr Sue Kenneally MBBS MRCGP MSC (NUTMED) ANutr

Sue Kenneally qualified as a GP in 2002 and is also a nutritionist, having been awarded an MSc in Nutritional Medicine in 2017. She enjoys her portfolio career, which gives her the flexibility to pursue her interests in weight management, lifestyle medicine and plant-based medicine. She is director of the British Society of Lifestyle Medicine, SCOPE certified member and regional group lead of the Association for the Study of Obesity, a member of the Board of the Welsh Obesity Society, member of the 'GPs with an Interest in Nutrition Group' and a tutor in obesity and weight management at the University of South Wales. She is passionate about lifestyle and health, and hopes to inspire and empower her patients to transform their lives by making often simple changes.

Sue has appeared on TV numerous times and gives regular radio interviews on any subject related to lifestyle as a means of maintaining good health, and also has spoken at a number of academic/medical meetings advising other doctors and health professionals about the importance of lifestyle medicine. You can contact her via her public Facebook page Dr Sue Kenneally, or via Twitter @drsuekenneally

Talk title: The Global Obesity Crisis - Are plants the answer?

Learning objectives:

- 1) To understand the epidemiological evidence surrounding plant-based diets and weight
- 2) To understand the reasons why plant-based diets reduce the risk of positive energy balance
- 3) To understand the other reasons why plant-based diets promote a healthy weight, including epigenetics and the microbiome

Marta Lewandowska

Marta is a fourth-year medical student at the University of Glasgow. She completed her intercalated BSc in Management at Imperial College London. Her main interests include planetary health, lifestyle medicine, and behaviour change.

In Summer 2018, Marta flew to Washington, DC to attend a clinical rotation at the Barnard Medical Center under the umbrella of the Physicians Committee of Responsible Medicine (PCRM). She was mentored by Dr James Loomis and Dr Neabore, and had a chance to explore how plant-based nutrition and a healthy lifestyle are encouraged in a primary care setting.

Furthermore, she has experience in leadership and team development that she

gained through her voluntary position as a Vice-president for Marketing and Communication in AIESEC Strathclyde. Additionally, she was an intern at the Ministry of Health in Poland, which further let her develop team-working skills.

Marta has been following a plant-based diet for nearly four years now. She first tried it to show her vegan flatmate that she couldn't survive by eating plants only. Ironically, she found herself thrive as a vegan. In her free time, Marta enjoys spending time with her friends, being physically active and cooking with her flatmate.

Talk title: Insights into the running of Dr Neal Barnard's plant-based primary care office.

Learning objective: To learn about the structure and activity of the Barnard Medical Center and discuss how it could be applied to UK practice.

Rosie Martin MSC, Registered Dietician

Rosie graduated from Glasgow Caledonian University as a registered dietician in 2017 after a career as a zoologist specialising in animal behaviour research. Working in zoological parks in the UK and Australia highlighted her concerns surrounding captive animal welfare and Rosie became a full-time vegan in 2014, inspiring her whole family to follow suit.

Following her move back to the UK, she became fascinated by the science of nutrition and health and decided to re-train as a post-graduate dietician. During her training, Rosie spent time with The Vegan Society as a volunteer dietician, and has since been keen to pursue the plant-based area of nutrition and dietetics.

Rosie now works for the NHS in Devon as a generalist dietician in a wide variety of areas from oncology to coeliac disease. She is particularly interested in plant-based preventative nutrition, weight management and bowel health.

Title: Does non-coeliac gluten sensitivity really exist?

Learning objectives:

- 1) To provide an overview of gluten sensitivity including clinical presentation and associated symptoms
- 2) To understand and evaluate our current knowledge on pathophysiological mechanisms, biomarkers, and potential diagnostic techniques
- 3) To discuss the practical implications of gluten sensitivity as part of a healthy plant-based diet

Dr Miriam Martinez-Biarge

Miriam qualified as a medical doctor in 1999. She trained in Paediatrics and Neonatal Medicine in Madrid, Spain. She first came to UK in 2008 to do a fellowship in Perinatal Neurology and Neurodevelopmental follow-up at Imperial College London. During that time she also finished her PhD in perinatal brain injury.

Miriam works now as an Honorary Consultant Neonatologist & Research Fellow at Queen Charlotte's and Hammersmith Hospitals. She specialises in the follow up of infants and young children who have been born prematurely, who have had neurological problems around the time of birth, or who are at risk of neurodevelopmental impairments. She also has a private practice in Spain as a neonatologist and developmental paediatrician.

Miriam became a vegetarian when she was in medical school and has been vegan for the past 6 years. Although she became a vegan for ethical reasons, she also started to study the health benefits of plant-based diets, not only for adults but for children as well. Since 2013 she has had a blog where she promotes a whole food plant-based diet and counsels parents on how to provide good vegan food for their children. She is the author of a book on vegan nutrition for babies and children.

Talk Title: A healthy vegan pregnancy.

Learning objectives:

- 1) To describe and interpret the main research studies that report maternal and foetal outcomes associated with plant-based diets during pregnancy.
- 2) To understand the specific nutritional requirements of pregnant and lactating women and how to meet them with a plant-based diet.
- 3) How to give good nutrition advice to plant-based/vegan women during pregnancy and breastfeeding.

Dr J. Bernadette Moore

Dr. J. Bernadette Moore is Associate Professor of Obesity in the School of Food Science and Nutrition at the University of Leeds. Research in Dr. Moore's group for the last ten years has been largely focused on the role of hepatic nutrient metabolism in healthy ageing, obesity and non-alcoholic fatty liver disease (NAFLD). To date, she has raised over 1.7 million pounds in research funding and been supported by the: BBSRC, EPSRC, Children's Liver Disease Foundation, and the Universities of Surrey and Leeds. Her research employs a variety of genomic, proteomic, and systems biology tools alongside nutritional intervention studies. Current active strands include clinical and public health nutrition aspects related to dietary assessment and the prevention and management of NAFLD and obesity in children and adults. She has published 26 peer-reviewed papers and her recent work on sugar in yogurts received significant international media interest (in top 1% of >12 million Altmetric tracked publications). Dr. Moore was

the recipient of the 2018 Nutrition Society Silver Medal for Research Excellence in a Young Investigator.

Talk title: Prevention and treatment of non-alcoholic fatty liver disease: the evidence for plant-based diets

Learning objectives:

- 1) To give an overview of non-alcoholic fatty liver disease and discuss its recent increased incidence
- 2) To outline NAFLD pathogenesis and critically discuss the role of nutrition in prevention/progression/treatment
- 3) To critically discuss the role of genetics versus plant-based nutrition and lifestyle factors in liver disease pathogenesis

Fiona Oakes (special guest lecture)

Vegan since age 6, a totally self-inspired decision, Fiona Oakes is a quadruple Guinness World record holding Marathon and ultra Marathon runner. An Elite road athlete with a PB of 2hrs 38 minutes for the Marathon she has latterly concentrated on ultra running competing in, and completing, many of the world's toughest races from the extremes of multiple Marathon des Sables finishes to winning Marathons in some of the most hostile conditions in the world, including the North Pole and Antarctica, Fiona has juggled an arduous training programme for almost 20 years with the physical demands of running her own animal sanctuary and a career as a retained Fire Fighter. Having received many awards and accolades for both her running achievements and work to promote ethical environmental living, sustainability and environmental issues, Fiona is the subject of the film Running for Good - a documentary about her life so far, made by the award winning film director, Keegan Kuhn.

Talk title: Strong Vegan and Happy.

Learning objectives:

- 1) How to manage a balanced diet for extreme events and how this relates to everyday life.
- 2) Learning to cope with the mental pressure of elite-level running.
- 3) How the combination of a well-balanced physical and mental approach is the key to success - not only for running, but in life itself.

Dr Aryan Tavakkoli

Dr Tavakkoli is a Consultant Physician and Specialist in Respiratory Medicine, with over 25 years' experience in hospital medicine. She now practices privately from her practice at Quantum Clinic in East Sussex, providing a progressive approach to chronic disease through a combination of integrative and functional

medicine. Whole food plant-based nutrition forms the foundation of her treatment plans.

Dr Tavakkoli has written and spoken widely on the benefits of plant-based nutrition.

<https://quantumclinic.co.uk/about-dr-tavakkoli/>

Talk title: Enriching Healthcare: A glimpse into a medical practice blending plant-based nutrition with conventional, integrative and functional medicine.

Learning objectives:

- 1) Integrative/environmental/ecological/functional/lifestyle medicine – what do these terms mean and how do they overlap?
- 2) The importance of checking micronutrient status and gut health in chronic disease.
- 3) The importance of addressing lifestyle factors in chronic disease.
- 4) Practical tips – setting up your own practice.

Dr Ellen Storm

Dr Ellen Storm is a vegan Paediatrician currently studying for a PhD at Edge Hill University. She has an MSc in public health and an MA in creative writing, and has published a book of poetry.

She blogs at www.ellenstorm.com and www.kidseatplants.com. She tweets @drellenstorm and is on Instagram @drellenstorm. She has eight-year-old twin vegan daughters

Talk title: Raising Healthy Vegan Children

Learning objectives:

- 1) To understand the different options for feeding vegan babies
- 2) To understand the importance of the macronutrient ratio in making dietary choices for vegan children
- 3) To understand the importance of the nutrient-calorie ratio in making dietary choices for vegan children

Mr Rajiv Bajekal

Mr Rajiv Bajekal is an experienced Orthopaedic Surgeon with an interest in spinal surgery. He was appointed Consultant Orthopaedic Surgeon in 1998 and has been working in London at the Royal Free London NHS foundation Trust since 2002. He has published widely and lectures Nationally and Internationally besides being a senior examiner for the FRCS Orthopaedics.

In 2016 he had some personal health problems and had put on a lot of weight. He and his wife researched diet and nutrition and embarked on a way of living a healthier life with compassion and care for the environment. In the process, he lost 25 kg of weight, reversed his pre-diabetes and found a new zest for helping his patients live a healthier life.

He decided to study lifestyle medicine, as many of the disorders affecting people nowadays are lifestyle-related and he and his wife (Consultant Gynaecologist) both studied and passed the Diploma examination in Lifestyle Medicine conducted by the American board of lifestyle medicine, He and his wife Nitu are now certified lifestyle medicine practitioners with a Diploma from the International Board of Lifestyle Medicine - by far his proudest achievement.

Talk title: What's lifestyle medicine got to do with bone health?

Learning objective:

To understand the role of exercise and diet in preventing back problems and osteoporosis