



CCG educational event

Diabetes and Obesity

Ambition for Remission

Where: Huntingdon Racecourse
Thrapston Road, Brampton,
Huntingdon PE28 4NL

When: Wednesday 11 December 2019

Time: 1- 3pm (lunch 12.30pm)

The UK currently ranks as the country with the highest level of obesity in Europe. Obesity is believed to account for 80-85% of the risk of developing type 2 diabetes and data shows that the number of people diagnosed with Type 1 or Type 2 diabetes continues to rise.

Across Cambridgeshire and Peterborough CCG diabetes is estimated to affect around 6% of the adult population or 45,000 people but the prevalence of diabetes is forecast to increase to 8.7% for the CCG by 2035!

Join us at our *Ambition for Remission* education event to find out more about:

- New guidelines ask that we offer individualised carbohydrate intake assessment for all our patients with diabetes, at least once annually.
 - How do we do this, and safely?
 - How do we de-prescribe and thus avoid "hypo's"?
- New evidence tells us that we should hold an 'Ambition for Remission' for all our overweight/obese patients with pre-diabetes or type 2 diabetes (especially those diagnosed within last six years).
 - What does this mean?
 - Understand the importance of 'Lower Carb' whilst ensuring maintenance of micronutrient health
- Learn from national and local experts regarding optimising nutrition and diet in those with such metabolic disorders.

Speakers

- Dr David Cavan MD, FRCP, Consultant Endocrinologist and Author
- Sumantra Ray, Chair and Executive Director of the NNEdPro Global Centre for Nutrition and Health. Co-Founder and Chair of BMJ Nutrition, Prevention and Health
- Dr Jessica Randall-Carrick, Diabetes Clinical Lead for the CCG.

Please note this session fulfils one of the two educational commitments for the 2019/20 Diabetes LES for Practice or PCN Clinical Leads for Diabetes.

To book

Visit the Training Hub website to book this free event

<https://cptraininghub.nhs.uk/event/ccg-ed-diabetes-and-obesity/>