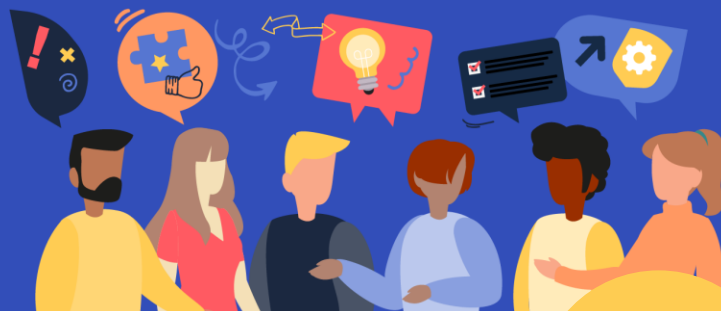




Royal College
of Physicians

Update in medicine



26 February 2026 | Birmingham

CPD code:

6 CPD
credits

Programme

08.15 Registration and refreshments

09.15 Welcome and introduction

09.20 Session 1

09.25 Dementia and recent developments in Alzheimer's disease

Professor Iracema Leroi, professor in geriatric psychiatry, Trinity College Dublin

10.00 Tobacco dependency and nicotine de-addiction

Professor Sanjay Agrawal FRCP, professor of respiratory and intensive care medicine, University Hospitals of Leicester NHS Trust; national specialty advisor on tobacco, NHS England; special adviser on tobacco, RCP

10.35 Turner-Warwick lecturer in quality improvement: Novel preventative cardiology clinic associated with reduced risk of recurrent major adverse cardiovascular events for patients with prior acute coronary syndrome

Dr Jun Yu Chen, internal medicine and cardiology training doctor, University Hospitals Birmingham NHS Foundation Trust

11.10 Comfort break

11.35 Session 2

11.40 Keynote session: Social justice and health equity

Professor Sir Michael Marmot FRCP, professor of epidemiology, director of the Institute of Health Equity, University College London; past president of the World Medical Association

12.40 RCP update



12.55 Lunch

13.45 Session 3

13.50 **Update on diabetes and obesity pharmacotherapy**

Professor Iskandar Idris, professor of diabetes and metabolic medicine, University of Nottingham; honorary consultant physician, University Hospitals of Derby and Burton NHS Foundation Trust

14.25 **Navigating the challenges of premature ovarian insufficiency**

Miss Lynne Robinson, consultant gynaecologist, Birmingham Women's and Children's NHS Foundation Trust

15.00 **Digital/AI technologies in medicine**

Colonel Mark Foster, director of digital healthcare, University Hospitals Birmingham NHS Foundation Trust

15.35 Comfort break

15.50 Session 4

15.55 **Immunology drugs**

Dr Lalit Pallan, consultant clinical oncologist, University Hospitals Birmingham NHS Foundation Trust

16.30 **The general medic's guide to creatine kinase and antibody testing**

Professor Hector Chinoy, senior clinical lecturer and consultant rheumatologist, Northern Care Alliance NHS Foundation Trust

17.05 **Conference closing comments**

17.10 Close of conference

Please note this programme may be subject to change.

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Your regional representatives in the West Midlands region

Regional advisers

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Dr Shanika Samarasekera, University Hospitals Birmingham NHS Foundation Trust
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