

LONDON SPORTSCARE – BMI LONDON INDEPENDENT HOSPITAL
are proud to present this 2nd in the series of mini-symposium in
Sports & Exercise Medicine

HEALTHY LIVING – EXERCISE, NUTRITION & DYSBIOSIS

 The London
Independent Hospital


London
SPORTSCARE
Specialist Centre for Sports and Exercise Medicine



EMS  **SPONSOR**



ECOSEP Awarded 2.5 CPD Points



FSEM Awarded 2 CPD Points

Venue: BMI London Independent Hospital, 1 Beaumont Square, London E1 4NL

Date & Time: 14th December 2017 @ 17:30.

Admission: Free. Spaces are limited and will be allocated on first come first basis.

To reserve a place please send an email to nat.padhiar@londonsportswise.co.uk

CPD: 2.5 CPD points awarded by ECOSEP, awaiting confirmation from FSEM.

Symposium Chair: Dr Nat Padhiar & Mr Michael Clements

- 16:45** **Registration & Refreshments**
- 17:25** **Welcome** – Mr Sunny Chada, Executive Director, BMI London Independent Hospital.
- 17:30** **Can I sell you something?**
Dr Ros Carbon, Consultant in Sports & Exercise Medicine, Perth, Australia.
- 18:10** **Gut dysbiosis & MSK problems.**
Dr Ese Stacey, Consultant in Sports & Exercise Medicine, London & Brighton.
- 18:50** **Exercise iPrescription.**
Mr Lewis Manning, Senior MSK & Sports Physiotherapist, London Independent Hospital.
- 19.10** **Case Histories.**
Dr Nat Padhiar, Consultant Podiatric Surgeon & Honorary Reader, London Independent Hospital.
- 19.25** **Questions & Discussion**
- 19:40** **Hot buffet. Please indicate in your email if you will be joining us. This will help us cater for the correct number and prevent waste or, disappointment.**

ABSTRACTS & BIOGRAPHY OF SPEAKERS

CAN I SELL YOU SOMETHING? DR ROSLYN CARBON

What if there was a medicine that could help prevent all the non-communicable diseases affecting our population? What if it was easy to take, didn't have side effects and made you feel great? Would you buy it?

Let's work out why the health professions got stuck in disease management, and how we can move to a more preventive, holistic and generally healthier model of care.

Dr Roslyn Carbon MBBS MLCOM MSc(SEM) FACSEP

Dr Roslyn Carbon began her sports and exercise medicine career in Perth Australia, but spent two decades in London working in and around the Royal London Academic Dept of SEM, and was the first Clinical Fellow in Sports Medicine at the RLH. She also worked with the BOA, the EIS and with several national and professional sports, attending six summer and winter Olympic Games with the British Team. Having returned to Perth she now splits her time between clinical practice and serving on several health and sport related boards and committees. She is the Chair of the Australasian College of SEM Working Group on Exercise as Medicine.

GUT DYSBIOSIS & MSK PROBLEMS. DR ESE STACEY

Doctor Ese Stacey MBBS, MRCP, MSc (Sports Med), Dip US (distinction), FFSEM(UK) is a Consultant (on the specialist register) in Sport and Exercise Medicine and one of the foundation fellows of the Faculty of Sport and Exercise Medicine (FFSEM UK). She trained at St. Mary's Hospital Medical school, London (now part of Imperial College), qualifying in 1990. She has worked in Elite Sport, in Rugby, Football, and Triathlon as well as working as Senior Clinical Lecturer at the Academic Department of Sport and Exercise Medicine at the Royal London Hospital. She now works in private practice in London (BUPA and at The Elixir Clinic), Oving (the Oving Clinic) and Brighton (at Best Practice Chiropractic (<http://www.brightonsportsmedicine.co.uk>)).

She has a particular interest in Gut Dysbiosis (abnormal gut microbe balance) as a causative factor in joint and soft tissue conditions that are resistant to conventional management. Research over the last 5 years has proven a link between gut microbes (microbiota) and health. Resistant MSK problems are often linked to the low grade inflammation associated with gut dysbiosis.

A vast array of both intestinal and non-intestinal symptoms may suggest gut dysbiosis in patients presenting with difficult to treat joint and soft tissue problems, including IBS, asthma, eczema, athlete's foot and recurrent infections. Metabolic conditions such as obesity, diabetes and high cholesterol are also related to abnormal gut microbiota patterns.

Dr Stacey has found that when managing resistant MSK cases, paying attention to the gut microbiota is much more valuable than using a purely MSK approach.

EXERCISE iPRESCRIPTION. MR LEWIS MANNING

To say technology has been progressing quickly recently would be an understatement. There has been an exponential increase in computing power over the past 50 years and this has now led to some pretty impressive capabilities. Medicine, and especially exercise medicine lends itself well to using the raw power of technology to enhance human skill, experience, personal empathy and creative thinking.

As will be presented in the talks this evening, the evidence behind exercise being a cornerstone in the prevention and management of an ever increasing number of chronic health conditions is emphatic. The problem, as always, is how do we empower people with accurate, evidence-based and individualised information and motivate them to start and maintain a physical activity programme. I believe that technology can help people (and clinicians) get the exercise programme that meets their individual needs in a cost effective manner.

In this talk I will be presenting the latest advances in how technology is being used to get people more active, track their health and provide feedback to clinicians. I will also be looking at how clinicians can decide how to best use technology to assist in patient management.

Mr Lewis Manning

Lewis Manning qualified as a Physiotherapist in 1999 in his native Australia and has been working in the UK since 2001. He has extensively worked in the NHS and private sector. He also worked for 7 years' full time in professional football as Head Physiotherapist at Leyton Orient and with Arsenal's Academy and Reserve squads.

Lewis completed an MSc in Sport and Exercise Medicine at QMUL and now works at The London Independent Hospital. He has an interest in the wide ranging health benefits that can be achieved through increasing physical activity and reducing sedentary behaviour. He uses this advice on a daily basis to help improve patients' health and fitness profile.

In particular, Lewis is interested in how technology can assist clinicians in motivating patients to become more active in a safe and effective manner. With this in mind he has co-developed iPrescribe Exercise, which provides an automated, yet individualised physical activity programme for people who are suffering from or at risk of developing a non-communicable disease.