

Obesity and the Prevention of Coronary Heart Disease

Thursday 13th
September 2007
Hilton Coylumbridge,
Aviemore

Come and join us in beautiful Aviemore
for an update on CHD and Obesity!

A Continuing Professional Development Conference

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In association with



National Heart
Health Network

Obesity and the Prevention of Coronary Heart Disease

A One Day Conference

13th September 2007, Hilton Coylumbridge, Aviemore

About the Conference

The University of Glasgow has organised a popular conference on the Prevention of Coronary Heart Disease for the past 3 years and this year we have brought the event to the Highlands. Because of the strong link between Obesity and Coronary Heart Disease, we have included prevention of obesity in the programme. Scotland has one of the highest rates of both obesity and coronary heart disease in Europe and it is time for health professionals to take more action!.

- Come and hear experts from Scotland and the UK talk about the latest research in the field.
- Gain practical advice on how you as a professional can influence the disease rates and change the attitudes of general public.
- Network with other professionals working in the same area.

Who Should Attend

The conference should be of interest to: General practitioners, hospital doctors, practice nurses, health visitors, pharmacists, nutritionists, dietitians, public health and health promotion specialists, health policy makers and managers, community health officers, academics, researchers and other professionals interested in this area.

Date

Thursday 13th September 2007

Registration

To register for this conference, please fill in the registration form on the back of the leaflet, detach and return to us no later than 3rd September 2007. It is advisable to return the form ASAP as places are restricted. Further information including directions will be sent to each delegate on receipt of the completed registration form.

Time

The conference will start promptly at 10.00 am and finish at approximately 4.05 pm

Cost

The registration fee is £160 including lunch.

Certificate of Attendance

All delegates will receive a Certificate of Attendance from the University of Glasgow.

About the Area/Accommodation

The Aviemore area offers various activities from hill walking to sightseeing or just relaxing in fresh mountain air. Why don't you take advantage of the beautiful Highland location and extend your stay over the weekend with your colleagues or family.

To find out about accommodation and offers in the area, you can contact:
<http://www.visitaviemore.com>, tel: 07772 690 672
or visit: <http://www.visitscotland.com>

Venue

Hilton Coylumbridge, Aviemore, Inverness-shire, PH22 1QN
Telephone: 44 (0)1479 810661, Fax: 44 (0) 1479 811309
Email: reservations.coylumbridge@hilton.com
Website: <http://www.hilton.co.uk/coylumbridge>

Programme

9.15 - 10.00	Registration and refreshments	12.30 - 12.35	Questions
10.00 - 10.15	Introduction from the morning chair and an update on CHD strategy Elaine C Garman , Public Health Specialist, Victoria Hospital, NHS Highland	12.35 - 12.45	'Oxygen to heart' exercise session
10.15 - 10.35	How will Scotland be able to meet the new SIGN guidelines? Dr Paul MacIntyre , Lead Clinician for Coronary Heart Disease and Chairman of the National Advisory Committee on Coronary Heart Disease	12.45 - 1.55	Lunch
10.35 - 10.40	Questions	1.55 - 2.00	Introduction from the chair Elaine C Garman , as before.
10.40 - 11.05	Generation Scotland; the Scottish Family Health Study Aims, objectives and progress of this large family-based cohort study currently recruiting across Scotland. The study will form a powerful platform for the identification of genetic and heritable factors associated with important chronic disease, including cardiovascular disease. Dr Blair Smith , Professor of Primary Care Medicine, University of Aberdeen	2.00 - 2.30	Role of plant sterols and stanols in a cholesterol lowering diet <ul style="list-style-type: none">• What are plant sterols/stanols?• What is the evidence for plant sterols/stanols in cholesterol lowering?• What is the range of plant sterol-containing foods? Anna Wheeler , Registered Nutritionist, Nutrition Manager, Unilever UK
11.05 - 11.10	Questions	2.30 - 2.35	Questions and discussion
11.10 - 11.35	Refreshment break	2.35 - 3.00	Smoking Cessation and Coronary Heart Disease What support and treatment should be provided to patients with CHD who want to stop smoking? Gillian Bruce , Lead Smoking Cessation Nurse Specialist, Acute Services - Forth Valley NHS
11.35 - 12.00	Obesity and CHD - a cardiovascular time bomb How are obesity and Coronary Heart Disease linked? The importance of waist circumference and the best ways for weight management. Dr Catherine Hankey , Senior Lecturer, Division of Developmental Medicine, University of Glasgow	3.00 - 3.05	Questions
12.00 - 12.05	Questions	3.05 - 3.30	Juice break
12.05 - 12.30	Highland Healthy Weight Strategy - the bigger picture <ul style="list-style-type: none">• Work in highland which should have an impact on weight• Policy and strategy support for healthy weight interventions in Highland• The partnership process• Plans for the future Jane Groves , Health Promotion Manager, NHS Highland	3.30 - 4.00	Drugs and CHD New products and latest advancements. Speaker tbc , supported by Sanofi-Aventis
		4.00 - 4.05	Questions
		4.05	Approx Close



Images courtesy of Visit Scotland

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registration form

Please fill in BLOCK CAPITALS

Name _____

Position _____

Organisation _____

Address _____

Postcode _____

Tel _____

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Special diet requests

How did you hear about the conference?

Please enclose a cheque for the appropriate amount payable to **'The University of Glasgow'** or request an invoice. Please send completed registration forms with cheques (where appropriate) to:
Carolyn Fraser, CPD Manager, Queen Mother's Hospital, Glasgow, G3 8SJ. Tel 0141 201 9353/9264, Fax 0141 201 0674
If you would like an invoice, please provide a contact name for the person to whom the invoice should be sent and the address (Please provide an organisation address as we cannot accept a personal address for invoices).

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For further information contact:
Carolyn Fraser, CPD Manager, 0141 201 9264 or email cf24f@clinmed.gla.ac.uk

The personal data that you supply during the registration of this conference on **Obesity and the Prevention of Coronary Heart Disease, Thursday 13th September 2007, Hilton Coylumbridge, Aviemore**, will be entered into a database and used by the University of Glasgow or its agents to manage your registration for, and attendance at, the conference. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the conference. The personal data in the database will be retained by the University, unless requested in writing to the Conference Organiser, and may be used in future to inform you about other appropriate services and events that may be organised by or in conjunction with, the University. **Cancellation policy** Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before 10th August. Thereafter the full fee is payable, regardless if the delegate attends or not. Substitutions can be made at anytime. The organisers reserve the right to change the speakers and venue as required.