

## New Ways Forward in Endocrine and Women's Health



**Date:** Friday 10 May 2019

**Time:** 9.00-5.15pm (optional drinks 5.15-6.00pm)

**Venue:** Engineers' House, Clifton, Bristol, BS8 3NB.

TIME	CONTENT	SPEAKER
8.30 - 9.00	Registration and refreshments	
9.00 - 9.10	Welcome Address	<b>Dr Elizabeth Thompson</b> CEO for the National Centre for Integrative Medicine
9.10 - 9.55	Thyroid – Clarity amid the Controversy – an Update (35 mins) Q&A (10 mins)	<b>Prof Colin Dayan</b> Professor of Clinical Diabetes and Metabolism, Cardiff University School of Medicine
9.55 - 10.30	Nutritional Approach to Thyroid Health and DM2 (25mins) Q&A (10 mins)	<b>Frances Evans</b> Cardiac Nurse, NCIM Nutrition Lead
10.30 - 11.10	Lifestyle Approaches to Managing (and reversing!) Type 2 Diabetes (30 mins) Q&A (10 mins)	<b>Dr Mike Diamond</b> GP and Clinical Lead for Diabetes at the University of Edinburgh Health Centre
11.10 - 11.30	<b>BREAK</b> (20 mins)	
11.30 - 12.30	Patient Perspective: Addison's Disease (20 mins)  Environmental Impact on Endocrine Health (25mins)  Review of the Morning Q&A (10min)	Patient X with <b>Dr Elizabeth Thompson</b>  <b>Dr Ekaterina Mishanina</b> Physician (Integrated Medicine)  <b>Dr Duncan Still</b> GP, NCIM Education Lead for Diploma in Integrative Medicine
12.30 - 1.30	<b>LUNCH</b>	
1.30 - 2.15	Women's Health including Bioidentical Hormones (35 mins) Q&A (10 mins)	<b>Dr Elaine McQuade</b> GP, Functional Medicine/Holistic Doctor
2.15 - 2.45	The Benefits of Mindfulness in Women's Health (30mins)	<b>Chris Bowles</b> NCIM Mindfulness Lead
2.45 - 3.15	<b>BREAK</b>	
3.15 - 4.30	<u>Common Women's Health Issues:</u> PMS, Endometriosis, Menopause  Nutrition (25 mins)  Homeopathy (25 mins)  Herbal (25 mins)	<b>Frances Evans</b>  <b>Dr Elizabeth Thompson</b>  <b>Dr Sally Moorcroft</b> GP, Medical Herbalist
4.30 - 4.50	Panel Discussion	<b>All Speakers</b>
4.50 - 5.00	Action Planning – what will I do differently next week?	<b>Dr Duncan Still</b>
5.00 - 5.15	Feedback and Close	<b>Dr Elizabeth Thompson</b>
5.15 - 6.00	Drinks Reception	<b>Everyone Welcome</b>



## BIOGRAPHY OF SPEAKERS

### [Dr Elizabeth Thompson](#)

#### [CEO, Holistic Doctor and Academic Director of NCIM \(National Centre of Integrative Medicine\)](#)

Dr Elizabeth Thompson trained in medicine at Oxford University and completed her clinical training at Guy's Hospital in London. Qualifying in Palliative Medicine, she obtained Membership of the Royal College of Physicians in 1991 and Certificate of Completion of Specialist Training (CCST) in September 2000. In 2014 she set up the National Centre for Integrative Medicine and is passionate about how bringing conventional, holistic and lifestyle approaches together could transform modern healthcare and create diversity for patients and practitioners. Dr Thompson is part of the new NCIM Holistic Doctor team and is also an experienced Medical Homeopath specialising in women's health including menopause and supporting the health and wellbeing of cancer patients. She has pioneered a new two-year Diploma in Integrative Medicine for healthcare professionals.

GMC registration number: 3262577



### [Dr Duncan Still](#)

#### [GP, Holistic Doctor and Education Lead for the NCIM Diploma in Integrative Medicine](#)

Dr Duncan Still is a GP with a long-standing interest in integrative approaches to healthcare. He is passionate about nutrition and the role of the natural world in gaining and maintaining optimum health. Duncan also works as an integrative doctor at Penny Brohn UK, a charity which specialises in holistic support for people living with and beyond cancer. He is part of the NCIM Holistic Doctor team, teaches medical undergraduates at the University of Bristol and is Education Lead for NCIM. He has co-pioneered a new two-year Diploma in Integrative Medicine for healthcare professionals.

GMC registration number: 7015935



**Prof Colin Dayan MA MBBS, FRCP, PhD**

**Professor of Clinical Diabetes and Metabolism, Cardiff University School of Medicine**

Colin Dayan trained in medicine at University College, Oxford, and Guy's and Charing Cross Hospitals in London, UK before obtaining a PhD in the immunology of Graves' Disease in Laboratory of Marc Feldmann. He then spent a year as an endocrine fellow at the Massachusetts General Hospital in Boston, USA before completing his specialist training in diabetes and endocrinology as a Lecturer in Bristol. He became a consultant senior lecturer in medicine (diabetes/endocrinology) at the University of Bristol in 1995 and Head of Clinical Research at the Henry Wellcome Laboratories for Integrative Neuroscience and Endocrinology in Bristol in 2002. In 2010, he was appointed to the Chair of Clinical Diabetes and Metabolism and Head of Section at Cardiff University School of Medicine. He served as Director of the Institute of Molecular and Experimental Medicine in 2011 – 2015.

He has a long established interest in translational research in the immunopathology of type 1 diabetes and is currently conducting early phase clinical trials in the development of antigen specific immunotherapy. His clinical interests in diabetes include management of poor compliance in type 1 diabetes, public health measures in the prevention of type 2 diabetes and models of community care in diabetes. He is the lead for diabetes in the Cardiff whole pancreas transplantation programme and with colleagues leads an All Wales anonymised data linkage programme for monitoring childhood type 1 diabetes. He has been part of 2 major EU FP7 programme grants in type 1 diabetes (and coordinator on one), a member of the Juvenile Diabetes Research Foundation Medical and Scientific Committee and the Welsh Diabetes Research Unit. Prof Dayan currently leads the Clinical Engagement and Training Core of the Diabetes UK funded type 1 diabetes UK immunotherapy Consortium which aims to coordinate and support combined efforts to bring immunotherapy for type 1 diabetes into clinical practice, and is Chair of the Type 1 diabetes national Prevention and Therapies Clinical Studies Group.

He also has research interests in thyroid disease which include thyroid autoimmunity, thyroid hormone replacement and bioavailability, genetic epidemiology as applied to population variation in thyroid hormone bioavailability and thyroid eye disease. He became secretary of the European Thyroid Association in 2013 and chairs the UK Thyroid Eye Disease Amsterdam Implementation Group.



### Frances Evans

#### NCIM Nutrition for Wellbeing Lead

Frances is a Cardiac Specialist Nurse and Registered Nutritional Therapist. Her passion for Integrative Medicine and incorporating the medicinal aspects of food, led her to study Nutritional Therapy. She has experience working within the NHS for 15 years specialising in Interventional Cardiology and Cardiac Rehabilitation, with a passion for supporting patients and their Healthcare Professionals in promoting health and wellbeing using food and lifestyle changes. Witnessing first-hand the impact dietary and lifestyle changes have on health outcomes continues to inspire and encourage Frances to study and research the effects food and lifestyle has on patients.



### Dr Mike Diamond

#### GP and Clinical Lead for Diabetes at the University of Edinburgh Health Centre

Dr Michael Diamond is a GP partner at the University of Edinburgh Health Centre, and the Clinical Lead for diabetes there. He studied at the University of Aberdeen graduating in 2010, completing his clinical training in Edinburgh thereafter. Prior to medicine, he worked at NUI Galway as a postdoctoral researcher for two years after completion of a B.Sc. (Biotechnology, 2000) and PhD. (Pharmacology, 2004). His interest is in the evidence base of lifestyle medicine which complements the management of chronic disease including metabolic syndrome, diabetes and mental health. He has published two recent peer-reviewed articles examining the impact of low carbohydrate diets on type 1 diabetes.



### Dr Ekaterina (Katya) Mishanina BSc MBBS MFHom

Prior to studying medicine Dr Mishanina studied psychology at University College London. This is where she first became interested in the intricate connection between mind and emotions and the importance of the medical consultation in the healing process. Since qualifying as a doctor from Barts and London School of Medicine and Dentistry, she has been working in different branches of medicine including general practice, paediatrics, acute medicine amongst others.

During her conventional medical work she realised that she was not always able to help patients get to the root cause of their illness using the conventional medical model of health. She also found that the treatment options available to her would help the symptoms but often did not address the deeper issues. In search of more holistic and natural ways of approaching the illness, she trained in medical homeopathy at the Royal London Hospital of Integrative Medicine (RLHIM). She now covers some general medicine and fibromyalgia clinics and teaches homeopathy to the medical professionals at the RLHIM. She trained with the British Society of Ecological Medicine in nutritional and functional medicine. She is passionate to help people address complex factors such as gut dysbiosis, nutritional deficiencies, toxicity, immune and hormonal disturbances that may maintain the disease. She also completed courses in analytical psychology and guided visualisation for therapeutic change and incorporates some of these techniques into her medical practice.



### Dr Elaine McQuade

Dr Elaine McQuade has worked for the NHS for almost 20 years and has a wealth of experience of conventional medicine. She has spent the last 8 years working at a GP surgery in Hertfordshire, combining it with work in a local hospice. She had been involved in training new GPs and appraising existing ones. Prior to that she trained and worked in Northern Ireland. Elaine obtained her medical degree at Queens University Belfast and hasn't stopped learning since! Over many years Elaine has worked on psychology and mental health, and has trained in journey work (Brandon Bays), completed her NLP practitioner course, trained in family constellation therapy and is currently doing a foundation yoga course with a view to teaching. She has a keen interest in yoga and meditation and has a strong interest in Ayurvedic medicine, it's approach and ideas. The idea that different body types and personalities have different health and nutritional needs is a theme that continues through to functional medicine and makes perfect sense that we are not a one size fits all medical model and need a more personalised approach. More recently she has been working in the bioidentical hormones (BHRT) field, trained by a leading expert and working alongside her in her London clinic. Elaine has always had an interest in a more holistic approach to health and lifestyle medicine. Over the last few years this has led her down the path of functional medicine and training with the IFM (Institute of Functional Medicine) and FMU (Functional Medicine University). Elaine continues to develop her knowledge of functional medicine and has recently completed her AFMCP study with the Institute of Functional Medicine.



### Chris Bowles

#### NCIM Mindfulness Lead

Chris Bowles has been teaching mindfulness courses to a wide population in the NHS and privately since 2008. Having completed initial training with the University of Bangor Centre for Mindfulness, she went on to accreditation with Breathworks, an organisation specialising in mindfulness for people with chronic pain and physical health conditions. Chris is also trained in psychological therapies and has worked extensively with people experiencing stress, anxiety and depression.



## Dr Sally Moorcroft

Dr Sally Moorcroft is a qualified doctor with 20 years of clinical experience, specialising in functional and integrative medicine. GMC registered and a partner and co-founder of Orchard Barn Integrative Health Centre, Dr Moorcroft has dedicated the last 14 years to her busy private practice combining nutrition, herbal medicine, homeopathy, medical acupuncture and bio-identical hormone therapy.

With a BSc (Hons) in Herbal Medicine and 5 years post graduate training in medical homeopathy (MFHom) through the National Centre for Integrative Medicine, as well as training in Iscador (Mistletoe Cancer) therapy and Bio-Identical Hormone Therapy at the Marion Gluck Clinic, London, Dr Moorcroft is passionate about using a personalized, holistic and a root cause approach.

In addition, Dr Moorcroft is a graduate of the AFMCP (Applying Functional Medicine in Clinical Practice) training programme, a member of the Institute of Functional Medicine, a visiting lecturer to Hull and York Medical School and a tutor at the National Centre for Integrative Medicine in Bristol.

