

DISTRICT 105 A

SUNDAY 6 NOVEMBER



ONLINE HEALTH & WELLBEING SUMMIT

09:55

Welcome by your host, **Viresh Paul**

A past Council Chair of Lions, British Isles and Ireland, Viresh is proud to launch this inaugural summit that address the need of the day in understanding the prevalent health and wellbeing issues affecting us all

10:00

Prevention of cardiovascular disease, **Dr Jayesh Makan**

Specialising in Cardiology and General (internal) Medicine, Jayesh is experienced in dealing with patients with complex heart failure and arrhythmias and has an interest in coronary artery disease with expertise in coronary angiography

10:30

Breast Cancer: What's important to you, **Dr Neha Patel**

Medical oncologist specialising in breast cancer. Her research focused on homologous recombination and PARP inhibitor treatment for triple negative breast cancer and was awarded MD(Res) from the Institute of Cancer Research and the Royal Marsden Hospital.

11:00

Looking after your mental health, **Dr Nancy Kuchemann**

As a GP Principle for over 16 years, Nancy is a Governing Body member for NHS Southwark CCG and NHS South East London CCG. Currently she is the co-chair of the Partnership Southwark Strategic Board (PSSB) as part of the SE London Integrated Care System.

11:30

Complication of Diabetes. Why prevention and control matter, **Dr Ajoy Pandit**

Consultant in Chronic Pain and Anaesthesia in West Herts NHS trust, Ajoy worked in Pain, Anaesthesia and in various ICUs including specialised Cardiovascular and Neuro-ICUs.

12:00

Are we destined to be Happy? **Dr Mahesh Kulkarni**

A consultant psychiatrist in the NHS for the past 15 years, alongside his clinical work Mahesh is active in the field of training, Clinical Supervision and teaching. He started his private practice about 3 years ago and specialises in ADHD, Depression and Anxiety Disorders.

12:30

Why the Menopause Matters, **Dr Sunjay Paul**

A GP with an interest in Education, Sunjay has experience in a variety of clinical settings and is currently working with Bupa. He also teaches Medical Students at the University of Buckingham and has an educational YouTube channel.

13:00

Give prostate cancer the finger, **Dr Nikhil Chopra**

Trained as a Urologist and member of the Royal College of Surgeons. He now runs a private general practice managing traditional general practice with the ability to provide preventative care and bespoke medical services. He specialises in men's health and prostate disease.

13:30

Looking after people living with dementia in their homes, **Sohini Boron**

Representing Home Instead, an international domiciliary care company, with over 240 offices in the UK, Sonia has practical experience of looking after people living with dementia in their homes.