



# South Asian Health Foundation and DAR update on Diabetes in Ramadan **SPEAKER PROFILES**



SOUTH ASIAN HEALTH  
**FOUNDATION**



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This Conference was developed by the SAHF Diabetes Working Group. The Sponsoring Companies have had no input into the conference agenda, speaker selection or presentations

## **SESSION:**

### **Epidemiology and Metabolic Changes of Diabetes in Ramadan**

#### **Vinod Patel**

**BSc (Hons), MD, FRCP, DRCOG, MRCP**

Dr Vinod Patel is Associate Professor in Clinical Skills at Warwick Medical School, University of Warwick. He is also Honorary Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust in Nuneaton, Warwickshire.



He trained in Endocrinology and Diabetes at the Hammersmith and the Royal London hospitals. He obtained a Doctorate on Haemodynamic Factors in the Pathogenesis of Diabetic Retinopathy from the University of London and has multiple papers arising from the work. Whilst his specialist area of research is prevention of diabetic complications, he has a passion for clinical diabetes care. He is jointly qualified in Hospital Medicine and General Practice and has this has allowed him to work relatively seamlessly across the primary care/secondary care interface and improve effectiveness in delivery of diabetes care for the local Community. His commitment to Clinical Education is to help create world-class healthcare professionals that will be capable of dealing with the clinical, managerial and professional challenges of the future.

His Diabetes Care Team was instrumental in developing the "Alphabet Strategy" for patient-centred, evidence-based, multi-professional diabetes care. This preventative and treatment-orientated strategy has been taught in numerous courses and seminars across UK with multiple international presentations at conferences. The most recent venture is the delivery of two workshops in Bahrain sponsored by the UN Development Programme.

His work is driven by the deep held belief that a patient-centred, outcome-based, team-working approach can lead to a reduction in all premature complications of diabetes and indeed complications of all long-term conditions by at least 50%, thereby significantly improving the quality of life of people in UK.

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## Professor Wasim Hanif

**MBBS MD FRCP**

Prof. Wasim Hanif is a Professor of Diabetes & Endocrinology, Consultant Physician, & Head of Service in diabetes at University Hospital Birmingham. He is the CAG lead for research in Diabetes & Endocrinology at Institute of Translation Medicine, Birmingham. He is an eminent authority on Diabetes, Obesity, and Ethnic health. He works with several national bodies, and professional groups in the UK. He has been involved with major research projects in diabetes and has published widely. He was selected for Kings Fund Leadership Programme in Diabetes. His research interest includes: diabetic kidney disease, diabetes prevention, management of diabetes in Ramadan, obesity, ethnicity and tackling health inequalities. He is involved as a chief and principal investigator in several international multi-centre trials and was instrumental in setting up UKADS (United Kingdom Asian Diabetes Study). Prof. Hanif has been involved at a parliamentary level to advise the government on issues relating to Diabetes and ethnic health. He is the Chair of the Diabetes Working Group of the world-recognised South Asian Health Foundation (SAHF). Prof. Hanif is a member of the Parliamentary and Stakeholder Diabetes Think Tank advising the All Party Parliamentary Group on Diabetes. His involvement in NICE has been extensive, sitting on advisory NICE Health Technology Appraisal Committee Between 2009 and 2015, and acting as an advisor on many issues including the use of health technologies, definitions of Obesity and Waist circumference in British South Asians, prevention of diabetes in high risk groups, physical activity and type 2 diabetes. He is on the Expert Advisory Committee of Commission of Human Medicine, advising MHRA on new Medicinal agents. He is on the Board of Governors as a Trustee of Diabetes UK, helping in strategy, advocacy, patient empowerment and research to help improve outcomes in people with diabetes in the UK.



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## Professor Kamlesh Khunti

**PhD MD FRCGP FRCP FMedSci**

**Professor of Primary Care Diabetes & Vascular Medicine, University of Leicester, UK**

Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine at the University of Leicester. He is Co-Director of the Leicester Diabetes Centre (UK) and leads a research group that is currently working on the early identification of, and interventions with, people who have diabetes or are at increased risk of developing diabetes. His work has influenced national and international guidelines on the screening and management of people with diabetes. He is Director of NIHR CLAHRC East Midlands and Co-Director of a Clinical Trial Unit. He is a NIHR Senior Investigator and principal investigator on several major national and international studies. Professor Khunti has recently been elected as a Fellow of the Academy of Medical Sciences and is currently an advisor to the Department of Health, a Clinical Advisor for the National Institute for Health and Care Excellence (NICE) and member of the Primary Care Study Group of the European Association for the Study of Diabetes (EASD). He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and is past Chair of the NICE Guidelines on Prevention of Diabetes. In addition, he is co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He has won numerous awards internationally.



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## **Dr Mohamed Hassanein**

**MB ChB, FRCP-Lon, FRCP-Edin, MPhil, CCST  
Dubai Hospital, Dubai Health Authority, UAE  
Cardiff University School of Medicine, Cardiff, UK**



Mohamed Hassanein was appointed as Consultant Endocrinology at BC University Health Board, Rhyl, UK, in 2002. He is an Honorary Senior Lecturer and the Associate Director for Postgraduate Diabetes Education, Cardiff University, UK. He's currently working as a consultant in Endocrinology in Dubai Hospital, UAE.

He is the Chair of the diabetes and Ramadan International Alliance –DAR ([www.daralliance.org](http://www.daralliance.org)), which has been set up in collaboration with the IDF MENA & Africa regions, the education study group (DESG) of the EASD and the Gulf Group for the Study of Diabetes. He co-authored recommendations on this subject for the ADA in 2005 & 2010, and for the BMJ in 2010 and participated as the first author or a co-author in almost 50 papers and has presented more than 30 oral presentations at international meetings. He also developed 2 educational programs for diabetes and Ramadan in collaboration with various international centres. He is a co-recipient of the Diabetes-UK Structured Education first prize in 2008 and 2009 as well as the European Association for the Study of Diabetes (EASD) education prize in 2009. Dr Hassanein has also helped develop the Wales Diabetes Guidelines and is an examiner with the Royal College of Physicians for the MRCP clinical exam. He has been closely associated with a number of educational projects and has provided e-Diabetes learning to many countries in collaboration with Université Numérique Francophone Mondiale.

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## SESSION

### Management of T2D in Ramadan

#### Dr Naresh Kanumilli

**Diabetes Network Lead for Greater Manchester, &E.Cheshire.  
Primary Care research Lead for GMCN, General Practitioner with Special  
Interest in Diabetes (GpWSI), Diabetes UK- clinical Champion**



I have been involved in the management of diabetes in primary care for over 10 years, through the satellite clinics in Bradford. I am involved in the development of the local guidelines for chronic diseases. I am also responsible for looking at best practice via audit and education. I have a keen interest in cardiovascular disease and as a result I am assisting with the development of pathways around various conditions such as chest pain, etc.

At a practice level, I am keen to improve our management of all chronic diseases and I have actively implemented pilot improvement projects, these have provided the practice with valuable information which can be used at a wider level. Involved in research at primary care level and promote "real world trial" As SCN lead for Diabetes, enable the dissemination of best practice and engage with CCG's, governing bodies and patient groups to ensure that best care is provided to all persons with diabetes. Currently leading on the GM strategy for Diabetes with the support of the Health and Social Care Partnership.

My main interests involve the prevention of long-term conditions and education. I also have keen interest in sports and raising funds for charity as my daughter is Autistic.

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#### Dr Shahab Qureshi

Dr Qureshi spent six years as an orthopaedic surgeon after completing FRCS. Also, having extensive experience working in Accident & Emergency at Russells Hall Hospital for ten years.

His past working experience proved to be invaluable when entering into General Practice in 2006. As well as carrying out Minor Surgery in practice, he has special interest in Diabetes, particularly in the Asian community. He is practice clinical lead for mental health, asthma, palliative and elderly care.

Having experience on "both sides of the fence" working in Primary and Secondary Care, he is fully aware of the pressures faced on a day to day basis and the necessity to keep up to date with advances in treatment and budgetary constraints.

He is past Chairperson of Muslim Doctors & Dentist Association, Birmingham based charity and current President of UK based Aluminus. His other interest are music, poetry and watching sport.



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## Salma Mehar

A Specialist Dietitian working in the field of community health and wellbeing for over 15 years. She currently works as a specialist Diabetes Dietitian for London North West Hospitals and is working on developing new resource on Carbohydrate awareness within BAME communities. Her work has been acknowledged in many communities, improving health conditions such as type 2 diabetes, heart disease and obesity through education and health promotion. Her role has extended working across the globe with various communities teaching and developing educational tools and resources to improve the lives and health literacy of local communities. Her passion to improve health through good diet and lifestyle has reflected in many projects led in religious establishments. She has been working on improving knowledge and wellbeing with diabetics during Ramadan and will be speaking about the Dietary changes during Ramadan.



## SESSION

### High Risk Patients in Ramadan

## Dr Srikanth Bellary

MD; FRCP

Dr Srikanth Bellary is the Clinical Director for one of the largest Diabetes units in the country and is also the Chair of Pan Birmingham Diabetes clinical network. He currently works as a Senior Lecturer in Metabolic medicine at Aston University and an Honorary Consultant Physician in Diabetes and Endocrinology at the Heart of England NHS Foundation trust, Birmingham. He was appointed as one of the 12 National Diabetes Champions by Diabetes UK in 2014.



Dr Bellary trained in Diabetes and Endocrinology in the West Midlands Deanery. In 2010 he was awarded the M.D. Degree by the University of Birmingham for his research in the UK south Asians with Type 2 diabetes. Dr Bellary has published in various reputed international journals including the Lancet, Science, Diabetes Care, Diabetologia, Diabetic Medicine, Lancet Diabetes and Endocrinology and has over 75 peer reviewed publications and chapters. Dr Bellary's research interests include epidemiology of type 2 diabetes, diabetes and ethnicity and metabolic ageing. He was one of the main investigators of the UK Asian Diabetes Study (UKADS) and is currently the Chief investigator of Type 2 Diabetes in the Youth (T2DMY) study. He is also the Principal Investigator and UK lead for three major EU funded studies on diabetes and frailty.

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## Dr Ali Karamat

Dr Karamat is a consultant in diabetes and endocrinology at the Heart of England NHS Foundation Trust and an honorary senior lecturer at the University of Birmingham. He completed his higher specialist training in diabetes and endocrinology as a clinical lecturer at University of Birmingham. During this tenure he also completed a research degree i.e. M.D. in the role of non-invasive screening methods in detecting diabetes mellitus. He has particular interest in antenatal diabetes and intensive insulin therapy. He runs weekly antenatal diabetes and insulin pump clinics at both Heartlands and Solihull Hospitals. In addition he has published in the field of diabetes management during Ramadan, antenatal diabetes, diabetes and cardiovascular disease and intensive insulin therapy as well as non-alcoholic fatty liver disease.



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## Dr Ateeq Syed

Dr Syed qualified from Bangalore University, India in 1994 and after a number of postgraduate training posts, undertook specialist training in Diabetes & Endocrinology in the West Midlands including 2 years lectureship at Birmingham University. He completed his CCT in 2008 and attained Fellowship in 2013. Dr Syed is currently a Consultant Physician & Endocrinologist at Heart of England NHS Trust with special interest in Diabetes Foot, Retinopathy & In-Patient Diabetes. He is the clinical lead for Diabetes Foot Service and ACE Diabetes Project. His research interest includes cardiovascular risks in diabetes, diabetes education, raising awareness and prevention of diabetes in ethnic minority.



His recent publications include diabetes care during Hajj and Ramadan.

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## SESSION

### Diabetes and Ramadan – A Holistic Approach

#### Dr Shuja Shafi

Dr Shuja Shafi has led a lifelong career in medicine, working at the NHS; University of London; Public Health Laboratory Service and Health Protection Agency as Lecturer, Hospital Consultant and a Clinical Regional Post Graduate Advisor. He has also been a leading community activist in several grassroots local and national voluntary community organisations, and ran the Islamic Cultural Society of Harrow's Supplementary School for many years. He was the Deputy Secretary General of the Muslim Council of Britain. He became involved with the MCB from 2000 following the meningitis outbreak of British pilgrims to the Hajj, leading the MCB's Health at Hajj and Umrah Research Project. Since then he has led several related activities at the MCB including chairing the Health and Medical Committee, the Food Standards and Chaplaincy Committee and initiating the Muslim Spiritual Care Provision in the NHS Project.



#### Dr Mushtaq Ahmed

##### FRCS, MCh Orth, FRCS Orth, Dip Sports Medicine

Mushtaq Ahmed is a Consultant Orthopaedic Surgeon at Dudley Group NHS Foundation trust and Honorary Senior Lecturer at Birmingham University. His area of expertise is elective Orthopaedics specializing in minimally invasive spinal surgery and arthroscopic joint surgery. He has published widely in leading medical journals and is involved in a number of trials.



Besides his busy clinical practice he works with a number of National and international organisations to improve the healthcare of Asian and Ethnic communities and is currently Chair of MDDA and Executive Member of APPS UK. He is also a trainer on the Orthopaedic Association of SARC countries (OASAC) panel.

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## Alia Gilani

Ms Gilani is a Health Inequalities pharmacist whose interests lie in ethnic inequalities and diabetes. She helped established and run a bi-lingual medication review service in NHS Glasgow in 2002. This was the "MELT" service (Minority Ethnic Long Term medicines Service) and operated for a over a decade. This was an open referral medication review service which allowed referrals to be received from both primary and secondary care. She has received several awards for her work in which the service has been recognised locally and nationally. She was the chair of the NHS Glasgow Diabetes Ethnicity and Inequalities Group.



She has also been running outreach clinics for South Asian diabetics for over a decade in various locations e.g. mosques, elderly centres. She is a member of the diabetes working group, the regional lead and CEO for the South Asian Health Foundation Scotland. She is also the first pharmacist on the Primary Care Diabetes Society committee.

She has hosted several diabetes awareness days in community venues promoting SAHF and NHS services. She is on the editorial board and contributes to Diabesity and the Diabetes in Primary Care Journal. She is involved in healthcare professional's education by delivering lectures both locally and nationally on topics from managing diabetes during Ramadan to tackling health and ethnic inequalities. She was involved in delivering a lecture at the first joint RCGP and RPS diabetes conference.

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## Dr Tahseen A. Chowdhury

**MD, FRCP**

**Consultant in Diabetes, Honorary Reader in Diabetes**

**The Royal London Hospital**

Dr Tahseen Chowdhury is a Clinician in the Department of Diabetes and Metabolism at the Royal London Hospital, in the East End of London. He runs a large specialist Diabetes and Metabolism unit, dealing with diabetes particularly amongst the Bangladeshi community of Tower Hamlets. He has a research / clinical interest in diabetes in South Asians and diabetic kidney disease, and has authored over 200 publications, including books entitled "Diabetes in South Asian people: Explained", "Fatty Liver" and "Diabetes Management in Clinical Practice". He qualified from the University of Birmingham and trained in Birmingham and Manchester, before becoming a Consultant Physician in 2000.



## NOTES

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