

# Type 2 Diabetes & Sleep disorders: Including diagnosis & management of Obstructive Sleep Apnoea Hypopnoea Syndrome (OSAHS)

## Wednesday 18th September 2024

### All Delegates will receive

- Increased knowledge of OSAHS
- A set of Course downloads
- A certificate for your appraisal portfolio

**Suggested Accreditation**  
**2 hrs CPD**

### Introducing your speakers

**Dr Kevin Fernando,**  
FRCGP FRCP Edin FAcadMed MSc Diabetes  
GP Partner North Berwick Health Centre  
Content Advisor Medscape Global & UK

Symposium Speaker sponsored by Bayer:

**Dr Diana Mansour,**  
FRCOG, FFSRH, DIPM  
Consultant in Community Gynaecology and Reproductive Healthcare  
Newcastle upon Tyne Hospitals NHS Foundation Trust  
Associate Clinical Lecturer at Newcastle University

### Meet the Speakers ...

#### Dr Kevin Fernando FRCGP FRCP Edin. FAcadMed MSc Diabetes



GP Partner North Berwick Health Centre, GP with Specialist Interest in Diabetes/CVRM & Medical Education.

Kevin is a part-time GP Partner (4 clinical patient-facing sessions weekly) working at North Berwick Health Centre, near Edinburgh. He is also Content Advisor for WebMD Medscape Global & UK.

Kevin is a regular keynote speaker at small and large-scale education events, throughout the UK & Ireland and abroad. His main specialist topics include; all aspects of care for people living with Type 2 Diabetes & CVRM conditions and interpretation and management of commonly abnormal blood tests in primary care.

Kevin is an accomplished medical writer, and his articles distil key guidelines and consensus for primary care as well as summarise congress highlights, breaking research and its applicability to primary care. Additionally, Kevin has co-authored several articles published in peer-reviewed journals, again covering various aspects of Type 2 Diabetes & CVRM care in Primary Care.

Kevin is renowned for creating concise clinical aide memoirs (Medscape UK Primary Care Hacks <https://www.medscape.co.uk/viewarticle/type-2-diabetes-cardiovascular-renal-metabolic-review-2023a100060c>) for Primary and Secondary care, to make life easier for healthcare professionals and ultimately to improve the lives of our patients.

Kevin is very active on social media (X handle @drkevinfernando) where he posts hot topics in Type 2 Diabetes & CVRM as well as delivering "tweetorials". He recently has forayed into YouTube (@DrKevinFernando) and TikTok (@drkevinfernando) with patient-facing video content.

Kevin graduated from the University of Edinburgh in 2000, holds both MRCGP and MRCP(UK) qualifications and has completed a Master's degree in Diabetes, which he passed with distinction.

Kevin has been elected to Fellowship of the Royal College of General Practitioners, the Royal College of Physicians of Edinburgh and also the Academy of Medical Educators for his work in Diabetes and Medical Education.

"When you learn, teach, when you get, give." Maya Angelou 1928-2014

#### Dr Diana Mansour FRCOG, FFSRH, DIPM



Dr Diana Mansour is a Consultant in Community Gynaecology and Reproductive Healthcare at Newcastle upon Tyne Hospitals NHS Foundation Trust in the UK.

She is an Associate Clinical Lecturer at Newcastle University and was recently the Senior Vice President at the Faculty of Sexual and Reproductive Healthcare of the Royal College of Obstetricians and Gynaecologists. Diana currently sits on the FSRH UKMEC steering group and guideline development group. She is a British Menopause Society recognized specialist, leading recently on the development of the Menopause Guidance for the North of England.

Diana is first author to over 100 peer-reviewed publications and co-wrote 'Contraception Made Easy' with Dr Laura Percy for those working in general practice and family medicine.

Diana's areas of expertise include acceptability of contraceptive methods, non-contraceptive benefits of contraception, development of long-term methods of contraception, medical management of heavy menstrual bleeding and management of the menopause.

## Your Learning Agenda for Dr Kevin Fernando ...

### Type 2 Diabetes & Sleep disorders: Including diagnosis & management of Obstructive Sleep Apnoea Hypopnoea Syndrome (OSAHS)

- ▶ Waking up to the importance of duration & quality of sleep as major metabolic risk factors
- ▶ Double trouble: the bidirectional association of T2D & Obstructive Sleep Apnoea/Hypopnoea Syndrome (OSAHS)
- ▶ Diagnosis and management of OSAHS in Primary Care  
Obstructive Sleep Apnoea in children
- ▶ Rise & shine: practicing healthy sleep hygiene

## Programme ...

19:30 - 20:15

Session 1

20:15 - 20:45

**Sponsored Symposium:  
Supporting Women with Diabetes through the Perimenopause**

**Dr Diana Mansour, FRCOG, FFSRH, DIPM**

Consultant in Community Gynaecology and Reproductive Healthcare  
Newcastle upon Tyne Hospitals NHS Foundation Trust

Associate Clinical Lecturer at Newcastle University



This promotional symposium is part of the Women's Health Matters Educational Programme that is organised and fully funded by Bayer.

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20:45 - 21:30

Session 2

21:30

Webinar Ends

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