

SHARIF ISLAM

Sweet talking!

SYNOPSIS

Despite all the advances in medicine and pharmacology, we are still only made of what we eat and yet the discussion of nutrition in the management of health and well-being is bizarrely scarce, giving way to a prevalence of drugs and surgery. This talk aims to stimulate conversation and debate on the importance of discussing nutrition with patients, and how it can have significant impacts on systemic health and disease.

EVENT DETAILS

DATE	Tuesday 25th March 2025
TIME	7.00pm - Trade / Sponsors registration 7.30pm - Dinner 8.30pm - Lecture
ADDRESS	Mercure Nottingham Sherwood, 296 Mansfield Road, Nottingham, NG5 2BT

MENU	Baked Field Mushroom, Smoked Aubergine Puree, Watercress and Pinenut Salad Chickpea and Butternut Squash Tagine, Cous Cous, Yogurt and Mint Duo of British Isle Cheeses (Cropwell Bishop Stilton) Biscuits and Chutney
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**Vegetarian option available. Please specify when making your booking.*

PERSONAL DEVELOPMENT

CPD VALUE

2 HOURS

GDC DEVELOPMENT OUTCOMES

- A** Effective communication with patients and the dental team
- B** Effective management of self
- D** Maintenance of skills, behaviours and attitudes which will maintain patient confidence in you and your profession

ABOUT THE SPEAKERS

Sharif Islam has been a general practitioner for over 23 years and has written dozens of articles on a wide range of subjects across many dental journals, including for the British Dental Journal. He has always had a particular interest in nutrition and the role it plays in the improvement and management of health and disease.

AIMS AND OBJECTIVES

- To discuss why talking about nutrition is so important
- To understand why we know more about drugs than we do about our food?
- To learn about the role of nutrition in chronic disease and how it can beat it.
- To discuss food myths and the simplicity of human nutrition
- To discuss what do we tell our patients? When and how?
- To learn how to teach ourselves and our children about nutrition?

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Please note: Bookings are on a strictly first come, first served basis. Your booking will only be secured once payment has been received.

Bookings must be made by **Midday on Friday 21 March 2025.**

YOUR DETAILS

NAME:

ADDRESS:
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GDC NO:

E-MAIL:

If vegetarian option required, please tick box ☐

Please make payment of £40 per person with surname as reference online sent to:

Account name: Nottingham Dental Society
Sort code: 60-80-09
Account no.: 88877248

Please still post/email a completed slip with a note of payment date and reference

Receipts and certificates of attendance will be emailed after the event. You can verify if your application has arrived by e-mailing **info@nottinghamdentalociety.co.uk** or **drmandybasi@yahoo.co.uk**