

BIDA International Conference 2025

Hyatt Playa Del Carmen, Cancun, Mexico, Weds 19 & Thurs 20th November

Committee and Organization:

The Conference Committee was chaired by Dr. Suresh Chandran and included Prof. Sanjay Arya OBE (who unfortunately was unable to attend), Dr. Leena Saxena, and Dr. Usha Chandran. The organizing committee curated a program spread across one-and-a-half days, covering a diverse range of medical topics. Alison Sherratt from BIDA central office also helped immensely in organising the conference and later gathering feedback and sending out attendance certificates.

Day 1:

The Conference began with a welcome address by Dr Suresh Chandran, Chairman Organising Committee followed by BIDA Chairman Dr Ashish Dhawan's and BIDA President Prof Amit Sinha's address to the audience.

◆ Session 1:

Chaired by Dr. Leena Saxena and Prof. Videsh Raut

Prof. Ravish Katira opened with a presentation titled: To drink or not to drink; that is the question. Dr. Anil Kumar followed with a discussion on falls in the elderly and treatable causes. The session concluded with Prof. Amit Sinha highlighting the effects of obesity on weight-bearing joints.

◆ Session 2:

Chaired by Dr. Veena Jha and Dr. Ashish Dhawan

Mr. Nanik Vaswani opened the floor to urology-related questions from the audience. Mr. Anurag Golash provided an update on Robotic Assisted Laparoscopic Surgery, and Dr. Suresh Chandran concluded the session with a talk on the challenges of medical appraisal.

◆ Session 3:

Chaired by Dr. Usha Chandran and Prof. Amit Sinha

Dr. Vivek Malhotra used various radiological images to identify types of arthritis, followed by Dr. Neha Dalal, who discussed the current state and challenges of digital pathology in the NHS. Finally, Dr. Jasbir Chhabra shared his experiences training as a yoga teacher in Rishikesh, India, and extolled the virtues of yoga.

◆ Session 4:

Chaired by Dr. Shalini Gadiyar and Dr. Suresh Chandran

Dr. Anita Sharma explained the diagnosis and management of endometriosis. Dr. Bhavna Pandya then provided insights into how South Asian women healthcare professionals navigated challenges during COVID-19 and beyond. The day concluded with Prof. Gurpreet Singh offering valuable tips for surviving and succeeding in the NHS.

Day 2 Sessions:

◆ Session 5:

Chaired by Dr. Anita Sharma and Dr. Vinod Gadiyar.

Dr. Sanjiv Sinha spoke on stress management in UK General Practice, followed by Mr. Ram Prasad on aesthetic surgery after pharmacological weight loss. Dr. Vijay Kumar wrapped up the session discussing Stem Cell and PRP clinical applications.

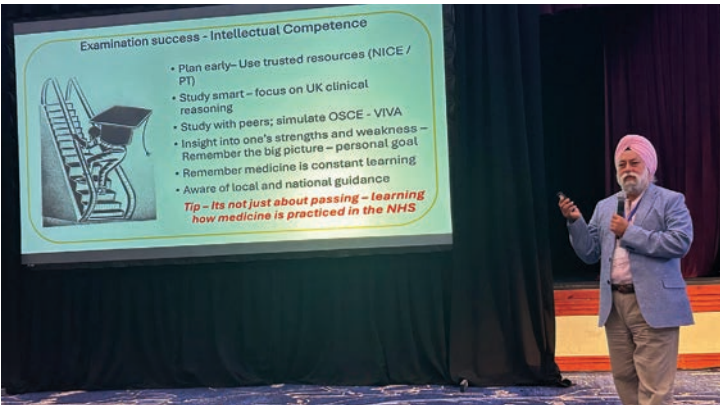
◆ Session 6:

Chaired by Dr. Yamini Malhotra and Dr. Sanjeev Saxena

Dr. Nikhila Deshpande discussed recent advances in the management of depression, focusing specifically on rTMS. Dr. Tulika Prasad delivered a lecture on management of adult ADHD, and Dr. Vinod Gadiyar closed the presentations by discussing the "good, bad, and ugly" face of opioid therapy.

◆ **Conclusion:** Based on audience feedback, the conference was highly successful, featuring many erudite and expert speakers. Engagement was excellent, to the extent that Q&A sessions frequently had to be curtailed due to time constraints.





Speakers at the 2025 International Congress included (above, top row, l to r) Dr Sanjiv Sinha, Dr Neha Dalal, Dr Nikhila Deshpande, Mr Ram Prasad, (middle row, l to r) Dr Vijay Kumar, Dr Vivek Malhotra, Dr Vinod Gadiyar, Prof Amit Sinha, and (bottom row, l to r) Prof Gurpreet Singh and Prof Ravish Katira. Below: The International Congress Chairperson's Panel, including Speakers. Opposite page: Prof. Amit Sinha delivers his opening address to the Congress



International Conference Speakers:

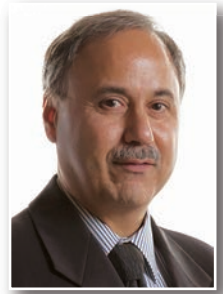
Day 1, Session 1

To drink or not to drink; that is the question

Prof Ravish Katira *Consultant Cardiologist, Merseyside & West Lancashire NHS Teaching Hospitals, Prescot; Institute of Medical Sciences, University of Greater Manchester*

Low to moderate alcohol consumption has been associated with a reduced risk of some cardiovascular diseases in certain studies. However, there are alcohol related risks

including cancer and cardiovascular harms. In this lecture, Prof Katira will explore the current evidence.



Falls in the Elderly – an approach to treatable causes

Dr Anil Kumar *Consultant Geriatrician, University Hospitals of North Midland, Stafford*

Falls are very common presentation in the older adults for both primary care and secondary care. It takes away confidence of the patient, could be a life changing event. It affects families. It is associated with morbidity and mortality.

There are treatable and non-treatable causes of Falls. This talk will focus on clinical approach to falls, including management of treatable causes. It will also touch on deprescribing and medicine optimisation.



Effect of obesity on weight bearing joints

Prof Amit Sinha *Consultant Orthopaedic Surgeon; Honorary Clinical Professor, Chester University. National President, BIDA.*

80 – 95% of patients who suffer from knee and hip osteoarthritis (OA) are overweight or obese. Unfortunately, this problem will increase over time as the world population ages and their declining health leads to further physical disability.

Over the last decade, the prevalence of OA has increased by 25% in Western countries. The knee is the most frequently affected joint, as compared to the hip joint.

Prof Sinha will also explore the cost implications and other risks associated with obesity.



Day 1, Session 2

"Any Urological Question"

Mr Nanik Vaswani *Consultant Urological Surgeon, Chesterfield Royal Hospital*

Mr Vaswani will let the audience decide the agenda of his talk. He will leave it to the audience to ask him any urological questions. Mr Vaswani believes that a heterogeneous audience does not get enough time to ask a

specialist questions about their specialty. So, he will be trying this unique approach. Mr Vaswani expects this to be a very interactive and interesting session.



An introduction to Robotic Assisted Laparoscopic Surgery - is it as good as it sounds?

Mr Anurag Golash *Consultant Urologist and Clinical Lead, University Hospital of North Midlands, Stoke on Trent*

Mr Golash had established minimally invasive surgery in his department in 2004 and then moved on to robotic surgery since 2014. His major area of interest is robotic surgery for kidney, and he reported the world's day case laparoscopic nephrectomy in 2006. He was awarded the Citizen of the

Year award by Staffordshire Council for his role in minimally invasive surgery.

His talk will focus on Robotic assisted laparoscopic surgery in Urology.



Why are appraisals a nightmarish experience?

Dr Suresh Chandran *Consultant in Acute Internal Medicine and Revalidation Lead; Oldham Care Organisation*

Despite appraisals and revalidation being firmly embedded in our professional lives, many doctors still find appraisals a nightmarish experience. Dr Chandran will draw upon his experience as the Appraisal and Revalidation Lead in

Oldham Care Organisation to explore the reasons behind it and also share some tips to make appraisals a fruitful experience.



Day 1, Session 3

Identifying Common Patterns and Turning Radiology into an Ally

Dr Vivek Malhotra *Consultant Radiologist and College Tutor; West Herts Hospitals NHS Teaching Trust*

This talk focuses on the radiological approach to arthritis, with an emphasis on identifying the common sites and characteristic imaging features of different types of arthritis. It also aims to demystify key radiological terms frequently

encountered in reports and to clarify how imaging can serve as a valuable ally – rather than an adversary – for general practitioners in the diagnosis and management of arthritic conditions.



Digital pathology in the UK: Current state, challenges and the future with Artificial Intelligence.

Dr Neha Dalal *Consultant Histopathologist, University Hospitals Birmingham; Honorary Senior Lecturer at School of Cancer Sciences, University of Birmingham*

Digital pathology is revolutionising the way we report histopathology, and the NHS is promoting its roll out in laboratories across the UK.

Dr Dalal's talk will cover:

- What is Digital Pathology and its status in the UK and NHS

- RCPATH Best Practice and Guidelines
- Technical workflow
- Pros and cons of digital pathology
- UK examples and pilot sites
- Role of AI
- Future roadmap for the UK



Yoga for health in the modern era- The Rishikesh experience

Dr Jasbir Chhabra *Consultant Intensive Care and Anaesthetics at Lancashire Teaching Hospitals NHS Trust*

In today's busy life esp with us as doctors, it's difficult for most of us to take time out to look after our own health. We often forget to prioritize our own health and well-being. This presentation explains what 'Yoga' truly is; gets rid of some of the myths and wrong concepts in people's minds and discusses some comparisons to aerobic and gym

exercises that one often involves in for improving our health. Dr Chhabra will also go through his experience in Rishikesh where he completed a 200-hour Yoga Instructor Course to qualify as a teacher recognised globally by Yoga Alliance, the apical world body for Yoga today.



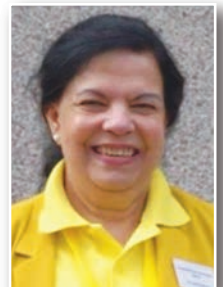
Day 1, Session 4

Endometriosis Diagnosis and Management

Dr Anita Sharma *GP with Special Interest in Women's Health; GP Appraiser - NHSE*

Dr Anita Sharma's talk will focus on the following areas:

1. Women's Health strategy (2021)
2. Diagnosis and management of Endometriosis
3. Raising funds for Endometriosis Charity

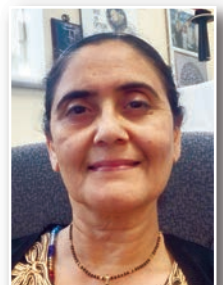


Navigating Silence and Voice: South Asian Women Healthcare Professionals in the NHS During COVID-19 and beyond

Dr Bhavna Pandya *Consultant Nephrologist and Physician; Honorary Senior Clinical Lecturer, Liverpool University NHS Foundation Trust*

Dr Pandya's talk will focus on how race, gender, and professional identity intersect to shape risk, silence, and discrimination. Her study provided insight into how institutional and cultural dynamics constrain voice and inclusion for South Asian women in the NHS. Dr Pandya will argue that voice is not just a personal capacity but a

structural condition that can either reinforce silence or enable change. Her study highlighted the need for structural reforms that strengthen psychological safety, ensure clarity around rights and protections, and address the persistent gap between inclusion rhetoric and lived experience



Surviving and Thriving: Secrets for success in the NHS

Prof Gurpreet Singh *Retired Consultant in Urology; Former Associate PG Dean; NED Southport NHS Trust; Trustee BAUS; Chair of Fitness to Practice Tribunals; Lead Assessor NCAS*

Prof Singh draws on his experience as a Training Programme Director and Associate Dean; as well as his experience as a Chair of Fitness to Practice Tribunals and a

Lead Assessor for NCAS to talk about how an IMGs can best navigate the NHS landscape, and what it takes to achieve their potential and excel.



Day 2, Session 5

Stress-recognition and management in General Practice in UK

Dr Sanjiv Sinha GP Trainer and Appraiser; Clinical Tutor; Formerly TPD, West Midlands Deanery

GP practices across the country are experiencing significant and growing strain with declining GP numbers, rising demand, struggles to recruit and retain staff and knock-on effects for patients. General practitioners in the UK are experiencing the highest stress and lowest job satisfaction

when compared with colleagues in nine other high-income countries, an analysis has found. Dr Sinha will also focus on various sources of stress and distress and the effects they have on the working environment.



Medication, Motivation and Makoevers: Aesthetic Surgery after Pharmacological Weight Loss

Mr Ram Prasad Consultant Breast and Body Aesthetic Surgeon, Pall Mall Medicals and WWL NHS Foundation Trust

Weight loss drugs, particularly GLP-1 receptor agonists are causing significant body transformations for many patients. While the drugs are effective for weight reduction, rapid or major weight loss often creates new aesthetic and

reconstructive concerns issues. Weight loss drugs increase demand for aesthetic surgery. Mr Prasad will focus on skin laxity, facial changes, breast changes, psychological / lifestyle factors and market dynamics



Stem cell/PRP & its Clinical applications

Dr Vijay Kumar General Practitioner with interest in Regenerative Medicine

Regenerative medicine is an emerging field with varied clinical applications across the medical specialities.

Dr Kumar's talk will focus on:

- a) Basics of stem cell and types of stem cell.
- b) What is PRP and method of obtaining PRP?
- c) Use of PRP in MSK and Plastic/ Aesthetic medicine



Day 2, Session 6

Recent Advances in depression and anxiety treatment

Dr Nikhila Deshpande Consultant Psychiatrist at Cheshire and Wirral Partnership NHS Trust; Founding Director of Tranquil TMS, Cheadle

Up until 2008, the main treatment for anxiety and depression was psychotropics. But in 2008, FDA approved Repetitive Transcranial Magnetic stimulation (rTMS). Repetitive Transcranial Magnetic (rTMS) is the cutting-edge treatment for depression and anxiety. rTMS is a non-

invasive, medication free neuro-modulatory treatment which is providing a ray of hope for the patients suffering from depression and anxiety disorders. NICE approved rTMS in 2015. Dr Deshpande would share her experience of treating patients with rTMS.



Adult ADHD Diagnosis and management

Dr Tulika Prasad Consultant Psychiatrist, Penn Hospital, Wolverhampton BCHF Trust

ADHD is a neurodevelopmental disorder characterised by persistent inattention, hyperactivity, and impulsivity. ADHD has a chronic course with symptoms that begin in early childhood but often persist into adult life.

Diagnosis of ADHD in adulthood requires ancillary information supporting onset of symptoms in childhood (before 12 years of age).

Dr Prasad's talk will focus on the diagnosis and management of ADHD



Opioids: The Good, the Bad, and the Ugly

Dr Vinod Gadiyar Consultant in Anaesthesia and Pain Medicine; Northern Care Alliance NHS Foundation Trust, Manchester

Dr Gadiyar will be exploring the effectiveness and beneficial effects of opioids (the Good), the possible side effects (the Bad) and their wider societal impact (the Ugly).

Opioids (morphine and morphine like drugs) have been used in pain medicine for a long time. Opioids are very potent and effective analgesics and work through the

opioid receptors in the central nervous system. They are the mainstay in the management of intra and post operative pain and cancer pain. It became acceptable to use opioids for chronic non cancer pain from around 1987. However, the long-term use of opioids can lead to several problems.

