

## Eating disorders, sports, exercise and mental health - South Eastern Division Autumn Conference 2023

Friday 13 October 2023 | 9am – 1pm

Online via Zoom

Time	Presentation
8:50am	<b>Virtual room opens</b>
9:00 – 9:05am	<b>Welcome</b> Dr Hesham Elnazer, Consultant Psychiatrist & Academic Secretary for South Eastern Division, with Dr Francesca Battisti, Eating Disorders Regional Representative for South Eastern Division
9:05 – 09:45am	<b>Sports and exercise psychiatry</b> Dr Jack Alan Tagg, Locum Psychiatry SHO
9:45 – 10:25am	<b>Nutritional interventions in mental health: The why, the what and the how.</b> Dr Pratima Singh MBBS, MRCPsych, MBA, Consultant psychiatrist
10:25 – 11:05am	<b>RED-S and female health</b> Renee McGregor, Sports and eating disorder specialist dietitian
11:05 – 11.20am	<b>Comfort break</b>
11:20 – 11:35pm	<b>The role of physical exhaustion as emotional anaesthesia and appeasement to the voice of anorexia</b> Katie Lodge, BEAT volunteer
11:35 – 11:50pm	<b>My exercise addiction and eating disorder story</b> Tommy Kelly, BEAT Ambassador
11:50 – 12:15pm	<b>Unhealthy exercise in eating disorders and ways of managing it</b> Dr Caz Nahman, Consultant CAMHS Psychiatrist specialising in Eating Disorders
12:15 – 12:55pm	<b>Eating disorders in elite sport</b> Dr Amit D Mistry, Consultant psychiatrist. Nightingale Hospital, London
1pm	<b>Close</b> Dr Rajnish Attavar, Vice Chair, RCPsych South Eastern Division

The Conference Committee reserves the right to change the Programme without prior notice.

