Come to the Royal National Orthopaedic Hospital in Stanmore on Thursday 17 November 2011 for an important update about Vitamin D deficiency, its effects and how to detect, prevent and treat it.

Hear from international experts including Professor Vieth who has studied and lectured about Vitamin D for more than 20 years. Professor Bishop from Sheffield is the only UK professor of children’s medical bone disease. A range of other London experts will explain the impact of Vitamin D deficiency in babies, children and adults – with practical guidance on how to prevent many of the problems.

Learn about current policy regarding who should have blood levels checked, who should have supplements, and whether these should be prescribed by doctors or other health professionals. Understand the recommendations for Vitamin D dosage and duration of treatment in cases of deficiency and gain knowledge of the blood levels which indicate insufficiency or deficiency.

Hear about research on the role that Vitamin D plays in many illnesses such as gestational diabetes, plus toxicity and safe blood levels. Share your knowledge and clinical experiences by participating in an open discussion about new treatment guidelines and protocols.

The Royal National Orthopaedic Hospital treats patients from across the UK, so doctors, health visitors, midwives, pharmacists, public health and other health professionals from far and wide will be attending.

The meeting is sponsored by an unrestricted educational grant from Cow & Gate.

Dr Reinhold Vieth is Professor in the Department of Nutritional Sciences and the Department of Laboratory Medicine and Pathology, University of Toronto. He is an internationally recognised expert on the clinical nutrition of Vitamin D as well as its pharmacology and safety. His research has followed Vitamin D from the basic science lab to bone health and osteoporosis and cancer. His current focus includes the role of Vitamin D deficiency in gestational diabetes and multiple sclerosis, including clinical trials of Vitamin D treatment.

Professor Nick Bishop is the UK’s only Professor of Paediatric Bone Disease at the Academic Unit of Child Health at Sheffield University. His clinical research group focuses on treatment of childhood osteoporosis and his basic science group on the patho-physiology of childhood bone diseases.

Dr Colin Michie is Consultant Senior Lecturer in Paediatrics at Ealing NHS Trust, with a special interest in infectious diseases and bacterial toxins. He is an executive committee member of the British Paediatric Surveillance Unit (BPSU) of the Royal College of Paediatrics and Child Health and has a special interest in Vitamin D. He has specialist clinics and laboratory groups at Guy’s Hospital and Imperial College.
Vitamin D briefing – Thursday 17 November 2011

The afternoon session will be repeated in the evening, enabling you to choose which time is more convenient.

### Afternoon – session 1

13:00 Registration

14:00 Chairman Dr Richard Keen
Opening remarks: Mr Aresh Hashemi-Nejad

14:05 Vitamin D requirements during pregnancy and infancy: The global evidence
Professor Reinhold Vieth

14:45 The grey area of Vitamin D “insufficiency”: UK perspective
Professor Nick Bishop

15:30 Is the current supplementation strategy meeting the needs of the under fives?
Dr Robert Moy

16:00 Panel presentations
Rufus Greenbaum – UK data
Dr Priscilla Julies – Vitamin D deficiency in childhood
Dr Colin Michie – Vitamin D problems in adolescence
Dr Sandra Rainbow – measuring Vitamin D blood levels
Dr Keith Middleton – pharmacy supply of Vitamin D

17:00 Conclusion and local action plan
Dr Benjamin Jacobs

17:15 End and buffet

### Evening – session 2

17:15 Registration and buffet

18:15 Chairman’s opening remarks
Dr David Lloyd

18:20 Vitamin D requirements during pregnancy and infancy: The global evidence
Professor Reinhold Vieth

19:00 Is the current supplementation strategy meeting the needs of the under fives?
Dr Robert Moy

19:30 Panel presentations
Rufus Greenbaum – UK data
Dr Priscilla Julies – Vitamin D deficiency in childhood
Dr Colin Michie – Vitamin D problems in adolescence
Dr Sandra Rainbow – measuring Vitamin D blood levels
Dr Keith Middleton – pharmacy supply of Vitamin D

20:15 Conclusion and local action plan
Dr Benjamin Jacobs

20:30 End

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**Dr Robert Moy** is Consultant Community Paediatrician at South Birmingham Primary Care Trust. Dr Robert Moy helped implement the new World Health Organisation growth charts in the UK and recently retired as an NHS Consultant Paediatrician and a Senior Lecturer in community child health at the University of Birmingham. His research has covered a range of issues including deficiencies of iron and Vitamin D, obesity and failure to thrive. He has also developed training materials on growth and nutrition for use in the UK and overseas.

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**Dr Richard Keen** is Director of the Metabolic Bone Disease Unit at the Royal National Orthopaedic Hospital and a senior lecturer at the Institute of Orthopaedics and Musculoskeletal Science, University College London. He heads a clinical research team, and is currently an investigator on several research studies evaluating new treatments for osteoporosis, fracture healing and other metabolic bone disorders.

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**Dr Priscilla Julies** is an Associate Specialist Paediatrician at the Royal National Orthopaedic Hospital, with an interest both in the illnesses caused by deficiency of Vitamin D and the effects of Vitamin D overdose.

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**Dr Benjamin Jacobs** is Director of Children’s Services in the Paediatric Unit at the Royal National Orthopaedic Hospital, with a team of consultant paediatricians. He runs a paediatric metabolic bone clinic with Dr Keen where many children with Vitamin D related disorders are treated and is active in research in this field.
**Booking arrangements**

To book a place, please use the online booking form at [www.rnoh.nhs.uk/courses](http://www.rnoh.nhs.uk/courses)

Registration fee (inclusive of food, refreshments and a PDF copy of the presentation) is as follows:

- Doctors - £50
- Nurses, Midwives, Allied Health Professionals and Pharmacists - £15

For further information, please contact the Teaching Centre on 020 8909 5326, or email courses@rnoh.nhs.uk

**Venue**

The Sir Herbert Seddon Teaching Centre  
Royal National Orthopaedic Hospital  
Brockley Hill  
Stanmore  
HA7 4LP

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**Travelling to the RNOH**

**By public transport**

Jubilee Line to Stanmore. There is a cab office outside the station, or you can catch the Hertfordshire University bus (number 615) opposite the station.

Or

Northern Line to Edgware. There is a taxi rank outside the station, or you can take the 107 bus (heading towards New Barnet) located at the back of the tube station which travels to the RNOH.

The nearest railway station is Elstree and Borehamwood (First Capital Connect); then take the 107 bus (heading towards Edgware) to the RNOH.

Further public transport information is available from Transport for London on 0843 222 1234 or visit [www.tfl.gov.uk](http://www.tfl.gov.uk)

**Shuttle bus**

The free RNOH shuttle bus stops at the taxi rank/drop off area at the front of Edgware and Stanmore tube stations. The bus timetable is on our website [www.rnoh.nhs.uk](http://www.rnoh.nhs.uk)

**By car**

**M25**

Leave at Junction 21, join the M1 signposted to Harrow/Watford and come off at Junction 4 towards Edgware. At the first roundabout take the third exit towards Stanmore. At the next roundabout take the third exit signposted to the RNOH. The hospital is located at the top of Brockley Hill.

**From central London**

The RNOH is best accessed from the A41 northbound towards the M25/M1, Aylesbury, Watford and Elstree. Follow signs for the RNOH.

**Parking is free on-site.**