

PSC SUPPORT INFORMATION DAY PROGRAMME

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Sat 19 Oct 2024 | IET Birmingham: Austin Court, B1 2NP

09:00am	Registration and refreshments	
10:00am	Welcome and introduction - Paula Hanford, Chief Executive, PSC Support	
10:15am	My Life with PSC - Patient Perspective with Carol Moodie	
10:30am	Clinical Trials and PSC	
11:00am	RECENTLY DIAGNOSED STABLE DISEASE	PSC OLD HANDS EXPERIENCING MORE SYMPTOMS
	The Body: Promoting Good Personal Health Alice Freer, Senior Physiotherapist, and Jennifer Towey, Dietitian, take you through how to work towards good personal health while dealing with PSC taking into consideration movement/exercise and diet.	The Mind: What does wellbeing look like living with a chronic illness? Dr Kathy McKay and Dr Eilis Kennedy talk about research findings related to wellbeing for PSC 'old hands' or for those who are experiencing new or more severe symptoms.
12pm	BREAK	
12:30pm	Healthcare in PSC: What is the ideal? Dr Palak Trivedi, Consultant Hepatologist	
13:30pm	LUNCH	
14:20pm	Research Quickfire Dr Sarah Al Shakhshir - Clinical Research Fellow Hepatology Dr Nasir Hussain - Clinical Research Fellow in Liver Medicine	
14:45pm	RECENTLY DIAGNOSED STABLE DISEASE	PSC OLD HANDS EXPERIENCING MORE SYMPTOMS
	The Mind: Balancing physical & mental wellbeing Dr Kathy McKay and Dr Eilis Kennedy talk about research findings related to wellbeing when first being diagnosed with PSC and in the short-term aftermath.	The Body: Maintaining Fitness Alice Freer, Senior Physiotherapist, and Jennifer Towey, Dietitian, look at adjustments you can make to put you in a better position to live with the ups and downs of PSC. They look at physical exertion and diet to empower you to make changes in order to best set you up for anything that comes your way.
15:45pm	Charity Update	
16:00pm	Homeward Bound Recharge	
16:30pm	END	