New Faces, Fresh Ideas in Medicine, Nutrition and Health

Lectures take place on Wednesdays from 6pm at the Foresterhill Health Campus at the venues overleaf and on the dates listed below. All are FREE to attend with no booking required.

**February – March 2014**

**5th Feb**  
*Treating people well: what should we value in healthcare?*  
**Professor Vikki Entwistle, Chair in Health Services Research and Ethics**  
Health services aspire to be person-centred, safe, effective, efficient and fair, but can we really have it all?

**12th Feb**  
*Battle of the bulge: New ways to shed unwanted pounds*  
**Professor Lora Heisler, Chair in Human Nutrition**  
Why is it so difficult to lose weight yet all too easy to gain back those extra pounds? We’ll explore whether new weight loss drugs can help.

**5th Mar**  
*Age: Does it matter?*  
**Professor Phyo Myint, Chair in Old Age Medicine (Clinical)**  
Do lifestyle choices affect physical and mental well-being as we grow old? Is being ‘biologically young’ beneficial in the face of acute and chronic illness? We’ll explore some innovative research into ageing.

**12th Mar**  
*Behaviour change as a pathway to a healthier life: A complex tale*  
**Professor Marijn de Bruin, Chair in Health Psychology**  
Life expectancy is strongly affected by behaviours that pose risks to health. With mixed evidence that health behaviour change programs are effective, we’ll ask why and explore how things might improve.

**26th Mar**  
*Clinical trials – essential but inefficient: How can we make them better?*  
**Professor Shaun Treweek, Chair in Health Services Research**  
Although clinical trials have come a long way since James Lind compared lemons and horseradish to treat scurvy in 1747, modern trials are surprisingly inefficient. We’ll ask why and what we can do better.
Welcome...

to our latest series of public lectures on medicine, nutrition and health all delivered by research leaders who have recently joined the University of Aberdeen. We look forward to welcoming you to the University to join us in discussing latest ideas across a host of health related topics that affect us all.

Professor David Reid, Head of School of Medicine and Dentistry, University of Aberdeen

Where and When

The 5 February Launch Lecture takes place in the Level 7 Conference Room of the IMS Building (Institute of Medical Sciences). All subsequent lectures take place in the Lecture Theatre of the Suttie Building (Suttie Centre for Teaching and Learning in Healthcare).

The venues are shown on the map above and public parking after 5pm is allowed in the PARKING areas shown. Please also note the changes to pedestrian access routes due to building works at Foresterhill.

How it works

Lectures will last for around one hour and will include time for questions and answers. An informal reception and chance to meet the speakers will follow each talk.

For more information about this series of inspirational inaugurals from the University of Aberdeen please visit www.abdn.ac.uk/clsm/inaugural

Our Public Engagement team coordinate several series through the year to connect communities with the latest research and discovery. See our latest programmes at www.engagingaberdeen.co.uk