January Mon 14th  
**Social media: Double tapping into our insecurities?**  
Dr Louise Johnston (Consultant Psychiatrist, the Eden Unit, NHS Grampian) and Dr Tharaka Gunarathne (Consultant Child and Adolescent Psychiatrist, NHS Grampian)  
Dealing with social media can be challenging, but for young people especially the effects on mental health can be profound. We will discuss positive and negative effects and will focus on eating disorders, as patients with these disorders can be particularly vulnerable to the impact of social media.

February Mon 18th  
**Breast cancer: distinguishing tigers from pussycats**  
Professor Valerie Speirs (Chair in Molecular Oncology, University of Aberdeen) and Mr Yazan Masannat (Consultant Oncoplastic Breast Surgeon, NHS Grampian)  
An unintended consequence of national breast screening programmes is the increase in the detection of pre-invasive breast cancers, called DCIS. Join us to hear how this presents challenges for doctors and how scientists are tackling this in the laboratory.

March Mon 11th  
**Testosterone: The Goldilocks hormone**  
Professor Iain McEwan (Chair in Cell and Molecular Endocrinology, University of Aberdeen) and Professor Phyo Myint (Chair in Old Age Medicine and Consultant Geriatrician, NHS Grampian)  
The hormone testosterone is a master regulator of several vital processes such as metabolism, reproduction and cancers. We will discuss how too little or too much of this ‘Goldilocks hormone’ has an adverse effect on health and who is its ‘gatekeeper’.

April Mon 29th  
**The pros and cons of exercise**  
Dr Derek Ball (Head of Sports Science, University of Aberdeen), Dr Arthur Strachan (Chief Biomedical Scientist, NHS Grampian), Dr Jenny Gregory (Lecturer in Osteoarthritis, University of Aberdeen) and Professor Alan Johnstone (Consultant Orthopaedic Surgeon, NHS Grampian)  
Exercise is a key element for promoting a healthy lifestyle and its benefits are well documented, ranging from weight management to better control of blood sugar. But is all exercise beneficial? Come along to find out what type and how much exercise we should undertake to maintain health.

May Mon 20th  
**Live well with arthritis**  
Dr Kathryn Martin (Lecturer in Epidemiology, University of Aberdeen), Dr Rosemary Hollick (Senior Clinical Lecturer and Honorary Consultant in Rheumatology, NHS Grampian) and Caron Jenkins & Angela Donaldson-Bruce (Versus Arthritis)  
Nearly 1 in 3 people in Scotland live with a condition like osteoarthritis or chronic back pain, which often significantly impacts on quality of life. Come and hear the latest scientific evidence around best treatments and symptom management. Learn what resources are available to help those with arthritis live well.
Welcome...

to our tenth season of Café MED events where we invite our top researchers and clinicians to discuss how current research is being translated into improved treatments and care in an informal café setting.

Professor Steve Heys - Head of School of Medicine, Medical Sciences and Nutrition, University of Aberdeen

Where and When

Events are held at the Suttie Centre for Teaching & Learning in Healthcare, Foresterhill Health Campus, in the Suttie Centre Café from 6pm to 7.30pm.

Public parking is allowed in the PARKING areas shown after 5pm. The barriers will be raised between 5 - 8.30pm to allow access.

Presentations last about half-an-hour and are followed by an interval allowing informal chat and the opportunity to purchase drinks or snacks. An audience discussion will follow.

www.abdn.ac.uk/community-cafes

Café MED is an initiative of the Public Engagement with Research Unit at the University of Aberdeen.