



THE MEDICAL SOCIETY OF LONDON
FOUNDED 1773

11 CHANDOS STREET,
LONDON, W1G 9EB

Telephone: 020 7580 1043

Fax: 020 7631 4817

e.mail: info@medsoclondon.org

www.medsoclondon.org

Dear Fellow,

The next Meeting of the Society will take place on Monday, 25th March 2019 when Professor Graham MacGregor MD FRCP FAHA FMedSci will deliver the Lettsomian Lecture on

SALT, SUGAR AND SHENANIGANS

Professor MacGregor is Professor of Cardiovascular Medicine at the Wolfson Institute. He trained at Cambridge University and the Middlesex Hospital School. He was Registrar at St Thomas’ Charing Cross Hospitals, Honorary Consultant Physician at the Blood Pressure & Metabolic Unit at Charing Cross & Westminster Medical School and Professor of Cardiovascular Medicine, Director of Blood Pressure Unit and St George’s Medical School. He has been Chairman of various organisations like CASH and WASH which try to get as many countries as possible to reduce salt and sugar intake.

The Global Burden of Disease study clearly demonstrates that unhealthy food, that is food that is high in salt and fat and sugar, is now the biggest cause of premature mortality and disability. Too much salt in food puts up blood pressure which causes 60% of strokes and half of all heart disease. Too much saturated fat puts up cholesterol which is the major cause of atheroma and calorie dense products are high in fat and sugar with little feeling of satiation or fullness cause obesity, which is a major underlying factor for type 2 diabetes. Up to recently the strategy has been to shout at people and tell them not to eat these products which has little effect, given the food industry spends billions of pounds advertising these very cheap, but profitable unhealthy foods. There is now a much greater realisation that the food industry bears the responsibility and that the food environment must be changed to make healthy food a much easier option. The UK had led the way on salt reduction by getting the industry to slowly take the huge and unnecessary amounts of salt put into foods and has resulted in a population fall in blood pressure and large reductions in the number of people suffering from strokes and heart disease. The UK now needs to develop a similar strategy for dealing with obesity and type 2 diabetes as well as the prevention of atheroma.

There will be a Buffet Supper at 6.45pm. The cost of the evening, to include the lecture and supper is **£35 per person**. If you wish to attend the supper please send your cheque to reach the Registrar at the above address by **THURSDAY, 21st FEBRUARY 2019** accompanied by the attached slip or pay by Bacs and email to inform us you have done so. **Please note that orders cannot be accepted for suppers after 12 noon on the Friday before a Monday meeting.**

Brigadier Ivan Houghton, MD FRCA
Professor Clara Lowy MD MSC FRCP
Honorary Secretaries

.....
The Registrar, 11 Chandos Street, London, W1G 9EB

I wish to attend the Buffet Supper on **8th APRIL 2019** and enclose my cheque payable to “The Medical Society of London” for..... (**£35 per person**) for myself andguest.

Bacs details: Sort Code 20 36 88 Acct No 00756741 (Please put your name & date of supper as reference and email your intention to be present)

or, I wish to attend lecture only.....

Name (Capitals).....

Email address:.....

Daytime tel. no.....