



## Plant Based Diets

### Health for our Patients, Sustainability for our Planet

Plant Based Doctors Ireland invite you to our follow-up plant based medical conference after a sold out and well received first run last year. Since our 2019 conference much has come to pass and the interest of sustainable and healthy diets within healthcare continues to grow. In the intervening time there have been a series of publications highlighting serious environmental issues (IPBES), potential solutions (EAT- Lancet) and a call for healthcare professionals to become involved in climate action (The Lancet, WONCA). This has led to much media discussion, discourse and often confusion.

The second Plant Based Doctors Ireland conference will address these uncertainties and provide an opportunity to examine why the everyday work of Irish healthcare professionals is an exciting opportunity to lead change. We will again explore the possibilities of a whole food plant-based diet to not only prevent but to treat and potentially reverse common chronic diseases. We will take a closer look at the impact our diet has on our environment, ask why our behaviour is so often at odds to the natural world upon which we depend and offer evidence-based solutions for consideration. Finally, we offer tips on how to talk about diet and lifestyle with your patients and how to incorporate this advice into your consultations. The full agenda will be available in the coming weeks.

Successful accreditation was obtained last year for both ICGP and GMS CPD and has been applied for once again.

Lunch and refreshments will be provided (please bring your own re-usable coffee cup).

**Tickets** start at €50 for Early Bird purchases and GP trainees. See [Eventbrite](#) for tickets.

**Date:** 29th February 2020, 9:30am - 5:00pm

**Location:** Mater Hospital,  
Catherine McAuley Centre,  
21 Nelson Street, Dublin 7