



*Plant-Based Doctors
Ireland*

Plant Based Diets

Health for our Patients, Sustainability for our Planet

Mater Hospital
Catherine McAuley Centre
21 Nelson Street, Dublin 7
29th February, 9:30am - 5:00pm

plantbaseddoctorsireland.org
twitter: [@plantbaseddocIE](https://twitter.com/plantbaseddocIE)

Health for Our Patients; Morning Session

Dr Kate Rose

“Ageing and its Relationship to a Plant Based Diet”

Dr Kate Rose is a General Practitioner who graduated from the Trinity College Dublin in 2009, and then pursued further training in General Practice with the Trinity GP scheme. Originally from Dublin, she now works as a GP in Kildare, with a special interest in Lifestyle Medicine and nutrition. She is currently enrolled in the Diploma of lifestyle medicine with the British Society of lifestyle medicine. She is a keen advocate of a plant based diet as an integral part of chronic disease prevention and management.

Dr Niall Colwell

“A Preventive Cardiology Approach to Diabetesity – Redicare”

Cardiologist MB BCh BAO(hons) 1985; MRCPI; FRCPI; MD; MRCP(UK) ABIM Medicine/Cardiology; BSc (Biochem); ASBMB

Dr Niall Colwell trained at Washington University St Louis in Molecular Cardiology 1990-94 and did his post-doc research in lipids and thrombosis 1994-1997.

He worked in MUH/UCC and then moved to STGH in Clonmel 2005.

Dr Ulrich Bartels

“Women’s Health”

Dr Ulrich Bartels MD FRCOG MRCPI

Dr Ulrich Bartels graduated from Medical School at the Universität Göttingen, Germany and completed his specialist training in Germany and Ireland. He worked as a Consultant Obstetrician & Gynaecologist at the NHS Frimley Park from 2001-2005 and since 2005 has been practising in Castlebar. Dr Bartels became interested in food as medicine and lifestyle medicine over 3 years ago and has been integrating his knowledge into daily practice.

Karolina Pawlak RD, MINDI

“Myth busting Plant Based Diets”

Karolina is a registered dietitian and one of the founding members of the Plant Based and Sustainability special interest group of the Irish Nutrition and Dietetics Institute.

She graduated with BSc. (Hons) from Trinity College and Dublin Institute of Technology in 2018 and has since been working in the field of nephrology both as a renal dietitian and in paediatric research.

A vegan herself, she has a vested interest in educating about plant based nutrition. She hopes to dispel the myths and equip people with the knowledge to transition to these diets/lifestyles in a healthy, sustainable way.

Dr Gemma Newman

“Diabetes - the Modern Day Epidemic. How can it be prevented and potentially reversed?”

MBBCH DRCOG DFRSH MRCP.

Dr Gemma Newman has worked in medicine for 15 years and is the Senior Partner at a family medical practice where she has worked for 11 years. She is a graduate of the AFMCP course, and is a member of BSLM. Dr Newman has a specialist interest in holistic health, plant based nutrition and lifestyle medicine. In her practice she has come to understand that body, mind and soul are not separate, and that it is only in addressing the root causes of stress and disconnection that we can truly heal, from the inside out. Dr Newman is an advisory board member of Plant Based Health Professionals UK and has contributed content on the topic of Diabetes for the Winchester University Plant Based Nutrition Course. She has also created content on the topic of Mental Health and Nutrition for The Diploma of Culinary Medicine by The Medicinal Chef. Planetary health is inextricably linked to human health, and she has spoken on this topic to other health care professionals at a debate at Imperial College as well as during the Extinction Rebellion events. Join Dr Gemma Newman for this enlightening talk - everything you never learned about diabetes in med school that could change your clinical practice forever.

Sustainability for our Planet; Afternoon Session

James O'Donovan

“The Potential Benefits of a Plant Based Food System”

James qualified in Civil Engineering from University College Cork, Ireland and worked in the US for eight years. He also worked as a training provider in community water and sanitation in South Africa for seven years.

James subsequently completed an MSc in Holistic Science at Schumacher College, one of the leading centres for sustainability in the UK. James is the current chair of the “Cork Environmental Forum”, a local environmental organisation raising awareness and implementing projects in Cork City and County. He provides training on sustainability issues to community groups in the region while also preparing policy submissions on food and water related issues. He is the co-editor of www.vegansustainability.com magazine and author of the “Transitioning to an Irish Vegan Agricultural System Report”. This talk will highlight the potential Global and Irish economic, biodiversity, and climate change benefits of a transition to a plant based food system.

Kenneth Keavey B.Sc.

“Our Food Choices matter, what we eat and how it is produced will change our Bodies and our World”

Kenneth qualified in applied chemistry from Galway University and went on to complete a Ph.D in organic and medicinal chemistry at the University of Cambridge. He has worked for both big pharma and small biotech companies in the US and the UK. He quit his career in science in 2004 and returned home with his wife Jenny to Galway/Ireland to take over the family farm which he converted to organic status. He established Green Earth Organics in 2006 which has gone on to become the largest home delivery company of organic food in Ireland. He currently farms 40 acres of vegetables organically and delivers mainly plant based food to over 1000 customers every week across Ireland. This talk will challenge the preconception that producing sustainable food in Ireland is not only possible, but can be highly successful and that the production of safe clean plant-based food creates a healthy sustainable environment which mirrors the impact this food has on our body.

Dr Clare Watson

“Behaviour change - what works and doesn’t work”

Clare has a social work background and over the years has worked on many social and environmental campaigns, and community based projects. She was co-author of the book *Campaigns and How to Win Them* (1997), author of the blog *Chasing Hubcaps* (2013) looking at the influence of human psychology and behaviour on people’s reaction to climate change www.chasinghubcaps.com and, as a member of the RTE Audience Council, was co-author of a research report analysing RTE’s coverage of climate change (2014).

Clare recently completed a PhD research in MaREI, UCC, on an EPA funded project called ‘Climate Change, Behaviour and Community Response’, looking at why people are finding it so difficult to respond to climate change, and in particular the benefits of, and barriers to, community energy. She is currently working as MaREI Engagement Research Support Officer, and, as part of a MaREI engaged research team, is supporting the development of Dingle 2030.

Paola Hernández Olivan

“Menus of Change: Redefining nutrition in healthcare”

Food Policy & Projects Officer, Healthcare Without Harm, Europe. Paola studied Food Science and Technology at the University of Zaragoza, Spain. Her interest on environmental health resulted in her completion of the Erasmus Mundus Masters degree in European Public Health. Her thesis focused on ‘Strategies for food waste management in European hospitals’ allowed her to gain a better understanding of the linkages between food, sustainability, and human health. Prior to joining HCWH Europe as Food Project and Policy Officer, Paola worked at different organisations and research centres and participated in other European projects, which provided her with some insight on how to make sure that the project advances as planned. With her background on policy, research and communications, Paola is responsible for her area of interest - food sustainability.

Dr Christie Godsmark

“Your Food and Health in the Anthropocene”

Lecturer at School of Public Health University College Cork, Ireland

Researcher at Environmental Research Institute University College Cork, Ireland

Honorary Lecturer, Division of Environmental Health University of Cape Town,
South Africa

Dr Christie Godsmark is a Lecturer and Researcher at the School of Public Health and the Environmental Research Institute at University College Cork. Christie’s PhD was in applied human physiology in extreme environments and her technical expertise is on heat and human thermoregulation. Christie’s work in climate- and environmental-health began at the University of Cape Town in South Africa where she worked with sub-national government to develop a climate change and health adaptation plan. Christie’s research interests in Ireland focus on environmental health, population vulnerability, maladaptation risk, climate-health communication and community engagement in adaptation and mitigation efforts.

