

Reduction (f)or Reproduction – the Safety and Efficacy of New Weight Loss Approaches in Relation to Reproductive Health

Lecture Theatre B

21st-22nd May 2026

Agenda Day 1

Date/ time	Topic/ activity	
Thursday 21st May	Lecture Theatre B – University of Surrey	Speaker
12:45	Coffee, light lunch & registration - lecture theatre concourse	
13:00	Welcome, introductions & aims	KH/ JS
13:45- 14:30	1. Clinical guidelines - “Incretin-based medications in women and reproduction: A systematic scoping review and consensus guidelines for clinical practice” - update on review paper and discussion of next steps	Kate Maslin
14:30- 15:45	2. Research - New developments in incretins and reproductive health – short presentations of relevant papers published since search end <u>and</u> of ongoing projects known to team.	
	- New research – “the search so far and papers published outside of the search dates”	Sinead Blowers/ JS
	- New research – “PREconception weight management Programme to Achieve weight Reduction and Enhance fertility (PREPARE)”	Pauline Dunne
	- New research – “ HE alth and R eproduction obesity medic A tion (HERA) study: A mixed-method exploration of weight loss medication and women’s reproductive health”	Katie Edwards
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15.45- 16.00	Break – coffee, tea	
16:00- 17:00	2. Research – remaining gaps/ unanswered questions	ALL
17:00- 17:15	Wrap up of day	KH/ JS
Evening	Workshop dinner – Guildford town centre	ALL

Agenda Day 2.

Friday 22nd May	Lecture theatre B – University of Surrey	
8.30-	Coffee, tea, juice, pastries, fruit	
8:45-9:45	1. Clinical guidelines – further development and dissemination – production of an infographic.	

9:45-10:45	2. Research - Next steps for research – funding opportunities, bid development – group discussion plus small working groups if more than one idea	JS
10:45-11:00	Break	
11:00-13:00	3. Dissemination – small working groups to develop more focused outputs for sub-topics of interest – combining new research with review findings, for example:	
	- <i>Postpartum/ Breastfeeding</i>	
	- <i>Congenital abnormalities</i>	
	- <i>Healthcare professional needs</i>	
	- <i>Fertility treatment seekers - endocrinologist</i>	
13:00-13:45	3. Dissemination - plans & actions – group discussion of opportunities, allocation of working groups to lead on different outputs	
13:45-14:00	Wrap up/ actions	
14:00	CLOSE	