

MILAN 2026 – CME Topic List

Suggested 8-minute presentations + 2 minutes for questions

1. General Health, Prevention and Healthy Ageing

- The Health Check at 55 – What Really Matters?
- Living Longer and Living Better
- Muscle, Strength and Healthy Ageing
- Arthritis and Staying Mobile After 50
- Heart Health After 50
- Hypertension – The Silent Risk
- Cholesterol – How Low Should We Go?
- Diabetes – Prevention, Control and Remission
- Weight, Waist and Metabolic Health
- GLP-1 Drugs – Where Do They Fit?
- Cancer Screening After 50
- Memory, Dementia and Prevention
- Sleep and Health After 50
- The Gut Microbiome – What Do We Really Know?
- Menopause – Current Perspectives
- Men's Health After 50
- Bone Health and Preventing Fractures
- Vision, Hearing and Healthy Ageing
- Vaccination After 50
- Alcohol and Health – Where Are We Now?
- The Doctor as Patient – Are We Looking After Ourselves?
- Keeping the Brain Healthy
- Longevity Medicine – Evidence and Exaggeration
- Exercise as Medicine
- Sarcopenia – The Problem We Often Miss

2. Cardiology and Vascular Medicine

- Preventing the First Myocardial Infarction

- Atrial Fibrillation – What Should We Not Miss?
- Heart Failure – What Has Changed?
- Coronary Calcium Scoring – Who Benefits?
- Sudden Cardiac Death – Can We Predict It?
- Cardiovascular Prevention in Midlife

3. Diabetes and Endocrinology

- Diabetes Remission – How Real Is It?
- GLP-1 and SGLT2 Drugs – Beyond Diabetes
- Obesity – Where Are We Now?
- Thyroid Disease After 50
- Osteoporosis – Finding It Before the Fracture
- Metabolic Syndrome in Midlife

4. General and Family Medicine

- The Midlife MOT – What Should We Screen For?
- Polypharmacy – When Should We Stop?
- The Incidental Finding – Investigate or Ignore?
- Prevention in Practice – What Actually Works?
- The Annual Health Check – Useful or Ritual?

5. Neurology and Mental Health

- Dementia – Can We Really Prevent It?
- Stroke – Prevention and Current Practice
- Depression in Later Life
- Keeping the Ageing Brain Healthy
- Loneliness and Health

6. Orthopaedics, Rheumatology and Rehabilitation

- The Knee at 55 – Preserve or Replace?
- Back Pain – What Actually Works?
- Osteoarthritis – More Than Wear and Tear
- Sarcopenia and Functional Decline
- Maintaining Mobility Into Older Age

7. Surgery and Gastroenterology

- The Acute Abdomen – What Has Changed in 30 Years?

- Robotic Surgery – Where Does It Add Value?
- Gallstones – When Should We Intervene?
- Colorectal Cancer Screening – What Has Changed?
- The Microbiome – Medicine or Marketing?
- Major Surgery in the Older Patient

8. Oncology

- Cancer After 50 – Understanding Personal Risk
- Liquid Biopsy – Where Are We Now?
- Immunotherapy – Changing Cancer Treatment
- Cancer Survivorship – Life Beyond Treatment
- Cancer Screening – Benefits and Overdiagnosis

9. Women's Health

- Menopause – The Conversation Has Changed
- HRT – Where Does the Evidence Stand?
- Breast Cancer Screening – Benefits and Limitations
- Bone, Heart and Brain Health After Menopause
- Healthy Ageing in Women

10. Urology and Men's Health

- PSA at 55 – Should We Test?
- The Ageing Prostate – When to Intervene
- Testosterone After 50
- Erectile Dysfunction as a Cardiovascular Marker
- Prostate Cancer – Detection Without Overtreatment

11. Ophthalmology and ENT

- The Ageing Eye – What Can We Prevent?
- Cataract Surgery – How Far Have We Come?
- Hearing Loss and Healthy Ageing
- Vision, Hearing and Cognitive Decline
- Protecting the Senses After 50

12. Anaesthesia, Critical Care and Pain

- Anaesthesia in the Older Patient
- The Difficult Airway – What Has Changed?

- Perioperative Medicine – Preparing the Patient
- Chronic Pain After 50
- Critical Care – When Does Treatment Become Too Much?

13. Radiology, Pathology and Diagnostics

- AI in Imaging – Where Does It Add Value?
- The Incidentaloma – When Knowing More Creates Problems
- Whole-Body MRI – Screening or Overdiagnosis?
- Liquid Biopsy and Molecular Diagnostics
- The Future of the Diagnostic Laboratory

14. Technology and the Future of Medicine

- AI and the Doctor – What Will Actually Change?
- Wearables and Smart Watches – Useful Medicine or Expensive Data?
- Digital Health in Everyday Practice
- Robotics in Medicine and Surgery
- Genomics and Personalised Medicine
- Medicine in 2035 – What Will Healthcare Look Like?
- AI, Ethics and Professional Responsibility

15. Healthcare, Education and Leadership

- Healthcare Across Continents – What Can We Learn From Each Other?
- India, UK, USA, Australia and the Gulf – Different Systems, Common Problems
- The Ageing Population – Are Health Systems Ready?
- Doctors as Leaders – Lessons From Experience
- The Next Generation of Doctors – Are We Preparing Them Well?
- Thirty Years of Medical Education – What Has Changed?
- Mentoring the Next Generation

16. Business, Investing and Retirement

- Financial Planning in the Later Years of a Medical Career
- Investing After 50 – What Should Change?
- Making the Most of Our Final High-Earning Years
- How Much Do We Actually Need for Retirement?
- Pensions, Property and Other Investments
- Planning for Financial Independence

- Property Investment – Is It Still Worthwhile?
- Investing for Income in Retirement
- Managing Risk as We Approach Retirement
- The Doctor in Business
- Starting a Business Later in Your Career
- Moving From Medicine Into Business
- Building an Income Outside Clinical Practice
- What Doctors Get Wrong About Money
- Financial Mistakes We Should Avoid After 50
- Planning Retirement Across Different Countries
- Tax and Retirement – What Doctors Need to Know
- Wills, Inheritance and Estate Planning
- Passing Wealth to the Next Generation
- Protecting the Assets We Have Built
- When Can We Afford to Work Less?
- Reducing Clinical Work Without Losing Financial Security
- Life After Full-Time Medicine
- Preparing for Retirement – Financially and Personally
- Retirement – What Are We Actually Retiring To?

17. Career, Life and Reflection

- What Medicine Taught Me That Medical School Didn't
- The Second Half of a Medical Career
- When Is Enough, Enough?
- Passing the Baton
- Working Across Cultures – Lessons From a Global Career
- Success, Failure and the Things That Matter Now
- Friendship, Social Connection and Healthy Ageing
- Retirement – Stopping Work Without Stopping Life
- What Would I Tell My 25-Year-Old Self?
- Thirty Years of Medicine – The One Thing I Would Do Differently
- Medicine Then and Now – What Did We Get Right and Wrong?

CME Session Structure

Saturday – Session 1 – Staying Well After 50: cardiovascular, metabolic, musculoskeletal, cancer prevention, brain health and healthy ageing.

Saturday – Session 2 – Medicine Has Changed: selected advances from the major medical and surgical specialties.

Sunday – Session 1 – Medicine 2035: AI, digital health, robotics, genomics, diagnostics and future healthcare.

Sunday – Session 2 – The Next Chapter: career, finance, retirement, mentoring, leadership, global perspectives and lessons from long-term practice.

MILAN 2026 | 16–18 October 2026 | Bengaluru