



BIOLAB MEDICAL UNIT
NUTRITIONAL AND ENVIRONMENTAL MEDICINE
LONDON ENGLAND
www.biolab.co.uk

LONG COVID DAY PROGRAMME

FRIDAY 25 MARCH 2022

0900-0910	Mark Howard	Welcoming remarks
0910-0940	Rachel Nicoll	Introduction to Long COVID
0940-1010	Dr Siegfried Trefzer	What makes Long Covid unique
1010-1040	Dr Shideh Pouria	Modifiable risk factors in cases of Long COVID
1040-1100	Coffee/tea	
1100-1130	Dr Yassine Bendiabdallah	Systemic approaches in the management of Long Covid
1130-1200	Rachel Nicoll	Long COVID: the science Part 1
1200-1230	Dr Sarah Myhill	Management of depleted energy in Long COVID
1230-1300	Practitioner Panel	Questions
1300-1400	Lunch (not provided)	
1400-1430	Professor Robert Thomas	Results of a nutritional intervention study for Long COVID
1430-1500	Gilian Crowther	Restoring cellular homeostasis: therapeutic strategies for Long COVID
1500-1530	Rachel Nicoll	Long COVID: the science Part II
1530-1600	Coffee/tea	
1600-1630	Mark Adams	Laboratory investigations for patients with Long COVID
1630-1700	Dr Damien Downing	Treating long Covid; What we know and what we believe
1700-1730	Practitioner Panel	Questions
1730	Mark Howard	Closing remarks

Holiday Inn Bloomsbury, Coram St, London WC1N 1HT