

Dr David Anthony CAVAN DM FRCP

Consultant Endocrinologist (specialising in diabetes)

Curriculum Vitae

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Clinical
Accreditation: General Medicine, Endocrinology and Diabetes Mellitus

Professional
Qualifications: BM (Southampton) 1985
MRCP (UK) 1989
DM (Southampton) 1993
FRCP (UK) 2000

Registration: Full (General Medical Council No 3083466)
Defence Society: Medical Protection Society No 184710

PRESENT ROLE

Independent Consultant (since December 2016), focusing on:

Projects

- Diabetes Reversal Programme in Bermuda (2017-2020) and Kenya (since 2019).

Clinics

- Private clinic: London Medical, an independent clinic in central London (since 2016)
- NHS clinic: (two days per week) at University Hospitals Dorset NHS Foundation Trust (since March 2019) and Sussex Community NHS Foundation Trust (Nov 2017 – Dec 2018).

Training

- Development and facilitation of training sessions for health professionals and people with diabetes in UK, Asia and Africa on lifestyle management

Books

Established author of self-management books for people with diabetes.

- Reverse your Diabetes: the step by step plan to take control of type 2 diabetes (2014)
- Reverse your Diabetes Diet (2016)
- Take control of type 1 diabetes (2018)
- The Low Carb Diabetes Cookbook (2018)
- Busting the Diabetes Myth (to be published in 2022)

PREVIOUS ROLES

Director of Policy and Programmes, International Diabetes Federation, Brussels (2013 – 2016)

Provided strategic advice to the board and led a multidisciplinary team to deliver several projects, including:

- IDF Atlas, the global authoritative publication of the prevalence of diabetes
- Policy statements and management guidelines suitable for global settings
- Global and in-country IDF projects

Consultant Physician, Royal Bournemouth Hospital (1996 -2013)

Lead Clinician of the Bournemouth Diabetes and Endocrine Centre (BDEC), one of the foremost centres for diabetes care in the UK. Key developments included:

- Care pathways for various diabetes services
- Novel models of care for new-onset type 1 diabetes and insulin pump therapy
- Education programmes for people with type 1 and type 2 diabetes
- Online education resources for people with type 1 diabetes (www.bertieonline.org.uk)
- Regular audit systems to support quality improvement of all services

Clinical Director of Medicine, Royal Bournemouth Hospital (2001-2007)

Responsible for all emergency and elective work within several mainstream medical specialties, which made up the largest directorate in the hospital.

OTHER PROFESSIONAL ACTIVITIES

Membership of National and International Committees

- Chair, Education and Psychosocial Care Section, Diabetes UK (2000-2003)
- Member, Department of Health Specialist Services Liaison Group (meetings with National Clinical Director for Diabetes on issues of interest to specialist care services) (2004-2008)
- Founder and National Spokesman, Diabetes Education Network (2003-2013)
- Member, Executive Committee of Diabetes Education Study Group, European Association for the Study of Diabetes (2010-2013)

Referee activities

Invited reviewer for the several journals, including:

- Diabetes Care
- Diabetic Medicine
- Journal of Endocrinology and Metabolism
- Computer Methods and Programs in Biomedicine

Academic publications

Author of over 60 original peer-reviewed publications, book chapters and review articles. List available on request.