Royal Free London NHS
NHS Foundation Trust

Medicine for members evaluation

Speakers: Prof Mo Keshtgar

Title: The role of diet and lifestyle in breast cancer

Date: 21 October 2015

Number of attendees: 114

Number of online evaluation forms completed: 53 (47%)

How informative/useful did you find the talk?

Very useful →→→→→→→→→→→→→→→→→→→→ not very useful

70%	19%	9%	0%	2%	**Positive 89%**

How well could you hear the speakers?

Very well →→→→→→→→→→→→→→→→→→→→ not very well

72%	24%	4%	0%	0%	**Positive 96%**

Additional comments from attendees:

- "I would like to congratulate you for the excellent organisation, all people involved were very polite, helpful and with a sincere smile. I enjoyed the speech very much, I found it very informative, easy to understand, and to the point."
- "Very charismatic speaker... but a little contradictory at times. I.e. against processed meals, but recommended skimmed milk (a process). I also felt he played it very safe with regard to 'guidelines' and dismissed long term concerns with dairy/soy etc. which were worth a mention. A pleasant evening, lovely smoothie, and a genteel step in the right direction."
- "Event on 21 October was well organised and the sound system vastly improved. The speaker was excellent and the meeting very well attended."
- "This was one of the best talks I've attended. The speaker was informative and funny and I could hear what he said! His commitment and passion for the topic was obvious. The sound reproduction seemed better than at many of the talks I've been to and that was a relief. Sometimes I can't follow what's being said and that's such a waste."
- "Excellent presentation. I really enjoyed it and now have the breast cancer cookbook."
- "Prof Keshtgar mentioned the 'pill' as a risk factor for breast cancer (on his chart which was on the screen), but hardly mentioned HRT. Was this deliberate following recent trials or is prolonged treatment with HRT (over 5 years) still considered a major risk factor?"
- "The talk on the 21st October was very interesting, however, I thought that it focussed too much on the dietary side and became quite repetitive during the latter half."
- "Dr Keshtgar was outstanding - and a lovely warm, caring man. They don't always go together!"