



Friday, October 14th, 2022

Valhalla Inn, Thunder Bay, ON

7:00 – 7:30 a.m.	Time To Gather/ Breakfast for IUD Workshop Participants – Scandia 2	
7:30 – 8:30 a.m.	Pre-Conference IUD Insertion Workshop for Northern Ontario Women's Health Conference Speaker: Dr. Amber Dudar Program Learning Objectives: <ul style="list-style-type: none">1. Counsel patients on intrauterine contraception (IUC) as a long-acting reversible contraceptive method.2. Describe the mode of action, advantages and disadvantages and contraindications to hormonal IUD use.3. Apply skills and knowledge to practice placement and removal of intrauterine contraception devices in their clinical environment. Pre and Post Skills surveys required for higher credit level.	
8:30 – 8:45 a.m.	Time to Gather Sponsor Tradeshow and Refreshments - Ballroom 1	
8:45 – 9:00 a.m. Ballroom 2/3	Welcome and Opening Remarks Speaker: Dr. Amber Dudar, Planning Committee Chair Program Learning Objectives: <ul style="list-style-type: none">1. Identify common best practice approaches to the management of antepartum and intrapartum care.2. Discuss common gynecological and obstetric issues faced by women throughout their lifespan.3. Create a community of best practice for women’s health in Northwestern Ontario.	
9:00 – 10:00 a.m. Ballroom 2/3	1. Obesity Speaker: Dr. Sasha High Moderator: Dr. Amber Dudar After attending this session, participants will be able to: <ul style="list-style-type: none">1. Review and discuss the definition of obesity (including potential bias/stigma).2. Review current evidence on obesity and relevant risk factors, specifically pertaining to women's health.3. Discuss how to address and treat obesity in an empowering way.	
5 minutes to move to Breakout Rooms		
	Obstetrics Quick Snappers – Scandia 1	Gynecologic Quick Snappers – Scandia 3
10:05 – 10:50 a.m.	2. Her Heart Project Speaker: Dr. Lisa Dubrofsky Moderator: Deb Bishop After attending this session participants will be able to: <ul style="list-style-type: none">1. Discuss hypertensive disorders of pregnancy.2. Discuss long term health risks in women who have hypertensive disorders of pregnancy.3. Counsel patients on ways to lower risks and improve heart health in women as they age.	3. Updates to Menopause Treatment Guidelines Speaker: Dr. Christine Derzko Moderator: Lindsay Churchley After attending this session, participants will be able to: <ul style="list-style-type: none">1. Explain the findings of the Women's Health Initiative relating to cardiovascular risk and HRT.2. Describe current strategies for use of estrogen and progesterone therapies to manage menopause related conditions and identify contraindications to their use.3. Prepare counseling strategies that lead to lifestyle and behavioral changes to help manage sleep disturbance, vasomotor and urogenital symptoms related to menopause.
5 Minutes to Change Speaker Presentations		

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10:55 – 11:40 a.m.	4. Intrahepatic Cholestasis of Pregnancy Speaker: Dr. Laura Power Moderator: Deb Bishop After attending this session, participants will be able to: <ol style="list-style-type: none">1. Understand the pathophysiology of cholestasis in pregnancy and how it can contribute to adverse fetal and maternal outcomes.2. Create a treatment and delivery plan for patients suffering from cholestasis of pregnancy.	5. Osteoporosis Speaker: Dr. Christine Derzko Moderator: Lindsay Churchley After attending this session, participants will be able to: <ol style="list-style-type: none">1. Discuss screening/diagnostic guidelines for osteoporosis in menopause.2. Review treatment options for osteoporosis in menopause with patients.
5 Minutes to Change Speaker Presentations		
11:45 – 12:30 p.m.	6. Breastfeeding 101: Achieving and maintaining breastmilk supply Speaker: Dr. Moira Haggarty and Liana Pretto Moderator: Deb Bishop After attending this session, participants will be able to: <ol style="list-style-type: none">1. Describe the actions necessary for a breastfeeding mother to establish adequate milk supply.2. Identify how oral restrictions may contribute to low supply, how to properly assess a tongue-tie, and what indications would warrant dividing an infant's frenulum.3. Identify when galactagogue medications are indicated, and gain comfort prescribing domperidone.	7. Endometrial Hyperplasia: When to biopsy? Speaker: Dr. Frank Potestio Moderator: Lindsay Churchley After attending this session, participants will be able to: <ol style="list-style-type: none">1. Discuss risk factors for developing endometrial hyperplasia.2. Review new nomenclature for describing type of endometrial hyperplasia.3. Utilize management strategies and therapeutic options for treating women with endometrial hyperplasia.
12:30 p.m.- 1:30 p.m.	Sponsor Tradeshow and Buffet Lunch – Ballroom 1	
	Obstetrics Quick Snappers – Scandia 1	Gynecologic Quick Snappers – Scandia 3
1:30 – 2:15 p.m.	8. Pregnancy at Extremes of Age Speaker: Dr. Carol Schneider Moderator: Laura Power After attending this session, participants will be able to: <ol style="list-style-type: none">1. Adapt routine prenatal and post partum care to accommodate the unique needs of adolescents and women over the age of 40.2. Predict and prepare for unique risk factors that affect women at the extremes of maternal age.3. Counsel patients at extremes of maternal age on what to expect in labour and arrange for appropriate referrals for intrapartum care.	9. Gender Dysphoria in Children and Adolescents Speaker: Dr. Sarah Dineen Moderator: RuthAnne Williams After attending this session, participants will be able to: <ol style="list-style-type: none">1. Recognize signs and symptoms of gender dysphoria in children and adolescents and appropriately refer for assessment and diagnosis.2. Advocate for your pediatric and adolescent patients with gender dysphoria and provide support and collaboration in their care.
2:15 – 2:35 p.m.	Afternoon snack break Ballroom 1 and move to Ballroom 2/3	

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2:35 – 3:35 p.m.	10. Physician and Health Care Worker Wellness Speaker: Dr. Bryan MacLeod and Ms. Monique Mercier Moderator: Dr. Amber Dudar After attending this session, participants will be able to: <ul style="list-style-type: none">1. Explain the signs and symptoms of burnout.2. Describe how to mitigate stress to optimize recovery.3. Formulate a proactive plan to reduce the risk of developing burnout.
3:35 – 4:00 p.m.	Conference Wrap-up & Evaluations
Thank you for joining us! Please take a moment to complete your evaluations. You can also create your certificate of attendance through our evaluation link!	
4:00 – 7:00 p.m.	Social Event – Ballroom 1