

2026 Family Medicine Conference
Pre-conference Program

Thursday, September 17, 2026 | Saskatoon Inn & Conference Centre | Saskatoon, SK

TIME	PROGRAM	SPEAKER
7:45 AM	Breakfast & Registration	
8:30 AM to 8:40 AM	Introduction and Welcome	
8:40 AM to 9:40 AM (1 hour)	Keynote: Perimenopause: From Hormonal Harmony to Complete Chaos. <u>Learning Objectives</u> By the end of this session, participants will be able to: 1. Describe hormonal changes occurring during perimenopause 2. Identify the hormone impact on health and wellness 3. Prescribe appropriate approaches and therapies to manage symptoms	Dr. Nathalie Gamache
9:40 AM to 9:55 AM (15 minutes)	Stretch Break	
9:55 AM to 10:55 AM (1 Hour)	Keynote: Menopause: So Much More Than a Hot Flash <u>Learning Objectives</u> By the end of this session, participants will be able to: 1. Describe current guidelines regarding menopause hormone therapy (MHT) and list contraindications to MHT 2. Prescribe therapeutic options according to their specific attributes 3. Optimize therapeutic options in special clinical situations	Dr. Nathalie Gamache
10:55 AM to 11:40 AM (45 minutes)	Nurturing the Dyad: Evidence-Based Strategies for Breastfeeding Support and Clinical Guidance. <u>Learning Objectives</u> By the end of this session, participants will be able to: 1. Explain the biological foundations and clinical mechanics of lactation, including mammary anatomy, physiological milk production, latch positioning, and normal infant feeding behaviours. 2. Discuss evidence-based infant feeding decisions based on the benefits of human milk and breastfeeding, awareness of maternal barriers, and clinical indications for supplementation and pumping. 3. Assess, troubleshoot, and manage common breastfeeding complications and medical concerns.	Dr. Emily Sullivan

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11:40 AM to 12:10 PM (30 minutes)	BreastCheck Program Updates <u>Learning Objectives</u> By the end of this session, participants will be able to: 1. Review key updates to the Saskatchewan Breast Screening Guidelines. 2. Distinguish between screening and diagnostic mammography. 3. Determine when screening or diagnostic breast imaging is appropriate. 4. Describe referral and follow-up processes for breast imaging services.	Dr. Ashok Chhetri
12:10 PM to 12:40 PM (30 minutes)	Lunch	
12:40 PM to 12:45 PM	Introduction and Welcome	
12:45 PM to 3:15 PM (2.5 hours)	Long-Acting Reversible Contraception (LARC): Clinical Decision-Making and Implant Insertion. <u>Learning Objectives</u> By the end of this session, participants will be able to: 1. Describe different contraceptive methods available 2. Evaluate the benefits and risks of the etonogestrel subdermal implant 3. Gain expertise in inserting, localizing and removing the etonogestrel subdermal implant	Dr. Asma Gargoum Dr. Andrea Vasquez Camargo
3:15 PM	Conference concludes	