



Friday, April 12th

The 20th Annual Mature Women's Health Conference offers informed, relevant, and engaging topics to help clinicians provide quality healthcare for women as they age who present in their daily practices.

Presented over live Zoom Webcast, speakers will:

- Address common health issues related to women as they age.
- Present and discuss state-of-the-art gynaecological and menopausal treatments.
- Provide a forum for interactive dialogue pertaining to managing aging women's health care issues.

Continuing Professional Development has awarded the 2024 Mature Women Health with the following credits:

- College of Family Physicians of Canada Mainpro+ (1 credit/hour) Group Learning: 4.5 credits*
- Royal College Maintenance of Certification Section 1: 4.5 hours

[Click Here to Register Today](#)

Registration Fees:

Early Fee: Deadline March 1st

- Physicians: \$150
- Nurses/NP/Physio/Pharmacists: \$100
- Fellows/Residents: \$50*

After March 1st

- Physicians: \$175
- Nurses/NP/Physio/Pharmacists: \$125
- Fellows/Residents: \$75

*(plus applicable fees & taxes)

Registration deadline:

Thursday, April 4th

Schedule

- 0855 Welcome & Introduction
- 0900 **How to Prescribe with More Confidence: A Short Primer in Prescribing Hormone Therapies**
Lindsay Shirreff, Associate Professor, Obstetrics & Gynaecology, University of Toronto, Mount Sinai Hospital
- 0930 **When the Come is Going: Orgasm, How to Turn a Flicker into Fireworks**
Lauren Streicher, Clinical Professor, Obstetrics & Gynecology, Northwestern University
- 1000 10-Minute Stretch
- 1010 **Urinary Tract Infections in the Mature Woman**
Michael Chaikof, Assistant Professor, Dept. of Obstetrics & Gynaecology, University of Toronto
- 1040 **Pelvic Floor Dysfunction: Physio Pearls for the Mature Woman**
Nellie Faghani, BScPT, MCPA. Registered Physiotherapist, Pelvic Health Physiotherapy Specialist
- 1110 10-minute stretch
- 1120 **Aging Safely: Cancer Screening Guidelines for Mature Women**
Aisha Lofters, Associate Professor and Clinician Scientist, Department of Family and Community Medicine, University of Toronto; Medical Director and Chair in Implementation Science, Peter Gilgan Centre for Women's Cancers, Women's College Hospital
- 1150 **Catching ZZZs: Sleep Problems and Anxiety in Menopause**
Dr Ariel Dalfen, MD, FRCPC, Women's mental health psychiatrist, Co-Founder and CEO, BetterBRIA Inc.
- 1220 Nutrition Break
- 1240 **Tipping the Scales: Maintaining a Healthy Weight at Menopause** *Marie Christakis, Assistant Professor, University of Toronto, Obstetrics & Gynaecology, Mt. Sinai Hospital*
- 1310 **When the Heat's Hard to Treat**
Michelle Jacobson, Assistant Professor, University of Toronto, Obstetrics & Gynaecology, Women's College Hospital
- 1340 **Difficult Cases Panel Discussion**
Wendy Wolfman, Marie Christakis, Michelle Jacobson, Lindsay Shirreff
- 1400 Closing Remarks

Planning Committee: Dr. Wendy Wolfman, Course Director
Drs. Marie Christakis, Lindsay Shirreff, Michelle Jacobson, Naomi Pliamm, Harold Drutz, Sarah Shaw, Susan Goldstein; Jessie Bawden (NP)

For questions or enquiries, contact our conference coordinator, Agnes Bellegris via email. Agnes.Bellegris@sinaihealth.ca