



# NORTHERN ONTARIO WOMEN'S HEALTH CONFERENCE

## 10<sup>th</sup> ANNIVERSARY CONFERENCE COME CELEBRATE WITH US!



### FULL-DAY FORMAT!

Conference content will focus on Obstetrics in the morning and Gynecology in the afternoon, with a multi-disciplinary panel session to close the conference.



### Warm-Up Session and Reception!

A warm-up session and welcome reception will be held on Thursday evening – registration is required to attend.



### Thursday, October 23, 2025

Warm-Up Session and Welcome Reception

### Friday, October 24, 2025

Half Day or Full Day Conference



### Chanterelle Restaurant & Bar

206 Park Ave, Thunder Bay, ON

### Delta Hotels by Marriott

Thunder Bay, ON



### CHOOSE YOUR OWN ADVENTURE!

- Warm-up session
- Half day conference format
- Full day conference format
- 2 Clinical Skills Workshops



### EXPAND YOUR LEARNING!

- Take advantage of our warm-up session on Thursday evening and the clinical skills session Friday morning to get the most out of your attendance!
- Access additional learning resources from the Conference website



### CONTENT SELECTIONS!

- Obstetrics content will be offered in the morning sessions.
- Gynecology content will be offered in the afternoon sessions.



### REGISTRATION FEES!

- Physician \$150
- HCP \$120
- Learners \$50
- Education Workshop \$50



## REGISTRATION OPENING SOON!

Thursday, October 23, 2025

Chanterelle Restaurant & Bar  
206 Park Ave, Thunder Bay, ON

6:30 – 7:15 p.m.	Time to Gather
7:15 – 8:15 p.m.	<p><b>1. From Diagnosis to Dialogue: HPV Positivity and Best Practices in Patient Counselling</b> Speaker: Dr. Nanna Jumah Moderator: Dr. Amber Dudar</p> <p><b>After attending this session participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Describe the pathophysiology, transmission, and natural history of HPV infection.</li><li>2. Communicate diagnostic information about HPV empathetically to support patient understanding and informed decision making.</li><li>3. Identify the appropriate clinical management pathway for a positive HPV screen based on Ontario cervical screening guidelines.</li></ol> <p><b>Review the source material:</b> “1. <i>Understanding HPV-positive women’s needs and experiences in relation to patient-provider communication issues: a qualitative study</i>” from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
8:15 – 10:00 p.m.	Time to Mingle



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Friday, October 24, 2025

Delta Hotels by Marriott  
2240 Sleeping Giant Pkwy

7:15 – 7:30 a.m.	<b>Time To Gather</b> <b>Breakfast for Workshop Participants</b>
7:30 – 8:30 a.m. (1 hour) Main Ballroom	<b>2. Clinical Skills Workshop: Removing the Mystery: Confident Etonogestrel Implant Removal</b> Speakers: Dr. Laura Power and Dr. Ruthanne Williams  <b>After attending this session participants will be able to:</b> <ol style="list-style-type: none"><li>1. Review appropriate technique for removal of Etonogestrel Subdermal Implant device.</li><li>2. Perform appropriate technique for removal of Etonogestrel Subdermal Implant device.</li></ol> <b>!! Please note this session has additional pre and post evaluation work to receive enhanced CME credit. Separate registration is also required for participant tracking purposes.</b>
7:30 – 8:30 a.m. (1 hour) Falls Room	<b>3. Clinical Skills Workshop: Ready for Anything: Shoulder Dystocia and Post Partum Hemorrhage</b> Speakers: Dr. Amber Dudar and Dr. Maranda Henry and Dr. Alli Bernini Dr. Lindsay McLeod  <b>After attending this session participants will be able to:</b> <ol style="list-style-type: none"><li>1. Identify risk factors and signs of shoulder dystocia.</li><li>2. Perform recommended management maneuvers of shoulder dystocia.</li><li>3. Recognize the signs and symptoms of PPH.</li><li>4. Develop a structured approach to emergency management of PPH.</li><li>5. Emphasize the importance of effective communication and teamwork among the healthcare team during shoulder dystocia birth and PPH emergencies.</li></ol> <b>!! Please note this session has additional pre and post evaluation work to receive enhanced CME credit. Separate registration is also required for participant tracking purposes.</b>
8:30 – 8:45 a.m.	<b>Time to Gather</b> <b>Registration, Exhibits, and Refreshments</b>
8:45 – 8:55 a.m.	<b>Welcome and Opening Remarks</b> Speaker: Dr. Amber Dudar, Scientific Planning Committee Chair  <b>Program Learning Objectives:</b> <ol style="list-style-type: none"><li>1. Identify best practice approaches to the management of obstetrical and gynecological care. (CanMEDS-FM Roles: Family Medicine Expert, Communicator, Scholar)</li><li>2. Create a community of best practice for women’s health and care of marginalized populations in Northwestern Ontario. (CanMEDS-FM Roles: Collaborator, Health Advocate, Communicator)</li></ol>
9:00 – 9:30 a.m. (30 minutes)	<b>4. Barriers and Bridges: A Guide to Managing Pregnancy Loss in Northern Healthcare Settings</b> Speaker: Dr. Laura Power Moderators: Dr. Amber Dudar  <b>After attending this session, participants will be able to:</b> <ol style="list-style-type: none"><li>1. Discuss the structural and logistical challenges faced by marginalized populations in accessing early pregnancy care.</li><li>2. List the available resources in Northwestern Ontario for individuals looking to access early pregnancy care with a focus on early pregnancy loss and termination of pregnancy.</li><li>3. Apply current clinical guidelines for the safe and effective use of Mifepristone and Misoprostol.</li><li>4. Outline the recommended medical work up for second trimester loss and recurrent first trimester loss.</li></ol> <b>Review the source material:</b> <b>“SOGC Guideline No.460: Diagnosis and Management of Intrauterine Early Pregnancy Loss”</b> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.  <b>NEW!!</b> View the TBDHU’s <b>Having a Baby in Thunder Bay</b> on the “Conference Resources” page of the website which includes a list of available resources as noted in Learning Objective 2!



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9:35 – 10:20 a.m. (45 minutes)	<p><b>5. Barriers to Baby: Navigating Infertility Care in Regional and Remote Care Centres</b> Speaker: Dr. Siren and patient to provide perspective Moderator: Dr. Ruthanne Williams</p> <p><b>After attending this session, participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Describe the epidemiology and common causes of infertility in women, with a focus on rural and Indigenous populations in Northwestern Ontario.</li><li>2. Assess barriers to infertility care in Northwestern Ontario, including geographic, socioeconomic, and cultural factors.</li><li>3. Develop patient-centered care plans that integrate local resources with referral pathways for infertility management in remote settings.</li></ol> <p><b>Review the source material:</b> <i>“Does proximity to a fertility centre increase the chance of achieving pregnancy in Northeastern Ontario?”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
10:25 – 10:55 a.m. (30 minutes)	<p><b>6. Perinatal Nutrition Under Pressure: Managing Obesity, Anemia, and Affordability</b> Speaker: Moderator: Dr. Alli Bernini</p> <p><b>After attending this session participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Discuss the interplay between socioeconomic status, food insecurity, and cost of living in northern communities and their influence on perinatal nutritional health.</li><li>2. Recognize the impact of maternal iron deficiency on pregnancy outcomes and apply appropriate screening tools.</li><li>3. Identify risk factors and screening for nutritional obesity in pregnancy.</li><li>4. Implement economically sustainable and culturally safe evidence-based dietary and supplement recommendations for pregnant individuals.</li></ol> <p><b>Review the source material:</b> <i>“Improving prenatal nutrition in developing countries: strategies, prospects, and challenges”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
10:55 – 11:10 a.m. (15 minutes)	<p><b>Time to Mingle Exhibits and Refreshments</b></p>
11:10 – 11:55 p.m. (45 minutes)	<p><b>7. Beyond the Usual Flow: A Practical Guide to Abnormal Uterine Bleeding</b> Speakers: Dr. Devon Evans (Winnipeg) Moderator: Dr. Laura Power</p> <p><b>After attending this session, participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Classify abnormal uterine bleeding according to the FIGO PALM-COEIN system.</li><li>2. Formulate differential diagnosis based on age, history and clinical finding.</li><li>3. Initiate treatments based on key clinical factors.</li></ol> <p><b>Review the source material:</b> <i>“Enhancing diagnostic accuracy of abnormal uterine bleeding classification by FIGO PALM–COEIN”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>





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12:00 – 1:00 p.m. (60 minutes)	<p><b>8. Rethinking Rhogam: A Non-Invasive Leap in Fetal Blood Group Genotyping</b> Speaker: Dr. Anjali Oberai Moderator: Dr. Maranda Henry</p> <p><b>After attending this session participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Describe the principles and methodology of non-invasive prenatal testing (NIPT) for fetal blood group genotyping.</li><li>2. Evaluate the clinical indications, benefits, and limitations of fetal blood group genotyping using NIPT.</li><li>3. Discuss optimal timing to order in pregnancy, what population should be tested and logistics of how to order test in Ontario.</li></ol> <p><b>Review the source material:</b> <i>“Non-invasive Antenatal Determination of Fetal Blood Group Using Next-Generation Sequencing”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
1:00 – 1:45 p.m. (45 mins)	<p><b>Time for Lunch</b> <b>Exhibits and Refreshments</b></p>
1:45 – 2:30 p.m. (45 minutes)	<p><b>9. Skin Deep: A Clinical Update on Vulvar Dermatologic Assessment and Care</b> Speaker: Moderator: Dr.</p> <p><b>After attending this session, participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Identify common vulvar skin conditions based on clinical presentation and patient history.</li><li>2. Differentiate between inflammatory, infectious, and neoplastic vulvar lesions using clinical and diagnostic criteria.</li><li>3. Formulate an evidence-based management plan for patients presenting with common vulvar dermatoses.</li><li>4. Evaluate indications for biopsy and referral in the context of persistent or atypical vulvar lesions.</li></ol> <p><b>Review the source material:</b> <i>“AGOC 224 Diagnosis and Management of Vulvar Skin Disorders”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
2:35 – 3:05 P.M. (30 minutes)	<p><b>10. The PCOS Puzzle: Diagnosis, Challenges, and Treatment Pathways</b> <b>Speaker:</b> Dr. Bryden Magee <b>Moderator:</b> Dr. Lindsay McLeod</p> <p><b>After attending this session, participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Recognize the clinical features and diagnostic criteria of PCOS in patients.</li><li>2. Discuss the short- and long-term health implications of PCOS, including metabolic and reproductive risks.</li></ol> <p><b>Review the source material:</b> <i>“Diagnostic Criteria for Polycystic Ovary Syndrome: Pitfalls and Controversies”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
3:05 – 3:20 p.m. (15 minutes)	<p><b>Time to Mingle</b> <b>Exhibits and Refreshments</b></p>
3:20 – 4:05 p.m. (45 minutes)	<p><b>11. Mind Over Menopause: Understanding Mood Changes in the Transition Years</b> Speakers: Moderator: Deborah Bishop</p> <p><b>After attending this session participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Describe the hormonal and neurobiological changes during perimenopause and menopause that contribute to mood disorders.</li><li>2. Differentiate the clinical features of mood disorders associated with perimenopause and menopause from those of other psychiatric or medical conditions commonly encountered in midlife individuals.</li><li>3. Formulate a patient-centered, evidence-based treatment plan for mood disorders during midlife hormonal transition that includes an evaluation of the risks and benefits of hormone replacement therapy.</li></ol> <p><b>Review the source material:</b> <i>“Neuroendocrine mechanisms of mood disorders during menopause transition: A narrative review and future perspectives”</i> from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>



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4:10 –4:55 p.m. (45 minutes)	<p><b>12. Multi-Disciplinary Panel Session: Putting Patients First: Navigating Oral Contraceptive Choices Through Real-Life Cases</b></p> <p>Speakers: Dr. Laura Power, Dr. Amber Dudar, Dr. Maranda Henry, Rebecca Hautala (Midwife), Moderator: Carey Murphey</p> <p><b>After attending this session, participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Analyze and discuss contraceptive options tailored to individual patient health, values, and reproductive goals.</li><li>2. Appraise differing clinical perspectives and ethical considerations in contraceptive counseling through interprofessional dialogue and case-based discussion.</li></ol> <p><b>Review the source material:</b> “<i>Birth Control Fact Sheet Planned Parenthood Toronto</i>” from the Needs Assessment prior to the conference on the “Conference Resources” page of the website.</p>
4:55 – 5:05 p.m.	Conference Wrap-up & Evaluations – Dr. Amber Dudar

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!



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