

Program

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| 7:30  | Registration and Coffee                                                                                                                         |
| 8:20  | Welcome and Opening Remarks                                                                                                                     |
| 8:30  | Non-Surgical Management of Stress Incontinence: What Really Works<br>Dean Elterman                                                              |
| 9:05  | Osteoporosis : State of the Art 2017<br>Aliya Khan                                                                                              |
| 9:40  | The Aging Vulva – Things You Need to Know<br>Amanda Selk                                                                                        |
| 10:15 | AM Refreshment                                                                                                                                  |
| 10:45 | Keynote Lecture<br>How to “Deprescribe” Sleeping Pills in Women Who are Hooked<br>Cara Tannenbaum                                               |
| 11:35 | Premature Ovarian Insufficiency<br>Wendy Wolfman and Michele Jacobson                                                                           |
| 12:15 | Lunch<br>Note: Pessary demonstration on the second floor of Alumni Hall, Victoria College                                                       |
| 1:15  | Let’s Talk about Prescription Drugs and Women’s Brain<br>An Interactive Session with Cara Tannenbaum<br>Moderator: Harold Drutz<br>(30 minutes) |
| 1:45  | Management of Weight Gain in Menopause<br>Sean Wharton                                                                                          |
| 2:20  | PM Refreshment                                                                                                                                  |
| 2:35  | Vaccines for Women Over 60: What is Really Needed?<br>Jay Keystone                                                                              |
| 3:10  | Update on New Risk Indicators for Cardiac Disease<br>Beth Abramson                                                                              |
| 4:35  | Final Comments and Adjournment                                                                                                                  |

Local Faculty – University of Toronto

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| Beth Abramson<br>Associate Professor of Medicine<br>Director, Cardiac Prevention Centre & Women's Cardiovascular Health St. Michael's Hospital                                                                                                                                                               |
| Harold Drutz<br>Professor, Obstetrics & Gynaecology<br>University of Toronto<br>Urogynaecologist, Mount Sinai Hospital<br>Head - Division of Urogynaecology                                                                                                                                                  |
| Dean Elterman<br>Assistant Professor, Dept. of Surgery (Urology )<br>Toronto Western Hospital                                                                                                                                                                                                                |
| Michelle Jacobson<br>Obstetrician-Gynaecologist<br>Women’s College Hospital & The Scarborough Hospital                                                                                                                                                                                                       |
| Aliya Khan<br>Professor of Clinical Medicine,<br>McMaster University<br>Divisions Endocrinology and Geriatrics<br>Hamilton Health Sciences Centre                                                                                                                                                            |
| Jay Keystone<br>Professor of Internal Medicine,<br>University of Toronto<br>Tropical & Travel Medicine<br>University Health Network                                                                                                                                                                          |
| Amanda Selk<br>Assistant Professor, University of Toronto, Dept. of Obstetrics & Gynecology<br>Mount Sinai Hospital<br>Women’s College Hospital                                                                                                                                                              |
| Cara Tannenbaum<br>The Michel Saucier Endowed Chair in Geriatric Pharmacology, Health and Aging<br>La Chaire pharmaceutique Michel-Saucier en santé et vieillissement<br>Associate Professor of Medicine<br>University of Montreal<br>Centre de Recherche<br>Institut Universitaire de Gériatrie de Montréal |
| Sean Wharton<br>Adjunct Professor McMaster University<br>Hamilton Health Sciences<br>Wharton Medical Clinic, Weight and Diabetes Management                                                                                                                                                                  |
| Wendy Wolfman<br>Professor, Obstetrics & Gynaecology,<br>University of Toronto<br>Director of Menopause Unit,<br>Mount Sinai Hospital                                                                                                                                                                        |

Course Objectives

Our objectives for this day include addressing the common health issues related to women as they age. We will discuss state-of-the-art gynaecological and menopausal treatments. Finally, we want to provide a forum for interactive dialogue for the management of health care issues related to the aging women.

Accreditation

- This event is an accredited group learning activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of the **Royal College of Physicians and Surgeons of Canada** and has been assigned **6.0 credits**.
- This program meets the accreditation criteria of the **College of Family Physicians of Canada** and has been accredited for **6.0 MAINPRO®-M1 credits**.
- For nurses, this course will fulfill the requirement for reflective practice

Medical Course Directors

Dr. Harold Drutz and Dr. Wendy Wolfman

Isabel Bader Theatre  
93 Charles St.  
Victoria College

The Isabel Bader Theatre is part of Victoria College, University of Toronto and is located just south of Bloor and Avenue Rd. across from the Royal Ontario Museum). The Isabel Bader Theatre is located steps away from **Museum Subway Station**, on the south side of Charles St. An underground parking lot is available for use within walking distance at “The Colonnade” off Bloor St. at St. Thomas St.