Advancing Menopause Care: An Interprofessional Conference

USask Health Sciences Building, E-Wing, 1150

Friday, May 7, 2026 | Saskatoon, SK

7:30 AM	**45**	**Registration & Breakfast**
8:15-8:20 AM	**5**	**Welcome, Treaty Land Acknowledgement, Housekeeping | Kendra Usunier**
Understanding Menopause and Mental Well-Being		
8:20-9:05 AM	35	**Understanding Menopause: Definitions, Myths, Symptoms, and Diagnostic Clarity** **TBD** •Define and describe the key characteristics of perimenopause, menopause, and post-menopause and describe their key characteristics. •Identify the breadth and variability of symptoms associated with the menopause transition. •Differentiate menopause-related symptoms from conditions that may require alternative diagnoses or further assessment. •Evaluate common myths and misconceptions about menopause using evidence-informed information.
	10	**Q&A**
9:05-9:50 AM	35	**Supporting Mental Health During the Menopause Transition** **Dr. Lana Shimp, Psychologist** •Describe common mental health and sleep-related changes experienced during the menopause transition. •Explain the relationship between menopause, mood, anxiety, and insomnia. •Discuss the evidence supporting Cognitive Behavioural Therapy (CBT) for menopause-related psychological symptoms and insomnia. •Apply CBT-informed strategies to support emotional well-being and improve sleep quality.
	10	**Q&A**
Nutrition/Networking Break (15 minutes)		
Hormones, Medications, & Clinical Management		
10:05-11:15 AM	55	**Menopause Treatment in Practice: Hormonal Therapies, Risk Assessment, and Shared Decision-Making** **TBD** •Describe evidence-informed pharmacologic options for the systemic management of menopause symptoms. •Compare the benefits, risks, and indications of menopausal hormone therapy and testosterone therapy. •Apply patient-specific factors to support individualized treatment selection and shared decision-making. •Evaluate breast health considerations and risk assessment when initiating or monitoring hormone therapy.
	15	**Q&A**
11:15 AM-12:00 PM	35	**Abnormal Uterine Bleeding During Menopause Hormone Therapy: Assessment and Management** **Dr. Tin-Wing Yen, OB/GYN** •Differentiate expected bleeding patterns from abnormal uterine bleeding in individuals receiving menopause hormone therapy. •Identify common causes and risk factors associated with abnormal uterine bleeding during the menopause transition. •Apply an evidence-informed approach to the assessment and investigation of abnormal uterine bleeding. •Develop management plans based on bleeding patterns, risk factors, and investigation findings.
	10	**Q&A**
Lunch/Exhibits (45 minutes)		
Nutrition & Exercise During Menopause		
12:45-1:30 PM	35	**Nutrition Across the Menopause Transition: Practical Approaches for Long-Term Health** **Brooke Bulloch, Registered Dietician** •Describe the impact of menopause-related hormonal changes on nutritional needs, body composition, and metabolic health. •Identify dietary patterns and key nutrients that support bone, cardiovascular, and overall health during the menopause transition. •Apply evidence-informed nutrition strategies to help manage common menopause symptoms and support healthy aging. •Evaluate nutrition recommendations and dietary approaches to support individualized, sustainable lifestyle choices during perimenopause and post-menopause.
	10	**Q&A**
1:30-2:15 PM	35	**Exercise as Medicine During Menopause: Prevention, Symptom Management, and Healthy Aging** **TBD** •Describe the effects of menopause on muscle mass, bone health, cardiovascular health, body composition, and joint function. •Identify evidence-informed exercise recommendations that support the preservation of muscle mass, bone density, and overall physical function during and after the menopause transition. •Apply exercise strategies to support weight management, improve cardiovascular health, and prevent or manage menopause-related joint pain. •Evaluate the role of regular physical activity as a key preventive and therapeutic intervention for maintaining health and reducing long-term chronic disease risk during menopause.
	10	**Q&A**
Nutrition/Networking Break (15 minutes)		
Pelvic, Sexual, & Intimate Health		
2:30-3:30 PM	45	**Pelvic Floor Health in Menopause: Understanding Dysfunction and the Role of Physiotherapy** **TBD** •Recognize common pelvic floor concerns that may arise during perimenopause and post-menopause. •Identify risk factors for pelvic floor dysfunction and opportunities for prevention. •Apply practical strategies to support bladder, bowel, sexual, and pelvic floor health. •Evaluate when referral to pelvic floor physiotherapy may be beneficial to improve symptoms and quality of life.
	15	**Q&A**
3:30-4:30 PM	45	**Sexual Wellness in Menopause: GSM, Testosterone Therapy, and Strategies for Sexual Health** **TBD** •Recognize common sexual health concerns experienced during perimenopause and post-menopause, including the effects of Genitourinary Syndrome of Menopause (GSM) on quality of life. •Explain evidence-informed medical management options for GSM, low sexual desire, and other menopause-related sexual health concerns, including testosterone therapy where appropriate. •Apply practical strategies to support sexual well-being, intimacy, and communication during the menopause transition. •Evaluate available professional and community resources, including sex therapy and counselling supports, to facilitate comprehensive care and referral when appropriate.
	15	**Q&A**
4:30 AM	**10**	**Closing Remarks | Kendra Usunier**