

Menopause: A Time for Change

Hybrid Conference for Healthcare Providers

Women's Midlife Health Program

West Winds Primary Health Center, University of Saskatchewan

Saskatoon, Saskatchewan

Saturday June 7, 2025

7:30	Registration
8:00	Welcoming Remarks - Dr Vicki Holmes
8:15	Symptomatology and Diagnosis of the Perimenopause and Menopause - Dr Angela Baerwald Define menopause or perimenopause and understand common symptoms
8:35	Non-Hormonal Treatment Options for Vasomotor Symptoms - Dr Susan Goldstein Learn how to treat menopausal hot flashes and sweats without hormones
8:55	Menopausal Hormone Therapy - Dr Paige Grenier Understand options for treating menopausal symptoms with hormones
9:15	Q&A
9:30	Break/Exhibits
9:45	Genitourinary Symptoms of Menopause - Dr Shafeena Premji Increase awareness of common vaginal and bladder issues after menopause
10:05	Sleep and Mental Health during the Perimenopause and Menopause - Dr Rachana Bodani Identify sleep and mood issues in menopause
10:25	Sexual Health during the Perimenopause and Menopause - Dr Renee Morissette Recognize changes in sexual functioning during the menopause transition
10:45	Q&A
11:00	Break/Exhibits
11:15	Risk Assessment for Menopause Therapy - Dr Denise Black Discuss strategies for choosing the safest treatments for menopausal symptoms based on a patient's risk factors
11:35	Management of Side Effects of Menopausal Therapy - Dr Kelsey Mills Evaluate common side effects that may occur with menopausal hormone therapy
11:55	Health Care Provider & Patient Resources on Menopause Care - Elaine Brecelj & Sarah Nixon Jackle Learn where providers and patients can access information to help understand menopausal treatments
12:05	Q&A
12:20	Morning Closing Remarks
12:30	Lunch & Networking
13:30	Interactive Break-Out Sessions/ Simulations
13:30	A. Endometrial Biopsies & IUD Insertions - Dr Angela Baerwald and Renee Morissette Improve confidence in IUD insertions and endometrial biopsies through simulations
14:00	B. Pelvic Floor Health - Dr Anette Epp and Christine Epp Discuss how to diagnose and manage stress incontinence and pelvic organ prolapse
14:30	C. Pharmaceutical Exhibits - Taisa Trischuk (Rx Files) Gain a practical understanding of treatment options by viewing patches, gels, creams, and inserts
15:00	D. Clinical Cases - Dr Tracey Guselle Apply knowledge from the morning sessions in small group discussions about clinical cases (bring your own cases too)
15:30	Afternoon Closing Remarks