



**Date: Friday October 30<sup>th</sup>, 2026**

**Time: 8:00AM – 3:15PM**

**Venue: NOSM University East Campus (Sudbury) | Room MSE 107**

## ABOUT NORTH OF 44

As Primary Care Providers in the North, we are a distinct group from our Southern Counterparts. The North of 44 Conference was designed to meet the holistic needs of the “generalist” nature of our practices with a respect for the geographic and various service models that make up our region.

We are also hoping to create a “Community of Learning” that includes our NOSM learners, Academic and Community Physicians, Nurse Practitioners, Physician Assistants and Multidisciplinary Health Professionals. This provides us with the opportunity to create a strong network for academic growth. It will inevitably create a dynamic and powerful social medical network that is an essential framework for the integrated medical community of the future.

We are excited to welcome this year’s expert speakers from a wide range of disciplines. Their sessions will provide practical insights and valuable perspectives on key topics in primary care. To foster discussion and interaction, each presentation will conclude with a dedicated 10-minute question-and-answer period, giving participants the opportunity to engage directly with presenters and explore topics in greater depth.

## AGENDA

| TIME                         | SESSION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | PRESENTER                             |
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| 8:00AM – 8:30AM<br>(30 mins) | Registration (NOSM U East Campus Main Lobby)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |
| 8:30AM – 8:40AM<br>(10 mins) | <b>Welcome and Opening Remarks</b><br><br><b>Learning Objectives</b><br><i>Upon attending this conference, participants will be able to:</i> <ol style="list-style-type: none"><li>1. Integrate clinical pearls in transgender care, migraine management, oral lesion assessment, and menopause care to enhance diagnostic and therapeutic approaches in family medicine practice. <i>(Medical Expert)</i></li><li>2. Apply specialty-informed insights to enhance primary care management of hypertension and other common</li></ol> | Dr. Julie Poulin<br>(Family Medicine) |



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|                              | <p>conditions in pregnancy, abnormal SPEP/UPEP findings, hyperbaric oxygen therapy referrals, and circadian biology-related health concerns. <i>(Medical Expert, Professional)</i></p> <ol style="list-style-type: none"> <li>Identify key indicators of addictions, behavioural health needs, and chronic disease risk factors that warrant referral to or collaboration with interdisciplinary services. <i>(Medical Expert, Collaborator)</i></li> <li>Facilitate effective communication with patients regarding supplements for wellness, migraine triggers, menopause symptoms, transgender care goals, and shared decision-making in preventive and chronic disease management. <i>(Communicator)</i></li> </ol>                                                                                                                                                                                                                                                                                                                                                                              |                                                |
| 8:40AM – 9:10AM<br>(30 mins) | <p><b>The M-Spike Decoded: Practical SPEP &amp; UPEP Interpretation</b></p> <p>Moderator:</p> <p>Description: Participants will learn a systematic approach to interpreting SPEP and UPEP results, differentiating monoclonal from polyclonal gammopathies, and recognizing findings that warrant further investigation.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>To enhance understanding of the principles of serum protein electrophoresis (SPEP) and urine protein electrophoresis (UPEP), including normal patterns and common abnormalities</li> <li>To develop a practical approach to interpreting electrophoresis results, with a focus on distinguishing monoclonal from polyclonal gammopathies and recognizing features suggestive of plasma cell disorders or other protein abnormalities</li> <li>To identify when SPEP or UPEP findings warrant additional investigations, longitudinal monitoring, or referral for specialist (hematology) assessment</li> </ol> | Dr. Jessica Jackson<br>(Internal Medicine)     |
| 9:10AM – 9:40AM<br>(30 mins) | <p><b>Beyond Hormone Therapy: Managing Overlooked Impacts of the Menopausal Transition</b></p> <p>Moderator:</p> <p>Description: Participants will learn to assess symptom burden and associated risks and develop comprehensive management plans that integrate hormonal therapies, non-hormonal options, and evidence-based preventive health strategies.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>Explore the symptoms patients commonly attribute to menopause and distinguish evidence-based associations from normal aging and other health conditions.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                         | Dr. Roxanna Righi<br>(Obstetrics & Gynecology) |



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|                                | <ol style="list-style-type: none"> <li>Review emerging and underrecognized topics in menopause care, including joint pain, skin changes, libido, and overall function.</li> <li>Discuss practical counseling points regarding commonly used supplements, wellness products, and non-hormonal therapies promoted for menopausal symptoms.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                         |
| 9:40AM – 10:10AM<br>(30 mins)  | <p><b>Beyond the Binary: Practical Transgender Care for Primary Care</b></p> <p>Moderator:</p> <p>Description: Participants will review expected physiologic changes, management of common complications, and appropriate referral pathways for gender-affirming surgical and specialty care.</p> <p><b>Learning Objectives</b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>Develop a structured approach to initiating gender-affirming hormone therapy in primary care, including patient selection, baseline investigations, and regimen selection for estrogen- and testosterone-based therapies</li> <li>Review monitoring protocols for gender-affirming hormone therapy, including expected physiologic changes, target lab parameters, and management of common adverse effects or complications</li> <li>Outline indications and referral pathways for gender-affirming surgical care and specialty services, and clarify the ongoing role of primary care in longitudinal management and risk reduction</li> </ol> | Dr. Tajana Centis<br>(Family Medicine)  |
| 10:10AM – 10:40AM<br>(30 mins) | <b>Break &amp; Evaluations</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | unaccredited                            |
| 10:40AM – 11:10AM<br>(30 mins) | <p><b>Work with the Clock: Circadian Biology and the Science of Better Sleep</b></p> <p>Moderator:</p> <p>Description: Participants will examine common causes of circadian disruption in modern life including principles of circadian alignment and cognitive behavioural therapy (CBT) techniques, to optimize sleep and well-being.</p> <p><b>Learning Objectives</b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>Describe how circadian biology influences sleep, cognition, mood, and physical health</li> <li>Recognize common causes of circadian disruption in modern life and their impact on sleep</li> <li>Apply practical, evidence-informed strategies to optimize sleep, including principles of circadian alignment and CBT</li> </ol>                                                                                                                                                                                                                                                                       | Mr. Josh Noyce<br>(Physician Assistant) |



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| <p>11:10AM – 11:40AM<br/>(30 mins)</p> | <p><b>From Stress to Strength: Exploring Evidence-Informed Supplements for Mental Health and Well-Being</b></p> <p>Moderator:</p> <p>Description: Participants will examine the evidence supporting their use for stress, mood, anxiety, and overall well-being, while considering safety, drug-supplement interactions, and their appropriateness in different patient scenarios.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Describe the proposed mechanisms, benefits, and limitations of (five) commonly used natural products for mental health and well-being (e.g., omega 3 fatty acids, magnesium, saffron, etc.)</li> <li>2. Compare the available evidence supporting the use of selected natural products for stress, mood, anxiety, and overall well-being.</li> <li>3. Identify potential safety considerations, adverse effects, and drug-supplement interactions associated with commonly used natural products for mental health.</li> <li>4. Evaluate the appropriateness of natural product use in different patient scenarios based on individual goals, preferences and available evidence.</li> </ol> | <p>Dr. Mathieu Buttazzoni<br/>(Psychiatry)</p>             |
| <p>11:40AM – 12:10PM<br/>(30 mins)</p> | <p><b>Migraine</b></p> <p>Moderator:</p> <p>Description: Participants will explore non-pharmacological strategies and discuss contemporary pharmacological approaches, including both acute (abortive) and preventive migraine therapies.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Review current understanding of Migraine physiology</li> <li>2. Discuss non-pharmacological management of migraine</li> <li>3. Discuss pharmacological management of migraine including prevention and abortive therapies</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Ms. Shannon Kenrick-Rochon<br/>(Nurse Practitioner)</p> |
| <p>12:10PM – 12:40PM<br/>(30 mins)</p> | <p><b>The Oral Exam that Matters: Common Lesions, Red Flags, and Referral Strategies</b></p> <p>Moderator:</p> <p>Description: Participants will learn initial management strategies, including patient education and monitoring, and develop confidence in selecting appropriate referral pathways and urgency based on clinical findings and risk factors.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Identify the (five) most common oral lesions that are typically referred and their usual clinical presentations.</li> <li>2. Differentiate benign oral lesions from lesions with premalignant or malignant potential based on history and examination findings.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Dr. Deb Saunders<br/>(Doctor of Medical Dentistry)</p>  |



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|                                       | <ol style="list-style-type: none"> <li>3. Formulate an initial management plan for common oral lesions, including symptomatic treatment, monitoring, and patient education.</li> <li>4. Determine appropriate referral pathways and urgency for patients with oral lesions based on clinical risk factors and suspected diagnoses.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                         |
| <b>12:40PM – 1:40PM<br/>(60 mins)</b> | <b>LUNCH (MSE 119)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>unaccredited</b>                     |
| 1:40PM – 2:10PM<br>(30 mins)          | <p><b>Subclinical Hypothyroidism in Pregnancy</b></p> <p>Moderator:</p> <p>Description: Participants will also examine key preventive interventions in pregnancy, including strategies aimed at reducing maternal and fetal complications.</p> <p><b>Learning Objectives</b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Identify the evidence based management of endocrinological conditions in pregnancy including sub-clinical hypothyroidism, PCOS, and existing T2DM.</li> <li>2. Identify the evidence based management of common mental health diseases in pregnancy including depression/anxiety and ADHD.</li> <li>3. Identify the most pertinent preventative medical interventions for disease prevention during pregnancy including when to initiate aspirin or other preventative agents throughout pregnancy.</li> </ol>                                                                                                                                                                                                                            | Dr. Ioana Iulius<br>(Internal Medicine) |
| 2:10PM – 2:40PM<br>(30 mins)          | <p><b>Under Pressure: Exploring the Science and Clinical Role of Hyperbaric Oxygen Therapy</b></p> <p>Moderator:</p> <p>Description: Participants will examine evidence-based indications, treatment protocols, and OHIP-covered applications, while discussing practical considerations including patient monitoring, potential risks and side effects, and long-term outcomes associated with hyperbaric treatment.</p> <p><b>Learning Objectives</b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Review the physiological principles and mechanisms of action underlying hyperbaric oxygen therapy</li> <li>2. Identify common medical conditions treated with hyperbaric oxygen therapy, including evidence-based indications and typical treatment protocols (e.g., duration and frequency of sessions)</li> <li>3. Discuss practical and clinical considerations, including OHIP-covered indications, potential risks and side effects, long-term effects, and key monitoring parameters when caring for patients undergoing hyperbaric treatment</li> </ol> | Dr. Renee Jacques<br>(Family Medicine)  |
| 2:40PM – 3:10PM<br>(30 mins)          | <b>Beyond the Textbook: Street Drugs, Slang, and Harm Reduction</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Ms. Laura Hill<br>(Nurse Practitioner)  |



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|                             | <p>Moderator:</p> <p>Description: Participants will explore contemporary harm reduction strategies, community resources, and approaches that promote patient safety and engagement.</p> <p><b><u>Learning Objectives</u></b></p> <p><i>Upon attending this session, participants will be able to:</i></p> <ol style="list-style-type: none"> <li>1. Review common substances currently used in the community, including terminology, patterns of use, routes of administration, and quantities encountered in clinical practice.</li> <li>2. Differentiate commonly prescribed and misused substances encountered in addiction medicine, including opioids, methadone, gabapentin, and related agents.</li> <li>3. Describe current harm reduction strategies, including safer-use supplies, community resources, and approaches that support patient engagement and safety.</li> </ol> |                                      |
| 3:10PM – 3:15PM<br>(5 mins) | CLOSING REMARKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Dr. Pam Chenard<br>(Family Medicine) |

**Certified Activity**

*This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office at NOSM University for up to 5 Mainpro+® Certified Activity credits.*

**Activité certifiée**

*Cette activité répond aux critères de certification du Collège des médecins de famille du Canada et a reçu la certification du bureau du DPC de l'EMNO et donne droit jusqu'à 5 crédits d'activité certifiée Mainpro+MD.*