

Patient & Family Symposium Agenda

**subject to change*

Friday, September 12th

Registration & PH Store

4:30 pm – 8:30 pm

Foyer

Grab your conference kit and nametag and purchase your PH clothing!

Welcome Reception

6:30 pm – 8:30 pm

Muskoka Ballroom

Join us for an inspiring evening of PHriends, food, a raffle, and a special program honouring the newest Eternal PHriend of PHA Canada.

Saturday, September 13th

Breakfast & Registration

8:00 am – 9:00 am

Foyer

Sponsored by



Opening Remarks

9:00 am – 9:30 am

Muskoka Ballroom

Introductory Remarks

Speakers: Jamie Myrah, Executive Director & Joan Paulin, Board Chair

Opening Plenary

9:30 am – 10:15 am

Muskoka Ballroom



Living Well with Pulmonary Hypertension

Moderator: Jamie Myrah

Speakers: Marion Brown, Nicole Dempsey, Clare Neilson, Cynthia Neilson, Danielle Brown-Wilson

In this opening plenary, a panel of patients and caregivers will share personal reflections on what it means to live well with pulmonary hypertension. Through stories of resilience, daily strategies, and hard-earned insights, they'll explore the supports that have helped them thrive, the challenges they've faced, and what needs to change to help others live their best lives with pulmonary hypertension.

Break

10:15 am – 10:30 am

Movement Break

Patient & Family Symposium Agenda

Break Out Sessions

10:30 am – 11:15 am

PH Basics: The 5 Groups and How We Treat Them



Muskoka Ballroom

Speaker: Dr. Sanjay Mehta

Pulmonary hypertension is a complex condition with different causes, symptoms, and treatments depending on the type. In this session, we'll break down the five WHO groups of PH in simple, understandable terms. You'll learn what sets each group apart, how they are diagnosed, and what treatment options are available. Whether newly diagnosed or just looking to understand the basics better, this session will give you a solid foundation to navigate your PH journey.

On the Move: Travelling Safely with PH

Macintosh II

Speakers: Nicole Dempsey, Whitney Roth

Living with pulmonary hypertension doesn't mean you have to stay close to home. This session will explore how to plan and travel safely with PH, whether you're heading out for a weekend getaway or a longer journey. From managing oxygen and medications on the go to navigating airports and finding travel insurance, we'll cover practical tips and share real-life experiences to help you feel confident and prepared when you're on the move.

The Pediatric PH Journey: From Diagnosis to Treatment to Transition

Haliburton

Speaker: Janette Reyes, NP

Navigating pulmonary hypertension in children is a journey filled with unique challenges and milestones. This session will explore the full pediatric pulmonary hypertension experience—from the initial diagnosis and treatment options to the transition from pediatric to adult care. Medical experts and patient families will share insights into managing symptoms, supporting development, and planning for the future. Whether you're a parent, caregiver, or a young person living with PH, this session offers guidance, support, and hope every step of the way.

Managing Infusion-Based Therapies

Macintosh I

Speakers: Jasper Ilano, Lisa Kolkman NP, Kirsty McGeown, Jane Sernoskie

Delve into how therapies like Caripul™ and Remodulin™ work in the body and the benefits they offer to patients with PH. A panel of patients will also discuss practical strategies for managing pain and other side effects associated with these treatments. Gain valuable expert insights and learn how to optimize your experience with infusion-based therapies for better health outcomes.

Break

11:15 am – 11:30 am

Movement Break

Break Out Sessions

11:30 am – 12:15 pm

Navigating Care: Patients and Providers in Partnership



Muskoka Ballroom

Speakers: Andrea Gardner RN, Lea George, Kelly Gould RN, Robin Latour

Managing pulmonary hypertension is a lifelong journey, and strong partnerships with healthcare providers are key. In this panel, experienced patients and nurses will share insights on building trust, communicating effectively, and navigating the healthcare system. Learn practical strategies for advocating for your needs, coordinating care, and adapting to treatment changes—whether you're newly diagnosed or have lived with PH for years.

Mythbusters: Q&A with PH Medical Experts

Haliburton

Speakers: Dr. David Christiansen, Dr. Krista Kemp, Dr. David Langleben

Join us for a dynamic Q&A session featuring a panel of expert pulmonary hypertension medical professionals. This interactive session provides a unique opportunity for participants to ask questions about PH. Our experts are ready to debunk myths, clarify misconceptions, and provide evidence-based answers to help you better understand PH.

Take Charge of Your Finances: How to Access the Benefits You Deserve

Macintosh I

Speakers: Janet Flynn, Edna Appiah-Kubi

Living with PH can bring financial challenges, but you don't have to face them alone. The experts from Prosper Canada will help you understand how to access government benefits, disability programs, tax credits, and other resources that can ease the burden. You'll also get tips on navigating applications and advocating for yourself. Whether you're newly diagnosed or looking to maximize support, this session will empower you to take control of your financial well-being.

Navigating the Emotional Challenges of Chronic Illness (session open to patients only)

Macintosh II

Speakers: Dr. Briar Innes, Dr. Joe Pellizzari

Living with PH can be a journey filled with disruptions, uncertainties and challenges. This session focuses on concepts from the psychology of adjustment including ways of coping with stress and acceptance. In this facilitated discussion with two clinical psychologists, we will explore practical and evidence-based techniques for coping, reducing emotional suffering, and enhancing your quality of life.

Patient & Family Symposium Agenda

Lunch Break

12:15 pm – 1:30 pm

Foyer

Buffet & Networking

Sponsored by



Break Out Sessions

1:30 pm – 2:15 pm

Walking the Transplant Path: Voices from the PH Community



Muskoka Ballroom

Speakers: Dr. John Granton, Crystal Rutherford

Lung transplantation can be a vital treatment option for some people with PH. In this session, a doctor will explain when and how transplant is used, followed by a patient who recently underwent the procedure sharing her personal journey. Together, they'll provide medical insight and real-life experience with this life-changing option.

Mythbusters: Q&A with PH Medical Experts

Haliburton

Speakers: Dr. Lisa Mielniczuk, Dr. Alex Saunders, Dr. Mitesh Thakrar

Join us for a dynamic Q&A session featuring a panel of expert pulmonary hypertension medical professionals. This interactive session provides a unique opportunity for participants to ask questions about PH. Our experts are ready to debunk myths, clarify misconceptions, and provide evidence-based answers to help you better understand PH.

Caregivers Need Care Too (session open to caregivers only)

Macintosh I

Speaker: Katie MacDonald

Caregivers provide important support, including physical and emotional assistance, in various settings. But caregivers need support, too. This breakout session, presented by the Ontario Caregivers Organization will allow caregivers to connect with each other, share their experiences, and gather some practical tips and strategies to help support their well-being.

Tips & Tricks: Partical Tips for Daily Living with PH

Macintosh II

Speakers: Susan Cosenzo, Kathy Ilano, Jas James, Jenn Lalonde, Gail Nicholson RN

Join a panel of experienced patients who have been living with PH for over 20 years. This session offers a unique opportunity to learn firsthand practical advice and strategies for managing daily life with PH. From managing fatigue and nutrition to navigating oxygen therapy and symptom tracking, these seasoned community members will share valuable tips and insights gained through decades of living with the condition. Whether you're newly diagnosed or a long-term survivor, come hear from those who truly understand the challenges—and the ways to thrive.

Break

2:15 pm – 2:45 pm

Refreshments & Networking

Closing Plenary

2:45 pm – 4:00 pm

Muskoka Ballroom



Next Steps: Exploring the Future of PH Therapies

Moderator: Dr. Mitesh Thakrar

Speakers: Dr. John Granton, Dr. David Langleben, Dr. Lisa Mielniczuk

Change is underway in pulmonary hypertension care, bringing renewed hope to patients and families. In this forward-looking closing plenary, a panel of leading PH medical experts will explore what's coming next—from cutting-edge research to emerging treatments and new approaches to care. Learn how ongoing advancements pave the way for meaningful change and offer hope for a brighter future. Don't miss this chance to hear directly from the experts shaping what's ahead for the PH community.

Closing Remarks

4:00 pm – 4:30 pm

Muskoka Ballroom

Speakers: Jamie Myrah, Executive Director & Joan Paulin, Board Chair

Speakers

Thank you to our speakers for sharing their time and expertise. Scan the QR code to learn more about this year's fabulous conference speakers or visit phacanada.ca/speakerslist.



Sessions will be livestreamed for virtual participants

Exhibits

Fundraising Raffle

Friday 6:30 am - 8:00 pm

Ready to win big and support the PH community? Join our fundraising raffle and get the chance to take home amazing prizes—all while helping raise funds for PHA Canada!

Purchase your raffle tickets and drop them in the bag for the prize you'd like to win. All prizes will be drawn live at 8:00 pm, and you must be in the room to claim your prize!

PH Information Table

Saturday 8:00 am - 1:30 pm

Visit the PH Information Table to get your questions answered and connect with the community. A nurse will provide medical insights, while a PHA Canada volunteer will share information about our programs, services, and ways to get involved. Stop by to learn, ask questions, and discover how you can participate in PH community activities.

Partner Booths

Saturday 8:00 am - 1:30 pm

Ontario Caregivers Organization

The Ontario Caregiver Organization (OCO) is funded by the Ministry of Health and exists to improve the lives of Ontario's 4 million caregivers. They work collaboratively with caregivers, healthcare providers, and other organizations to improve the caregiving experience.

Prosper Canada

Prosper Canada is a national charity dedicated to expanding economic opportunity for Canadians living in poverty through program and policy innovation. Its aim is to ensure that all financially vulnerable Canadians have access to the financial policies, programs, and advice they need to build their financial well-being.

Scleroderma Society of Ontario

Scleroderma Society of Ontario (SSO) is committed to promoting increased public awareness, advancing patient wellness, and supporting research in Ontario's scleroderma community.

PH Store - Foyer

Friday 4:30 - 8:30 pm - Saturday 8:00 am - 1:30 pm

The PH store will be available on Friday evening and throughout the day on Saturday with t-shirts and hoodies. Proceeds from all purchases help fund PHA Canada's programs and services.

Additional sizes and colours are also available anytime on our online store at phacanada.ca/store.



~~\$42.90~~ - \$35

~~\$29.90~~ - \$25

~~\$59.90~~ - \$50



~~\$36.90~~ - \$30

~~\$34.90~~ - \$25

~~\$36.90~~ - \$30

Kids Room - Golden Delicious

Saturday 8:30 am - 4:30 pm

The Kids Room will be open all day Saturday. Kids must be picked up by their parents for lunch. All youth who will be participating in the kids' program must be pre-registered before the conference begins. The program for the day will include fun-filled games and activities to keep even the littlest PHighters happy. All children between the ages of 4 and 16 are welcome to join!



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In-Kind Support

We are pleased to offer on-site oxygen support for attendees, thanks to our partnership with ProResp.

