

Patient & Family Symposium Agenda

**subject to change*

Friday, September 25th

Registration

3:30 pm – 7:00 pm
Foyer

Check in, pick up your nametag, and get ready for a great day of learning and connection.

Gather & Connect: Medicine Bag Activity

3:30 pm - 5:00 pm
Cedarbridge

Come early to connect with the PH community and take part in an Indigenous medicine bag activity as we begin our conference journey together.

PH Store

5:00 pm – 7:00 pm
Foyer

Stop by the PH Store to browse PHA Canada merchandise and pick up something special while supporting the PH community

Welcome Reception

5:00 pm – 7:00 pm
Minoru Ballroom

Join us for an inspiring evening of PHriends, food, a fundraising raffle, and the opportunity to connect and meet others in the pulmonary hypertension community.

Saturday, September 26th

Breakfast & Registration

8:00 am – 9:00 am
Minoru D / Foyer

Sponsored by **MCKESSON**

Opening Remarks

9:00 am – 9:30 am
Minoru Ballroom

Introductory Remarks

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

Opening Plenary

9:30 am – 10:30 am
Minoru Ballroom



Exploring the Future of PH Therapies

Presenter & Moderator: Dr. Mitesh Thakrar

Panelists: Dr. Nathan Brunner, Dr. John Swiston, Dr. Jason Weatherald

Sponsored by



Change is underway in PH care, bringing new hope to patients and families. In this opening plenary, leading PH experts will explore emerging research, treatments, and approaches to care—and what these advancements could mean for the future of the PH community.

Patient & Family Symposium Agenda

Break

10:30 am – 10:45 am

Movement Break

Breakout Sessions

10:45 am – 11:30 am

PH Basics: The 5 Groups and How We Treat Them



Minoru Ballroom

Speaker: Dr. Sanjay Mehta

Pulmonary hypertension (PH) is a complex condition with different causes and treatments. This session breaks down the five WHO groups of PH in simple terms, including what sets them apart, how they're diagnosed, and available treatments. Whether newly diagnosed or looking to understand the basics, you'll gain a clearer understanding of PH.

Restoring Within: Exploring Pulmonary Rehabilitation

Westminster 1

Speaker: Tina Hsu, RRT, CRE

This breakout session will delve into the importance of exercise rehabilitation for individuals living with PH. Participants will learn about the benefits of pulmonary rehabilitation, including how it can improve quality of life, enhance physical endurance, and support overall heart and lung health. An expert instructor will guide attendees through a series of safe, tailored exercises to help manage PH symptoms.

From Pediatric to Adult Care: Finding Your Way as a Young Adult with PH

Westminster 2

Speakers: Brinley Marks, Janette Reyes, NP

Moving from pediatric to adult healthcare can feel like a big step. In this session, a pediatric nurse and a young adult living with PH will share their perspectives on transitioning to adult care.

Learn what to expect, how to build confidence and independence, communicate with your healthcare team, and take a more active role in managing PH. This session offers practical advice and reassurance for young adults and their families.

Breaking the Silence: Conversations That Support Wellbeing

Westminster 3

Speaker: Joanne Schwartz, MSW RSW

Living with pulmonary hypertension can bring difficult thoughts and conversations—both within ourselves and with those closest to us. This session will help patients and caregivers navigate these moments with greater confidence and care. We'll explore how to approach tough conversations about fears, boundaries, changing roles, and emotional needs, with practical tools to support more open, honest, and compassionate communication.

Break

11:30 am – 12:00 pm

Minoru D

Refreshment Break

Breakout Sessions

12:00 pm – 12:45 pm

On the Move: Travelling Safely with PH



Minoru Ballroom

Speakers: Angèle Belliveau, Kelly Gould RN, Carolyn Mathur, Marion Roth

Living with pulmonary hypertension doesn't mean you have to stay close to home. This session explores how to plan and travel safely with PH, from managing oxygen and medications to navigating airports and finding travel insurance. Hear practical tips and real-life experiences to help you feel confident and prepared for your next journey.

Mythbusters: Q&A with PH Medical Experts

Westminster 1

Speakers: Dr. Nathan Brunner, Dr. David Christiansen, 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.

Tips & Tricks: Practical Tips for Daily Living with PH

Westminster 2

Speakers: Jas James, Tarya Morel, Gail Nicholson RN, Eleanor Skrumeda

Join experienced PH patients as they share firsthand stories and practical advice for daily life with pulmonary hypertension. From managing fatigue and oxygen therapy to tracking symptoms and adapting to change, they'll share strategies and lessons learned. Gain valuable insights from people who truly understand the PH journey.

You Don't Have to Do This Alone: Building Your Support System

Westminster 3

Speaker: Joanne Schwartz, MSW RSW

Living with PH can feel overwhelming, but the right support can make a meaningful difference. This session explores support from family, friends, healthcare teams, and the PH community, with practical guidance on identifying your needs, asking for help, and building a support network that works for you.

Lunch Break

12:45 pm – 1:45 pm

Minoru D

Buffet & Networking

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Patient & Family Symposium Agenda

Explore & Connect:
A PH Community Open House
1:45 pm – 2:45 pm

Take an hour to explore, connect, and make the Symposium your own! Move freely between four interactive spaces and our Community Connections hallway for a flexible, open-house experience.

Play & Connect
Minoru Ballroom



Test your PH knowledge, play some games, have a few laughs and connect with other members of the community.

Treatment Connections
Westminster 1

See live demonstrations of IV and SubQ therapies, including Caripul and Remodulin, and connect with patients who have experience with these treatments.

Move, Nourish & Thrive
Westminster 2

Swap recipes, get nutrition tips from a dietician and discover ways to incorporate movement and pulmonary rehabilitation into daily life.

Meet & Mingle
Westminster 3

Pull up a chair, meet someone new, share your experiences and ask questions in an informal, speed-dating-style setting.

Community Connections
Hallway

Explore vendor booths, discover resources and services, ask questions and connect with organizations supporting the PH community.

Break
2:45 pm – 3:15 pm
Minoru D

Refreshment Break

Breakout Sessions
3:15 pm – 4:00 pm

Making Sense of Sodium & Fluid Retention
Minoru Ballroom



Speakers: Andrea Gardner NP, Jaylene Mah RD

Managing sodium and fluid intake is an important part of living with PH. In this session, a PH nurse and dietitian will explain why balance matters and share practical tips for reducing sodium, reading food labels, choosing alternatives, and making realistic changes in everyday life.

Mythbusters: Q&A with PH Medical Experts

Westminster 1

Speakers: Dr. David Christiansen, Dr. Sanjay Mehta, Dr. Mitesh Thakrar

Join a panel of PH medical experts for an interactive Q&A session. Ask your questions, explore common myths and misconceptions, and gain clear, evidence-based answers to help you better understand PH.

Managing Side-Effects of Treatments

Westminster 2

Speakers: Brad Lynch, Jane Macleod, Brooke Paulin

Living with PH treatments can bring challenges. In this discussion-based session, medical professionals and patients will share insights on common side effects, real-world experiences, and practical strategies for managing treatment while maintaining quality of life.

Caregivers Need Care Too (session open to caregivers only)

Westminster 3

Speakers: Finu Cherian, Christine Dobbelsteyn

Caregivers need support, too. This breakout session offers a space to connect with other caregivers, share experiences, and discover practical strategies to support your own well-being.

Closing Remarks

4:00 pm – 4:30 pm

Minoru Ballroom

Closing Remarks

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

One Last Surprise...

Think you know where we're headed next? Stay until the very end, when Planning Committee Chair Kate Salonga will reveal where next year's event will take place!

Speakers

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



Sessions will be livestreamed for virtual participants

Exhibits

Fundraising Raffle

Friday 5:00 pm - 6:45 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 6:45 pm, and you must be in the room to claim your prize!

PH Information Table

Saturday 8:00 am – 3:15 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 – 3:15 pm

Disability Alliance BC

Since 1977, Disability Alliance BC has been a provincial, cross-disability voice in British Columbia. Their mission is to promote a more inclusive and equitable society for people with all disabilities through direct services, community partnerships, systemic advocacy, research, and publications.

Family Caregivers of BC

Family Caregivers of BC (FCBC) is a provincial, not-for-profit organization that supports over one million people in BC who provide physical and/or emotional care to a family member, friend, or neighbour. FCBC helps caregivers feel more confident and supported in their role by providing access to information, education, and compassionate supports tailored to caregivers' needs.

HeartLife

HeartLife is a patient led charity that engages, educates, and empowers people living with heart disease improving their quality of life.

Scleroderma BC

The Scleroderma Association of B.C. (SABC) is an all-volunteer registered charity founded in 1984 by people living with scleroderma. With approximately 550 members, SABC supports patients and their families through education, outreach, and peer support; raises awareness among the public and medical community; and encourages and supports leading-edge scleroderma research across British Columbia and Canada.

PH Store - Foyer

Friday 5:00 - 7:00 pm & Saturday 8:00 am – 3:15 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.



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In-Kind Support

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

