

Patient & Family Symposium Agenda

**subject to change*

Friday, September 25th

Registration & PH Store

3:00 pm – 7:00 pm
Foyer

Grab your nametag and check out the PH store!

Indigenous Medicine Bag Welcome Activity

3:30 pm - 5:00 pm
Cedarbridge

Take time to connect with the PH community through a meaningful hands-on activity. Create your own medicine bag while learning about its significance and reflecting on your journey.

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

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

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Change is underway in pulmonary hypertension 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

Break Out 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

Speaker: Brinley Marks, Janette Reyes, NP

Moving from pediatric to adult healthcare can feel like a big step. In this session, a pediatric nurse, adult nurse, and 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

Break Out Sessions

12:00 pm – 12:45 pm

On the Move: Travelling Safely with PH



Minoru Ballroom

Speakers: Angèle Belliveau, Carolyn Mathur, Marion 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.

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 a panel of experienced PH patients who will share firsthand stories and practical advice for managing daily life with pulmonary hypertension. From navigating fatigue and oxygen therapy to tracking symptoms, adapting to changes, and finding strategies that work, they'll share lessons learned along the way. Whether you're newly diagnosed or have been living with PH for years, this session offers valuable insights from people who truly understand the 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 at times—but having the right support can make a meaningful difference. This session will explore the many forms a support system can take, from family and friends to healthcare teams and peer connections within the PH community. Together, we'll look at how to identify the support you need, how to ask for it, and ways to build and strengthen a network that works for you—so you can feel more connected and supported.

Patient & Family Symposium Agenda

Lunch Break

12:45 pm – 1:45 pm

Minoru D

Buffet & Networking

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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! Rather than a traditional sit-down session, this open-house experience invites you to move freely between four interactive spaces and our Community Connections hallway.

Play & Connect

Minoru Salon

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 PH nurse 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

Break Out Sessions

3:15 pm – 4:00 pm

Managing Side-Effects of Treatments

Westminster 1

Speaker: Andrea Gardner NP, Brad Lynch, Jane Macleod, Brooke Paulin

Living with PH treatments can come with challenges, but patients often develop practical and creative ways to manage side effects in their daily lives. In this discussion-based session, medical professionals and patients from the PH community will share insights into common treatment side effects, along with real-world experiences and coping strategies. Attendees will leave with practical tips, shared experiences, and a better understanding of how others navigate treatment while maintaining quality of life.

Mythbusters: Q&A with PH Medical Experts

Westminster 2

Speaker: Dr. David Christiansen, Dr. Sanjay Mehta, 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)

Westminster 3

Speakers: Finu Cherian, Christine Dobbelsteyn

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

Closing Remarks

4:00 pm – 4:30 pm

Minoru Ballroom

Closing Remarks

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 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 3:00 - 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 Vital Aire.

