



THE COLLEGE OF  
FAMILY PHYSICIANS  
OF CANADA



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# FMF 2024

## Ancillary Sessions

November 6-9, 2024

Vancouver Convention Centre

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# Ancillary Sessions

Earn extra credits! Each session is certified for one Mainpro+® Group Learning Credit –  
Breakfast or lunch is provided.

## Wednesday, November 6, 2024 – Vancouver Convention Centre, West

12:45–13:45 From A1C to Z: GLP-1 and GIP/GLP-1 RA Therapies Case 1: Managing Type 2 Diabetes & Case 4: Tackling Type 2 Diabetes and CKD in Primary Care

## Thursday, November 7, 2024 – Vancouver Convention Centre, West

7:30–8:30 Prevent & Protect: Championing pneumococcal disease prevention in primary-care  
12:45–13:45 Basal Insulin Blueprint – Module 1A and 2A  
12:45–13:45 Menopause: Focus on vasomotor symptoms

## Friday, November 8, 2024 – Vancouver Convention Centre, West

7:30–8:30 Multiple Myeloma: Primary care management and referral  
12:45–13:45 Moving Beyond Weight: Understanding obesity and its comorbidities  
12:45–13:45 Differentiating Causes of Dyspnea and Cough: Could your patient have interstitial lung disease?

Ancillary sessions are sponsored and paid for by a CPD provider that may have also received external funding for program development. All conflicts of interest will be fully disclosed on slides and shared at the start of the presentation.

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## Wednesday, November 6, 2024 – Vancouver Convention Centre, West

12:45–13:45

### From A1C to Z: GLP-1 and GIP/GLP-1 RA Therapies Case 1: Managing Type 2 Diabetes & Case 4: Tackling Type 2 Diabetes and CKD in Primary Care

**Room: Ballroom C**

#### Learning objectives:

1. Identify the relationship between type 2 diabetes and different cardiometabolic conditions
2. Determine how a multifaceted approach to type 2 diabetes management can improve cardiometabolic outcomes
3. Discuss current evidence that support GLP-1 RAs and GIP/GLP-1 RAs and determine how to individualize treatment

**Description:** The management of type 2 diabetes rarely occurs in isolation, as it is often accompanied by other cardiometabolic complications such as obesity, liver disease, cardiovascular disease, and chronic kidney disease. As patients commonly present with these overlapping health challenges, clinicians must address a range of complexities to provide effective, comprehensive care. This comprehensive program entitled, “From A1C to Z: GLP-1 and GIP/GLP-1 RA Therapies” will explore the interconnected nature of these conditions and provide practical strategies to optimize patient care. Learn about the expanding role of GLP-1 receptor agonists and GIP/GLP-1 receptor agonists in improving glycemic control, supporting weight management, and reducing cardiovascular risk. Through interactive case studies, you'll gain valuable insights on implementing guideline-recommended assessments, selecting appropriate pharmacotherapy, and addressing common comorbidities.

This 1-hour session will focus on 2 modules of this program: Case 1: Managing Type 2 Diabetes, and Case 4: Tackling Type 2 Diabetes and CKD in Practice.

## Thursday, November 7, 2024 – Vancouver Convention Centre, West

7:30–8:30

### Prevent & Protect: Championing pneumococcal disease prevention in primary-care

Shannon Walker, MD

**Room: Ballroom C**

#### Learning objectives:

1. Communicate the burden of pneumococcal disease and the importance of pneumococcal vaccination
2. Identify at-risk populations that would likely benefit from pneumococcal vaccinations
3. Apply current recommendations for pneumococcal vaccination in pediatric and adult patients
4. Address vaccine hesitancy and counsel patients and caregivers on the importance of pneumococcal vaccines

**Description:** Prevent & Protect – Championing Pneumococcal Disease Prevention in Primary Care is an educational program designed to help family physicians further their education level with respect to the prevention of pneumococcal disease. The program is designed to be flexible and interactive, with the use of clinical questions to further enhance learning strategies.

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12:45–13:45

## Basal Insulin Blueprint – Module 1A and 2A

Room: Ballroom D

### Learning objectives:

4. Determine when insulin should be initiated in the diabetes treatment continuum
5. Differentiate between the basal insulin options available
6. Determine the initiation and titration of a person with type 2 diabetes starting basal insulin
7. Describe common barriers associated with basal insulin initiation and titration and identify strategies to mitigate risk
8. Describe how to switch a person from one basal insulin to another

**Description:** Primary care clinicians play a pivotal role in addressing the multifaceted management of diabetes. While regularly encountering patients navigating the complexities of this condition, providers face countless challenges. This practical education program provides an overview of the current landscape of insulin options as well as advances in new and emerging long-acting insulins.

12:45–13:45

## Menopause: Focus on vasomotor symptoms

Shafeena Premji, MD

Room: Ballroom C

### Learning objectives:

1. Discuss the prevalence and burden of menopausal symptoms, including vasomotor symptoms (VMS)
2. Explain the pathophysiology of VMS due to menopause
3. Recognize and assess menopausal symptoms and formulate options for treatment, with a particular focus on VMS

**Description:** Vasomotor symptoms (including hot flashes and night sweats) are common with 60-80% of women experiencing vasomotor symptoms during the menopausal transition. These symptoms can negatively affect a women's quality of life and interfere with daily activities. Family physicians are in a unique position to initiate the conversation on bothersome symptoms of menopause with their patients. This program will focus on the identification, assessment and management of vasomotor symptoms due to menopause.

## Friday, November 8, 2024 – Vancouver Convention Centre, West

7:30–8:30

## Multiple Myeloma: Primary care management and referral

Graham Segal, MD; Nicole White-Al Habeeb, MD

Room: Ballroom C

### Learning objectives:

1. Assess patients with signs and symptoms suggestive of multiple myeloma and precursor conditions
2. Integrate high-impact practices from MM evidence to optimize investigations and patient outcomes
3. Initiate referral as needed based on relevant information gathered from multiple myeloma work up

**Description:** Why Multiple Myeloma Matters: Multiple myeloma, a cancer of the bone marrow, is a formidable adversary. Understanding its intricate nuances is paramount to providing the best care for your patients. This course delves deep into the world of abnormal plasma cells, exploring their role in our immune system and the creation of monoclonal proteins, or M-proteins.

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## Critical Insights Await:

- Learn about the importance of M-proteins in blood or urine, and their role in tracking disease progression and relapse.
- Discover why multiple myeloma is the second most common hematologic malignancy in adults, affecting thousands every year.
- Understand the increasing prevalence of this condition and its correlation with an aging population and advances in therapeutic strategies.

MGUS and Beyond: Delve into the crucial precursor to multiple myeloma, Monoclonal Gammopathy of Undetermined Significance (MGUS). By understanding this silent precursor, you can significantly impact early intervention and patient outcomes. The evolving landscape of treatment options means more patients are surviving longer because of improved pathways to treatment, improved supportive care, and new techniques for management. This is your chance to add these tools and approaches to your practice.

## 12:45–13:45 **Moving Beyond Weight: Understanding obesity and its comorbidities**

Walter Chow, MD

**Room: Ballroom C**

### Learning objectives:

1. Address some of the most frequently asked questions on the topic of obesity using the latest data and evidence-based guidelines
2. Recognize the correlation between obesity and its impact on cardiovascular disease and outcomes

**Description:** Primary care clinicians play a crucial role in managing obesity and its related comorbidities, often encountering patients who struggle with this complex, chronic condition. Despite the frequency of these encounters, many patients are not offered a comprehensive, evidence-based obesity management plan. Instead, they often receive generic advice like "eat less and exercise more," which typically does not lead to significant improvements in weight or health and can reinforce obesity-related stigma. This approach oversimplifies the complexity of obesity management and fails to address its multifaceted nature. To address these gaps, this practical education program is designed to equip clinicians with the knowledge and tools to manage obesity more effectively. The program focuses on the pathophysiology of obesity, current guideline recommendations, and strategies for addressing bias and weight plateaus in clinical practice. By enhancing clinicians' understanding and skills, the program aims to improve patient outcomes and reduce the stigma associated with obesity management.

## 12:45–13:45 **Differentiating Causes of Dyspnea and Cough: Could your patient have interstitial lung disease?**

Raj Mainra, MD; Moderator, Jessica Chan, MD

**Room: Ballroom D**

### Learning objectives:

1. Explain the prevalence and impact of interstitial lung disease (ILD) and address the barriers to identifying ILD patients
2. Determine the initial assessment of a patient with suspected ILD, including patient history, examination, and diagnostic tests
3. Differentiate between ILD and other common conditions with similar clinical presentations

**Description:** Interstitial lung disease (ILD) is a group of pulmonary conditions characterized by diffuse parenchymal lung infiltration. This is caused by lung inflammation and/or lung fibrosis. Although less common than other respiratory conditions, ILD can be associated with significant mortality risk, higher than many different

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types of cancer. There is also a lack of public awareness of this condition. With treatments available to reduce ILD progression and mortality risk, time lost before diagnosis translates to lung lost. The webinar is designed to help provide the primary care clinician with guidance regarding when to suspect ILD and their role in the assessment and referral of these patients.

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