

FMF 2026

Ancillary Sessions

November 11–14, 2026
Toronto (ON)

Family Medicine Matters

fmf.cfpc.ca

Ancillary Sessions

Each session is certified for one Mainpro+® Group Learning Credit.

Drop-ins welcome – Breakfast & lunch is provided

Wednesday, November 11, 2026 – Metro Toronto Convention Centre, South Building

12:45–13:45	**ACTION: AdvanCing Treatment In Obesity Now**
12:45–13:45	**Aldosterone Unleashed: Cracking Resistant Hypertension**

Thursday, November 12, 2026 – Metro Toronto Convention Centre, South Building

7:30–8:30	**From Red Flags to Referral: A closer look at ILD & lung cancer**
16:30–17:30	**SOOTHE: Strategies to Optimize Outcomes in Treating Hand Eczema**

Friday, November 13, 2026 – Metro Toronto Convention Centre, South Building

12:45–13:45	**Countering Obesity Misinformation: Practical tools for patient conversations**

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.

PRE-REGISTRATION REQUIRED HERE: fmf.cfpc.ca/registration/

Wednesday, November 11, 2026

12:45–13:45 ACTION: AdvanCing Treatment In Obesity Now

Room: Hall G - Metro Toronto Convention Centre, South Building

Kristin Terenzi, MD

Learning objectives:

1. Recognize opportunities for earlier intervention in obesity care
2. Describe the long-term health impact of earlier intervention in obesity care
3. Describe the evolving Canadian obesity treatment landscape over the next 6–12 months and its potential implications for primary care practice

Description: This practical, case-based session will review when and how primary care clinicians can intervene earlier in obesity care, the long-term health impact of timely intervention, and the evolving Canadian obesity treatment landscape over the next 6–12 months. Participants will consider the practical implications for evidence-based decision-making in everyday primary care practice.

12:45–13:45 Aldosterone Unleashed: Cracking Resistant Hypertension

Room: 701 - Metro Toronto Convention Centre, South Building

Peter Lin, MD

Learning objectives:

1. Explain how aldosterone contributes to uncontrolled and resistant hypertension
2. Assess clinical evidence for established and novel aldosterone-targeted therapies
3. Implement streamlined approaches to optimize hypertension management

Description: Uncontrolled and resistant hypertension remain important challenges in clinical practice. This program will explore the role of aldosterone in persistent blood pressure elevation and review evidence for established and emerging aldosterone-targeted therapies. Participants will also examine practical approaches to identifying causes of uncontrolled hypertension, evaluating elevated aldosterone, and streamlining treatment. The session will focus on practical strategies clinicians can use to improve hypertension management in everyday practice.

Thursday, November 12, 2026

7:30–8:30 From Red Flags to Referral: A closer look at ILD & lung cancer

Room: 701 - Metro Toronto Convention Centre, South Building

Sacha Bhinder, MD

Learning objectives:

1. Recognize early warning signs and symptoms that may indicate serious respiratory conditions, like interstitial lung disease (ILD) or lung cancer
2. Order appropriate diagnostic tests for patients presenting with respiratory symptoms that may indicate ILD or lung cancer
3. Initiate timely referrals for patients who present with warning signs for ILD or lung cancer to avoid diagnostic delays

Description: This presentation is designed to support healthcare providers in identifying and managing both ILD and/or lung cancer. Using a patient case, this course will review the clinical presentation, diagnosis, and treatment of both ILD and lung cancer, with an emphasis on early recognition and intervention.

16:30–17:30 SOOTHE: Strategies to Optimize Outcomes in Treating Hand Eczema

Room: Hall G - Metro Toronto Convention Centre, South Building

John Kroft, MD

Learning objectives:

1. Recognize and assess chronic hand eczema (CHE), including differentiating CHE from other skin conditions and identifying features of moderate-to-severe disease
2. Apply optimal management strategies for CHE, including appropriate first-line therapy, escalation approaches, and integration of newer non-steroidal topical treatments
3. Personalize CHE treatment plans by considering disease etiology/phenotype, occupational exposures, treatment response, and quality-of-life impact

Description: This program is designed to equip family physicians with practical, evidence-based information to confidently assess and manage chronic hand eczema (CHE), a common, burdensome, and often under-treated condition affecting approximately 15% of individuals over their lifetime, with an even higher prevalence in high-risk occupational groups. Learners will recognize CHE as a distinct clinical entity with heterogeneous presentations and a multifactorial etiology, associated with significant physical, psychosocial, and socioeconomic impact. Interactive patient case studies will highlight real-world application, including “what if” scenarios that explore diverse clinical presentations and management challenges. By the end of the session, attendees will be able to apply a stepwise, patient-centred approach that emphasizes early intervention to prevent chronicity, reduce occupational impairment, and improve long-term outcomes for this challenging condition frequently encountered in primary care.

Friday, November 13, 2026

12:45–13:45 Countering Obesity Misinformation: Practical tools for patient conversations

Room: 701 - Metro Toronto Convention Centre, South Building

Sean Wharton, MD

Learning objectives:

1. Describe obesity as a chronic multifactorial disease requiring long term management
2. Apply values based bias aware compassionate communication strategies to build trust and support sustainable behaviour change
3. Integrate obesity related complications into assessment and individualize care and planning

Description: This program is designed to help clinicians understand obesity as a chronic, multifactorial disease, incorporate liver-health considerations into patient management, and use values-based, bias-aware communication to build trust and support sustainable behaviour change.

PRE-REGISTRATION REQUIRED HERE: fmf.cfpc.ca/registration/