



FMF

Family Medicine Forum
Forum en médecine familiale

THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MÉDECINS DE FAMILLE
DU CANADA

FMF 2026

Exhibit Hall
Main Stage

November 11–14, 2026
Toronto (ON)

Grande scène du
Hall d'exposition

11–14 novembre, 2026
à Toronto (ON)

Family Medicine Matters • La médecine de famille est essentielle

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EXHIBIT HALL MAIN STAGE NON-CERTIFIED PRESENTATIONS

Wednesday, November 11, 2026

9:45 am – 10:15 am

From Early Detection to Optimal Control: A Clinical Guide to T1D Screening and Second-Generation Basal Insulin Therapy

Speaker: Dr. Rishi Handa

1. Understanding T1D Early Detection – Identifying appropriate candidates for screening, screening methodologies, and the clinical rationale for early T1D detection
2. Clinical Value of Second-Generation Basal Insulins – Examining pharmacological advantages, patient selection criteria, and their role in optimizing glycemic outcomes
3. Case Study Application – Demonstrating evidence-based strategies for initiating, titrating, and optimizing second-generation basal insulin therapy

12:45 pm – 1:15 pm

Simplifying the 2023 Osteoporosis Guidelines

Speaker: Dr. Upender Mehan

A summary of the 2023 Clinical Practice Guideline for Management of Osteoporosis and Fracture Prevention in Canada.

1. Highlight the key changes from the 2010 guideline.
2. Present a simplified approach to allow primary care practitioners to effectively screen and manage patients, both those at risk of osteoporosis and those requiring treatment and follow-up.

1:25 pm – 1:55 pm

Reimagining Family Medicine: Lessons from Hybrid Family Care Teams in Newfoundland and Labrador

Speaker: Marie-Eve Girard, Grace Patry, Ariel Pulver, Dr. Ivan Escudero

Family medicine is evolving. Across Newfoundland and Labrador (NL), virtual physicians are practising in a model designed to support what drew many to primary care in the first place: meaningful patient relationships, continuity, teamwork, and the ability to focus on clinical care.

Using a real patient journey, this session explores how NL is advancing access to family medicine through a longitudinal, team-based model that integrates clinical educators, virtual clinicians and flow clerks, onsite nurses, and community-based services. The discussion will follow a patient from initial access and assessment through ongoing care, referrals, diagnostics, follow-up, illustrating how coordinated care can improve both the patient and clinician experience.

Panelists will share why clinicians join and stay in this model, the supports that help reduce administrative burden, and practical lessons on building sustainable, accessible primary care while preserving continuity and quality.

3:00 pm - 3:30 pm

Multi-Cancer Early Detection: Introducing the Cancerguard test in Canada

Speaker: Dr. Christine Palmay

Despite existing programs, significant gaps in cancer screening remain across Canada. This session will explore the current cancer screening landscape, introduce multi-cancer early detection (MCED) tests as an emerging category within preventive care, and provide an overview of Cancerguard™ - the only commercially available multi-biomarker test that screens for 50+ cancer types and subtypes with a simple blood sample

Thursday, November 12, 2026

9:45 am – 10:15 am

What Primary Care Physicians Need to Know about the Upcoming Era of GLP-1 Options

Speaker: Dr. Peter Lin

As the GLP-1 landscape continues to evolve, primary care physicians are increasingly faced with new treatment options and patient questions. This session will explore the science behind GLP-1 therapies, the emergence of generic GLP-1 medicines, and practical considerations for confidently navigating this changing landscape

12:45 pm – 1:15 pm

Early Infant Nutrition: Navigating Proteins, Probiotics, & Prebiotics

Speaker: Dr. Jose Saavedra, MD

Learning Objectives

1. Review the importance of breastfeeding and its role in infant nutrition and development.
2. Identify and compare protein sources used in infant formulas and analyze their functional and nutritional implications.
3. Review the concept of probiotics and their potential effects on the microbiota and the benefits they may provide for infants.
4. Describe prebiotics and Human Milk Oligosaccharides (HMOs), including explaining the specific role of 2'-FL in infant nutrition.

1:25 pm – 1:55 pm

Optimizing Seasonal Respiratory Virus Protection in Patients: Personalizing the Conversation

Speaker: Mike Boivin

Learning Objectives

1. Recognize high-risk patients and caregivers - Identify patients at increased risk for influenza and COVID-19 complications.
2. Apply personalized vaccine recommendations - Personalize seasonal respiratory vaccine recommendations, considering factors such as health status, lifestyle and patient priorities, tailoring recommendations and conversations to each unique patient encounter.
3. Incorporate evidence into practice - Apply evidence based and practical considerations to patient-centered vaccine discussions.

3:00 pm - 3:30 pm

Understanding DORAs: A Different Approach to Insomnia Treatment

Speaker: Dr. Serge Lessard

Learning objectives:

1. Review the role of the orexin system in sleep-wake regulation and the mechanism of action of dual orexin receptor antagonists (DORAs)
2. Differentiate DORAs from other pharmacologic approaches to insomnia
3. Review the clinical evidence for DORAs in the treatment of insomnia

Friday, November 13, 2026

9:45 am - 10:15 am

T2D and Obesity: Can the First Six Months Change the Next Twenty Years?

Speaker: Dr. Leon Waye

Learning Objectives:

1. Explain the new paradigm for early integrated management of type 2 diabetes and obesity
2. Describe evidence and guidelines supporting early pharmacologic management to reduce long-term cardiometabolic risk
3. Apply effective communication strategies to facilitate patient centered discussions about the benefits of early intervention
4. Formulate a practical, stepwise management plan to optimize treatment and reduce long-term cardiometabolic risk

12:45 pm - 1:15pm

Supporting Woman Across Their Maternal Health Journey

Speaker: Dr. Stephanie Liu, MD

Please join Dr. Stephanie Liu, MD for a practical review of nutrition across the maternal journey – preconception, pregnancy and lactation. The session covers common micronutrient needs in women of reproductive age, the evidence behind key supplements and how primary care teams can help counsel patients at each stage of the maternal journey.

Dr. Stephanie Liu is a family physician from Edmonton, AB dedicated to translating evidence-based medicine into clear, reliable guidance for patients and colleagues alike. She earned her Master's in Clinical Nutrition from Columbia University before completing medical school and residency at the University of Alberta, where she now serves as an assistant clinical professor. Her clinical interests include paediatrics, maternal health, nutrition, and sleep medicine.

1:25 pm – 1:55 pm

AI-powered tools are necessary but not sufficient: Building a digitally interoperable future for community-based physicians

Speaker: