

Program Details

Saturday June 19th 2022 - Womans Health Main Session 1

VIRTUAL MEETING VIA ZOOM [Link]

MODERATOR: Minnie Downey

CO-CHAIRS: Dr. Lesa Dawson and Dr. Nita Bhandari

8:30 am - 8:35 am

Welcoming Remarks

Women's Health; Lowering Barriers: Voices from the Trenches

Moderator: Minnie Downey

8:35 am - 8:45 am

Introductory Remarks

Co-Chairs: Dr. Lesa Dawson (CINS) and Dr. Nita Bhandari (GAPIO)

8:45 am - 9:15 am

Lowering Cancer Barriers

Speaker: Dr. Lesa Dawson

Abstract:

9:15 am - 9:35 am

Cervical Cancer 'Elimination of cervical cancer' from a global perspective

Speaker: Dr. Gina Ogilvie

Abstract: Each year, globally over half a million women develop cervical cancer, and in 2018, the WHO named elimination of cervical cancer as a global public health priority. To accelerate the pace to reach this critical goal, there is an urgent need to evaluate strategies that optimize existing programs and catalyze new programs to improve HPV vaccine and cervical cancer screening coverage. In this presentation, Dr. Ogilvie will review the WHO and Canadian cervical cancer elimination goals; as well as discuss research and policy priorities to improve vaccination and screening coverage globally, Canada and BC.



Saturday June 19th 2022 - Continued

9:35 am - 10:00 am

Fraser Health Population Public Health: Services for Women in Fraser Health

Speakers: Dr. Ingrid Tyler, Cheryl Prescott, Michelle Urbina

Abstract: Fraser Health Population Public Health (PPH) offers the following programs across the regional health authority: Communicable Diseases, Healthy Environments, Health Equity and Population Health, Health Protection, Maternal-Child and Immunizations, Overdose response, Population Health Observatory, Public Health Information Systems, South Asian Health Institute, Wellness Promotion, This presentation focuses on two programmatic areas offering public health services for women: maternal child and sexual health. The Maternal Child program overview includes both general and enhanced service for the Best Beginnings program and childhood immunizations uptake. Enhanced services include the Nurse Family Partnership and Early Family Visiting Program. The Sexual Health and Blood Borne Infections program provides enhanced services for populations within Fraser Health who are most affected by sexually transmitted infections (STI) and blood borne infections. Enhanced services include testing, treatment and follow up care for STI and blood borne infections and support services for individuals living with HIV. Both presenters provide an overview of their respective programs in relation to women's health and flag where women in Fraser Health may experience challenges or barriers to reach optimal health outcomes in each area discussed.

10:00 am - 10:20 am

The toll of Mental illness

Speaker: Dr. Scott Lear

Abstract: In Canada, 1 in 5 people experience a mental illness annually. By the age of 40, half of all Canadians are diagnosed with a mental illness. In contrast, less than 10% have diabetes, and less than 1% are diagnosed with cancer each year. The recent pandemic has increased these numbers and risk factors disproportionately affect women and include lower SES and caring for others. Mental illness not only affects the individual but also their family, friends and work, costing Canadians \$50 billion per year. Some of this burden is the result of inadequate health care systems for diagnosing and treating mental illness in a timely manner. I will use my recent experiences with depression to highlight the gaps in care and promise for the future, along with tips that may help in day-to-day self-care.

10:20 am - 10:40 am

South Asian Woman and Chronic Fatigue and Pain; Case studies, Challenges and Solutions

Speaker: Dr. Arina Garg

Abstract: TBD

10:40 am - 10:50 am

BIO BREAK



Saturday June 19th 2022 - Continued

10:50 am - 11:10 am

South Asian Women and leadership

Speaker: Dr. Shweta Prabhakar

Abstract: TBD

11:10 am - 11:30 am

Diabetes Prevention: Support After Pregnancy for South Asian Women in Surrey

Speaker: Dr. Reena Khurana

Abstract: Diabetes is a prevalent health issue in Surrey and North Delta and those who have experienced gestational diabetes are at especially high risk (40%) for developing Type 2 diabetes in the years following delivery. One of the health care gaps contributing to this problem is the lack of follow-up for post-partum patients. Recently we found that nearly 75% of patients with gestational diabetes had not completed the recommended blood glucose test by three months post-partum. Many of these patients may not have a family physician and are left to schedule follow-up appointments without reminders or support.

Community GPs and Endocrinologists in Surrey-North Delta are collaborating on a Shared Care project aimed at reducing the number of patients who fall through the cracks when transitioning from the Gestational Diabetes Management Program back to a primary care provider. The project will focus on the South Asian population in Surrey and North Delta as this is the largest ethnic group in the Gestational Diabetes Management Program. In collaboration with our South Asian community partners, we want to develop culturally specific recommendations for the awareness and prevention of diabetes.

With a focus on improving the transition process, increasing public awareness of the issue, and empowering primary care providers to proactively address post-partum care with their patients who have had gestational diabetes, we hope to help patients and their families reduce the risk of Type 2 diabetes.

11:30 am - 11:50 am

Barriers in Women's Health-Evidence from Research Studies

Speakers: Karen Davison and Pulindu Ratnasekera

Abstract: Historically, sex and gender have not been considered in health research. For instance, most clinical trials for the prevention of heart disease studied middle-aged males and excluded women because of a complex set of assumptions, including the perception that women's hearts were the same as men's. In this presentation, the importance of sex/gender analysis in research will be highlighted with examples drawn from their investigative work. We will be highlighting two examples of our research – one related to depression and immigration status. The other example is a recent study we completed related to blood chromium levels in relation to type 2 diabetes and cardiovascular disease. In both projects we found important differences by sex. We also discuss how researchers & health programmers may include sex/gender considerations in the work they do.



11:50 am - 12:20 pm

Maternal Health and India

Speaker: Ramdeep Dosanjh and Ricky Tsang

Abstract: TBD

12:20 pm - 12:30 pm

Summary and next steps

Co-Chairs



Program Details

Sunday June 20th 2022 - Women's Health Session 2

VIRTUAL MEETING VIA ZOOM [[Link](#)]

MODERATOR: Dr. Arun Garg

- | | |
|---------------------|--|
| 8:30 am - 8:35 am | Setting The Scene - Introductory Remarks
Integrative Thinking to Integrative Health
Moderators: Dr Arun Garg and Dr. Anupam Sibal |
| 8:35 am - 8:45 am | Special address: Integrative Medicine Post COVID-19
Speaker: Vaidya Rajesh Kotecha, Honourable Secretary, Ministry of AYUSH, Govt. of India |
| 8:45 am - 9:15 am | What is integrative thinking to integrative Medicine: The Time Has Come for the Best of the East and Best of the West
Speaker: Dr. HR Nagendra |
| 9:15 am - 9:25 am | Patients Perspective of Integrative Health - a personal journey
Speakers: Sobhana Jaya Madhavan |
| 9:25 am - 10:30 am | Panel of Physicians - Building capacity in Integrative Health
Panel members: Dr. Jasdeep Saluja, Dr. Brendan Byran, Dr. Bal Pawa, Dr. Ramneek Dosanjh, Dr. Anurag Saxena, Dr. Hanna Nette |
| 10:30 am - 10:45 am | Pannel Summary of Next Steps of Building Capacity
Dr. Arun Garg |



Sunday June 20th 2022 - Continued.

10:45 am - 11:00 am

Bio Break

11:00 am - 12:00 am

Artist as A Healer A Real Story: Shakti The Artistic and healing Force: A Reflection on Women's health for our times

Joint Project: Joint Project Indian Summer fest and CINS Sirish, Host Shushma Datt of Spice Radio

Speakers: Yogacharini Maitreyi, Hannah Marsh, Dr. Farah Shroff

12:00 pm - 12:10 pm

Closing remarks and draw for prizes
Dr. Arun Garg

A Special Thank You to our Sponsors and Partners



Platinum Sponsors



Gold Sponsors



CINI Supporters



Community & Service Partners



Media Partners

