Dear Colleagues,

Mark Friday April 14, 2023 on your calendar and plan to join us for the 2023 Mature Women’s Health Care live webcast.

We have invited some of our most informed and engaging clinicians to present information on relevant and important topics that will influence your day to day practice and help you to provide the very best health care for aging women in your practice.

As an additional learning tool, all sessions will be recorded so that you will be able to review talks and information presented for one month post conference.

Grab a coffee, some breakfast and your laptop and plan to be with us for what we promise to be an enjoyable morning of learning!

MWHC 2023 Course Directors,
Dr. Harold Drutz
Dr. Michelle Jacobson
Dr. Lindsay Shireff
Dr. Wendy Wolfman

Program - Webcast

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>8:55</td>
<td>Welcome &amp; Introduction</td>
<td>Dr. Wendy Wolfman</td>
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<tr>
<td>9:00</td>
<td>Perimenopausal Contraception</td>
<td>Dr. Lindsay Shireff, Assistant Professor, Dept. of Obstetrics &amp; Gynaecology, University of Toronto</td>
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<tr>
<td>9:30</td>
<td>Cognition &amp; Menopause</td>
<td>Dr. Pauline Maki, Professor, Psychiatry, Psychology and Obstetrics &amp; Gynecology, University of Illinois, Chicago, Illinois</td>
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<td>10:00</td>
<td>10 Minute Stretch</td>
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<td>10:10</td>
<td>Cardiovascular Aging During the Menopausal Transition</td>
<td>Dr. Susanna Mak, Associate Professor, Dept. of Medicine (Division of Cardiology), University of Toronto</td>
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<tr>
<td>10:40</td>
<td>What’s New in Treatment for Menopausal Women</td>
<td>Dr. Wendy Wolfman, Professor, Dept. of Obstetrics and Gynaecology, University of Toronto; Director of the Menopause and Premature Ovarian Insufficiency Units, Mount Sinai Hospital; Carol Mitchell Chair in Menopause</td>
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<tr>
<td>11:00</td>
<td>10 Minute Stretch</td>
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<tr>
<td>11:20</td>
<td>Pessary Care for the Generalist Practice</td>
<td>Dr. Colleen McDermott, Assistant Professor, Dept. of Obstetrics &amp; Gynaecology (Urogynaecology), University of Toronto</td>
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<tr>
<td>11:50</td>
<td>A Review of Recent Guidelines on Osteoporosis &amp; Postmenopausal Women</td>
<td>Dr. Aliya Khan, Professor of Clinical Medicine, Divisions of Endocrinology and Metabolism and Geriatrics, McMaster University and Director - Calcium Disorders Clinic, McMaster University</td>
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<tr>
<td>12:20</td>
<td>Menopause Advocacy and Workplace Issues for Canadian Women</td>
<td>Janet Ko, President and Co-Founder, The Menopause Foundation of Canada</td>
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<td>12:50</td>
<td>Closing Remarks and Evaluation</td>
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Note: every lecture will be following by 10 minutes of Q & A

Accreditation

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim a maximum of 3.5 hours (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 3.5 Mainpro+ credits.

For nurses, this course will fulfill the requirement for reflective practice.
Registration (MWHC)

First Name: ______________________________________________

Last Name: _____________________________________________

Workplace Facility: ______________________________________

Address: ______________________________________________

City: ___________________________________________________

Province: ______________________________________________

Postal Code: ____________________________________________

Phone ________________________________________________

Email: _________________________________________________

**Confirmation of registration will be sent by email

Profession

[ ] ObGyn  [ ] Family Physician  [ ] Nurse

[ ] NP  [ ] Fellow  [ ] Resident  [ ] Pharmacist

[ ] Other ________________________________

If you wish to register on-line, please go to:
www.mountsinai.on.ca/cme/

Registration Fees (CDN)

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<tr>
<th>Early Bird Fee (before March 14)</th>
<th>Registration Fee (after March 14)</th>
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<tr>
<td>Physicians $125 + HST = $141.25</td>
<td>$150 + HST = $169.50</td>
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<tr>
<td>Nurses and NPs &amp; Pharmacists $85 + HST = $96.05</td>
<td>$100 + HST = $113.00</td>
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<tr>
<td>Fellows Residents $35 + HST = $39.55</td>
<td>$50 + HST = $56.50</td>
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Registration fee includes webcast participation, CME credits, and a recording of the lectures.

Cancellation Policy: There are no cancellations for webcasted programs.

If paying by cheque, please complete this form and make your cheque payable to OBS/GYN Associates and mail to: CME - Dept. of Ob/Gyn Mount Sinai Hospital 700 University Ave. 8th Floor, 8-934 Toronto, Ontario M5G 1Z5

If paying by credit card, please complete credit card information and mail to the above listed address or fax to FAX # (416) 586-5958

[ ] Visa  [ ] Mastercard

Card #: __________ __________ __________ __________

Expiry Date: ________________________________

Name on Card: ______________________________

Signature: ________________________________

Course Directors:
Harold Drutz, Michelle Jacobson, Lindsay Shirreff & Wendy Wolfman

Friday April 14, 2023