



## PATIENT & FAMILY FORUM - JUNE 9, 2018

Metro Toronto Convention Centre, South Building, Room 705, 222 Bremner Boulevard, Toronto, Ontario

**Good news!** If high cholesterol runs in your family...if your medications are not keeping your cholesterol in check...if you are worried that your child may have inherited your gene for high cholesterol, the good news is there are things you can do about it.

**Even better news!** Leading experts from Canada and around the world will be in Toronto for the International Symposium on Atherosclerosis (lay translation: hardening of the arteries) and some will be available, prior to the conference, for our Canadian Heart Patient Alliance Family Forum. Learn about family screening, diagnosis, new treatments, eating healthily, preventing heart and arterial disease, psychosocial support and other issues to improve your cardiovascular health.

**Lead Faculty:** Dr. Genest, McGill University Health Centre; Dr. Hegele, Robarts Research Institute; Dr. Gaudet, University of Montreal; Nita Chahal, The Hospital for Sick Children

**There is no cost to attend, please register at:** <https://www.surveymonkey.com/r/CHPARegJune18>

A limited number of **travel scholarships are available**, apply at: <https://www.surveymonkey.com/r/CHPATravelJune18>

| Saturday, June 9, 2018 – DRAFT AGENDA |   |
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| 9:00 am – 9:15 am                     | <b>Registration and Breakfast</b>   |
| 9:15 am – 9:30 am                     | <b>Welcome and Objectives</b> (Durhane Wong-Rieger, Canadian Heart Patient Alliance)  |
| 9:30 am – 10:00 am                    | <b>Learning from Patients</b> (Parent, Caregiver)   |
| 9:30 am – 10:30 am                    | <b>Taking the Fear out of Lipids: From Basic to Advanced Knowledge Adults</b> (Physician Panel) <ul style="list-style-type: none"> <li>• Lipids in your genes: what you want to know about FH, FCS and ASCVD</li> <li>• Mapping your heart-linked genealogy</li> <li>• Registries: what, why, how</li> </ul>  |
| 10:30 am – 10:45 am                   | <b>Break</b>  |
| 10:45 am – 12:00 pm                   | <b>More Ways than Ever to Manage Lipids</b> (Panel: Adult Specialist, Paediatric Specialist, Geneticist) <ul style="list-style-type: none"> <li>• Screening and diagnosis: prevention and taking control</li> <li>• Best ways to treat adults with lipid disorders</li> <li>• Treating children: emerging consensus on best practice</li> </ul>   |
| 12:00 pm - 1:30 pm                    | <b>Eating Easy, Eating Well: A Lunch Time Adventure</b>   |
| 1:30 pm – 3:30 pm                     | <b>Living well with Lipids: A Family Affair</b> (Panel: Nurse Coordinator, Dietician, Psychologist, Genetic Counsellor) <ul style="list-style-type: none"> <li>• How families experience lipid disorders and cardiovascular disease</li> <li>• Empowering children and teens: what, when, how to talk about inherited lipid conditions</li> <li>• Eating well: easy guidelines, tips for eating out, how to adapt gourmet cooking</li> <li>• Ask the experts about exercise, giving and getting support, dealing with stress at work, school, home</li> </ul> |
| 3:30 pm – 3:00 pm                     | <b>Wrap up and next steps</b>   |