

7:30 Registration and Coffee

7:55 Welcome and Opening Remarks

8:10 **Migraines: Epidemiology, Burden and Diagnosis**  
Christine Lay

8:30 Case Presentations

**Case #1 Colic to College**  
Ana Marissa Lagman-Bartolme / Daune MacGregor

**Case #2 Menstrual Migraine**  
Suvendrini Lena / Michelle Farrugia

**Case #3 Migraine in Pregnancy**  
Suvendrini Lena / Michelle Farrugia

**Case #4 Peri and Menopausal Issues in Migraineurs**  
T.B.C.

9:50 **Acute Migraine Treatment**  
Ana Marissa Lagman-Bartolome

10:10 **Preventative Migraine Treatment**  
Christine Lay and Valerie Lawler

10:35 AM Refreshment Break

10:50 **Q & A and Case Panel Management Review & Discussion**  
Moderator: Christine Lay

12:00 Lunch

12:45 **Mood and Anxiety Issues**  
Ellen Fergusson

1:10 **Adverse Childhood Experience (ACE): Current Research and Impact on Headaches**  
Catherine Kreatsoulas

1:50 **CBT, Biofeedback and Mindfulness: An Interactive Session**  
Ellen Fergusson

2:10 **Effect of Sleep on Migraines and Hormones**  
Owen Lyons

2:40 PM Refreshment Break

2:50 **Panel Discussion and Presentation on Common Questions**

*Doctors Can I Have a Sleeping Pill?*  
*Will Marijuana Help my Migraine?*  
*What Herbal Therapy Can You Recommend?*  
*Can I Use Bioidentical Therapy as HRT?*  
*I Need Something Stronger – Can I Use an Opiate?*

Moderator: Michele Farrugia;  
Presenters: Owen Lyons, Ellen Fergusson, Ana Marissa Lagman-Bartolome, Christine Lay, and Valerie Lawler

3:50 **Hormones & Headaches Wrap Up and Take Home Messages for the Day**  
Christine Lay

4:35 Final Comments and Adjournment



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## Accreditation

- Application for accreditation has been made with the appropriate accrediting bodies and will be available in the next several weeks.
- For nurses, this course will fulfill the requirement for reflective practice

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## Faculty

**Michele Farrugia, MD**  
Assistant Professor, Department of Obstetrics and Gynaecology, University of Toronto  
Obstetrician/Gynaecologist,  
Mount Sinai Hospital

**Ellen Fergusson, MD**  
Clinical Associate, Centre for Mental Health and Addiction  
Psychiatrist  
Women's College Hospital

**Catherine Kreatsoulas, PhD**  
Instructor, Harvard T.H. Chan School of Public Health  
Health Policy and Management  
Harvard University

**Ana Marissa Lagman-Bartolome, MD**  
Clinical Associate, Centre for Headache  
Pediatric and Young Adult Headache Neurologist  
Women's College Hospital

**Valerie Lawler, APN**  
Advanced Practice Nurse, Centre for Headache  
Women's College Hospital

**Christine Lay, MD**  
Associate Professor, Department of Medicine  
Division of Neurology, University of Toronto  
Director, Centre For Headache  
Women's College Hospital

**Suvendrini Lena, MD**  
Lecturer, University of Toronto  
Neurologist, Centre for Mental Health and Addiction  
Clinical Associate, Centre for Headache  
Women's College Hospital

**Owen Lyons, MD**  
Assistant Professor, Department of Medicine  
Division of Respiriology, University of Toronto  
Sleep Clinic, Women's College Hospital and  
University Health Network

**Daune MacGregor, MD**  
Professor, Department of Pediatrics  
Division of Neurology, University of Toronto  
Hospital for Sick Children and  
Women's College Hospital

**Wendy Wolfman, MD**  
Professor, Obstetrics & Gynaecology  
University of Toronto  
Gynaecologist and Director of Menopause Unit  
Mount Sinai Hospital



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## Course Objectives

- To review the diagnosis and updated treatment of migraine with emphasis on current evidence and new therapies
- To gain an understanding on the role of hormones play in the life of migraineur
- To appreciate the role of non-pharmacologic therapy in migraine patients, especially in patients with co-morbid depression and anxiety.

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## Planning Committee

Michele Farrugia, Obstetrician/Gynaecologist  
Ana Marissa Lagman-Bartolome, Neurologist  
Christine Lay, Neurologist  
Valerie Lawler, Advance Practice Nurse  
Kirsten Kannegiesser, Family Physician