



# Paediatric Adolescent Gynaecology Review Day

May 12, 2023 | Digital Webinar

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## Dear Colleagues,

We are delighted to announce the Paediatric Adolescent Gynaecology Review Day 2023. Based on the success of the inaugural digital conference, the Department of Obstetrics & Gynaecology invites you to this year's educational webinar. The Review Day's committee has enlisted some of our most informed and engaging clinicians/teachers to present on many important topics to

paediatric and adolescent gynaecologic health. We look forward to having you with us for this live webcast for what we plan to be an enjoyable learning experience!

Please plan to join us!

**Dr. Anjali Aggarwal, Dr. Lisa Allen,  
Dr. Rachel Spitzer**

## Presenting Faculty

*\*Temerty Faculty of Medicine, University of Toronto*

**\*Anjali Aggarwal** MD MHSc FRCSC

Associate Staff, Section of Pediatric and Adolescent Gynaecology  
Assistant Professor, Department of Obstetrics & Gynaecology

**\*Lisa Allen** MD FRCSC

Section Head, Pediatric Gynecology  
Professor, Department of Obstetrics and Gynecology

**\*Valerie Bloomfield** MD FRCSC

Staff Physician, Section of Pediatric and Adolescent Gynaecology  
Lecturer, Department of Obstetrics & Gynaecology

**\*Jacqueline Curtis** MD FRCPC

Staff Physician, Division of Endocrinology  
Assistant Professor, Division of Endocrinology and Metabolism

**Carolyn Hoyle** RN MN

Registered Nurse, Section of Pediatric and Adolescent Gynaecology

**Yolanda Kirkham** MA MD FRCSC

Staff Physician, Department of Obstetrics & Gynaecology  
Assistant Professor, Department of Obstetrics & Gynaecology

**Heather Millar** MD MPH FRCSC

Associate Staff, Section of Pediatric and Adolescent Gynaecology  
Assistant Professor, Department of Obstetrics & Gynaecology

**Bukola (Oladunni) Salami** RN MN PhD

Professor, Faculty of Nursing  
Fellow, Canadian Academy of Nursing  
Killam Laureate --- 2021 to 2024  
Founder and Lead: Black Youth Mentorship and Leadership Program  
Founder and Lead: African Child and Youth Migration Network  
Principal Investigator: Health and Immigration Policies and Practices Research Program (HIPPP)  
Member: Women and Children's Health Research Institute  
University of Alberta, Faculty of Nursing

**Tanya Smith** MN NP

Nurse Practitioner and Co-Director, Suspected Child Abuse & Neglect Program

**\*Rachel Spitzer** MD MPH FRCSC

Associate Staff, Section of Pediatric and Adolescent Gynaecology  
Associate Professor, Department of Obstetrics & Gynaecology

**Kinneret Sheetre** RM BHSc

Contract Lecturer, Midwifery Education Program, Toronto Metropolitan University

**Jennifer Sygo** MSc RD CSSD

PhD Student, Department of Sports and Exercise Sciences, Manchester Metropolitan University, Manchester, UK  
Performance Dietitian, Toronto Raptors & Athletics Canada  
Lead Dietitian, Gymnastics Canada Women's Artistic Program  
Consulting Dietitian, Cleveland Clinic Canada

**Nicole Todd** MD

Clinical Associate Professor, Division of General Gynaecology and Obstetrics, Division of Gynaecologic Specialties, Faculty of Medicine, University of British Columbia

**\*Ashley Vandermorris** MD FRCPC

Staff Physician, Division of Adolescent Medicine  
Assistant Professor, Department of Paediatrics

## Program May 12, 2023

8:55	Introduction and Opening Remarks
9:00	<b>PCOS in adolescents – should we make the diagnosis and how do we treat?</b> <i>Jacqueline Curtis</i>
9:30	<b>Transgender teens: How to support individuals in your own practice and what might come next?</b> <i>Ashley Vander Morris</i>
10:00	<b>Panel: Approaching early pregnancy choices in Adolescents</b> <i>Anjali Aggarwal, Carolyn Hoyle, Kinneret Sheetre, Rachel Spitzer</i>
10:40	Exercise break
10:50	Hot topics:
HT#1	<b>Practical tips for addressing dietary issues in Relative Energy Deficiency with hypothalamic amenorrhea</b> <i>Jennifer Sygo</i>
HT#2	<b>The problem with labial agglutination – is it a problem</b> <i>Valerie Bloomfield</i>
HT#3	<b>When to be concerned of abuse on physical exam?</b> <i>Tanya Smith</i>
HT#4	<b>Tips for IUD insertions in the adolescent</b> <i>Heather Millar</i>
HT#5	<b>New options for periods – moving away from pads</b> <i>Yolanda Kirkham</i>
12:05	Exercise Break

12:15	<b>Anti-Black Racism and Child and Youth Health</b> <i>Bukola (Oladunni) Salami</i>
12:45	<b>When is dysmenorrhea more than primary?</b> <i>Lisa Allen</i>
13:15	<b>New things in the world of progestin contraception</b> <i>Nicole Todd</i>
13:45	Wrap up
13:50	End of Day



Obstetrics & Gynaecology  
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## Accreditation

### College of Family Physicians of Canada – Mainpro+:

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, Temerty Faculty of Medicine, University of Toronto for up to 4.5 Mainpro+ credits.

### Royal College of Physicians and Surgeons of Canada – Section 1

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, and approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 4.5 hours (credits are automatically calculated).

### American Medical Association – AMA PRA Category 1 Credit™ Designation

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. For more information on the process to convert Royal College MOC credit to AMA credits please see: <https://www.ama-assn.org/education/earn-credit-participation-international-activities>

### European Union for Medical Specialists (UEMS)

Live educational activities recognized by the Royal College of Physicians and Surgeons of Canada as Accredited Group Learning Activities (Section 1) are deemed by the European Union of Medical Specialists (UEMS) eligible for ECMEC®.