

CHEP+ Conference

HYBRID | TORONTO
IN PERSON + ONLINE

IN PERSON ATTENDANCE

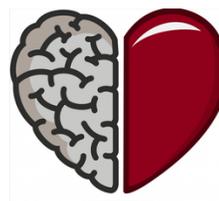
SUNNYBROOK HEALTH SCIENCES CENTRE
2075 BAYVIEW AVE. TORONTO
TEMERTY BREAST CANCER CENTRE M6-502

2026 Conference
SATURDAY MARCH 28, 2026
8:00 AM - 5:30 PM EDT

**SPECIAL FOCUS ON 2026
BRAIN-HEART INTERCONNECTED
NEW CLINICAL PRACTICE
GUIDELINE**



REGISTER NOW



INTERCONNECTOME
COEUR-CERVEAU
BRAIN-HEART
INTERCONNECTOME

About CHEP+



We are driven by a single goal; to do our part in improving health care quality and patient safety and health.

CHEP+ (C-CHANGE Education Program)

CHEP+ is a not-for-profit organization founded in 2018 representing the continuing education and professional development arm disseminating the Canadian Cardiovascular Harmonized National Guidelines Endeavour (C-CHANGE).

Mission

Our mission is to improve health care quality and patient safety by supporting clinicians with enhanced professional development and health education.

CHEP+ brings together a multi-disciplinary group of healthcare professionals with the commitment to provide high quality, up-to-date continuing professional development programs with the aim of improving clinical practice and patient outcomes.



INTERCONNECTOME
COEUR-CERVEAU
BRAIN - HEART
INTERCONNECTOME

2026 C-CHANGE Update: Brain-Heart Clinical Practice Guideline

Brain and heart conditions are leading causes of disease and death in Canada, with a devastating impact on patients and their families. They are also deeply interconnected, in ways that are now beginning to be understood.

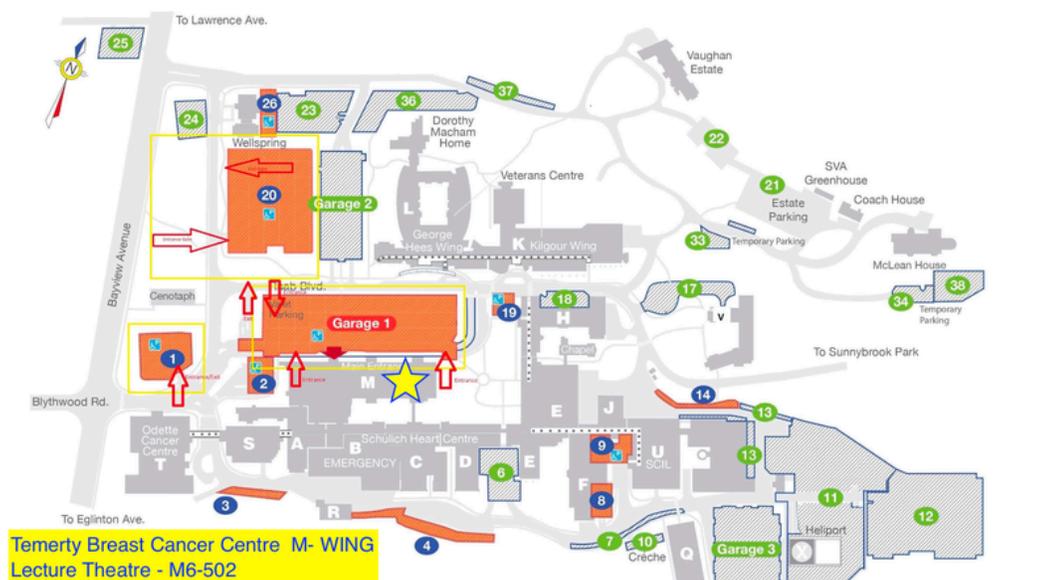
The Brain-Heart Interconnectome (BHI) is a ground-breaking interdisciplinary research program aimed at accelerating prevention, detection, treatment and care of brain-heart disorders, supported by a grant from the Canada First Research Excellence Fund (CFREF).

C-CHANGE, as a nationally endorsed guideline program will develop Canada's first Brain-Heart Clinical Practice Guideline.

8th ANNUAL CHEP+ CONFERENCE - SATURDAY MARCH 28, 2026

Sunnybrook Health Sciences Centre

2075 Bayview Ave., Toronto, ON, M4N 3M5
Tel: 416-480-6100 sunnybrook.ca



MESSAGE FROM THE 2026 CONFERENCE CO-CHAIRS

Welcome to the 8th Annual CHEP+ Conference!

We are delighted to have your participation in our upcoming HYBRID conference. We hope that the conference will meet your expectations of all the wonderful opportunities that a hybrid event can bring us.

Our program is aimed to be more accessible to the national primary care audience. We invite general practitioners, family physicians, specialists, nurse practitioners, pharmacists and other clinicians, researchers etc. with an interest in cardiovascular disease prevention and management. This year our special focus is on the brain-heart interconnected diseases and our **2026 C-CHANGE Update: the Brain-Heart Clinical Practice Guideline**.

The conference continues to be a unique platform to disseminate the national harmonized cardiovascular-focused guideline and this year, we bring together topics from some of our guideline partners such as hypertension, diabetes, lipid, obesity, heart failure, stroke and more. We will feature prominent speakers including Drs., Jodi Edwards, Philip McFarlane, Patrice Lindsay.. and many other prominent family physicians and brain and heart specialists.

CONFERENCE OBJECTIVES

At the conclusion of this program, participants will be able to:

1. Describe the new recommendations in the 2026 Brain-Heart clinical practice guideline.
2. Develop an approach to the management of a multi-cormorbid patient with or at risk for brain and heart disease including the use of decision-support tools in practice and
3. Summarize the newest and emerging therapies to prevent brain and heart disease including preventing stroke to prevent vascular cognitive impairment, vaccination to prevent stroke and heart disease, screening for vascular cognitive impairment in patients with heart failure and atrial fibrillation.



Sheldon Tobe MD, MScCH (HPTE), FRCPC, FACP, FAHA

Nephrologist, Sunnybrook Health Sciences Centre,
Professor, Faculty of Medicine, University of Toronto,
and Northern Ontario School of Medicine



Rahul Jain, MD, CCFP, MScCH (HPTE), FCFP

Family Physician and Hospitalist
Sunnybrook Health Sciences Centre
Associate Professor, Faculty of Medicine, University of
Toronto

REGISTRATION FOR 2026 CHEP+ CONFERENCE

FOR MORE INFORMATION: WWW.CHEPPLUS.COM



In Person Attendance	Full Conference (Early Bird Until Dec 31, 2025)	Full Conference (Regular)
Professional Delegate	\$135	\$155
Trainee/Resident/Fellow/Student	\$95	\$115
Digital Attendance	Full Conference (Early Bird Until Dec 31, 2025)	Full Conference (Regular)
Professional Delegate	\$105	\$125
Trainee/Resident/Fellow/Student	\$65	\$85

REGISTRATION DETAILS*

IN-PERSON ATTENDANCE INCLUDES:

- Admission to accredited sessions including breakfast, nutrition breaks, lunch, and refreshments
- Access to on demand accredited sessions through the digital platform
- Participation in Q&A portions
- Access to live, in person exhibits and talks
- Networking opportunities with delegates and exhibitors
- Passport to all exhibitors' booths with chance to win a ticket to next year's conference

DIGITAL ATTENDANCE INCLUDES:

- Admission to all broadcasted accredited sessions
- Access to on demand accredited sessions through the digital platform
- Participation in Q&A through the CHEP+ Conference digital platform
- Access to virtual exhibitor spaces
- Networking opportunities with delegates and exhibitors
- Passport to all exhibitors' booths with chance to win a ticket to next year's conference

(* See registration page for all details regarding registration, cancellation, and refund policy.

Accreditation * Participants may claim credits for BOTH morning and afternoon sessions if attended.

CONFERENCE SPEAKERS/ MODERATORS

Tavis Campbell PhD

Professor of Clinical Psychology and Oncology, University of Calgary, Libin Cardiovascular Institute

Alice Y.Y. Cheng, MD, FRCPC

Endocrinologist, Trillium Health Partners and Unity Health Toronto, Associate Professor University of Toronto

Gemma Cheng MD FRCP FRCPC

Cardiometabolic Clinic Director, Jewish General Hospital - Herzl Family Practice Unit
Department of Medicine, McGill University

Grace L. Chua, MD, FRCPC, FACC

Cardiologist, Mackenzie Health

Lucas C. Godoy, MD, PhD

Cardiologist, Assistant Professor
Faculty of Medicine, the University of Ottawa
University of Ottawa Heart Institute

Gregory Hundemer MD, MPH

Assistant Professor, Department of Medicine, Division of Nephrology, University of Ottawa, Staff Nephrologist, The Ottawa Hospital

Rahul Jain MD, CCFP, MScCH (HPTE)

Family Physician and Hospitalist, Sunnybrook Health Sciences Centre, Associate Professor, Department of Family and Community Medicine, University of Toronto

Peter Liu MD, FRCPC

Scientific Director Brain-Heart Program, Director Cardiac Function Laboratory, University of Ottawa Heart Institute, Professor, Faculty of Medicine, University of Ottawa



CONFERENCE SPEAKERS/ MODERATORS

Marion Maar PhD

Professor, Human Sciences Division, Medical Anthropology,
Northern Ontario School of Medicine (NOSM) University

Stephanie Poon MD, MSc, FRCPC

Medical Director, Heart Function Clinic Cardiologist,
Sunnybrook Health Sciences Centre
Associate Professor, University of Toronto

Sue D. Pedersen, MD, FRCPC

Specialist in Endocrinology & Metabolism
C-ENDO Diabetes & Endocrinology Clinic
Clinical Lecturer, Cumming School of Medicine, University
of Calgary

Paul Roumeliotis DCS, MDCM, MPH, AMP, CCPE, FRCPC

Adjunct Professor, University of Ottawa
Medical Officer of Health and Chief Executive Officer
Eastern Ontario Health Unit

Sydney Seidel MSc, PhD(c)

Clinical Psychology, Behavioural Medicine Laboratory
University of Calgary

Rima Styra MEd, MD, FRCPC

Clinician Investigator, Toronto General Hospital Research
Institute, Professor, Department of Psychiatry
University of Toronto



Kristin A Terenzi, MD

Family Physician, Langstaff Medical Centre

Sheldon Tobe MD, FRCPC, MScCH (HPTE) FACP, FAHA

Nephrologist, Sunnybrook Health Sciences Centre,
Professor, Faculty of Medicine, University of Toronto, and
Northern Ontario School of Medicine

Sean Wharton, MD, FRCPC, PharmD

Adjunct Professor, McMaster University, York University
Medical Director, Wharton Medical Clinic

PROGRAM AGENDA

ACCREDITATION

Royal College of Physicians & Surgeons of Canada

This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada and approved by the Canadian Cardiovascular Society. You may claim a maximum of 6 hours.

College of Family Physicians of Canada

This event is an accredited Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 6 Mainpro+ credits.

INTERACTIVE WORKSHOPS

TIME (EDT)	TOPIC	SPEAKER
8:00 – 8:30 a.m.	Welcome Registration & Breakfast - Conference Opening	
8:30 – 9:20 a.m.	A1. Mr. Gefry Case Study: Screening for Diabetic Nephropathy	Dr. Rahul Jain (Speaker) Dr. Sheldon Tobe (Moderator)
9:20 – 9:35 a.m.	BREAK	
9:35 – 10:25 a.m.	B1. Piquette Case Study - Vaccination to Prevent Brain and Heart Disease	Dr. Sheldon Tobe (Speaker) Dr. Paul Roumeliotis (Moderator)
10:25 – 10:45 a.m.	EXHIBITOR SHOWCASE AND BREAK	

PLENARY SESSIONS

TIME (EDT)	TOPIC	SPEAKER
10:45 - 11:00 a.m.	Welcome Back and Introductions	Drs. Sheldon Tobe Rahul Jain, Peter Liu
Vaccinations and impact on brain and heart disease including preventing Vascular Cognitive Impairment (20 min each)		
11:00 – 11:20 a.m.	P1. Are vaccinations as effective as ASA and beta blockers post MI? Adult Vaccinations for High-Risk Populations	Dr. Grace Chua
11:20 – 11:40 p.m.	P2. From reluctance to action: partnering with patients to support vaccine decision making	Dr. Tavis Campbell and Sydney Seidel
11:40 – 12:00 p.m.	P3. New data on vaccination to prevent stroke and dementia	Dr. Paul Roumeliotis
12:00 – 12:20 p.m.	Q&A with Panel Moderator	Dr. Peter Liu
12:20 - 12:50 p.m.	LUNCH	
Mental Health – Impact on Brain-Heart Outcomes (20 min each)		
12:50 – 1:10 p.m.	P4. Breaking the Silence: Addressing Loneliness and Isolation to Improve Cardiovascular and Cognitive Outcomes	Dr. Marion Maar
1:10 – 1:30 p.m.	P5. From Identification to Intervention: Managing Depression in the Context of Heart Disease	Dr. Rima Styra
1:30 – 1:50 p.m.	P6. When the Past Shapes the Present: How Adverse Childhood Experiences (ACEs) Affect Adult Brain and Heart Health, What We Know and What We Can Do	Dr. Lucas Godoy
1:50 – 2:10 p.m.	Q&A with Panel Moderator	Dr. Gemma Cheng
2:10 - 2:30 p.m.	Exhibitor Showcase and Break	

PLENARY SESSIONS (CONTINUED...)

TIME (EDT)	TOPIC	SPEAKER
Diabetes and Hypertension Management (20 min each)		
2:30 – 2:50 p.m.	P7. Closing the Gap: Implementing New Guidelines for Screening Diabetic Nephropathy in Clinical Practice	Dr. Alice Cheng
2:50 – 3:10 p.m.	P8. Lowering the Pressure: The Latest Hypertension Canada Guidelines, and importance of primary aldosteronism	Dr. Greg Hundemer
3:10 – 3:30 p.m.	P9. Cracking the Code: Managing Heart Failure Across the Ejection Fraction Spectrum	Dr. Stephanie Poon
3:30 – 3:50 p.m.	Q&A with Panel Moderator	Dr. Kristin Terenzi
Obesity Management (20 min each)		
3:50 – 4:10 p.m.	P10. Obesity Canada 2025 Adult Pharmacotherapy Clinical Practice Guidelines: What's New?	Dr. Sue Pedersen
4:10 – 4:30 p.m.	P11. Oral pharmacological agents for weight management	Dr. Sean Wharton
4:30 – 4:45 p.m.	Q&A with Panel Moderator	Dr. Rahul Jain
4:45 – 5:00 p.m.	Closing - Final Remarks and Refreshments	Dr. Rahul Jain

PRESENTATION DESCRIPTIONS

INTERACTIVE WORKSHOPS

Upon completion of this activity, participants will be able to:

A1. Gefry Study – Screening for Diabetic Nephropathy

1. Describe annual kidney disease screening recommendations
2. Describe the prevalence of low eGFR and abnormal urine ACR
3. Outline the rationale for annual screening including the personal and public health benefits and cost effectiveness
4. Integrate new Diabetes Canada screening recommendations into routine practice

B1. Piquette Case Study – Vaccination to Prevent Brain and Heart Disease

1. Describe the evidence that vaccination against influenza, pneumonia, and herpes zoster in high-risk people prevents heart disease and stroke
2. Describe the public health approach to raising awareness in health care providers and the public at risk.
3. Explain how to facilitate vaccinations for high-risk people seen in specialty and primary care clinics
4. Outline the data suggesting that vaccination may also be preventing vascular cognitive impairment

PLENARY PRESENTATIONS

Upon completion of this activity, participants will be able to:

P1. Are vaccinations as effective as ASA and beta blockers post MI? Adult Vaccinations for High-Risk Populations?

Objectives

- Describe the evidence linking adult vaccination to reduced cardiovascular events following myocardial infarction.
- Compare the relative risk reduction of vaccination with established secondary prevention therapies (e.g., ASA, beta blockers).
- Identify high-risk populations who may derive the greatest cardiovascular benefit from vaccination.
- Integrate vaccination strategies into comprehensive post-MI secondary prevention care.

P2. From reluctance to action: partnering with patients to support vaccine decision making

Objectives:

- Appreciate common barriers and facilitators to vaccination and their impact on clinical practice
- Explore patient decision-making surrounding vaccination
- Learn to apply principles of time-limited, effective communication and theory to support patient vaccine decision making



P3. New data on vaccination to prevent stroke and dementia

Objectives

- Summarize emerging evidence on the role of vaccination in reducing the risk of stroke and cognitive decline.
- Identify patient populations where vaccination may offer additional brain health protection.
- Apply current evidence to patient counselling and preventive care discussions.

PRESENTATION DESCRIPTIONS

PLENARY PRESENTATIONS

P4. Breaking the Silence: Addressing Loneliness and Isolation to Improve Cardiovascular and Cognitive Outcomes

Objectives

- Explore the impact of social isolation on the management and health outcomes of brain-heart conditions
- Differentiate between social support, social isolation and loneliness and their connection to treatment burden
- Identify strategies to mitigate the impact of social isolation on patients' health

P5. From Identification to Intervention: Managing Depression in the Context of Heart Disease

Objectives

- Understand the importance of screening for depression
- Review evidence-based treatment options for depression
- Consider an integrated care approach

P6. When the Past Shapes the Present: How Adverse Childhood Experiences (ACEs) Affect Adult Brain and Heart Health, What We Know and What We Can Do

Objectives

- Describe the association between adverse childhood experiences and long-term cardiovascular and brain health outcomes.
- Explain neurobiological and psychosocial pathways linking early adversity to adult disease risk.
- Recognize clinical presentations where ACEs may influence health behaviours, risk, and treatment response.
- Identify trauma-informed strategies to support patients and mitigate long-term health impacts in clinical practice.



P7. Closing the Gap: Implementing New Guidelines for Screening Diabetic Nephropathy in Clinical Practice

Objectives

- Summarize key updates in current guidelines for screening diabetic nephropathy.
- Apply practical strategies to improve early detection and monitoring of diabetic kidney disease.
- Integrate screening recommendations into routine workflows to support cardiovascular and renal risk reduction.

P8. Lowering the Pressure: The Latest Hypertension Canada Guidelines, and the importance of primary aldosteronism

Objectives

- To review what is new with the 2025 Hypertension Canada primary care guideline.
- To discuss the importance of primary aldosteronism in the management of hypertension.

PRESENTATION DESCRIPTIONS

PLENARY PRESENTATIONS

P9. Cracking the Code: Managing Heart Failure Across the Ejection Fraction Spectrum

Objectives:

- Differentiate heart failure (HF) subtypes (HFrEF, HFmrEF, HFpEF) based on diagnostic criteria and clinical profiles.
- Summarize evidence-based management strategies across the ejection fraction spectrum.
- Apply a phenotype-guided approach to care of patients with HF.

P10. Obesity Canada 2025 Adult Pharmacotherapy Clinical Practice Guidelines: What's New?

Objectives

- Discuss important considerations in the use of obesity pharmacotherapy
- Review Guideline recommendations for use of obesity pharmacotherapy
- How to make an efficient and effective choice of treatment in a busy clinical practice: Decision tool and table



P11. Oral pharmacological agents for weight management

Objectives

- Discuss the new oral agents for weight management
- Discuss best practice to prescribe and follow patients
- Discuss the place in treatment for this new agents



ACKNOWLEDGEMENTS & SPONSORS



SPECIAL THANKS

2026 CHEP+ Conference Delegates, Speakers, Partners
and Sponsors who helped make this program possible.

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