

# CHEP+ Conference



**HYBRID | TORONTO  
IN PERSON + ONLINE**

**IN PERSON ATTENDANCE**

SUNNYBROOK HEALTH SCIENCES CENTRE  
2075 BAYVIEW AVE. TORONTO  
RDT JENKIN AUDITORIUM - TB021

## **2026 Conference**

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

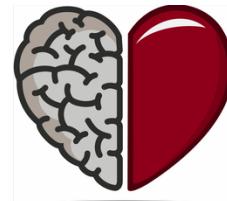
**SPECIAL FOCUS ON 2026  
BRAIN-HEART INTERCONNECTED  
NEW CLINICAL PRACTICE  
GUIDELINE**



**REGISTRATION  
OPENS DEC 1**



**CHEP+**



**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

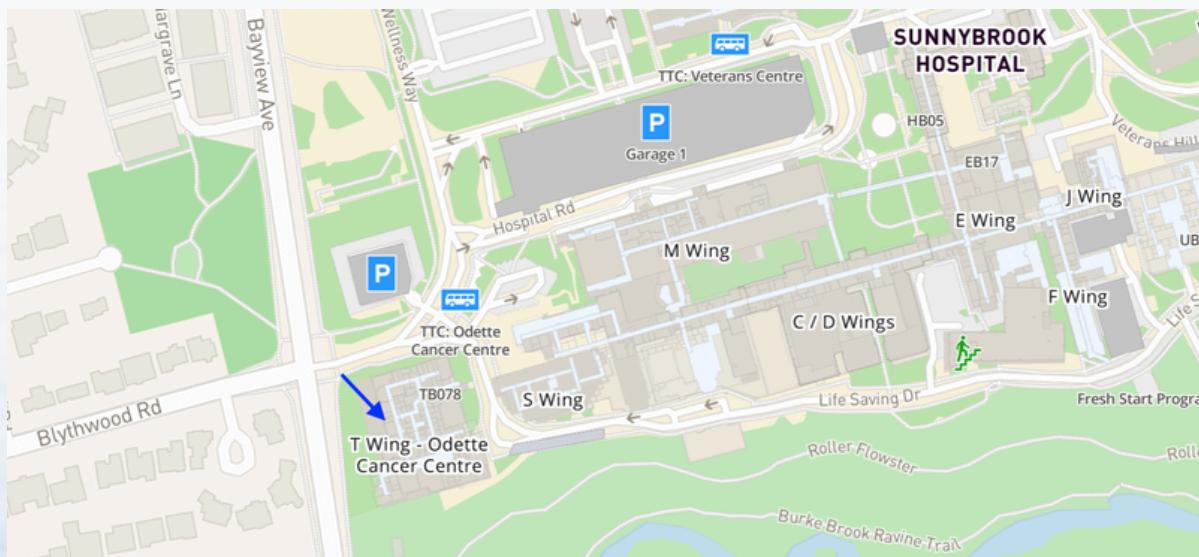
### **2026 C-CHANGE Update: Brain-Heart Clinical Practice Guideline**

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**



**IN PERSON ATTENDANCE**

**SUNNYBROOK HEALTH SCIENCES CENTRE 2075 BAYVIEW AVE. TORONTO**

**RDT JENKIN AUDITORIUM - T-WING, TB021**

# 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](http://WWW.CHEPPLUS.COM)



 **REGISTER NOW**

In Person Attendance	Full Conference (Early Bird Until Dec 31, 2025)	Full Conference (Regular)
Professional Delegate	\$125	\$155
Trainee/Resident/Fellow/Student	\$90	\$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.

# 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. Philip McFarlane (Speaker) Dr. Rahul Jain (Moderator)
9:20 – 9:35 a.m.	BREAK	
9:35 – 10:25 a.m.	B1. Mrs. JD 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
<b>Vaccinations and impact on brain and heart disease including preventing Vascular Cognitive Impairment (20 min each)</b>		
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. Jacob Udell
11:20 – 11:40 p.m.	P2. New information on reducing barriers from 'I agree to be vaccinated, to receiving the jab'.	Dr. Tavis Campbell
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	
<b>Mental Health – Impact on Brain-Heart Outcomes (20 min each)</b>		
12:50 – 1:10 p.m.	P4. Breaking the Silence: Addressing Loneliness and Isolation to Improve Cardiovascular and Cognitive Outcomes, Providing Trauma Informed Care	Dr. Marion Maar
1:10 – 1:30 p.m.	P5. From Screening to Solutions: How to screen for depression and treat it in patients with 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. Tracy Vaillancourt
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
<b>Diabetes and Hypertension Management (20 min each)</b>		
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. Management of HF and Does it matter if it is HFpEF, HFrEF, or HFmEF?	Dr. Stephanie Poon
3:30 – 3:50 p.m.	Q&A with Panel Moderator	Dr. Kristin Terenzi
<b>Obesity Management (20 min each)</b>		
3:50 – 4:10 p.m.	P10. Pharmacotherapy in Obesity Management – What's New in the Obesity Canada Pharmacotherapy Clinical Practice Guideline	Dr. Sue Pedersen
4:10 – 4:30 p.m.	P11. Intermittent fasting and new agents to manage obesity and prevent diabetes	TBD
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



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