

lung
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starts
now



lung health
foundation

Preliminary Program:

Better Breathing Conference 2021

A VIRTUAL CONFERENCE FOR PATIENTS, FAMILIES AND CAREGIVERS



Get ready for the Better Breathing Conference!

For the first time in 38 years, the Better Breathing Conference is open to everyone – healthcare providers AND our FIRST EVER sessions for patients and caregivers. It's 100% virtual and 100% free.

Overall Conference Objective:

This conference will provide you with the important information, tools, research, and people that will help you better understand the management of asthma, COPD, lung cancer, infectious respiratory disease, and smoking/vaping cessation.

Five days. Five lung health themes.

With help from our experts, you'll explore important topics in asthma, chronic obstructive pulmonary disease (COPD), lung cancer, smoking/vaping cessation, and infectious diseases (including COVID-19, of course). You'll also learn practical tips for protecting your lung health, supporting loved ones, and living life to the fullest.



Day 1: Asthma | Monday, January 18

The Lung Health Foundation is working to ensure that no one loses a loved one to asthma. *Monday's sessions will deepen your understanding of asthma, helping you keep your child active and flare-up free.*



Day 2: Chronic obstructive pulmonary disease (COPD) | Tuesday, January 19

The Lung Health Foundation offers COPD patients programs and resources to keep them out of hospital, so they can live their lives to the fullest. *Tuesday's sessions will provide you information to self-manage so that you can stay healthy at home.*



Day 3: Lung cancer | Wednesday, January 20

The Lung Health Foundation is dedicated to eliminating the barrier of stigma and giving those living with lung cancer a fighting chance. *Wednesday's session will help you understand the challenges unique to the lung cancer experience, through the entirety of the patient journey.*



Day 4: Infectious Disease | Thursday, January 21

The Lung Health Foundation works to ensure that older adults have access to the vaccinations they need to stay healthy and maintain their independence. *What could be more relevant, in the age of COVID-19? Thursday's sessions will deepen your knowledge of infectious respiratory illnesses and the importance of vaccines.*



Day 5: Smoking/Vaping Prevention and Cessation | Friday, January 22

Lung Health Foundation provides support and education to ensure that future generations don't suffer the debilitating effects of lung disease caused by tobacco, cannabis, or vape products. *Friday's sessions will let you explore the latest topics in smoking and vaping cessation.*

Join us January 18 to 22, 2021 to learn about your lung care. [Click here to register.](#)

Day 1: Asthma | Monday, January 18

<p>7:30 pm – 9:00 pm</p>	<p>Managing your child’s asthma: proper inhaler technique, asthma action plans and more!</p> <p>7:30 pm - 8:00 pm Overview of usual asthma management for Children and Adolescents Andrea Higginson, RN MN CAE Advanced Practice Nurse – CHEO Asthma Program</p> <p>8:00 pm - 8:30 pm Q&A with a specialist Dr Tom Kovesi, MD, FRCPC</p> <p>8:30 pm - 9:00 pm Help my child can't breathe! What to expect when you go to the emergency department with your child/adolescent with asthma Dr Mona Jabbour, MD, MEd, FRCPC</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • Overview of Asthma • Asthma management in children and adolescents • Proper device technique for taking asthma medications • How to use an Asthma Action Plan <ul style="list-style-type: none"> • Pediatric respirologist will answer questions from the audience regarding asthma diagnosis and management <ul style="list-style-type: none"> • How a child is assessed to determine severity of an asthma exacerbation • The approach to treating acute asthma exacerbations in ED • How to collaborate with ED health professionals to ensure your child is getting the right care • Safe discharge: What to do after discharge and when to return the ED
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Day 2: COPD | Tuesday, January 19

<p>9:00 am – 10:15 am</p>	<p>How has COVID-19 affected people with COPD: practical pearls for patients Dr Tony D’Urzo, MD, MSc</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • How patient care has evolved as a result of COVID-19? • What are some practical pearls for patients to help with care gaps? • Discuss reluctance to receive COVID vaccine once it becomes available
<p>11:00 am – 11:45 am</p>	<p>My lung transplant journey: a healthcare provider shares his journey from diagnosis to recovery. Eric Celentano</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • A personal reflection on the irony of receiving a lung disease diagnosis when you work in the field of respiratory health • Thoughts on navigating the health care system • Lessons learned during my journey with complex lung disease • Q & A
<p>12:15 pm – 1:00 pm</p>	<p>Building strength and achieving better balance: a practical at-home approach Dr Darlene Reid, BMR(PT), PhD, Professor, Physical Therapy</p>	<p>What participants will take away: A demonstration of exercises you can do in your home to build strength</p> <ul style="list-style-type: none"> • Tips and exercises aimed at achieving better balance • Exercise options / variations for all levels • Q & A

Day 3: Lung Cancer | Wednesday, January 20

<p>3:15 pm-4:15 pm Live Streamed</p>	<p>PANEL: Lung Cancer: Stigma, Access to Care and Cultural Aspects</p> <p>Part 1: My Journey Diane Van Keulen, BSc Agr (Honours), BEdu Enviro Sci (Honours), OCT, EAGALA Certified; Elementary School Teacher, Mathematics and Science, Durham Board of Education; Owner, No Stone Unturned Equestrian; Lung Cancer Patient, Beaverton, ON</p> <p>Part 2: What is the evidence? Dr Margaret Fitch, RN, PhD, Independent Consultant in Research and Education; Professor (Adjunct), Faculty of Nursing, University of Toronto, Toronto, ON</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • Understand the perceptions surrounding lung cancer that contribute to stigma • Appreciate the implications that stigma can have on the care received by lung cancer patients • Reflect on ways we can best support lung cancer patients, their families, and caregivers
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Day 4: Infectious Disease | Thursday, January 21

<p>10:15 am – 10:45 am Live streamed from provider conference</p>	<p>Pandemics and self-care for health professionals and their families Tom Walker MSW, RSW</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • Recognize the importance of self-care during a pandemic • Identify and utilize skills (including effective communication techniques) to cope with immediate and long-term stress
<p>4:00 pm – 5:00 pm Live streamed from provider conference</p>	<p>Increasing vaccine confidence: Raising awareness on vaccine safety, efficacy, and benefits</p> <p>Join our provider conference to hear our panel discussion on topics related to vaccines and vaccine hesitancy. The panel will be made up of leading experts in the field including: Dr Dawn Bowdish, PhD Dr Joanne Langley, MD, MSc, FRCPC</p>	<p>What participants will take away:</p> <ul style="list-style-type: none"> • Discuss current trends and considerations in the public acceptance of vaccines, particularly as relates to COVID-19

	Dr Cora Constantinescu, BSC, MD, FRCPC Pediatric Infectious Disease Specialist.	
5:00 pm – 5:45 pm Live streamed from provider conference	What we know: Covid-19 Vaccine availability and proposed roll-out Dr Allison McGeer, MD, FRCPC	What participants will take away: <ul style="list-style-type: none"> • Up to date information on what vaccines will be available in Canada • Proposed roll-out/distribution • Questions answered about safety and efficacy

Day 5: Smoking/Vaping | Friday, January 22

12:00 pm – 1:30 pm	Vaping: Through the eyes of a parent and the DMs (Direct Messages) of youth Dr Trisha Tulloch, MD, MSC, FRCPC, FAAP Myra Fahim, MSW, RSW, MSC, Bed Catherine Maser, MN, NP-Paediatric	What participants will take away: Youth will engage in a collaborative discussion around: <ul style="list-style-type: none"> • What they are seeing with regards to vapes • What decisions they are making around vaping We hope the audience will be able to: <ul style="list-style-type: none"> • Describe current trends in vaping amongst youth • Discuss the impact of vaping on adolescent development • Describe cessation approaches and how they can be tailored to youth • Understand approaches to prevention
3:15 pm- 4:45 pm Live Streamed	Removing Barriers to Holistic Health Promotion: How Vaping Prevention Brings People Together Dr Steven Kelder, PhD, MPH Beth Toby Grossman Distinguished Professor, Division of Epidemiology, Human Genetics, and Environmental Sciences, University of Texas School of Public Health, Austin Regional Campus, TX, USA	What the participant will take away: <ul style="list-style-type: none"> • Identify and incorporate key/relevant stakeholders/partners in their health promotion/intervention plan • Explain why health promotion/intervention is important to their patients, clients, and community members, and • Develop relevant action items and calls to action for both key stakeholders and target audience

**Ready to learn about your lung care at our Better Breathing Conference?
Click [here](#) to register!**



