



APPNA Alberta Annual Conference 2026

Saturday June 13, 2026 07:30–15:30 MDT

Best Western Premier Calgary Plaza Hotel and Conference Centre 1316 33 St NE,
Calgary, AB T2A 6B6

**Welcome from the APPNA Alberta Chapter and
the Planning Committee**

APPNA Alberta Chapter

Dr. Tehmina Munaf - President
Dr. Fauzia Moyeen - General Secretary
Dr. Abdur Hakim Qureshi - Treasurer
Dr. Farah Naz - Director

Dr. Shohsma Mathrani - Director
Dr. Amir Aslam - Immediate Past President
Dr. Tariq Awan - Executive Director

Planning Committee

Dr. Tehmina Munaf - Conference Chair
Dr. Shohsma Mathrani - CME Chair
Dr. Saad Yasin - Accreditation Lead
Dr. Zarqa Qureshi - CME
Dr. Farhat Shajjar - CME/ Decor
Dr. Fauzia Moyeen - CME
Dr. Amir Aslam - CME/ Sponsorship
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Dr. Abdul Hakim Qureshi - Sponsorship Lead
Dr. Farah Naz - Decor Lead
Dr. Shahla Anwar - IMG Career Pathway
Dr. Aisha Ashraf - IMG Career Pathway
Mr. Wejdaan Faridi - Volunteer Lead

Conference programme



0730-0750 **Breakfast for Attendees and On-Site Registration**

0750-0800 **Welcome / Opening Remarks**

Dr. Shoshma Mathrani, CME Chair

Dr. Tehmina Munaf- President APPNA Alberta Chapter

Dr. Todd Anderson - Dean Cumming School of Medicine University of Calgary

0800-0830 **Menopause and Hormone Replacement Therapy: Evidence-Based Management (Credit 0.5)**

Speaker: Dr. Yvonne Kangong

Objectives:

1. Review the physiology and clinical stages of menopause and common presenting symptoms. (CanMed Role: Medical Expert)

2. Evaluate the indications, benefits, and risks of hormone replacement therapy (HRT) (CanMed Role: Medical Expert, Scholar)

3. Identify individualized treatment strategies for menopausal symptom management (CanMed Role: Medical Expert, Communicator)

Learning Outcomes:

- Participants will be able to counsel patients on benefits and risks of HRT.

- Participants will integrate evidence-based approaches to managing menopausal symptoms in primary care.

0830-0900 **Behaviour Changes in Youth in Today's World: Understanding the Mental Health Impact (Credit 0.5)**

Speaker: Dr. Syeda Abbas

Objectives

1. Identify common behavioural changes observed in youth in the modern social environment, including the influence of social media, academic pressures, family dynamics, and digital lifestyles. CanMEDS Role: Family Medicine Communicator

2. Discuss the relationship between behavioural changes and mental health concerns such as anxiety, depression, substance use, social isolation, and low self-esteem in adolescents and young adults.

CanMEDS Role: Health Advocate

Learning Outcomes

- Participants will be able to recognize early warning signs of mental health struggles associated with behavioural changes in youth.

- Participants will be able to apply supportive communication and early intervention strategies when engaging with youth and families experiencing mental health challenges.

0900-0930 **Depression in Patients with Chronic Diseases (Credit 0.5)**

Speaker: Dr. Ahmad H Chattha

Learning Objectives

1. Identify the prevalence and impact of depression among patients with chronic medical conditions. (CanMed Role: Medical Expert, Health Advocate)

2. Review validated screening tools for depression in primary care settings. (CanMed Role: Scholar, Medical Expert)

3. Discuss integrated treatment strategies including pharmacologic and psychosocial interventions. (CanMed Role: Medical Expert, Collaborator)

Learning Outcomes

- Participants will be able to screen effectively for depression in patients with chronic illnesses.

- Participants will develop comprehensive management plans addressing both mental and physical health.

Conference programme



0930-1000 **First Presenter Group Question and Answer Session (Credit 0.5)**

1000-1020 **Morning Coffee Break and Networking- Exhibitor Area is open**

1020- 1050 **Chronic Kidney Disease in Diabetes: Early Detection and Management (Credit 0.5)**

Speaker: Dr. James Kim

Objectives

- 1. Review the pathophysiology and risk factors of diabetic kidney disease. (CanMed Role: Medical Expert)*
- 2. Identify early screening markers and staging of chronic kidney disease (CKD). (CanMed Role: Medical Expert)*
- 3. Discuss evidence-based strategies for slowing CKD progression. (CanMed Role: Medical Expert, Health Advocate)*

Learning Outcomes

- Participants will improve early identification of diabetic nephropathy.*
- Participants will implement current guideline-based management to reduce renal and cardiovascular complications.*

1050- 1120

Obesity Pharmacotherapy & Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) (Credit 0.5)

Objectives

- 1. Review the pathophysiological relationship between obesity and fatty liver disease. (CanMed Role: Medical Expert)*
- 2. Discuss currently available obesity medications and their mechanisms of action. (CanMed Role: Scholar, Medical Expert)*
- 3. Identify patient selection criteria and monitoring strategies for pharmacologic therapy. (CanMed Role: Professional, Medical Expert)*

Learning Outcomes

- Participants will incorporate obesity pharmacotherapy into comprehensive weight management plans.*
- Participants will recognize the role of weight reduction in preventing progression of fatty liver disease.*

1120-1150

Geriatric Polypharmacy: Falls Risk Assessment and Prevention (Credit 0.5)

Speaker: Dr. Cassandra Hoggard

Objectives

- 1. Identify common medication-related causes of falls in older adults. (CanMed Role: Medical Expert)*
- 2. Review tools for assessing polypharmacy and deprescribing strategies. (CanMed Role: Medical Expert, Scholar)*
- 3. Discuss multidisciplinary approaches to fall prevention in geriatric patients. (CanMed Role: Collaborator, Health Advocate)*

Learning Outcomes

- Participants will perform structured medication reviews for elderly patients.*
- Participants will reduce falls risk through appropriate deprescribing and preventive strategies.*

Conference programme



1150-1220 **Second Presenter Group Question and Answer Session (Credit 0.5)**
1220-1300 **Lunch Break & Networking - Exhibitor Area is open**

1300-1330 **Medico-legal Issues with Artificial Intelligence Tools in Healthcare**
Speaker: Katie Stys, LLB

Objectives

1. Review emerging uses of artificial intelligence tools in clinical practice. (CanMed Role: Scholar)
2. Identify potential medico-legal risks associated with AI-assisted decision making. (CanMed Role: Professional)
3. Discuss regulatory and professional responsibility considerations for physicians. (CanMed Role: Professional, Leader)

Learning Outcomes

- Participants will understand legal implications of integrating AI into clinical workflows.
- Participants will apply risk-mitigation strategies when using AI-based tools in healthcare.

1330-1400 **Evaluation and Management of Adult Male Hypogonadism in Clinical Practice (Credit 0.5)**
Speaker: Dr. Umair Sajid

Objectives:

1. To define and appropriately diagnose male hypogonadism in adults, alongside determining the etiology. (CanMed Role: Medical Expert)
2. To outline an evidence-based diagnostic approach, including appropriate use of serum testosterone testing and adjunct investigations. (CanMed Role: Scholar, Medical Expert)
3. To review current management strategies, including indications, contraindications, and monitoring of testosterone replacement therapy (TRT). (CanMed Role: Professional, Medical Expert)

Learning Outcomes:

- Participants will be able to accurately diagnose hypogonadism and identify underlying etiologies.
- Participants will be able to initiate and monitor appropriate treatment plans for patients with low testosterone in accordance with current guidelines.

1400-1420 **Afternoon Coffee Break and Networking- Exhibitor Area is open**

1420-1450 **Addiction and Substance Use Disorders in Primary Care: Screening and Referral (Credit 0.5)**
Speaker: Dr. Alex Kennedy

Objectives

1. Identify common substance use disorders encountered in primary care. (CanMed Role: Health Advocate, Medical Expert)
2. Review screening tools for early detection of addiction. (CanMed Role: Scholar, Medical Expert)
3. Discuss initial management and criteria for specialist referral. (CanMed Role: Medical Expert, Collaborator)

Learning Outcomes

- Participants will improve early detection of substance use disorders.
- Participants will implement appropriate treatment pathways and referral strategies.

1450-1520 **Third Presenter Group Question and Answer Session (Credit 0.5)**

1520-1530 **Closing Remarks and Prize Distribution**

1530-1630 **YPC Panel Discussion for Career Guidance for International Medical Graduates and Students**

Speaker Profiles



Katie Stys LLB

Partner, Gowling WLG Calgary

Katie Stys is a partner in Gowling WLG's Calgary office and an experienced and successful civil litigator, representing her clients' interests at all levels of courts and tribunals in Alberta. Her practice focuses on health law and medical defence, professional regulation, professional liability, insurance litigation, and commercial litigation.

Within the firm, Katie regularly acts as a mentor to associates and students. She leads the GROW initiative in the Calgary office, which enables women and non-binary professionals to connect with mentors and build relationships that advance their professional careers and enhance their personal lives. Katie also serves as a firm representative on a nationwide group that aims to improve client wellness.

Norman Wong, MD, FRCPC

Professor of Medicine Cumming School of Medicine,, Calgary

Dr Norm Wong is an endocrinologist based in the Dept of Medicine, Division of Endocrinology at the Cumming School of Medicine at the University of Calgary. He completed his MD training at the University of Calgary before completing an Endocrinology fellowship at the University of Minnesota in Minneapolis, MN. His research interest is to determine the role of proteins that modify cellular epigenetics by their interaction with histones in chromatin. Developed a specialized clinic dedicated to the care and management of patients with familial hypercholesterolemia.

Dr Wong recognized for a career spanning four decades with the Queen Elizabeth II's Platinum Jubilee Medal for his significant contributions to the province.



Dr. Syeda Abbas MD FRCPC

Clinical Assistant Professor cumming school of medicine, Calgary Consultant Paediatrician

Dr. Syeda Abbas is a Fellow of the Royal College of Physicians and Surgeons of Canada and a Clinical Assistant Professor at the Cumming School of Medicine, University of Calgary. A compassionate pediatrician at Alberta Children's Hospital and Peter Lougheed Centre, she is widely recognized for her leadership in caring for children with complex medical needs, with a particular dedication to supporting newcomer and refugee families through community-based care at Kaleidoscope Pediatrics and Blossom Pediatrics Consultants.

She co-chairs the innovative Community Outreach of Pediatrics and Psychiatry in Education (COPE) program, bridging healthcare and education to support children directly within schools. As a founding director of the Light of Guidance Foundation, Dr. Abbas champions initiatives that advance mental health, education, and humanitarian support programs for deserving children, youth, and families in Calgary.

Speaker Profiles (continued)



Dr. Yvonne Kangong MD
Family Medicine, Clinical Lecturer University of Calgary

Dr. Yvonne Kangong is a Family Doctor renowned for her contributions to medicine community service and personal wellness coaching. She received her medical education from Spartan Health Science School of Medicine and completed her residency at the University of Calgary's Cumming School of Medicine. Dr. Kangong holds diplomate status with American Board of Obesity Medicine and Master's degree in Public Health. She is Clinical Lecturer at the Cumming School of Medicine and board member of various organizations, and founder of Breakers Health and an accomplished author.



Dr. James W. Kim, MBBCh, PgDip, MScCH(HPTE)
Family Medicine, Clinical Assistant Professor, Cumming School of Medicine

Dr. Kim is a Calgary-based family physician with a special interest in diabetes management and prevention of diabetes-related complications, including chronic kidney disease. He is a Clinical Assistant Professor in the Department of Family Medicine at University of Calgary and has been actively involved in medical education, clinical guideline development, and national conference presentations.

Dr. Kim has worked closely with Diabetes Canada in multiple leadership roles, including Co-Chair of the Primary Care Special Interest Group and member of the Clinical Practice Guideline Steering Committee. He frequently delivers educational talks for healthcare professionals on diabetes care, cardiovascular and renal risk reduction, and evidence-based chronic disease management.



Dr. Umair Sajid, MD, FRCPC
Consultant Endocrinologist

Dr. Umair Sajid is a general endocrinologist based in Calgary, and a member of the University of Calgary's Division of Endocrinology. He completed his medical training across several Canadian institutions, including the universities of Alberta, Manitoba, and Calgary.

Dr. Sajid's clinical practice includes a focus in diabetes in pregnancy with clinics serving Peter Lougheed Centre and South Health Campus. In addition to patient care, he is actively involved in medical education, working closely with medical students and residents as part of his commitment to teaching and mentorship.



Speaker Profiles (continued)



Dr. Cassandra Hoggard, MD, CCFP, COE
Family Physician | Expert in Senior Care

Dr. Cassandra Hoggard is a family physician with a focused practice in geriatrics and a recognized leader in healthcare governance. She holds a Certificate of Added Competence in Care of the Elderly and brings over a decade of experience transforming care for seniors in both urban and rural settings. Currently serving as Board Chair of the Calgary Rural Primary Care Network and Medical Director at both Clifton House and Tudor Manor, Dr. Hoggard has led high-impact initiatives that have enhanced care quality, reduced hospital transfers, and created supportive environments for healthcare teams. Her work bridges the gap between policy and practice, with a strong commitment to improving outcomes for aging populations.

Dr. Alex Kennedy MD

Family Medicine, Addiction Medicine Specialist

Dr. Dr. Alex Kennedy completed his Family Medicine Residency and Addiction Medicine Fellowship at the University of Calgary. Dr. Kennedy has extensive experience working with individuals affected by substance use disorders, opioid dependence, and co-occurring psychiatric illnesses. His work emphasizes evidence-based addiction treatment, harm reduction, recovery-oriented care, and multidisciplinary collaboration to support patients through all stages of recovery. He is actively involved in the care of patients within hospital-based addiction services, community addiction programs, and rapid access addiction medicine initiatives in Calgary. In addition to his clinical work, Dr. Kennedy is committed to medical education and physician training in addiction medicine. His areas of interest include concurrent disorders, opioid agonist therapy, withdrawal management, trauma-informed care, and improving access to addiction services within primary care and community setting



Dr. Ahmad H Chattha MD, MRCPsych
Consultant Psychiatrist

Dr. Dr. Chattha is currently working as General Adult and Geriatric Psychiatrist at Medicine Hat Regional Hospital. He holds position of Zone clinical section chief of Addictions and Mental Health, Medicine Hat regional Hospital. He also runs his private clinic- The Mind Clinic in Medicine Hat. He graduated from King Edward Medical University, Pakistan in 2009 before moving to the UK in 2011, where he obtained Membership of the Royal College of Psychiatrists (MRCPsych), achieved Certificate of Completion of Training in General Adult and Geriatric Psychiatry, and completed an MSc in Psychiatric Practice from the University of Hertfordshire. Prior to relocating to Canada in February 2024, Dr. Chattha worked as a Consultant Psychiatrist and Neuromodulation Services Lead at Hertfordshire Partnership NHS Foundation Trust. Throughout his core and higher psychiatry training, Dr. Chattha served as a Resident doctors representative. He further developed his leadership and management skills through the Chief Resident Programme at the Judge Business School, University of Cambridge.

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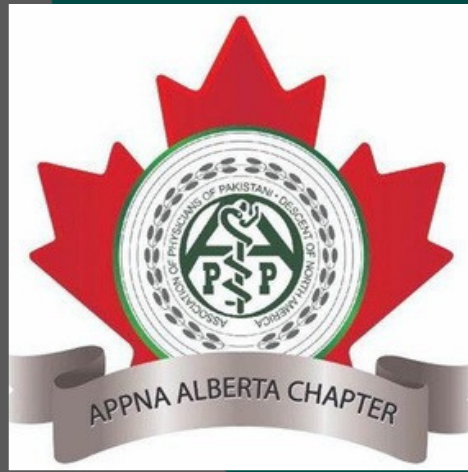
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APPNA Alberta

APPNA Alberta is a chapter of the Association of Physicians of Pakistani Descent of North America (APPNA), the third largest medical association in the United States. APPNA was founded in 1976 in Michigan, USA, and currently represents more than 20 000 physicians and health professionals of Pakistani descent in North America. APPNA has more than 3 500 active physician members, with 38 chapters across the continent. APPNA is dedicated to supporting scientific development and education in medicine, and delivering better health care to patients, regardless of race, creed or gender.

