

This is Saskatchewan's Medical Conference.

HIGHLIGHTS IN MEDICINE

June 19-21, 2025 | Saskatoon, SK

CARE IN MATTERS OF LIFE AND DEATH:

Collaborative learning for the enhancement of
patient care in all stages of life and circumstance



UNIVERSITY OF SASKATCHEWAN
College of Medicine
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WEALTH™



The 2025 Highlights in Medicine Conference
is a celebration of excellence in healthcare;
Where tradition meets innovation, and every
participant leaves empowered to make a
meaningful impact in their practice and
community.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada and approved by the Division of Continuing Medical Education, College of Medicine, University of Saskatchewan.
You may claim a maximum of 11.5 hours (credits are automatically calculated).



UNIVERSITY OF SASKATCHEWAN
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WELCOME

FROM THE COLLEGE OF MEDICINE

Welcome to our 40th annual Highlights in Medicine
Conference at the University of Saskatchewan!

Each year, this gathering gives us a chance to share excellent
teaching sessions and a chance to reconnect, reflect, and grow.

In 2025, we continue with this proud tradition examining
topics related to "Care in Matters of Life and Death."

I am looking forward to welcoming you
back to our College of Medicine and
making this year's Highlights in Medicine
Conference a memorable one!



Dr. Sarah Forgie
Professor and Dean,
USASK College of Medicine

The background of the entire page is a vibrant, ethereal image of the aurora borealis (northern lights) in shades of green and blue, set against a dark, starry night sky. The lights appear as flowing, wavy bands of color, creating a sense of movement and wonder.

2025

CONFERENCE THEME

CARE IN MATTERS OF LIFE AND DEATH:

Collaborative learning for the enhancement of patient care in all stages of life and circumstance

**Inspired by the ancient Therapeutae of Asclepius,
who were committed to the practice of 'treating to heal',
the 2025 theme emphasizes comprehensive care for all patients.**

Gathering as practitioners, healers and healthcare professionals, the 2025 Highlights in Medicine Conference aims to advance our collective understanding and capabilities to care for patients through all stages of life and circumstance, whether routine or critical. Through collaborative learning and discussion healthcare professionals in attendance will explore the latest breakthroughs in clinical research and developments in treatment and prevention.

Emphasize education

★ Through immersive lectures and discussions, Highlights in Medicine seeks to put professional and personal development at the forefront of the itinerary for physicians.

Devise new tools

★ By applying a multifocal lens to learning outcomes, our speakers want to express the impact we can have individually and collectively on the current healthcare environment. Attendees will discuss how others are challenging the status quo in medical research, defining a path to mend communities, and discovering the solutions for tomorrow's problems, today.

Cultivate community

★ We all have a story to tell - Engage in meaningful and intentional conversations with attendees spanning all generations and levels of experience.

LEARNING

OUTCOMES

- Become aware of current issues affecting today's medical practice
- Update the knowledge of several recent advances in medicine
- Increase their awareness of important contributions made by alumni, learners and faculty of the USask College of Medicine

A MESSAGE

FROM OUR PRESENTING SPONSOR

ATB Wealth is thrilled to support the 40th annual Highlights in Medicine Conference, three days of engaging and informative sessions that celebrate excellence in healthcare and enables ongoing professional development that leaves you, the attendees, feeling inspired in your practice.

When we expanded into Saskatoon in 2023, we weren't just opening an office, we were joining the community. Supporting local initiatives like this is one of the ways we're showing up for you, while enriching our clients lives through exceptional wealth planning advice. We partner with organizations in the communities in which we work and live because we believe in community and supporting those around us. We're not just another office in downtown Saskatoon, we're part of your community and we're here to help make it possible for you.

At ATB Wealth, we believe that guidance from the right advisor helps you see beyond investing, with a holistic approach to financial planning that recognizes you are more than just numbers on a page.

Our advice is tailored exclusively to your specific needs, so your priorities are our priorities. We are thrilled to offer our services with a local team in Saskatoon, offering proactive financial insight that adapts and innovates in an ever-changing world for you, your family, or your business.

Dive in and enjoy the conference!

Visit <http://www.atb.com/WealthSaskatoon> for more information.

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WEALTH™

ITINERARY

AT A GLANCE - FULL WEEKEND

Day One

Thursday, June 19, 2025

TIME	EVENT
7:45 - 8:15 AM	Registration
8:15 - 8:30 AM	Welcome & Opening Remarks
8:30 - 10:30 AM	Opening Plenary Panel
10:45 - 1:15 PM	Peer to Podium Lecture Series Four rolling lectures, 25min presentations with 10min Q&As

Day Two

Friday, June 20, 2025

TIME	EVENT
7:45 - 8:15 AM	Registration
8:15 - 8:30 AM	Welcome & Opening Remarks
8:30 - 10:00 AM	Honoured Alumni Lecture
10:15 - 12:35 PM	The Future of Medicine Lectures Three rolling lectures, 25min presentations with 10min Q&As

Day Three

Saturday, June 21, 2025

TIME	EVENT
7:45 - 8:15 AM	Registration
8:15 - 8:30 AM	Welcome and Opening Remarks
8:30 - 9:30 AM	Clara & Frank Gertler Lectureship in Medicine
9:45 - 10:45 AM	Betty-Ann & Wade Heggie Lecture in Integrative Medicine
11:00 - 12:00 PM	Dr. Anita Chakravarti Lectureship in Health & Wellness

Highlights Banquet

Saturday, June 21, 2025

TIME	EVENT
6:00 - 7:00 PM	Pre-Dinner Reception with Alumni Reunion Class Photos
7:00 PM	Program and Dinner Service
10:00 PM	Official Close of the 40th Highlights in Medicine Conference

CONFERENCE

DETAILS, TIMES AND LOCATIONS...

Day One

| Thursday, June 19, 2025

Registration - Conference Day One

Pick up your Welcome Bag, Conference ID tag and a nutritious snack and refreshment to start your day.

Location and Itinerary

USask Health Sciences E-wing Atrium
7:45 AM Registration Table Opens

Welcome and Opening Remarks

Grab your seat, gather your thoughts, and get ready for a day of learning and sharing.

Location and Itinerary

USask Health Sciences Dube Theatre
8:15 AM - 8:30 AM

The Opening Panel

An in-depth conversation with Saskatchewan health care leaders. What is their collective and personal vision and role in solving the problems of tomorrow, today.

Location and Itinerary

USask Health Sciences Dube Theatre
8:30 - 10:30 AM

Peer to Podium Lecture Series

Meaningful and timely topics, all presented by USask College of Medicine alumni.

Location and Itinerary

USask Health Sciences Dube Theatre
10:45 AM - 1:15 PM

Day Two

| Friday, June 20, 2025

Registration - Conference Day Two

Check in for your second day of lectures. Make sure to grab a refreshment on your way in.

Location and Itinerary

USask Health Sciences E-wing Atrium
7:45 AM Registration Table Opens

Welcome and Opening Remarks

Grab your seat, gather your thoughts, and get ready for day two of learning and sharing.

Location and Itinerary

USask Health Sciences Dube Theatre
8:15 AM - 8:30 AM

Honoured Alumni Lecture

Nominated and selected by USask Medicine alumni, this lecturer embodies excellence in their field and has made great strides to better their community.

Location and Itinerary

USask Health Sciences Dube Theatre
8:30 AM - 10:00 AM

Future of Medicine Lecture Series

Hear from USask Med's best and brightest student researchers. Bring your questions; they're ready!

Location and Itinerary

USask Health Sciences Dube Theatre
10:15 AM - 12:15 PM

... CONTINUED

Day Three

| Saturday, June 21, 2025

Registration - Conference Day Three

Check in for your final day of lectures.
Make sure to grab a refreshment on your way in.

Location and Itinerary

USask Health Sciences E-wing Atrium
7:45 AM Registration Table Opens

Welcome and Opening Remarks

Grab your seat, gather your thoughts, and get ready for day three of learning and sharing.

Location and Itinerary

USask Health Sciences Dube Theatre
8:15 AM - 8:30 AM

Clara and Frank Gertler Lectureship in Medicine

Explore topics that are supportive of and linked to current health and medical trends.

Location and Itinerary

USask Health Sciences Dube Theatre
8:30 AM - 9:30 AM

**Betty-Ann and Wade Heggie Lecture
in Integrative Medicine**

Learn about the latest advancements from the field of complementary and alternative medicine.

Location and Itinerary

USask Health Sciences Dube Theatre
9:45 AM - 10:45 AM

**Dr. Anita Chakravarti Lectureship
in Health and Wellness**

Develop your personal health and wellbeing in the context of the workplace and community.

Location and Itinerary

USask Health Sciences Dube Theatre
11:00 AM - 12:00 PM

THANK YOU

TO OUR AMAZING CONFERENCE
VOLUNTEERS, SPEAKERS, AND
SESSION HOSTS.

HIGHLIGHTS BANQUET

UNDER THE SASKATCHEWAN SKY

Highlights in Medicine celebrates four decades of honouring our alumni and the medical community.

Join us for a memorable closing banquet as we reflect on the past, celebrate the present, and look to the future — all under the vast and storied skies of our home province.

An evening of connection, gratitude, and celebration awaits, filled with prairie warmth, good company, and timeless memories.

Let's toast to 40 years of learning, leadership, and legacy - together under the Saskatchewan sky.

SATURDAY, JUNE 21

EVENING ITINERARY

6:00 PM	Reception and Reunion Class Photos
7:00 PM	Welcome and Dinner Service
8:00 PM	Spirit of the College Award Presentation
10:00 PM	Official close - 2025 Highlights in Medicine

LOCATION

**Prairieland Park, Hall B
(503 Ruth St W)**

DRESS

**Business to
Formal Attire**

OPENING PANEL

THE FUTURE OF HEALTH CARE

Engage in a 360-degree dialogue with panelists as we look to exchange ideas, share best practices, and inspire collective action towards advancing healthcare in Saskatchewan and beyond.



PANEL MODERATOR

Dr. Sarah Forgie

MD, M.Ed., FRCPC, FAMMI

Dean and Professor,
USask College of Medicine

Learning Objectives:

- Evaluate the role of research, education, policy, and community engagement in shaping the future of healthcare.
- Reflect on the diverse perspectives and experiences of panelists representing different sectors of the healthcare industry.
- Inspire attendees to take proactive steps to collaborate with other healthcare providers to enhance the delivery of healthcare services in Saskatchewan.

DR. HENDRIK DU PLESSIS

AN OVERVIEW OF THE SCREENING PROGRAM FOR COLORECTAL CANCER IN SASKATCHEWAN

Learning Objectives:

- Understand the history of colorectal cancer screening in SK.
- Understand the correct use of programmatic FIT screening and the interpretation of results.
- Understand the quality metrics used for colonoscopy assessment.

Dr. Hendrik du Plessis trained as a general surgeon in South Africa and practicing in regional and rural SK as a specialist general surgeon and surgical endoscopist since 2008.

He has been involved with the SPCRC since 2012 and as the medical advisor to the program since 2021.

He has a passion for raising awareness of colorectal cancer, ensuring access for all to colorectal cancer screening, ensuring high-quality colonoscopy is provided to all clients of the program.



DR. STAN HOUSTON

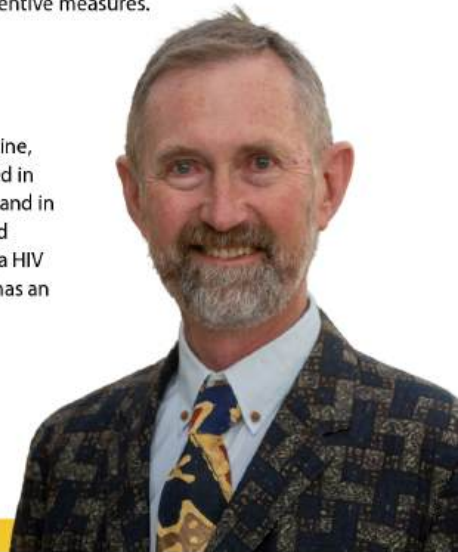
MD, DTM&H, FRCPC

THE COYOTE'S REVENGE: ECHINOCOCCUS MULTILOCCULARIS COMES TO CANADA

Learning Objectives:

- Session participants will be aware of a new, emerging infectious disease in western Canada
- Participants will understand what clinical and imaging findings should prompt consideration of this diagnosis and how to investigate appropriately
- Participants will understand the prognostic and therapeutic implications of alveolar echinococcosis and what is known regarding preventive measures.

Dr. Houston graduated MD from the U of S in 1975. He subsequently trained in family medicine, tropical medicine, internal medicine and infectious diseases. He has worked in primary care in northern Saskatchewan and rural Africa and in the medical schools at the Universities of Zimbabwe and Alberta. He is the former director of the northern Alberta HIV program and taught in the School of Public Health. He has an evolving interest in the area of One Health.



DR. MICHAEL RIEDER

BRAVE NEW WORLD - PRECISION MEDICINE AND THE FUTURE TODAY

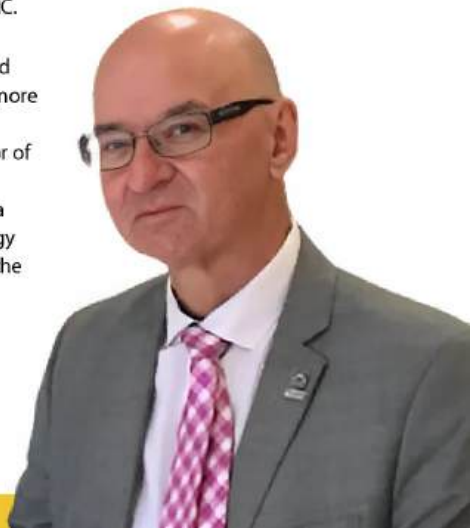
Learning Objectives:

- To understand the evolution of drug therapy and drug discovery and how this will change therapeutics now and in the future
- To appreciate the challenges and opportunities that the Second Therapeutic Revolution presents
- To describe the use of pharmacogenomics and Precision Medicine in therapy and how to implement this into clinical practice

Dr. Rieder obtained his MD at the University of Saskatchewan in 1980 and Ph.D. at the University of Toronto in 1992. His paediatric residency training was at Children's Hospital of Michigan followed by fellowships in Paediatric Emergency Medicine and Clinical Pharmacology at the Hospital for Sick Children in Toronto.

He is a Distinguished University Professor in the Departments of Paediatrics, Physiology and Pharmacology and Medicine at Western University and a Scientist at the Robarts Research Institute. He is a member of the Drug Therapy Committee of the CPS and has served as a consultant to Health Canada, the NIH, the MRC and the Canadian College of Academies. Dr. Rieder's research focuses on drug and food safety and optimal therapeutics in children. His work is supported by Genome Canada, CIHR and NSERC.

Dr. Rieder has published 4 books, 36 book chapters and over 320 peer-reviewed manuscripts and has trained more than 50 fellows and graduate students. He received numerous awards and is the Senior International Editor of the British Journal of Clinical Pharmacology and an Associate Editor of Paediatrics and Child Health. He is a Past President of the Canadian Society of Pharmacology and Therapeutics and has been named as a Fellow of the Canadian Academy of Health Sciences and the British Pharmacology Society.



DR. IZN SHAHAB

THE EVOLVING FIELD OF AUTOIMMUNE NEUROLOGY

Learning Objectives:

- Learn about updates in the pathophysiology and modern treatment landscape of multiple sclerosis.
- Learn how NMOSD and MOGAD are distinct from MS, and how each is managed.
- Learn about updates in autoimmune and paraneoplastic encephalitis.

Dr. Shahab is a neurologist and a fellow in "Multiple Sclerosis and Neuroinflammatory Disease" at the University of Saskatchewan. He became captivated with neurology after reading the books of Oliver Sacks. He has deep roots in Saskatchewan, where he completed all his medical training, and is planning on starting his practice in Regina in August 2025. Izn enjoys teaching a great deal and has done hundreds of hours of teaching for medical trainees. He was recognized for this in his second year of residency, when he was presented an award by the USask Graduating MD Class of 2021.



DR. RON SHORE

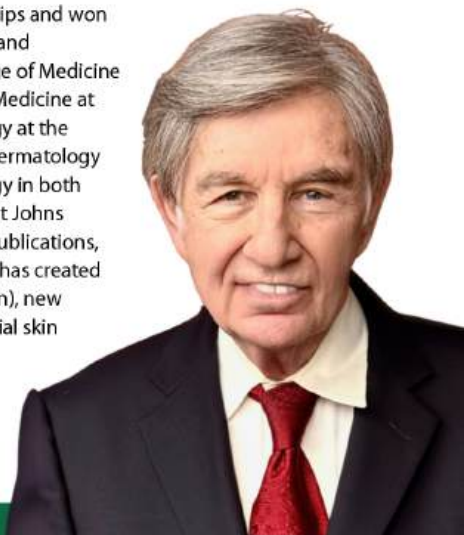
MD, FAAD

IMPORTANT LESSONS FROM A HIGHLY SUCCESSFUL SKIN CANCER SCREENING PROGRAM

Learning Objectives:

- To educate attendees on factors that have contributed to the program's success in achieving consistent early detection, and how they can be employed effectively.
- To educate attendees on new information the program has revealed about how skin cancers evolve.
- To inform attendees on how information learned from the program could be applicable to successful early detection of other cancers.

Dr. Shore was born in Saskatoon, received 11 scholarships and won a Governor General's Medal based on academic merit, and graduated from the University of Saskatchewan, College of Medicine with Great Distinction. He completed an Internship in Medicine at Johns Hopkins Hospital and a Residency in Dermatology at the University of Pennsylvania. He was Board Certified in Dermatology in Canada and the United States, practiced Dermatology in both countries, and taught medical students and residents at Johns Hopkins Hospital for 35 years. He has written over 40 publications, spoken at medical meetings in multiple countries, and has created and developed new products (for Johnson and Johnson), new treatments, new tests, and new methodologies. His serial skin cancer screening program, which is now in its 33rd year and has included over 25,000 examinations, has the distinction of having had no fatalities from any new skin cancer.



SAIDEE FOOKS

THE IMPACT OF CARDIAC REHABILITATION ON QUALITY OF LIFE IN TRANSCATHETER AORTIC VALVE IMPLANT (TAVI) PATIENTS: A RETROSPECTIVE COHORT REVIEW

Learning Objectives:

- Discuss the effect of cardiac rehabilitation on the quality of life of TAVI patients.
- Explore future directions for TAVI-focused rehabilitation strategies that optimize both quantity and quality of life.

Saidee Fooks is a third-year medical student at the University of Saskatchewan with a strong interest in cardiology and clinical outcomes research. Her current work focuses on quality of life in patients undergoing transcatheter aortic valve implantation (TAVI), with the goal of informing patient-centered and evidence-based rehabilitation programs. This research is conducted under the supervision of Dr. Eckstein.



VIVIAN HEINRICHS

Vivian holds a BSc in Biochemistry from the University of Saskatchewan. Vivian previously served as the Co-President of the Choosing Wisely student group at the University of Saskatchewan and is an advocate for safe, patient-centred care.

ANNAKA CHORNEYKO

Annaka holds a BSc in Kinesiology from the University of Saskatchewan, and completed her third year of medical school in Meadow Lake. She is passionate about rural health care accessibility and health care sustainability.

MACKENZIE HEIDEL

Mackenzie holds a BSc in Biomedical Physiology from Simon Fraser University, where her research focused on fall prevention among older adults. With a deep passion for addressing the social determinants of health, Mackenzie is dedicated to exploring innovative ways to support vulnerable populations.

Heinrichs, Heidel and Chorneyko are medical students at the University of Saskatchewan and serve as Co-Presidents (VH, MH), and Vice President (AC) of the Literacy in Medicine student group, a group advocating for clear language use to increase health care accessibility.

LITERACY AND MEDICINE: THE IMPORTANCE OF MEETING PATIENTS AT THEIR LITERACY LEVEL

Learning Objectives:

- Discuss the literacy landscape in Canada and explain how literacy impacts health outcomes
- Discuss the importance of accessible clear language resources
- Introduce the Literacy and Medicine pamphlets and discuss their value and applicability



TERRI THUNDER

ĀCIMOK: USING STORY TO IMPROVE WRAP-AROUND SUPPORTS FOR PATIENTS WITH INFECTIVE ENDOCARDITIS (A MENDO PROJECT)

Learning Objectives:

- Recognize the major themes and narratives that emerged from the study, highlighting both barriers and opportunities for enhancing patient care within the healthcare system
- Discuss practical applications of the study's findings, including strategies to foster cultural safety, and patient-centered communication in your own clinical or organizational roles
- Identify how the results can be used to inform healthcare policies, system-level changes, and practices by integrating patient narratives into the design and implementation of programs and interventions to address gaps in care and promote equity.

Terri (she/her) is a proud Indigenous woman with nēhiyaw and Saulteaux roots from Thunderchild First Nation. She is currently finishing her second year as a medical student at the University of Saskatchewan. Terri was active in student advocacy and held leadership roles in the Student Medical Society of Saskatchewan (SMSS).

Her interests include addressing health disparities through advocacy and collaboration, and amplifying the voices and stories of underserved communities and vulnerable populations. She has experience in healthcare research with the Multidisciplinary Endocarditis (MENDO) Clinical Pathway team at the Royal University Hospital in Saskatoon, SK. Her project was a qualitative study focused on the experiences of patients from vulnerable populations, aimed at highlighting the impact of wrap-around services on health outcomes.

Beyond her academic activities, Terri maximizes the time she spends with her six-year-old son, and she enjoys sharing in his sports and interests, such as parkour and soccer.



CLARA AND FRANK GERTLER LECTURESHIP IN MEDICINE

Established in 2005, the Clara and Frank Gertler Lectureship in Medicine seeks to advance the USask College of Medicine's strategic direction, with topics that are supportive of and linked to current health and medical trends.

2025 LECTURE

COLLABORATIVE CARE:

Reflections and Observations on
10 Years of Accountable Care Units in
Saskatchewan

Learning Objectives:

- Understand the key components of collaborative care within the ACU model and the notable impacts on patient outcomes, healthcare costs, and provider satisfaction.
- Recognize the successes and challenges encountered with implementing and sustaining the ACU model in Saskatchewan from multiple perspectives
- Understand the evolution of the ACU model in Saskatchewan over the past 10 years
- Participants will be able to compare and contrast the Saskatchewan ACU model with other care delivery approaches



GERTLER PRESENTERS:

DR. RON TAYLOR

MD, LMCC, CCFP

Born and raised and educated in Saskatchewan. Completed training as a Family Physician at the Regina Site of the University of Saskatchewan in 2003. He worked as an emergency room physician before taking a hospitalist position in 2011. In 2013 he became the section head of the Regina Family Medicine Hospitalists. In 2016 he became the Principle Investigator of the Regina Qu'Appelle Health Region Accountable Care Unit Pilot. The success of this pilot led to the model being adopted in 3 other units at the Regina Pasqua Hospital and the growth of the family medicine hospitalist group from 9 to 25 hospitalists. This pilot work was recognized with several awards including: Clinical Excellence Award from the College of Family Physicians of Canada, and two awards from the Canadian Society of Hospital Medicine.

He was the co-chair of the Saskatchewan Accountable Care Unit oversight committee from 2017 to 2022 and supported other hospitals in the province to adopt the model by hosting educational tours of the units at his hospital and visiting hospital sites to teach and support local leaders. He has had the opportunity to visit and do presentations about this work in the USA and Australia. He has also pioneered the use of video recording of bedside rounds for education and presented a poster at the 2023 Society of Hospital Medicine in Austin about this work. He continues to work as a hospitalist and is a committee member of the Society of Hospital Medicine Interdisciplinary Rounding Special Interest Group. He is passionate about interdisciplinary care, patient partnerships, data, and leadership from the clinical front line.

ALANA MORRISSETTE

BSC, MPT, MPP

Alana graduated with a Master in Physical Therapy degree from the University of Manitoba in 2015. Since that time, she has been employed within the Saskatchewan Health Authority in various capacities. Alana has worked as a physical therapist at numerous acute care sites in the province, has experience as a Primary Health Care manager, and most recently holds a position as the rehabilitation team coordinator at the Pasqua Hospital in Regina, SK.

Alana has been involved in developing the role of physical therapists on Accountable Care Units (ACUs) since the Pasqua Hospital's pilot project in 2016. In 2023 she graduated with a Master in Public Policy from the University of Regina with a research focus on interdisciplinary communication on ACUs versus traditional hospital units. Alana has presented at conferences within Canada and the United States with topics related to the Accountable Care Unit.

TOM MARTIN

BSC(HP), MHM, CHE

Tom Martin is a dedicated healthcare professional with over 15 years of experience working in various healthcare settings. His career has been focused on improving the quality and efficiency of healthcare delivery, with a particular emphasis on quality improvement initiatives.

Between 2017 and 2020, Tom served as a Quality Improvement Specialist with the Accountable Care Units, where he successfully implemented various quality improvement projects to enhance patient outcomes. His expertise in quality improvement methodologies, data analysis, and project management has been instrumental in driving positive change within these healthcare settings. After his role as a Quality Improvement Specialist, Tom spent three years as a Manager in Primary Health Care. In this position, he oversaw the operations of primary care clinics and led teams to improve patient access, satisfaction, and health outcomes. Tom is passionate about quality improvement in healthcare and is committed to using his skills and knowledge to make a positive impact on patient care. He is a results-oriented leader with a strong ability to collaborate with diverse teams and stakeholders.

PAULA KIRK

Paula Kirk has worked to hear what people are saying her entire career - for 25 years as an interior designer and business owner, as a wife and mother, and as an active Patient Family Partner. Paula has experienced many facets of the healthcare system while accessing care for herself and the family members she cares for. These experiences encompass access to care in urban and rural settings, within hospital or while in community, when care needs are emergent or long-term, and whether they are for residents, clients, or patients. As a PFP, Paula participates in multiple initiatives and opportunities within the Saskatchewan Health Authority, the Ministry of Health, and the Saskatchewan Centre for Patient-Oriented Research. She is proud to represent the voices of the people of Saskatchewan to the tables where she feels privileged to sit.

BETTY-ANN & WADE HEGGIE LECTURESHIP IN INTEGRATIVE MEDICINE

Established in 2005, the Betty-Ann and Wade Heggie Lecture in Integrative Medicine seeks to provide continuing education opportunities for medical faculty, residents, and practitioners in the field of complementary and alternative medicine.

2025 LECTURE

LONGEVITY MEDICINE: Transitioning from Medicine 2.0 to 4.0

Learning Objectives:

- Describe my personal journey from conventional internal medicine specialist to an integrative functional longevity specialist
- Define medicine 2.0, 3.0 and 4.0 and the benefits vs barriers to transitioning from one to another
- Understand the principles of longevity medicine and current Geroscience research initiatives
- Appreciate the potential of this science to change the trajectory of humanity on an individual and global scale
- Learn some practical tips to extend your healthspan

HEGGIE PRESENTER:

DR. TIM COOK

MD FRCPC MPH DTMH CD

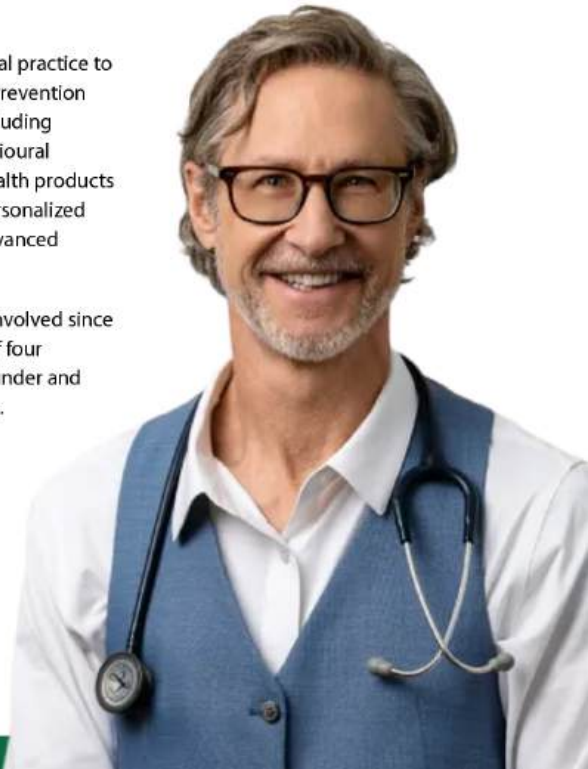
Dr. Cook is an Internal Medicine Specialist who has spent decades helping complex patients get better and helping other promote health and prevent disease. He graduated with the Gold Medal in Medicine from Queen's University Medical School (1986) and, after practicing as a family doctor for four years, went on to complete his residency in general internal medicine at the University of Toronto (1995) and a Master's Degree in Public Health (Health Promotion) from the University of London UK (2006).

Cook served 20 years in the Canadian Forces Medical Services, retiring a Lieutenant Colonel in 2003. His military training included tropical, occupational and environmental medicine, and he had several deployments abroad as well as serving as the personal physician to Governors General at Rideau Hall.

Subsequent to his Master's degree, he went on to develop expertise in functional medicine and contemplative neuroscience, beginning a mindfulness meditation practice while training to facilitate Mindfulness Based Stress Reduction courses.

Since 2006, he has re-oriented his medical practice to emphasize Health Promotion / Disease Prevention and Longevity using a range of tools including MindBody Medicine, Lifestyle and Behavioural modification, Biohacking and natural health products as well as cutting edge technologies; personalized genomics, biological age testing and advanced imaging.

As an entrepreneur, Dr. Cook has been involved since 2010 in the start-up and management of four integrative clinics. He is currently the founder and medical director of VivaGen LifeSciences.



DR. ANITA CHAKRAVARTI LECTURESHIP IN HEALTH AND WELLNESS

Established in 2015, the Dr. Anita Chakravarti Lectureship in Health and Wellness seeks to empower health care and service professionals to develop their personal health and wellbeing in the context of their workplace and community.

2025 LECTURE

PHYSICIAN'S HEALTH:

Our Path, Purpose, and
Why it's Life and Death

CHAKRAVARTI PRESENTER:

DR. ALANA HOLT

Dr. Alana Holt is a Saskatoon-based psychiatrist with over 18 years of experience in mental health care, education, and physician wellness. She serves as Clinical Practice Lead at the University of Saskatchewan's Student Wellness Centre, where she provides integrated mental health services to students, as part of an interdisciplinary care team.

Dr. Holt holds a Bachelor of Science in Nursing and a Doctor of Medicine from the University of Saskatchewan, where she also completed her psychiatry residency. As an Associate Professor in the Department of Psychiatry, she is actively engaged in teaching medical students and psychiatry residents.

She also serves as Physician Wellness Lead for Continuing Medical Education and Director of Resident Wellness Resources in Postgraduate Medical Education at the College of Medicine. In these roles, she leads initiatives that support the health of learners and faculty across the province.

Dr. Holt contributes to broader physician health efforts as a long-time member of the Saskatchewan Medical Association's Physician Health Program and represents Saskatchewan on the national steering committee for Health Canada's Plan for Health Workforce Wellbeing.

With a strong commitment to whole-person wellness, Dr. Holt integrates physical, psychological, social, and spiritual health perspectives into her clinical work and teaching. Her leadership continues to influence mental health care delivery and medical training across Saskatchewan.



UNIVERSITY OF SASKATCHEWAN MAP

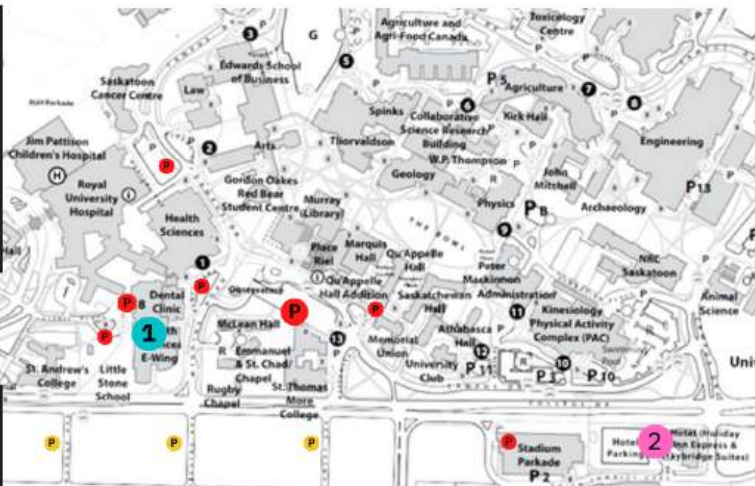
EVENT LOCATIONS

- 1** Conference Lectures
Health Sciences E-Wing -
Theatre 1150
- 2** Partner Hotels
1838 College Drive

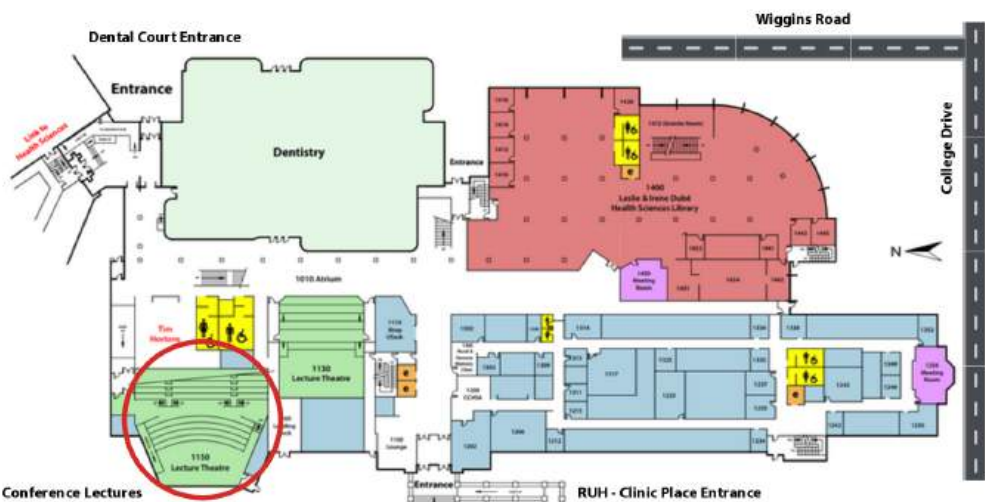
- P** Paid Parking
Lots and metered spaces shown
- P** Free Residential Street Parking
(Time Limits - most locations 3 hours)

HOTEL SHUTTLE

Guest of our partner hotels, can receive free shuttle service to and from campus.
Hours of Operation: 7:15 AM to 9:00 PM
Call 306-954-1250 for service
(Subject to availability)



HEALTH SCIENCES E-WING MAP





WE ARE

THE PULSE OF THE COLLEGE

IN ITS OPERATIONS, THE ALUMNI AND COMMUNITY PROGRAM creates communications, events and recognition initiatives that bring the people of the College of Medicine together, while continuing legacy alumni activities.

AS A DONATION FUNDED PROGRAM, charitable gifts are vital to develop and sustain programming for our learners, alumni, and faculty.

**CONSIDER MAKING A
CHARITABLE GIFT TODAY**

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THANK YOU:

FOR MAKING THIS POSSIBLE

Without the support of our sponsors and funders, the Highlights in
Medicine Conference would not be possible.
Thank you for helping us shine.

PRESENTING SPONSOR

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HRDP-SK

CONGRATULATIONS

To the College of Medicine alumni who are
celebrating class reunions in 2025!