

Programme

SATURDAY, JUNE 7

8:00 – 9:00 BUFFET BREAKFAST

9:00 – 9:15 Welcome and opening remarks

Gail Wright, President, Canadian PBC Society

9:15 – 9:45 Special guest speaker introduction Dr. Andrew Mason

PBC past, present & future Dr. Marlyn Mayo

9:45–10:15 BREAK

10:15 – 11:15 Understanding PBC Moderator Dr. Hin Hin Ko

- **PBC and why we get it** Dr. Andrew Mason
- **A first nations community** Dr. JP Wallach
- **Current research** Dr. Aldo Montano-Loza
- **Q & A**

11:15 – 11:45 PBC healthy eating Christopher Cruz

11:45 – 12:45 LUNCH

12:45 – 12:55 PBC patient survey Emily Johnson

12:55 – 1:55 PBC symptoms Moderator Dr. Gideon Hirschfield

- **Understanding PBC fatigue** Dr. Puneeta Tandon
- **Understanding brain fog – deciphering the haze** Dr. Mark Swain
- **Understanding itch – scratching below the surface!** Dr. Hin Hin Ko
- **Q & A**

1:55 - 2:10 BREAK

2:10 – 3:10 Managing your PBC Moderator Dr. Mark Swain

- **Current & future treatments** Dr. Gideon Hirschfield
- **Am I on the right track? Checking in on my liver and symptoms** Dr. Marlyn Mayo
- **PBC plus: vitamins, supplements, pain meds, cannabis, etc.** Dr. Erin Kelly
- **Q & A**

3:10 – 3:25 BREAK/STRETCH

3:25 – 3:45 Balancing stress Dr. Puneeta Tandon

3:45 – 4:00 Wrap up

6:00 – 9:00 GALA DINNER RECEPTION & PRESENTATIONS

SUNDAY, JUNE 8

8:30 – 9:30 BUFFET BREAKFAST

9:30 – 9:45 Morning stretch and meditation Amrit Shankar

9:45 – 10:45 Breakout sessions

10:45 – 11:00 BREAK

11:00 – 11:45 Ask the experts – Q & A

11:45 – 12:00 Wrap-up