



SAMPLE SCHEDULE

**Subject to change*

August 20 - August 22, 2026 | Ottawa, ON

Thursday, August 20th

7:00am - 8:00am

Registration

8:00am - 10:00am

Breakfast

10:15am - 11:00am

Your Scleroderma Care Team: Who They are and When to See Them

Scleroderma 101: What it is, Types, & Symptoms

Working With Your Doctor to Optimize Your Health and Well-Being

11:15am - 12:00pm

Natropathy

Medications Explained:
Immunosuppressants, Biologics,
Vasodilators

Tech Tips for Healthy Wellbeing

12:15pm - 1:00pm

Marketplace/Abstracts

1:00pm - 2:00pm

Lunch

2:15pm - 3:00pm

Patient Panel

Caregiver Panel

Teeth & Scleroderma

3:15pm - 4:00pm

Managing Emergencies

4:15pm - 5:00pm

Art Therapy

Gentle Movement/Adaptive Exercise

Emotional First Aid: Coping with a Chronic Illness

7:00pm - 9:00pm

Opening Remarks/Sit Down Dinner/Awards



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Friday, August 21

8:30am - 9:30am

Breakfast

9:30am - 10:15am

Intimacy & Scleroderma

Scleroderma Canada: Advocacy

10:30am - 11:15am

Teeth & Scleroderma

Scleroderma Canada: Fundraising

11:30am - 12:15pm

Ask an Expert Panel

CME

12:15pm - 1:15pm

Lunch

1:30pm - 2:15pm

Pulmonary Issues in Scleroderma

Becoming a Support Group Leader

2:30pm - 3:15pm

GI Complications with Scleroderma

Understanding Chronic Pain

Dermatological Solutions

3:30pm - 4:30pm

Keynote

6:30pm onwards

Dinner on Your Own



SAMPLE SCHEDULE

**Subject to change*

August 20 - August 22, 2026 | Ottawa, ON

Saturday, August 22

7:30am - 8:45am

Breakfast and Marketplace

9:00am - 9:45am

Fatigue Research Update

Managing Emergencies

Scleroderma & Healthy Eating

10:00am - 10:45am

Research Update

Cardiac/Renal Involvement in Scleroderma

Intimacy & Scleroderma

11:00am - 12:00pm

Keynote: Why Patient Engagement Matters

12:00pm - 1:00pm

Lunch

1:15pm - 2:00pm

Lungs: PAH

Research Update: Lungs ILD

GI Complications With Scleroderma

2:15pm - 3:00pm

Women's Health in Scleroderma

Research Update

Taking Care of Others While Taking Care of Yourself

3:15pm - 4:00pm

Dermatological Impact of Scleroderma

Research Update

Morphea

4:15pm - 5:00pm

Regional Support Group Meetings/Caregiver Support Group Meetings

5:00pm onwards

Cruise on the Ottawa River