

Check-In/Registration			
9:30 – 10:00 a.m.			
General Session			
Time	Topic	Speaker	Room
10:00 – 10:10 a.m.	Welcome	Tovah Domenick, Executive Director Minnesota/Dakotas Chapter	Ballroom 1/2/3
10:10 – 10:45 a.m.	New Medications on the Horizon	Phillip Lindholm, MD MNGI Digestive	Ballroom 1/2/3
10:50 – 11:15 a.m.	Navigating Insurance	Lindsay Trocke, PharmD, BCACP University of Minnesota	Ballroom 1/2/3
11:20 – 11:45 a.m.	A Holistic Approach to IBD: Complementary Therapies & Nutritional Strategies	Siri Urquhart, MD Mayo Clinic	Ballroom 1/2/3
11:50 a.m. – 12:10 p.m.	Panel: Q&A		Ballroom 1/2/3
Lunch Break & Visit Exhibits			
12:10 – 12:45 p.m.			Ballroom 1/2/3
Lunch Session for Pediatric IBD patients and families			
12:10 – 12:45 p.m.			PDR
Breakout Session 1:			
Time	Topic	Speaker	Room
12:45 – 1:10 p.m.	Health Maintenance in Adult IBD	Adam Kim, MD MNGI Digestive	Ballroom 1/2/3
	LGBTQ inclusivity in IBD care	Victor Chedid, MD Mayo Clinic	Waterford
	Health Maintenance in Pediatric IBD	Sundeep Arora, MD MNGI Digestive	Wakota
Breakout Session 2:			
Time	Topic	Speaker	Room
1:15 – 1:40 p.m.	Body image and self-worth in chronic illness management	Brooke Palmer, PhD University of Minnesota	Ballroom 1/2/3
	Surgery as a treatment option in conjunction with medicine	Sherief Shawki, MB, BCh, MD Mayo	Waterford
	Nutritional Therapy for Pediatric IBD	Vikram Christian, MD University of Minnesota	Wakota
Breakout Session 3:			
Time	Topic	Speaker	Room
1:45 – 2:10 p.m.	Pregnancy & IBD/Safety in Pregnancy	Sunanda Kane, MD Mayo Clinic	Ballroom 1/2/3
	Ostomy & How to Manage	Sabina Shrestha Dangol, MSN, RN, CWOCN M Health Fairview	Waterford
	Transitions & Pediatric IBD	Michelle Gonzalez, MD Mayo	Wakota

Break			
2:10 – 2:20 p.m.			
Breakout Session 4:			
Time	Topic	Speaker	Room
2:20 – 3 p.m.	Ask an IBD Expert <i>Round Table Q&A session</i>	Healthcare Team	Ballroom 1/2/3
Adjourn			

Thank you for Attending! Your feedback is important to us!

Please take a moment to fill out our program survey for a chance to win a \$25 gift card!



Copies of session slides will be available following the program at
www.crohnscolitisfoundation.org/myibdlearning/twincities