



A Message from the Governor

ACP Atlantic Chapter Annual Meeting August 7th - 9th, 2026, was held in St. John's NL.

This year our theme was Diabetes and Obesity. I would like to start with a huge thanks to the organizing and planning committee with a shout out to Anuj Charan from Office of Professional Development MUN our main collaborators for this conference.

This years plenary session was presented by Dr. Ellina Lytyyak Assistant Professor Internal Medicine from University of Edmonton with expertise in Obesity she presented the concept of the “trifecta” of metabolic diseases diabetes, obesity and steatohepatitis” three closely linked conditions that need to be addressed in concert to meet clinical targets and optimize care. We started bright and early with the ACP Town Hall on Saturday morning opening the floor to all the attendees to tell us moose stories which inevitably led to a discussion whether one should drive under between the moose legs or swerve. The jury is still out on that!



As part of this year's slate of speakers, we had the pleasure of hosting the ACP Governor of Indiana Dr. Dee Moonesinghe who presented the concept of end-of-life care in patients with diabetes.

We had Professor Dr. Sheldon Tobe from University of Toronto presenting the latest guideline updates for Diabetes Nephropathy.

Dr. Najaf Nadeem Syed University of Toronto presented the latest guideline on lipid lowering drugs. The US guidelines diverge significantly from current Canadian guidelines in that LDL level reduction is now targeting levels <1.4.



Local presenters included Dr. Vanessa Falk whose talk focussed on bariatric surgery, Dr. Evan Wee who serves as the Chair of the ACP Atlantic Chapter DEI Committee presenting on guideline updates for Diabetes and Obesity. Dr. Gurm presented concepts in care of the diabetic foot and Dr. Anees presented on approach to managing Osteoporosis. We heard presentations from Smokers Helpline and Diabetes Canada.

We had a tie for the first place poster competition Hannah White presenting Docosahexaenoic acid supplementation leading to possible increase in muscle mass and Alyssa Dober presenting on Docosahexaenoic acid attenuation of high fat diet reduction of muscle mass both are honors students in the Biochemistry program supervised by Dr. Zahra Farahnak assistant Professor department of Biochemistry at Memorial University.



Honorable mentions for Dr. Mina Mondal and Dr. Oleksandr Fesenko. We had ACP Wellness Booth where we highlighted the project MUN Botanical Gardens Walking Group where patients with diabetes go on supervised “forest bathing” walks in the botanical gardens and the effect will be studied on glycemic control. This project relies heavily on the concept of forest bathing or Shinrin Yoku from Japan and Friluftsliv from Scandinavia.

This project also invites medical students and house staff to participate and volunteer to work with the study participants. The ACP Wellness booth had a large screen sharing photographic visions of the MUN Botanical Gardens on a continuous loop with viewers. We also ran a Workshop where we demonstrated testing for autoantibodies in diabetes in an effort to identify patients with Stage 2 Autoimmune diabetes using the dried blood sample technique checking for Insulin antigen 2 autoantibody IA2A, GAD 65, Zn transporter Type 8 Ab and Insulin autoantibody.

The Exhibitors Corner was well attended and the conference ended with prize distribution and concluding remarks from the Governor.

Respectfully Submitted,

Sahar J. Iqbal, MD MSc FRCPC FACP
Governor, ACP Atlantic Chapter



Upcoming Events

Physician Hack Thyself Webinar

Join us for a brief seminar on how to optimize your productivity as a cog in the wheel of medicine. Just kidding - why do we even care about physician wellness? Join Dr Wright for a few new hacks that may improve your QOL.

Date: Wednesday, October 7th, 2026

Location: Live via Zoom

Times:

9:00AM Pacific (Vancouver)

10:00AM Mountain (Edmonton)



12:00PM Eastern
(Toronto/Montreal)
1:00PM Atlantic (Halifax)
1:30PM Newfoundland (St. John's)

[Register Today](#)

Meet Speaker Dr. Masina Wright, MD, FACP

Masina Wright, MD is an Internal Medicine Hospitalist with a passion for cardiology, addiction medicine and physician wellness. Dr. Wright serves as an ACP Well-Being Champion and chairs the DEI Committee for ACP Ontario. They also advocate for nutrition and lifestyle choices to prevent chronic disease.

Screening Type 1 Diabetes Webinar

This session will discuss the concept of detecting autoimmunity in population at risk of Type 1 Diabetes. This talk will identify who is at risk? What tests are available? and what can we do to prevent such individuals from developing overt diabetes.

Date: Wednesday, October 28th, 2026

Location: Online via Zoom

Times:

4:00PM Pacific (Vancouver)

5:00PM Mountain (Edmonton)

7:00PM Eastern (Toronto/Montreal)

8:00PM Atlantic (Halifax)

8:30PM Newfoundland (St. John's)



[Register Today](#)

Meet Speaker Dr. Sahar Iqbal, MBBS, MSc, FRCPC, FACP

Dr. Iqbal is an Associate Professor of Internal Medicine at Memorial University of Newfoundland, with expertise in diabetes, obesity and metabolic medicine. She is a Fellow of the Royal College of Physicians and Surgeons of Canada and the American College of Physicians. In addition to her clinical and research work, she is actively involved in medical education, residency training and physician leadership.

General Internal Medicine Pearls from ACP Webinar

This session covers practical, evidence-based approaches to managing antiplatelet therapy during GI bleeding, evaluating metabolic dysfunction– associated steatotic liver disease, and Register Here identifying adults who need early pneumococcal vaccination. It also reviews appropriate follow-up for benign endometrial cells on cervical cytology and how to distinguish severe asymptomatic hypertension from hypertensive emergency to guide inpatient care.

Date: Wednesday, December 2nd, 2026

Location: Online via Zoom

Times:

9:00AM Pacific (Vancouver)

10:00AM Mountain (Edmonton)

12:00PM Eastern

(Toronto/Montreal)

1:00PM Atlantic (Halifax)

1:30PM Newfoundland (St. John's)



[Register Today](#)

Meet Speaker Dr. Chris Stephenson, MD, MHPE, MS, FACP

Dr. Chris Stephenson is an academic physician at Mayo Clinic, where he serves as Associate Chair for Education, AI and Digital Transformation and Associate Program Director for the Internal Medicine Residency. His work focuses on medical education, clinical leadership and the integration of artificial intelligence into training and practice. He has published more than 40 peer-reviewed articles and leads Mayo Clinic's Internal Medicine Residency AI curriculum.

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