



Preliminary Program

All sessions will be held at the Hilton London Metropole Hotel unless otherwise noted.

Saturday, 11 May 2019 Lifecourse Approach

7:00 Registration & Coffee

Introductory Session

8:00 Welcome/housekeeping

8:10 The twenty-first century life course and its impact on health

8:55 Sex differences in chronic pain across the lifecourse

9:40 Morning break and Poster viewing

Childhood/Adolescence

10:00 The evolution and management of abdominal pain in childhood and adolescence

10:30 Dysmenorrhoea, a ticking time bomb

11:00 How can physiotherapy for pelvic pain be adapted for the not yet sexually active adolescent?

11:30 Best abstract on this topic

11:45 Panel discussion

12:00 Lunch

Reproductive Age

13:30 The evidence for hormonal influences on pain

14:00 Pelvic girdle pain in pregnancy and beyond

14:30 Postoperative orchialgias and post-vasectomy pain

15:00 Best abstract on this topic

15:15 Panel discussion

15:30 Afternoon break and Poster viewing

Post-Reproductive Age

16:00 Pain after treatment of abdominal and pelvic cancers

16:30 The etiology and management of vulval pain in postmenopausal women

17:00 Should we continue to use mesh? Complications of prolapse surgery with and without mesh

17:30 Best abstract on this topic

17:45 Panel discussion

Reception & Posters

18:00 Cocktail Reception and Poster Judging



4th World Congress of Abdominal and Pelvic Pain

A Lifecourse and Lifestyle Approach

11-12 May 2019 | London, UK



Sunday, 12 May 2019: Lifestyle Approaches

7:30 Registration & Coffee

Diet and the Microbiome

8:00 Welcome/housekeeping

8:10 Is dietary change the solution to IBS?

8:55 The role of the gut microbiome in visceral pain

9:40 Morning break and Poster viewing

Sleep and Stress

10:00 The complex relationship between sleep and pain

10:30 The role of early life stress in generating visceral pain

11:00 How can we help our patients reduce their daily stress?

11:30 Best abstract on this topic

11:45 Panel discussion

12:00 Lunch

Exercise

13:30 Psychological benefits of exercise - Sports Psychologist from the English Institute of Sport

14:00 Physiological benefits of exercise in chronic health conditions

14:30 Fear of pain: psychological barriers to exercise for pelvic pain patients and their clinicians

15:00 Best abstract on this topic

15:15 Panel discussion

15:30 Afternoon break and Poster viewing

Closing Session: The Future

16:00 Using Big Data to understand the influences of lifestyle on chronic pain: insights from endometriosis

16:30 How can preclinical models reflect lifestyle factors to move the field forward?

17:00 Summing up, Prize-giving and Close