



The **Ehlers-Danlos** Society
GLOBAL LEARNING CONFERENCE 2026
CONNECTING THE STRIPES
Exploring Comorbidities in **EDS** and **HSD**

AGENDA

■ **SESSION** ■ **PANEL DISCUSSION** ■ **BREAK** ■ **Q&A**

FRIDAY JULY 24

TIME (CDT):	SESSION & PRESENTATION:	SPEAKER(S):
8:00 AM	Badge collection & shop opens	
8:30 AM	Ballroom opens	
8:50 - 9:00 AM	Welcome, housekeeping and overview of event theme	
DAY 1: CONNECTING THE STRIPES – HOW THE BODY SYSTEMS INTERTWINE		
SESSION 1: The Invisible Web – Overlapping Comorbidities & Unexpected Connections Chair: Dr. Anne Maitland		
9:00 - 9:30 AM	Keynote: Making the Connections	Dr. Clair Francomano
9:30 - 9:50 AM	The Gut-Brain Axis: Neurodivergence, Anxiety, and Gastrointestinal Symptoms	Dr. Zachary Spiritos
9:50 - 10:10 AM	MCAS & Immune Dysfunction: Why Inflammation Affects Multiple Systems	Dr. Anne Maitland
10:10 - 10:30 AM	Biomechanical Factors in Dysautonomia: A Focus on Neurogenic Thoracic Outlet Syndrome	Dr. Peter Rowe
PANEL Q&A: 10:30 - 10:45 AM		
MINDFUL MOVEMENT SNACK: 10:45 - 11:00 AM		
BREAK: 11:00 - 11:30 AM		
SESSION 2: But It's Not Connected... Or Is It? – The Overlooked Links in EDS & HSD Chair: Stacey Menton		
11:30 - 11:50 AM	Neuro EDS: Defining a Neurological Phenotype in Hypermobile Connective Tissue Disorders	Dr. Paolo Bolognese
11:50 - 12:10 PM	How Joint Instability Impacts Energy Levels	Emily Rich
12:10 - 12:30 PM	Weak Voice and Swallow	Stacey Menton

FRIDAY JULY 24

TIME (CDT):	SESSION & PRESENTATION:	SPEAKER(S):
PANEL Q&A: 12:30 - 12:45 PM		
MINDFUL MOVEMENT SNACK: 12:45 - 1:00 PM		
LUNCH: 1:00 - 2:00 PM		
SESSION 3: When the Symptoms Don't Fit – Misdiagnosis and the Complex Puzzle of EDS & HSD Chair: Cortney Gensemer		
2:00 - 2:30 PM	Why Is the Diagnostic Odyssey So Long with EDS & HSD	Cortney Gensemer
2:00 - 2:40 PM	The Overlap of Autism, ADHD, and Hypermobility – Why Doctors Miss the Full Picture	Emily Casanova
2:40 - 2:50 PM	Community Voice - Living with Complex Neurological Concerns and hEDS	Amy-Wang Hillier
PANEL Q&A: 2:50 - 3:05 PM		
MINDFUL MOVEMENT SNACK: 3:05 - 3:20 PM		
BREAK: 3:20 - 3:50 PM		
SESSION 4: Bringing It Back to Daily Life – Practical Strategies for Complex Comorbidities Chair: Dr. Linda Bluestein		
3:50 - 4:10 PM	Living With Sensory Overload and Fatigue: Daily Strategies That Work	Hershila Lallu
4:10 - 4:40 PM	Sleep Disturbances: Why It Happens and How to Create Stability	Kateri Champagne
4:40 - 5:00 PM	Practical Management for Autonomic Dysfunction	Dr. Alba Azola
5:00 - 5:20 PM	MCAS in the Real World: Triggers, flare patterns, and environmental adaptations	Dr. Linda Bluestein
PANEL Q&A: 5:20 - 5:35 PM		
PANEL DISCUSSION: Co-Creation Workshops Prof. Lara Bloom and Eleonora Barile		
END OF DAY		

SATURDAY JULY 25

TIME (CDT):	SESSION & PRESENTATION:	PRESENTERS
08:00 AM	Badge collection & shop opens	
08:30 AM	Ballroom opens	
08:50 - 09:00 AM	Welcome & housekeeping	
WORKSHOP 1: Pain Facilitator: Dr. Dacre Knight		
9:00 - 10:15 AM	Didactic	Linda Bluestein Isabel Huang Maggie Buckley Dr. Kat McGraw
	Co-Creation Session	
	Group Feedback	
WORKSHOP 2: Mast Cell Activation Symptoms and Environmental Strategies Facilitator: Dr. Alan Hakim		
9:00 - 10:15 AM	Didactic	Dr. Anne Maitland Dr. Celeste Finnerty Dr. Alissa Zingman Calla Mace
	Co-Creation Session	
	Group Feedback	
WORKSHOP 3: GI Facilitator: Dr. Rebecca Bascom		
9:00 - 10:15 AM	Didactic	Dr. Zachary Spiritos Julie Banda Dr. Johanna Ruddy Samantha Sauer Sarah Lustgarten-Bellah
	Co-Creation Session	
	Group Feedback	
WORKSHOP 4: POTS Facilitator: Dr. Clair Francomano		
9:00 - 10:15 AM	Didactic	Dr. Alba Azola Dr. Kevin Lasko Stephanie Heape-Reller
	Co-Creation Session	
	Group Feedback	
BREAK: 10:15 - 10:45 AM		
REPEAT OF ALL 4 WORKSHOPS: 11:00 - 12:15 PM		
LUNCH: 12:15 - 1:15 PM		
REPEAT OF ALL 4 WORKSHOPS: 1:30 - 2:45 PM		
BREAK: 2:45 - 3:15 PM		
REPEAT OF ALL 4 WORKSHOPS: 3:30 - 4:45 PM		
END OF DAY		

SUNDAY JULY 26

TIME (CDT):	SESSION & PRESENTATION:	PRESENTERS
08:00 AM	Badge collection & shop opens	
08:30 AM	Ballroom opens	
08:50 - 08:55 AM	Welcome & housekeeping	
08:55 - 09:00 AM	Transforming Perinatal Care: New International Guidelines and the Launch of hEDSStart—The World's First Midwife Led Digital Clinic and Training Programme for Pregnancy and Childbearing with hEDS/HSD	Dr. Sally Pezaro

DAY 3

SESSION 5: Inside the Mind and Body: The Neuropsychological Landscape | **Chair:** Melissa Flint

9:00 - 9:30 AM	Cognitive Load With Hypermobility Conditions	Aviva Gaskill
9:30 - 9:50 AM	Sensory Processing in EDS & HSD	Naoya Ogura
9:50 - 10:10 AM	Anxiety, Rumination, and Chronic Uncertainty	Melissa Flint
10:10 - 10:30 AM	Our Collective Identities: A Path Toward Empowerment and Healing	Dr. Lisa Belvy

PANEL Q&A: 10:30 - 10:45 AM

MINDFUL MOVEMENT SNACK: 10:45 - 11:00 AM

BREAK: 11:00 - 11:30 AM

SESSION 6: Relationships, Caregiving, and Communication Needs | **Chair:** Cristol O'Loughlin

11:30 - 11:50 AM	Family Dynamics and Emotional Labor	Elizabeth Sangiorgi
11:50 - 12:10 PM	Caregiver Stress and Resilience	Cristol O'Loughlin
12:10 - 12:30 PM	Staying Connected: Communication and Intimacy During Pain or Fatigue Flare-Ups	Martha Wigginn

PANEL Q&A: 12:30-12:50 PM

MINDFUL MOVEMENT SNACK: 12:50 - 1:00 PM

LUNCH: 1:00 - 2:00 PM

SESSION 7: System Barriers and Global Challenges Across the Lifespan | **Chair:** Jordan Jones

2:00 - 2:20 PM	Childhood to Adulthood: The Transition in Care	Jordan Jones
2:20 - 2:40 PM	Building an Accessible Education Journey: Transitions, Supports, and Choices	Melanie Ward
2:40 - 2:50 PM	Community Voice - A personal perspective on navigating education or employment	Georgie Fox
2:50 - 3:00 PM	Community Voice - A perspective on long-term resilience and life redesign.	Haley Schwartz

PANEL Q&A: 3:00 - 3:15 PM

BREAK: 3:15 - 3:45 PM

SUNDAY JULY 26		
TIME (CDT):	SESSION & PRESENTATION:	PRESENTERS
SESSION 8: Future Pathways: Innovation, Advocacy, and Global Direction Chair: Jeannie di Bon		
3:45 - 4:00 PM	The 2026 Classification and What Comes Next	Prof. Lara Bloom
4:00 - 4:20 PM	Patient-Led Innovation	Jeannie di Bon
4:20 - 4:40 PM	Advocacy in Action	Maggie Buckley
4:40 - 5:00 PM	Navigating Healthcare Pathways	Grace Kully
5:00 - 5:30 PM	What the Next Ten Years in Research Could Bring	Prof. Lara Bloom Dr. Alan Hakim Dr. Cortney Gensemer Dr. Clair Francomano Dr. Maggie Bartlett
PANEL Q&A: 5:30 - 5:45 PM		
END OF DAY		