



NUGA Helsinki 2026

12-14 March 2026

**at Clarion Hotel Helsinki,
Finland**

Nuga-meeting.com

Thursday 12th March 2026

34th Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)

20.00-

Optional dinner at Restaurant Saaga, 1 km from the venue

(sign up through the registration site)



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Friday 13th March 2026

34th Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)

8.00-08.30	Registration
8.30-08.40	Welcome by Congress President Kirsi Kuismanen (FI)
8.40-09.30	<p><i>Chair: Kristin Jonsdottir (IS)</i></p> <p>Bladder fibrosis: causes and consequences, 40min Marcus Drake (UK)</p> <p>Discussion 10 min</p>
9.30-09.50	Coffee break in exhibition area
9.50-11.10	<p><i>Chair: Rune Svenningsen (NO)</i></p> <p><u>Consequences of oncological treatments on pelvic floor dysfunction</u> Anterior enteroceles after radical surgery for cancer, 35 min Ingrid Volløyhaug (NO)</p> <p>Radical cystectomy for bladder cancer, 35 min Eirik Kjøbli (NO)</p> <p>Discussion 10min</p>
11.10-11.30	Coffee break in exhibition area
11.30-12.00	<p><i>Chairs: Mette Hornum Bing (DK) + Riffat Cheema (SE)</i></p> <p>Dissertations (a´ 10min + 5min discussion)</p> <p>Tension-free vaginal tape and polyacrylamide hydrogel in treatment of female stress urinary incontinence – a randomized clinical trial Anna-Maija Itkonen Freitas (FI)</p> <p>Mid-urethral sling surgery: cure rates, complications and sexual function 10 and 20 years post surgery Berit Rein Solhaug (NO)</p>



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12.00-12.30	<p><i>Chairs: Mette Hornum Bing (DK) + Riffat Cheema (SE)</i></p> <p>Abstracts (a' 5min + 3min discussion)</p> <p>ID 34 Mid-urethral sling surgery with polypropylene and long-term malignancy development Guro Kristine Bårnes (NO)</p> <p>ID 36 Predictors for treatment failure after polyacrylamide hydrogel (Bulkamid™) injections. Martin Sommer (NO)</p> <p>ID 39 A Nordic Perspective on Female Stress Urinary Incontinence Care: Lessons for Shared Clinical Practice Eeva Linna (FI)</p>
12.35-13.45	<p>Standing lunch in exhibition area</p> <p>Lunch meeting for the Nordic Urogynecology Registries (special invite only)</p>
12.45-13.30	<p>Lunch symposium by Gold Sponsor Plus Pierre Fabre, 45 min</p> <p>Advancing OAB Care: From Symptoms to Solutions Prof. Ian Milsom from Gothenburg University (SE) Dr. Henna Rossi from Oulu University (FI) Moderator: Dr. Espen Kvan</p>
13.45-14.00	<p><i>Chairs: Rune Svenningsen (NO) and Kristin Jonsdottir (IS)</i></p> <p>Dissertation (a' 10+5min)</p> <p>Intravesical onabotulinumtoxin A treatment in women with overactive bladder - Optimization of anesthesia and assessment of adverse effects. Meryam El Issaoui (DK)</p>
14.00-15.00	<p><i>Chairs: Rune Svenningsen (NO) and Kristin Jonsdottir (IS)</i></p> <p>Abstracts (a' 5+3min)</p> <p>ID 21 Initial experience of Laparoscopic Pectopexy and Colporrhaphies in Finland. Anneli Linnamägi (FI)</p>



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ID 25 Preliminary results of a multicenter randomized clinical trial for laparoscopic repair of pelvic organ prolapse: Sacropexy vs laparoscopic lateral suspension.

Isabel Níguez-Sevilla (ESP)

ID 24 Hysteropexy using laparoscopic lateral suspension for the treatment of pelvic organ prolapse, according to DELPHI consensus of experts.

Isabel Níguez-Sevilla (ESP)

ID 32 Association between severity of obstetric perineal tears and risk of levator ani avulsion – a systematic review

Line Norring Holst (DK)

ID 23 Age-related long-term effects of vaginal delivery, pregnancy, and sphincter injury on anal continence: a matched cohort study

Ida Nilsson (SE)

31 Does the delivery method influence sexual activity decades later? A 30 year follow-up

Martina Belluardo (NO)

ID 22 Association of body composition with the symptoms of pelvic floor disorders in middle-aged women: A longitudinal study

Mari Kuutti (FI)

15.00-15.20

Coffee break in exhibition area

15.20-16.20

Chairs: Mette Hornum Bing (DK) and Riffat Cheema (SE)

The role of delivery method to the pelvic floor

Assisted vaginal delivery - risk on levator avulsions, risk on sphincters, risk on prolapse, risk of incontinence, scientific evidence, 30 min

Ingrid Vollöyhaug (NO)

Persistent anal incontinence after OASIS, 30 min

Ursula Aho Fält (SE)

16.20-16.40

Chair: Kirsi Kuismanen (FI)

Pelvic pain, 20 min



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16.40-16.50	Jenny Backlin (SE) History of NUGA , 10 min Antti Valpas (FI)
19.00	Dinner at the venue. Dress code: Casual Sign up through the registration site



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Saturday 14th March 2026

34th Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)

8.00-	Registration
8.00-8.30	Morning symposium by Gold sponsor GE Healthcare , 30 min
8.30-9.30	<p><i>Chair: Kristin Jonsdottir (IS)</i></p> <p>How your microbiota may impact OAB symptoms and recurrent UTIs, 30 min Louise Thomsen Schmidt Arenholt (DK)</p> <p>Tips and tricks for sling operations - How to keep your success rate high and complications low? 30 min Knut Hordnes (NO)</p>
9.30-9.50	Coffee break in exhibition area
9.50-10.20	<p><i>Chairs: Mette Hornum Bing (DK) and Riffat Cheema (SE)</i></p> <p>Dissertations (a´ 10+5min)</p> <p>Pelvic floor trauma after childbirth – Risk factors, surgical treatment and prevention Jennie Larsudd-Kåverud (SE)</p> <p>Second-degree perineal tears – Classification, risk factors, and consequences. Marthe Dalevoll Macedo (NO)</p>
10.20-10.45	<p><i>Chairs: Mette Hornum Bing (DK) and Riffat Cheema (SE)</i></p> <p>Abstracts (a´ 5+3min)</p> <p>ID 33 Women’s experiences of perineal wound dehiscence of a second-degree perineal tear and choice of treatment in Denmark: A qualitative interview study Lærke Vinberg Moestrup (DK)</p>



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	<p>ID 29 Risk factors associated with perineal wound dehiscence following vaginal delivery Denise Golmann (SE)</p> <p>ID 26 Levator ani injury after second-degree perineal tears and episiotomy: associations with symptoms and objective findings 9–12 months postpartum. Kathrine Perslev (DK)</p>
	5min break
10.50-12.05	<p><i>Chairs: Rune Svenningsen (NO) and Kristin Jonsdottir (IS)</i></p> <p>Conservative treatment of pelvic organ prolapse Pessaries 15 min Berit Sejer Larsen (DK)</p> <p>POP and pelvic floor exercise 20 min Ulla Due (DK)</p> <p>Discussion 10 min</p> <p>Treatment options for recurrent anterior prolapse, 30min Kirsi Kuusmanen (FI)</p>
12.05-12.30	<p><i>Chairs: Rune Svenningsen (NO) and Kristin Jonsdottir (IS)</i></p> <p>Abstracts (a' 5+3min)</p> <p>ID 35 Anterior/apical transvaginal mesh repair for recurrent or advanced pelvic organ prolapse: Perioperative safety and short-term subjective outcome. Johanna Ojala (FI)</p> <p>ID 38 Pelvic floor dysfunction after a second-degree perineal tear and the impact of residual perineal body thickness - a historical cohort. Niklas Rexelius (SE)</p> <p>Digital Health Education Gynecological Well-Being: The Dr. Happy Vagina Initiative by Urogynecologist Ida Bergman (SE)</p>



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12.30-13.45	Standing lunch in exhibition area
12.45-13.30	Lunch symposium by Gold Sponsor Plus Astellas, 45min
13.45-14.15	<p><i>Chairs Kristin Jonsdottir (IS) and Riffat Cheema (SE)</i></p> <p>Dissertations (a´10+5min)</p> <p>Clinical evaluation after incontinence surgery and dehisced perineal tears : effects on women's pelvic floor health Anna Lundmark Drca (SE)</p> <p>Pelvic floor symptoms in women undergoing pelvic organ prolapse surgery. Päivi Karjalainen (FI)</p>
14.15-14.50	<p><i>Chairs Kristin Jonsdottir (IS) and Riffat Cheema (SE)</i></p> <p>Abstracts (a´ 5+3min)</p> <p>ID 28 Long-Term Sexual Function After Vaginal Vault Prolapse Surgery: Influence of Surgical Method Dorte Teilmann-Jørgensen (DK)</p> <p>ID 37 Is Vaginal Estrogen Treatment Associated with Risk of Thrombosis in Postmenopausal Women? - A Scoping Review Sofie Lindman Juul (DK)</p> <p>ID 27 The REPAIR Study: Effect of Prophylactic Antibiotics on Wound Complications and Their Association with One-Year Symptoms Kathrine Perslev (DK)</p> <p>ID 30 In vitro and in vivo regenerative potential of ascorbic acid 2-phosphate -releasing poly-L-lactide-co-epsilon-caprolactone: focusing on pelvic organ prolapse applications Reetta Sartoneva (FI)</p>



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14.50-15.50	<p><i>Chair Kirsi Kuusmanen (FI)</i></p> <p><u>"Manchester City or Manchester United?"</u> The Manchester Procedure, two or three compartments? Video on anterior and mid compartment, 25 min Niels Klarskov (DK)</p> <p>Rationale on adding the (kolpo)perineorrhaphy, video Sissel Oversand (NO) 25 min</p> <p>Discussion (10 min)</p>
15.50-16.10	Coffee break in exhibition area
16.10-16.50	<p><i>Chair: Kirsi Kuusmanen (FI)</i></p> <p>Urological consequences of urogynecological operations, 30 min Joergen Bjerregaard (DK) online</p> <p>Discussion 10min</p>
16.50-17.00	Closing and NUGA Awards