



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)

18.00 – 19.30	<i>Symposium Hosted by Platinum sponsor</i>
20.00-	Optional dinner at local restaurant (sign up through the registration site)



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Friday 13th March 2026

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7.30-08.00	Registration
8.00-08.30	<i>Morning symposium by Gold sponsor, 30min</i>
8.30-08.40	Welcome by Congress President Kirsi Kuismanen (FI)
8.40-09.30	Chair: Non-compliant bladder: etiology and treatment options, fibrotic bladder (urologist, TBA) 40 min + discussion 10 min
9.30-09.50	Coffee break in exhibition area
9.50-11.10	Chair: Consequences of oncological treatments on pelvic floor dysfunction Anterior enteroceles after radical surgery for cancer, 35 min (Ingrid Vollöyhaug, NO) Radical cystectomy for bladder cancer, 35 min (urologist, TBA) Discussion 10min
11.10-11.30	Coffee break in exhibition area
11.30-12.50	Chair: Dissertations a´ 10+5 min Abstracts a´ 5+3 min
12.50-13.50	Standing lunch in exhibition area Lunch meeting for the Nordic Urogynecology Registries (special invite only)
12.50-13.50	<i>Lunch symposium by Gold Sponsor Plus, 60 min</i>
13.50-15.00	Chair: Abstracts a´ 5+3 min Dissertations a´ 10 + 5 min
15.00-15.20	Coffee break in exhibition area



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15.20-16.20	<p>Chair: 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/Rune Svenningsen, NO)</p> <p>Persistent anal incontinence after OASIS, 30 min (TBA)</p>
16.20-16.40 16.40-16.50	<p>Lecture TBA History of NUGA, 10 min (Antti Valpas, FI)</p>
19.00	<p>Dinner at the venue. Dress code: Casual Sign up through the registration site</p>

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, 30 min
8.30-9.30	<p>Chair: 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
9.50-10.50	<p>Abstracts a' 5+3 min Dissertation a' 10+5min</p>
10.50-12.30	<p>Chair Conservative treatment of pelvic organ prolapse Pessaries 15 min (Berit Sejer Larsen, DK) POP and pelvic floor exercise 20 min (Ulla Due, DK) Discussion 10 min</p> <p>Lecture TBA</p>
12.30-13.45	Standing lunch in exhibition area



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12.40-13.40	Lunch symposium by Gold Sponsor Plus, 60 min
13.40-14.50	Chair: Abstracts a' 5 + 3 min Dissertations a' 10+5 min
14.50-15.50	Chair: "Manchester City or Manchester United?" The Manchester Procedure, two or three compartments? Video on anterior and mid compartment, 25 min (Niels Klarskov, DK) Rationale on adding the (kolpo)perineorrhaphy , video (Sissel Oversand, NO) 25 min Discussion (10 min)
15.50-16.10	Coffee break in exhibition area
16.10-16.40	Chair: Kirsi Kuismanen FI Urological consequences of urogynecological operations , 30 min (Joergen Bjerregaard, DK)
16.40-17.00	Closing and NUGA Awards