



NUGA Helsinki 2026

12-14 March 2026

**at Clarion Hotel Helsinki,
Finland**

[Nuga-meeting.com](https://nuga-meeting.com)

Thursday 12th March 2026

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

18.00 – 19.30

Symposium Hosted by Platinum sponsor

20.00-

Optional dinner at local restaurant (sign up through the registration site)



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Friday 13th March 2026

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

7.30-08.00	Registration
8.00-08.30	<i>Morning symposium by Gold sponsor</i> , 30min
8.30-08.40	Welcome by Congress President Kirsi Kuismanen (FI)
8.40-09.30	Bladder fibrosis: causes and consequences (Marcus Drake, urologist, UK) 40 min + discussion 10 min
9.30-09.50	Coffee break in exhibition area
9.50-11.10	<u>Consequences of oncological treatments on pelvic floor dysfunction</u> Anterior enteroceles after radical surgery for cancer , 35 min (Ingrid Vollöyhaug, NO) Radical cystectomy for bladder cancer , 35 min (Eirik Kjølbi, urologist, NO) Discussion 10min
11.10-11.30	Coffee break in exhibition area
11.30-12.30	Dissertations a' 10+5 min Abstracts a' 5+3 min
12.30-13.45	Standing lunch in exhibition area Lunch meeting for the Nordic Urogynecology Registries (special invite only)
12.45-13.30	<i>Lunch symposium by Gold Sponsor Plus</i> , 45 min
13.45-15.00	Abstracts a' 5+3 min Dissertations a' 10 + 5 min
15.00-15.20	Coffee break in exhibition area
15.20-16.20	<u>The role of delivery method to the pelvic floor</u> 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) Persistent anal incontinence after OASIS , 30 min (Ursula Aho Fält, SE)



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16.20-16.40	Pelvic pain , 20 min (Jenny Backlin, SE)
16.40-16.50	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 , 30 min
8.30-9.30	<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
9.50-10.50	<p>Abstracts a' 5+3 min Dissertation a' 10+5min</p>
10.50-12.30	<p>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>Treatment options for recurrent anterior prolapse, 30min (Kirsi Kuismanen FI) Abstracts a' 5+3min</p>
12.30-13.45	Standing lunch in exhibition area
12.45-13.30	Lunch symposium by Gold Sponsor Plus , 45 min
13.45-14.50	<p>Abstracts a' 5 + 3 min Dissertations a' 10+5 min</p>
14.50-15.50	<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 Discussion (10 min)</p>



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15.50-16.10	Coffee break in exhibition area
16.10-16.40	<i>Chair:</i> Kirsi Kuusmanen FI Urological consequences of urogynecological operations, 30 min (Joergen Bjerregaard, DK)
16.40-17.00	Closing and NUGA Awards