



**NUGA Helsinki 2026**

**12-14 March 2026  
at Clarion Hotel Helsinki,  
Finland  
Nuga-meeting.com**

**Thursday 12<sup>th</sup> March 2026**

**34<sup>th</sup> Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)**

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20.00-

**Optional dinner at Restaurant Saaga, 1 km from the venue**

**(sign up through the registration site)**

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**Friday 13<sup>th</sup> March 2026**

### **34<sup>th</sup> Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)**

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



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



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	<p><b>ID 25 Preliminary results of a multicenter randomized clinical trial for laparoscopic repair of pelvic organ prolapse: Sacropexy vs laparoscopic lateral suspension.</b> Isabel Níguez-Sevilla (ESP)</p> <p><b>ID 24 Hysteropexy using laparoscopic lateral suspension for the treatment of pelvic organ prolapse, according to DELPHI consensus of experts.</b> Isabel Níguez-Sevilla (ESP)</p> <p><b>ID 32 Association between severity of obstetric perineal tears and risk of levator ani avulsion – a systematic review</b> Line Norring Holst (DK)</p> <p><b>ID 23 Age-related long-term effects of vaginal delivery, pregnancy, and sphincter injury on anal continence: a matched cohort study</b> Ida Nilsson (SE)</p> <p><b>31 Does the delivery method influence sexual activity decades later? A 30 year follow-up</b> Martina Belluardo (NO)</p> <p><b>ID 22 Association of body composition with the symptoms of pelvic floor disorders in middle-aged women: A longitudinal study</b> Mari Kuutti (FI)</p>
15.00-15.20	Coffee break in exhibition area
15.20-16.20	<p><i>Chairs: Mette Hornum Bing (DK) and Riffat Cheema (SE)</i></p> <p><b><u>The role of delivery method to the pelvic floor</u></b> <b>Assisted vaginal delivery - risk on levator avulsions, risk on sphincters, risk on prolapse, risk of incontinence, scientific evidence, 30 min</b> Ingrid Volløyhaug (NO)</p> <p><b>Persistent anal incontinence after OASIS, 30 min</b> Ursula Aho Fält (SE)</p>
16.20-16.40	<p><i>Chair: Kirsi Kuismanen (FI)</i></p> <p><b>Pelvic pain, 20 min</b> Jenny Backlin (SE)</p>



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



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Saturday 14<sup>th</sup> March 2026

### 34<sup>th</sup> Bi-Annual Meeting of the Nordic Urogynecological Association (NUGA)

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



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



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



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14.50-15.50	<p><i>Chair Kirs Kuismanen (FI)</i></p> <p><b><u>"Manchester City or Manchester United?"</u></b></p> <p><b>The Manchester Procedure, two or three compartments?</b></p> <p>Video on anterior and mid compartment, 25 min Niels Klarskov (DK)</p> <p><b>Rationale on adding the (kolpo)perineorraphy</b>, 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: Kirs Kuismanen (FI)</i></p> <p><b>Urological consequences of urogynecological operations</b>, 30 min Joergen Bjerregaard (DK) <b>online</b></p> <p>Discussion 10min</p>
16.50-17.00	<b>Closing and NUGA Awards</b>