

Federation of Medical Women of Canada  
82<sup>nd</sup> Annual General Meeting and Scientific Assembly  
August 18-20, 2006, Moncton, N.B.



# Final Program

## Skin, Sex and Psychiatry in Adolescence



FMWC, 780 Echo Drive, Ottawa ON K1S 5R7 • Tel: (613) 569-5881 or 1-877-771-3777  
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## **Welcome Message - Mayor of Moncton**

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On behalf of City Council and the residents of Moncton, I would like to offer my best wishes to the Federation of Medical Women of Canada (FMWC) who will be meeting in Moncton, New Brunswick from August 18-20, 2006.

Allow me to offer my congratulations and thanks to the members of the FMWC for your initiative and ongoing dedication. Your work in the professional, social and personal advancement of women physicians and the promotion of the well being of women in general is to be commended.

Moncton is happy to act as host city for this year's Annual General Meeting. I would like to encourage the many members to attend the meeting and scientific assembly that will be taking place this summer.

Moncton is known for being one of the best places to live in Canada and Monctonians enjoy a vibrant cultural life, a thriving economy, and a diverse population base. Our dynamic city, situated in the centre of Atlantic Canada, takes pride in providing a unique blend of Maritime hospitality and Acadian joie de vivre. It is my hope that you will be able to take in some of this vibrant culture, and enjoy some of what our city has to offer.

We trust that you will take this opportunity to enjoy not only a fantastic annual meeting, but also the many features Moncton has to offer. We would be delighted to welcome you to our fine city this August.



Au nom du conseil municipal ainsi que des résidents et résidentes de Moncton, j'aimerais offrir mes meilleurs vœux à la Fédération des femmes médecins du Canada (FFMC) qui tiendra son assemblée générale annuelle (AGA) à Moncton, au Nouveau-Brunswick, du 18 au 20 août 2006.

Permettez-moi de féliciter et de remercier les membres de la FFMC pour leur initiative et leur dévouement continu. Votre travail pour l'avancement professionnel, social et personnel des femmes médecins et la promotion du mieux-être des femmes en général mérite toutes nos félicitations.

Moncton est heureuse d'accueillir la FFMC à l'occasion de son AGA. J'aimerais encourager les nombreux membres à assister à l'AGA et à la réunion scientifique de cet été.

Moncton est reconnue comme étant l'un des meilleurs endroits où vivre au Canada. Les Monctoniens et Monctoniennes jouissent d'une vie culturelle animée, d'une économie prospère et d'une population diversifiée. Notre ville dynamique, qui est située au centre du Canada Atlantique, est fière d'offrir une combinaison unique d'accueil typique des Maritimes et de la joie de vivre acadienne. J'espère que vous pourrez savourer cette culture dynamique et apprécier certains des atouts de notre ville.

Espérons que vous en profiterez pour apprécier votre assemblée générale annuelle ainsi que les nombreux atouts que vous offre Moncton. Nous serons ravis de vous accueillir dans notre belle ville en août.

**Lorne Mitton**  
Mayor / Maire  
City of / Ville de Moncton



## **Welcome Message - President FMWC**

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As the outgoing President of the Federation of Medical Women of Canada, it is with great honour that I welcome you to Moncton, New Brunswick for our 82<sup>nd</sup> Annual General Meeting. I hope this will be a particularly lively meeting and look forward to interacting with you all.

I would like to specifically thank ahead of time, Andrée Poirier, Dr. Gail Beck and the rest of the organizing committee for their dedication and hard work throughout the year in planning the Scientific Session. I would also like to take this opportunity to recognize our many proud sponsors who continue to show us such loyal support.

Karen Breeck MD  
President FMWC

## **Welcome Message - Chair, Planning Committee**

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Dear Delegates,

On behalf of the Organizing Committee, I welcome you to the Annual General Meeting and Scientific Meeting of the Federation of Medical Women of Canada. The Committee hopes that the next two days will provide you with opportunities to learn, to plan, and to collaborate.

It has been a pleasure to work with our partners in preparing for the meeting. We all look forward to renewing friendships with colleagues and to planning for the Federation's future.

In 1994, a quarter of a million Acadiens held their first reunion as Acadiens in this region. The Mayor of Cap-Pelé welcomed them with this phrase, which I use to welcome you to the Region: *Froliquez-vous bien!*

Gail Beck, MD, CM, FRCPC

## **General Information**

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### **Learning Objectives**

The following are the program objectives for all participants:

- To listen and learn in an interactive environment
- To problem solve using case-based interactively structured sessions
- To discuss and network with colleagues in the areas of various sub-specialties

### **Accreditation**

The FMWC is committed to providing Continuing Professional Development in accordance to the standards of the College of Family Physicians of Canada (CFPC). This program meets the accreditation criteria of the CFPC and has been accredited for up to 7 MAINPRO-M1 credits.



## **General Information** (continued)

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### **Badges:**

You will receive an identification badge at the on-site registration desk. For those attending the Gala, your tickets to the Gala will be with your identification badge. We will be recycling the identification badges this year after the meeting and would ask that you return them to the registration desk at the end of the workshop on Sunday or if you do not stay for the Sunday session at the end of the workshops on Saturday.

### **Registration**

Registration fee includes admission to the Scientific Sessions, breakfast, coffee breaks, lunch and Final Program.

### **2006 AGM Organizing Committee**

get list from AP

### **National Office Staff**

Andrée Poirier, Executive Coordinator  
780 Echo Drive, Ottawa ON K1S 5R7  
Tel: (613) 569-5881 or 1-877-771-3777  
Fax: (613) 569-4432 or 1-877-772-5777  
E-mail: [fmwcmain@fmwc.ca](mailto:fmwcmain@fmwc.ca)

### **Hotel:**

Crowne Plaza Moncton Downtown  
1005 Main Street, Moncton, NB, E1C 1G9  
Tel: (506) 854-6340  
Toll free: 1-866-854-4656

### **Tourism Information**

- [www.gomoncton.com](http://www.gomoncton.com)
- [www.tourismnewbrunswick.ca](http://www.tourismnewbrunswick.ca)
- [www.novascotia.com](http://www.novascotia.com)
- [www.gov.pe.ca/visitorsguide/](http://www.gov.pe.ca/visitorsguide/)

## **Sponsors**

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The FMWC gratefully acknowledges the following sponsors for their financial support in the form of unrestricted educational grants (confirmed at the time of printing):

### **May Cohen Award Sponsor**

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Duchesnay Inc.

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Wyeth Pharmaceuticals

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### **À la carte**

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## **Scientific Program**

### **Workshop 1: Contraception counseling**

**Faculty:** Dr. Robert Lea

The contraception counseling skills workshop was developed by Dr. William Fisher and Dr. Édith Guilbert, reviewed by the Contraception Awareness Core Working Group. The goal of the workshops is to enhance physicians' counseling skills concerning contraception, safer sex practices, and sexual well-being. Each workshop participant will receive a "contraceptive counseling tool box" to assist them in their clinical practice. The workshop also includes a comprehensive evaluation to determine the skills of the participants before the workshop, their intent to adopt the behaviours and counseling techniques taught in the workshops, and a follow-up evaluation to track whether changes were made and sustained over time.

### **Workshop 2: Treating acne and other skin disorders**

**Faculty:** Dr. Mary Lou Baxter

### **Workshop 3: Smoking in adolescence**

**Faculty:** Dr. Anna Day

This workshop will use an interactive, case based approach to examine the opportunity for physicians to have an impact on adolescent smoking.

**At the end of this workshop you should:**

1. have an understanding of the unique aspects of adolescent psychological and physiological development
2. be prepared to approach adolescent smoking through a gender lens
3. become comfortable with the role of the physician in smoking initiation and cessation

### **Workshop 5: Low Dose OC (including Continuous OC)**

**Faculty:** Dr. Rodolphe Maheux

**Learning Objectives:** To compare the efficiency and side effects of 20mc vs. 35 mcg preparations.

### **Workshop 6: Sexually Transmitted Infections and the New Canadian Guideline**

**Faculty:** Sexual Health and STI Section, Community Acquired Division of the Public Health Agency of Canada

### **Learning Objectives for Session:**

- To provide participants with background knowledge on the current trends and issues in sexually transmitted infections, which are adversely affecting the sexual health of adolescent populations.
- To discuss the role of the Canadian Guidelines on Sexually Transmitted Infections 2006 Edition as an evidenced based tool in the prevention and control of STIs.
- To highlight the significant changes in the prevention, treatment, diagnosis and management of STIs as found in the Canadian Guidelines on Sexually transmitted Infections 2006 Edition.

### **Breakfast presentation on "Hormonal Contraception and office Gynaecology**

**Faculty:** Dr. Rodolphe Maheux

**Learning Objectives:** To discuss the use of contraception in obese, smokes and perimenopausal women.

### **Plenary: Human Papilloma Virus (HPV) – new advances & vaccine**

**Faculty:** Dr. Vyta Senikas

**At the end of the presentation, the participant will be able to:**

- Describe the prevalence and incidence of human papillomavirus (HPV) infection
- Discuss HPV biology, transmission and risk factors
- Explain the natural history of HPV infection
- Recognize the clinical manifestations between low and high risk HPV infections
- Identify the spectrum of HPV-related disease and its established link to cervical cancer

### **Plenary: Problems in adolescent psychiatry**

**Faculty:** Dr. Gail Beck

Dr. Beck's workshop will allow participants to review the most important topics in Adolescent Psychiatry. Anxiety Disorders, Mood Disorders, Schizophrenia, and assessing suicide risk will be covered. There will be an opportunity for participants to discuss their own clinical concerns.

### **Information brief on Gender-Specific Medicine Curriculum**

**Faculty:** Dr. Nahid Azad



## Social Program

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### Gala-Lobster Tales

Prepare yourself for the ultimate lobster-lover's experience. Set sail for one and a quarter hour with a real lobster fisherman, who will explain how they haul traps, the proper cooking methods and shelling techniques. Then sit back, relax and enjoy the local "joie de vivre" during a mouth-watering lobster feast (BBQ chicken and vegetable lasagna also available).

Buses will be picking up everyone in front of the lobby of the Hotel. More details available at the conference. Please note that the dress code for the supper is casual. Bring a sweater for the temperature cools down in the evening.

## Faculty Biographies

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### Nahid Azad, MD, FRCPC



Dr. Nahid Azad is an executive member of the FMWC and represents the Federation at the CMA council on education and workforce.

Dr. Azad is an Associate Professor at the University of Ottawa, the Director of the Office of Gender and Equity issues at the Faculty of Medicine, the Director of Geriatric Assessment Unit, The

Ottawa Hospital, and a Clinical Investigator at the Clinical Epidemiology Program of the Ottawa Health Research Institute.

Dr. Azad is the recipient of Women's Health Teaching Award in 2004 at the University of Ottawa. She is the site-coordinator for the provincial collaborative project between 6 Ontario medical schools for under-graduate curriculum. She plays a major role in the development of the web-enabled medical curriculum that integrates gender and health into all aspects of medical education. This integrated curriculum will be a common provincial resource for use by all Canadian medical schools.

Dr. Azad is an active member of the GIC:COFM, an Equity and Seniors Editorial Board member and an advisor on Gender Equity on health system strategic planning to the Ministry of Health and Long Term Care.

Her research activities focuses on women's health issues, including dementia, cardiovascular risk management and congestive heart failure.

### Gail Beck, MD



Dr. Beck was born in Pembroke, Ontario and grew up in Joliette, Quebec. She completed her medical training and residency at McGill University. Dr. Beck is the Director of Youth Inpatient Psychiatry at the Royal Ottawa Hospital.

Dr. Beck is the Chair of District 8, Eastern Ontario, of the Ontario Medical Association. She is also the Treasurer of Medical Women's International Association. She is the President-Elect of the Federation of Medical Women of Canada.

From 1996 until 2002, Dr. Beck served as the Chair of the Committee on Women's Issues at the Ontario Medical Association. In this capacity, she negotiated the Maternity Leave Benefit, founded the OMA Mentorship Program, and initiated an outreach program for women physicians.

Dr. Beck was the inaugural Director of the Office for Women in Medicine at the Canadian Medical Association. She also served as the Acting Associate Secretary General of the Professional Affairs Directorate until she returned to full clinical practice in April, 2004.

Dr. Beck has been a Delegate to OMA Council since 1995 and a Delegate to CMA Council from 1994 until 2001 and from 2005. She is a Past President of the Academy of Medicine Ottawa, having served from 2003 to 2005.

Dr. Beck has also served on the Boards of Opera Lyra Ottawa and Bereaved Families of Ontario, Ottawa-Carleton. She is



presently a Trustee of the Board of the National Museums of Science and Technology. Dr. Beck served on the Expert Panel on Health Human Resources and on the Technical Advisory Committee on Tax Measures for Persons with Disabilities.

An advocate for child welfare, women's rights and health and Canada's Gulf War Veterans, Dr. Beck was awarded the Queen's Golden Jubilee Medal in 2002 for her record of public service. In June 2006, Dr. Beck was honoured by the nomination of the Residents in Psychiatry at the University of Ottawa as the Best Clinical Supervisor.

### **Mary-Lou Baxter, MD**

Biography not available at time of print

### **Anna Day, MD, FRCPC, FCCP**



Anna Day is a respirologist at Women's College Hospital and an Associate Professor in the Departments of Medicine and Health Administration at the University of Toronto. Dr. Day was Physician-in-Chief at Women's College from 1991-1999. Through her leadership, the Department of Medicine adopted a strategic focus in women's health by developing academic and clinical programs which are important

to women. Dr. Day is a founding board member of The Centre for Research in Women's Health

### **Robert Lea, MD**



Dr. Robert Lea obtained his Medical degree at Dalhousie University in 1965. He spent two years in general practice in Saint John, New Brunswick but decided to specialize in obstetrics and gynaecology. He received his FRCS in Obs/Gyn in 1971. In 1982-83 he leaves for Melbourne, Australia where he pursues extra training in reproductive medicine. Past president of the Society

of Obstetricians and Gynaecologists of Canada, Dr. Lea is Associate Professor OBS/GYN at Dalhousie University.

### **Robert Lerch, RN**

Robert Lerch is a registered nurse whose experience has focused on health promotion and disease prevention, primarily in sexually transmitted infections, in both clinical and educational positions. Working from a harm reduction approach he has also had the opportunity to work with needle exchange. His current position with the Public Health Agency of Canada, as a Prevention and Research Analyst is focused in the area of Sexual Health and Sexually Transmitted Infections.

### **Rodolph Maheux, MD**

Biography not available at time of print

### **Vyta Senikas, MD**



In my capacity as an Associate Executive Vice-President of SOGC I would like to take this opportunity to introduce myself to the membership. From McGill University I received a Bachelor of Science as well as my Medical Degree. My specialty education in obstetrics and gynaecology included training at the McGill University Hospital Centers and I received my fellowship from the Royal College in 1979.

I then attended the University of Montreal for a 1 year perinatal research fellowship which included ultrasonograph service at King's College Hospital in London, England.

Since 1980, I have been on staff at the Royal Victoria Hospital in Montreal as well as an Associate Professor of Obstetrics and Gynaecology at McGill University. During this time I was active in undergraduate and postgraduate teaching. I am a past president of the Association of Obstetrics and Gynaecology of Quebec as well as a past Vice-President of SOGC. Upon assuming this current administrative post, I also left my position as a Council and Executive Member of the CMPA. My responsibilities at SOGC include all continuing professional development activities particularly those associated with guidelines, policies and committees.

On a more personal note, I was born in St.Jean sur Richelieu, Quebec and have lived the majority of my life in Montreal. I am currently married to a Family Practice Physician and have two sons aged 18 and 19.



## Scientific Program at-a-glance

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### Friday, August 18, 2006

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- 07:30–09:00 Registration and breakfast
- 08:30–09:00 Opening Remarks
- 09:00–11:15 Annual General Meeting
- 11:15–11:30 Closing Remarks
- 11:30–13:00 Award lunch
- 13:00–15:00 **Workshop 1:** Contraception counseling by Dr. Robert Lea (limited to 22 participants)
- 13:00–14:00 **Workshop 2:** Treating acne and other skin disorders by Dr. Mary Lou Baxter
- 14:00–15:00 **Workshop 3:** Smoking in adolescence by Dr. Anna Day
- 15:00–21:30 Gala–Lobster Tales**  
Prepare yourself for the ultimate lobster-lover's experience. Set sail for one and a quarter hour with a real lobster fisherman, who will explain how they haul traps, the proper cooking methods and shelling techniques. Then sit back, relax and enjoy the local "joie de vivre" during a mouth-watering lobster feast (BBQ chicken and vegetable lasagna also available).
- Buses will be picking up everyone in front of the lobby of the Hotel starting at 15h45.

Please note that the dress code for the supper is casual. Bring a sweater for the temperature cools down in the evening.

### Saturday, August 19, 2006

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- 07:00–08:00 **Breakfast presentation** on "Hormonal Contraception and office Gynaecology by Dr. Rodolphe Maheux
- 08:00–09:00 **Plenary:** Human Papilloma Virus (HPV) – new advances & vaccine by Dr. Vyta Senikas
- 09:00–10:00 **Plenary:** Problems in adolescent psychiatry by Dr. Gail Beck
- 10:00–10:30 **Break** – Be sure to visit our sponsors in the Acadian Room
- 10:15–12:15 **Workshop 1 (repeat from Friday):** Contraception Counseling by Dr. Robert Lea (limited to 22 participants)
- 10:30–11:30 **Workshop 2 (repeat from Friday):** Treating acne and other skin disorders by Dr. Mary Lou Baxter
- 10:30–11:30 **Workshop 3 (Repeat from Friday):** Smoking in Adolescence by Dr. Anna Day
- 11:30–12:00 **Information brief** on Gender-Specific Medicine Curriculum by Dr. Nahid Azad
- 12:00–13:00 Lunch – Acadian room – Be sure to visit our sponsors in the Acadian Room
- 13:00–15:00 **Student/Resident Seminars**
- 13:00–14:00 **Workshop 5:** Low Dose OC (including Continuous OC) by Dr. Rodolphe Maheux
- 14:00–15:00 **Workshop 6:** Sexually Transmitted Infections and the New Canadian Guideline, Sexual Health and STI Section, Community Acquired Division of the Public Health Agency of Canada
- OR**
- 15:00–17:00 **Free afternoon and evening**  
New Executive Board Meeting
- TBD Evening event to be determined

### Sunday, August 20, 2006

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- 07:30–08:30 Breakfast
- 08:30–11:00 Life after Medicine by Shelly Monroe, CFP Senior Financial Consultant – An integrated financial/lifestyle workshop to help physicians create a life beyond medicine.