



Newsletter

Federation of Medical Women of Canada
Fédération des femmes médecins du Canada



Spring 2009 • Vol 22 • No 2

2009 AGM, Leadership and Advocacy Workshops: September 26–27 à la Montréal

By President-Elect & AGM Chair: Dr. Andrea Canty



Photo: Normand Rejzette

Are you striving for harmony in your personal and professional lives? Are you struggling to find balance between a building a career and having a life? If you are, you're not alone. Please join us in Montréal, September 26 and 27, 2009 to discover some useful strategies and meet other physicians interested in this challenging and exciting journey.

The title of our 2009 Advocacy and Leadership Workshops is: *Beyond Balance - Achieving Professional and Personal Harmony*. Our objective in holding these workshops is to provide strategies and tools for female physicians to achieve harmony between their professional and personal lives: to illustrate ways to resolve conflict effectively and to facilitate networking between physicians and, in particular, to foster a mentoring relationship with medical students and young physicians.

The conference committee is honoured to have a number of distinguished and talented physicians, researchers and professionals on the agenda for our 2009 workshops. Janice Stein, PhD, will lead a workshop on conflict and negotiation skills from a gender perspective. Dr. Bo Miedema, PhD, will present the results of her survey on abuse of female physicians in the workplace. Our Past President, Dr.

Janet Dollin, will tell the stories of female physicians, how they “customized” balance in their lives. Dr. Nahid Azad, our Newsletter Editor, working with our Student Representative, Rachel Ptashny, will offer advice on setting boundaries and how to deal with harassment and intimidation in the medical workplace. As well, we are organizing a panel discussion with a variety of specialists who will offer their strategies for choosing a “non-traditional” specialty as part of our “mentoring morning” for medical students. The Committee is pleased to announce that Dr. Alex Ferenczy will be sharing the latest information about HPV vaccines. We will also have a workshop on palliative care and our President, Dr. Gartke, will be presenting the results of the FMWC/CMA joint study on workplace flexibility policies. We'll be planning a few surprises in keeping with our theme of Harmony/Balance so expect some fun along with our more serious topics! For this conference, FMWC has applied for accreditation (details will be posted soon on our website).

And let's not forget the Saturday Awards Luncheon. Dr. Jane Philpott is being honoured as our Honorary Member. Dr. Philpott will inspire us with her work with Give a Day. A Past President of the FMWC, Dr. Charmaine Royce, will

be awarded this year's prestigious May Cohen Award for her significant contribution to the promotion of women's health and to the Federation. Please join us in applauding these two very deserving and amazing women.

The backdrop for the FMWC 2009 AGM will be the luxurious InterContinental Hotel in the Old Port of Montréal. I encourage you to arrive a day or two early, walk through the Old Port; drink a latté at an outdoor café, visit an art gallery...go shopping. We will be introducing you to the history of Old Montréal in a visit to Pointe-à-Callière for our Saturday Soirée, followed by a gourmet meal at the archaeological museum itself. Afterwards, we'll stroll back to our hotel, taking in the sights and sounds of the city. (For those of you who are directionally challenged, I urge you to bring a GPS). The evening promises to be an entertaining and unique experience.

And if a unique conference in a great hotel in a beautiful city is not enough to entice you, the Conference Committee is offering an Early Bird Draw to give you further incentive to register. Please see the registration information in this newsletter for all the details. I'm looking forward to seeing you all in Montréal!

FMWC Mission Statement

The Federation of Medical Women of Canada (FMWC) is committed to the development of women physicians and to the promotion of the well-being of all women.

La Fédération des femmes médecins du Canada est vouée à l'avancement des femmes médecins ainsi qu'à la promotion du bien-être des femmes en général.



FMWC Executive Committee 2008–2009

President: Dr. Kathleen Gartke

President-Elect: Dr. Andrea Canty

Past President:
Dr. Janet Dollin

Honorary Secretary:
Dr. Cathy Wilkie

National Treasurer:
Dr. Susan Wilkinson

MWIA National Coordinator:
Dr. Zohra Docrat

FMWC Newsletter

Editor: Dr. Nahid Azad

The FMWC Newsletter is published three times a year and sent to members as a requisite of membership. Next deadline is September 15, 2009.

Views and reports appearing in the Newsletter are not necessarily endorsed by the FMWC.

Contributions of articles, reports, letters, notices, resource information and photographs are encouraged.

Submissions and membership inquiries to the National Office:

FMWC, 780 prom. Echo Drive
Ottawa, ON K1S 5R7

Tel: 613-569-5881 or
Toll free: 1-877-771-3777

Fax: 613-569-4432 or
Toll free: 1-877-772-5777

Email: fmwcmain@fmwc.ca
Web: www.fmwc.ca

*Commercial Publication Agreement
No. 1437895*

ISSN 1209-1332

*© 2008 Federation of Medical
Women of Canada/ Fédération des
femmes médecins du Canada.*

Social Networking – Let's Tweet

By Newsletter Editor: Dr. Nahid Azad



Virtual communication is now a reality of our lives. We hear about Wikis, Blogs, FaceBook, Twitter, LinkedIn, YouTube and others. These are Web 2.0 services, the second generation of web development. Unlike Web 1.0, the first generation (1995-2005) of services that focused on delivering information in a unidirectional way, Web 2.0 (2005-present) focuses on user interaction and creates communicating communities.

Twitter, is a free social networking and micro-blogging service that allows its users to send updates and read other users' updates (otherwise known as tweets), which are more personalized. Twitter allows social messaging utility for staying connected in real-time. It lets you keep in touch with people through the exchange of quick, frequent answers to simple questions. LinkedIn is also a social networking site but is more relevant to profession-

als networking, sharing information and ideas. The site is excellent for promoting and connecting. It is as if you belong to an exclusive golf club (membership is by permission) and when you are socializing, you are exchanging first hand information.

In our email we are bombarded with countless unsolicited messages which consume our time while we determine which are important and which are to be immediately deleted. But Twitter and LinkedIn can be of greater value than email – they provide a social network to which you want to belong - only selected people have access and these services support a quick, reliable exchange of ideas. FMWC always encourages its members to network as part of their leadership development. I don't think we can ignore these new developments - you do not want to be the last one to hear about an interesting idea or new opportunity. Do you?

Check out:

- <http://twitter.com>
- www.linkedin.com

Share Your Story!

The FMWC Newsletter wants to hear from you – our members. Please send us news about achievements, awards, and accolades as it pertains to yourself or another FMWC member. Relevant pictures (please include captions) are also welcome.

NEW! We will be adding in a new feature called "**Letter to the Editor**". Please submit your comments to the editor on your experiences/concerns on health care, on women's health, or on your practices. We also welcome your feedback and comments on the newsletter in general. We have also

recently added a new section called: **Creative Corner**. We know that doctors have many other talents and we want to showcase them. We invite creative types to submit poems, drawings, cartoons or a humorous column (tasteful and short of course).

The newsletter is for everyone's benefit and enjoyment – so please contribute! The deadline for the Fall 2009 newsletter is **September 15, 2009**. The newsletter will come out in late October. Please forward submissions to the National Office at: fmwcmain@fmwc.ca



Pap Test Campaign (A "Smear" Campaign Against Cervical Cancer) – Here we go again!

By President: Dr. Kathleen Gartke



At the Interim Board meeting (January 24th - Ottawa), the Pap test campaign we ran last fall was discussed in detail. Everyone seemed pleased with the success we enjoyed, but also realized there were things about this project that could be improved. There are many groups involved in the fight against cervical cancer and it was felt that drawing more of these together would strengthen our campaign. Last year, our timeline was short, from inception to activation (about 6 -8 weeks). This seriously impacted the amount of publicity we could generate and therefore the number of participating offices / clinics. Some publicity opportunities could not be realized when FMWC members were not available on short notice to talk to the press. We did not have an opportunity to supply willing members with a "press kit" of talking points to cover the issues they might encounter in an interview. Posters were available online to print out, but interested facilities did not receive any package including prepared posters, pamphlets and other related materials. Clinics / offices were rightly concerned about the results from the Pap tests they performed. How would they deal with the extra patient care issues this would raise – where could they send people needing follow up, when they were already stretched to the limit trying to look after their regular patient load? The feedback was amazingly constructive, providing valuable directions for improving this FMWC sponsored campaign. At the end of the day, all board members present, affirmed their support for repeating the campaign and agreed to act as spokespersons whenever possible.

we included an agreement on their part to participate in and help sponsor our Pap test campaign. More recently, the Society of Colposcopists of Canada (SCC) has also come on board. Both groups felt this activity was a good fit with their mission / vision. Their participation may take a different form in some cases – an offer to accept, in referral, patients seen during this campaign whose Pap tests results require further follow up. This should help allay at least one of the worries expressed. The agreement of both of these groups to support us will increase our resources and boost the public profile of this campaign.

Our national coordinator has worked with representatives from the SOGC and SCC to develop a timeline or critical pathway for the Pap test campaign, to get the publicity and clinic recruitment activities up and running this spring. This will expand the numbers that we can reach and allow an extension of the window of publicity opportunities. Our industry partners have also expressed a desire to be involved and have offered real resources to back us up. Discussions are underway about sponsoring participant packages, which would be an enormous boost. Plans are also underway to develop that press kit or put together a fact sheet and some talking points to make discussion with the press easier, while keeping our message consistent across the country.

We are reaching out to other members of the health care community. During our last campaign, nurse practitioners played a significant role in delivery of the program. Our printed materials will reflect a greater inclusiveness, hopefully drawing in the maximum participation, (beyond the membership of FMWC). We are open to any or all partnerships that will help us to reach out to the women we are hoping to serve.

Please mark your calendars. October 26th to the 30th, 2009

will be the week of the FMWC Pap test campaign. We are hoping to have all of last year's participants (thank you again!) plus many more. This time, we have chosen, coincides with cervical cancer awareness week in several provinces, which is why it was selected. Options this year will include scheduling appointments as well as drop-in visits for Pap tests. In fact, if that week doesn't suit, your clinic / office can pick one that does.

Keep your eyes peeled for our launch in the weeks to come. Cervical cancer is almost always preventable. Let's try to erase this cancer, which kills 300 to 450 Canadian women each year. This year's campaign should be even bigger and better!

For more information and to register go to: www.fmwc.ca or see over for the registration form.

A "smear" campaign against cervical cancer

When was the last time you had a Pap test?

The Pap test detects signs of cervical cancer – a preventable disease.

No doctor? No time? No problem.

Health-care professionals are offering convenient Pap test clinics for you.

Drop-in or make an appointment (bring your health card).

Visit: www.fmwc.ca to see participating clinics in your area and further information.

Take advantage of this opportunity during Cervical Cancer Awareness Week: October 26-30, 2009

This clinic/office will offer Pap tests on the following days and times:

A Project of the Federation of Medical Women of Canada

Sponsored by the Society of Colposcopists of Canada (SCC)

Supported through an educational grant by the Canadian Cancer Society

A “smear” campaign against cervical cancer

REGISTRATION FORM

INFORMATION FOR OUR WEBSITE:

CLINIC or Dr.'s NAME: _____

ADDRESS: _____

PROVINCE: _____

CITY: _____

PHONE #: _____

DATE OR DATES: _____

TIME(s) (Start to finish): _____

DROP-IN or APPOINTMENT?: _____

REFERRAL FOR FURTHER TESTING

I am willing to have patients referred to me for further testing when abnormal results occur: Yes No

If yes, contact information: _____

FOR OUR INTERNAL NOTES (Please fill in as well)

CONTACT PERSON (Could be admin): _____

CONTACT PERSON'S EMAIL: _____

WILLING TO SPEAK TO THE MEDIA? Yes No

Send FMWC (Susan Dallin O'Grady) this information via:

Fax: 1-877-772-5777

Email: fmwcmain@fmwc.ca

Phone: 1-877-771-3777

A Project of:



Supported by:



Supported through an educational grant:





Region 1 British Columbia & Yukon

Dr. Lianne Lacroix, Regional Representative, **Book review:** *Uppity Women We Are! 100-Year History of Medical Women of British Columbia (1893–1993)* by Dr Eileen Cambon. Dr. Cambon, a retired ophthalmologist from Vancouver and long time FMWC member has written a wonderful book! It is a large coffee table type book containing the biographies of around 100 women doctors from British Columbia in the last 100 years. It is over 500 pages long with many black and white photographs and is absolutely mesmerizing. I could not put it down. Dr. Cambon asked women doctors to write a short autobiography and printed them all. For instance, I learned about the first woman doctor in my city, Dr. Reba Willits, who graduated in 1930. She wrote in her own words about her life and challenges. This book is just full of the stories of kindred spirits who inspire us to this day. This book is available from Duthie Books or the UBC Bookstore in Vancouver. Check their web sites for further information. It sells for around \$45 and is well worth it. Congratulations Dr. Cambon!

Dr. Lianne Lacroix: the Okanagan branch of FMWC had a dinner scientific meeting in February sponsored by Bayer on “The new pill Yaz” by Dr. Yuzpe, Co-director of the Genesis Fertility Centre in Vancouver. Our attendance was excellent with over 20 women doctors and up to 40 people that included other invited health care professionals such as the Planned Parenthood nurses, midwives and pharmacists.

Dr. Shelley Ross: the Vancouver branch had a meeting in March on the topic of taking care of the physician, given by Dr. Janice Wright. The branch welcomed Dr. Teresa Clarke, new President of the Vancouver Branch as well as Ms. Pamela Verma, FMWC’s UBC student representative.

Dr. Marjon Blouw: the Victoria branch had a wonderful gathering for appetizers and laughs last October at the Faculty Club at the University of Victoria where old and new members could meet each other as well as an impressive number of new female medical staff and

medical students. An informal survey revealed an interest in a future spa event. We are hoping to host this prior to the summer. Stay tuned!

Region 2 Alberta, Saskatchewan, Manitoba, NWT & Nunavut

Dr. Setorme Tsikata: the Edmonton branch of the FMWC welcomes new and old members to upcoming branch activities. Suggestions for future branch activities/CMEs are encouraged to help tailor them to meet the needs of members. Please send your ideas and suggestions to the Branch President, Setorme Tsikata at: setorme@yahoo.com

Region 3 Ontario, Québec

Dr. Crystal Cannon: in March the Thunder Bay branch had an evening social event at my home which was combined with a Women-in-Medicine meet up for the city. We had good food to eat and fun socializing. Female students from NOSM attended as well as women doctors from the community. It was a horrid night outside - with freezing rain and dangerous conditions but in spite of this we had a great turnout - up here weather defeats no one. Several of the local members discussed issues related to leadership training and the need to consider taking part in committees and other organizational events from the early days in medicine. This helps women physicians gain experience and credibility and self confidence. We emphasized that women physicians need to ensure that the interests of our patients and those of women physicians are represented in both medical organizations and at the political level as well. Our next plans include a summer barbecue - that is if winter ever ends up here - lots of snow still on the ground!

Dr. Mamta Gautam: the Ottawa branch members of the FMWC have had a great year to date. We have enjoyed a good mix of CME events, interesting topics, and most importantly, regular networking and meeting with friends. CME evenings last September and in February brought us all up to date on Pain Management, and Extended Cycle Contraception. The other evenings were

spent with MD Management advisors, Grace Verbeek and JF Bordeleau, addressing the impact of the global financial situation in October; learning to cook easy holiday appetizers with Chef Bear in late November; being encouraged to organize our life by tips from Robynne Potts, a professional organizer, in January; and becoming inspired by the strength and courage of the women in underdeveloped countries during an International Women’s Day celebration with Dr. Maureen Law. We are looking ahead to spring fashion trends, detailed by Image Consultant, Annette McConnell, in April. We were so busy having fun; we hardly noticed the winter pass us by!

Region 4 Atlantic Provinces

Dr. Andrea Canty, Saint John branch news: I am excited to announce that Dr. Kerry Jo Parker will be the new President of the Saint John Branch of the FMWC. Dr. Parker is the Past-President of the Saint John Medical Society and a busy mother of two boys, when she isn’t delivering other people’s babies. Her first task as President is to host a potluck supper. We think we’ll hold it at Sajni Thomas’s house...hope you’re reading this, Sajni.

Shadow Lawn Inn was the site of a meeting and educational event in February featuring a talk by Dr. John Dornan on the new Canadian Diabetes Guidelines. I particularly enjoyed the cases we were able to discuss after the talk. We also met at Shadow Lawn last September when Dr. Ward Yuzda gave an excellent presentation on antipsychotics.

In March, we met and welcomed one of our new Paediatricians, Dr. Adenike Aladetoyinbo. She’ll be presenting the NACI Guidelines on Immunization and reviewing the burden of disease of Rotavirus.

Planning is under way for a get together at my place on April 23 (hopefully the snow will be gone from the driveway by then!) That means it will be allergy season in New Brunswick so I’ll be talking about allergic rhinitis and sinusitis. We’re inviting a wonderful caterer from Fredericton to tempt us with some spring goodies. That’s all from Saint John for now as I hand over the reins to Kerry.



The Top 10 Skills I Need to Save the World: Leading Effective Change with Grace

By Past President and Website Editor: Dr. Janet Dollin



**Leadership and
Advocacy Online
Toolkit at:
www.fmwc.ca**

The Top 10 Skills I Need to Save the World is a fun, comprehensive resource for medical women, looking at how to strengthen our ability to lead change for our careers in medicine and for the areas of our work where we witness that change is needed. The reasons that we have not yet “saved the world” (for women in medicine and for women’s health), have been the Federation of Medical Women of Canada’s overarching discussion theme over the last few years. We are sincerely grateful to all of our contributors, for the presentations, workshops and conversations that contributed to this resource. We have collated this wisdom and compiled it into this online advocacy toolkit. Created by women physicians, it is intended for use by all physicians, as a tool to help us build important leadership skills.

Each of the 10 specific skills presented in this online resource developed from a discussion that began with the 10 major barriers that FMWC women physicians have faced in building their careers. These barriers are rooted in our thoughts and beliefs about ourselves and in our understanding of the systems around us. This online resource can be used at your own pace either in whole or in part. It’s up to you. Use the links within the toolkit, the booklist at the end, or just the Workbook alone for either personal or group work. Does your world need changing? Here are the skills you will need:

Skill #1 began with the thought that “I didn’t know it needed saving”. This refers to not being aware that gender has been a determinant of women’s careers in medicine and although the landscape has changed significantly over the years, it still remains a barrier to specialty choice, to advancement, and to climate. The challenge is to learn from the past and to un-

derstand the influence that gender roles still have. The skill is “I need to know it needs saving”.

Skill #2 began with the overwhelming thought that “I didn’t know where to start”. Each individual has to know their own strengths and weaknesses, has to find the “fire in their belly”. The skill to learn is “I have to figure out where to start”.

Skill #3 began with the recurring concern that “I had no time”. Of course time is finite and time management skills cannot actually create more of it. The skill, then, is to choose how to spend it most wisely. Skill 3 is “I need time”.

Skill #4 began with the belief that “I didn’t think I could do that or that women doctors should do that”. This self-talk limits the scope of work that we do to the immediate problem before us. We stop seeing that the personal issues that we navigate around are actually big picture issues that affect us all. We stop seeing ourselves as potential agents of change. The skill to build is “I need to believe that women doctors can/should do that: if not me then who?”

Skill #5 began with the thought “I plan to, but I will get to it later”. We can become expert at overwhelming ourselves with work and busyness. The skill to hone then, is “I need to plan to do it now and not put it off for later: if not now then when?”

Skill #6 began as the belief that “I tried but nobody would listen to me”.

This might be the truth, but it is a correctable truth with the appropriate skills. We may not know how to speak, we may not have effective social capital and we may not be heard because we have hit upon conflict we don’t know how to resolve. The task then is “I need the skills to make people listen to me”.

Skill #7 began with the belief that “Hospital /Association politics are too messy”. This belief stems from not understanding the game. To strengthen this skill you must know how change happens

around you. “I need to understand my Hospital or Association politics and how change happens”.

Skill #8 began with the thought that “Government politics are too messy”. If you are prepared for messy you can be a leader, or you can influence a leader to make change in the direction you feel it is needed. There are many examples of advocacy tools that help your leaders to make change. Learn to use these to understand how change happens in politics, and learn to build more. “I need to understand Government politics”.

Skill #9 began with the overwhelmed thought that “I wanted to but was too busy carpooling/caregiving”. It is a fact of life that caregiving is a vital, life affirming responsibility that affects the careers of women physicians. The skill to develop involves recognizing the need for flexible family friendly work. The change that will be needed are workplaces that support this. This skill is “I need to feel guilt free about parenting or caregiving”.

Skill #10 began with the thought that “I tried that when I was young and now I have no more energy”. The skills involved in building resilience are learnable skills. “I need to maintain my energy throughout a long and productive career”.

Feedback and future contributions: FMWC invites you to respond to this online resource. Please communicate with us if you have feedback, suggestions for future development or would like to contribute material or links to this Advocacy Toolkit. Feel free to use the discussion forum on our homepage or to email us directly.

Acknowledgements: The following individuals have contributed by presenting papers at our workshops and allowing us to include their work within this online resource. It is with sincere gratitude to all of these individuals that we present this resource. It is also with sincere gratitude that we include those who contributed to

(Continued on page 7)



Top Ten Skills from page 6

the call for papers on “Customizing Balance”, some of whose stories appear as links within Skill #4. We also want to thank the Canadian Medical Association’s Office for Leadership and Professional Development for their continued support of this project. The FMWC hopes that you will use this online toolkit to build these skills for yourself and that you will use them with wisdom and grace. You are free to use or share this material as long as authorship is appropriately attributed. **Contributors** to FMWC’s 2007 & 2008 AGMs and the online Toolkit: May Cohen MD, CCFP, FCFP; Marla Shapiro MD, FRCPS, CCFP; Elizabeth May, LLB; Jan Christilaw MD, FRCPS; Mamta Gautam, MD, FRCPS; Shari Graydon, Susan Philips, MD, CCFP, FCFP; Carolyn Bennett, MD, MP; Ruth Collins-Nakai, MD, FRCP(C); Wendy Graham, MD, CCFP, FCFP; Ruth Wilson, MD, CCFP, FCFP; Janice Willett, MD, CCFP, FCFP; Gail Beck, MD, FRCPS; Nedra Lander, PhD; Danielle Nahon, PhD; Lauren Chad, Cathy Younger-Lewis MD, CCFP; Pat Clark, Lucie Boileau, Shayna Watson MD, CCFP; Nahid Azad MD, FRCPC; Rose Goldstein MD, FRCPS and Prof. Ellen Zweibel. Gratitude to the AAMC, the GIC COFM Collaborative Curriculum, the WONCA Working Party on Women in Family Medicine and the UK Medical Women’s Federation for the groundwork already done.



Taking
Your Patients
Through
Menopause
and Beyond

Wyeth
Women's Health Care

Wyeth®
Your Partner in Women's Health



International Women’s Day ~Facts

Submitted by: Dr. Nedra Lander

- 70% of the 1.2 billion living in poverty across the world are women
- Women earn just 10% of the world’s income
- Only 1% of the world’s property is owned by women
- For comparable work, on average, women are still paid about 30-40% less than men
- Women make up less than 5% of the world’s heads of state

Reference: UN statistics and <http://www.comminit.com/>



Annual General Meeting, Leadership & Advocacy Workshops

September 26-27, 2009 — InterContinental Hotel, Montréal, Québec
Beyond Balance: Achieving Professional and Personal Harmony

Objectives

- To provide strategies and tools for female physicians to achieve harmony between their professional and personal lives.
- To illustrate ways to resolve conflict effectively and to negotiate more respectful and flexible workplaces.
- To facilitate networking between physicians and in particular to foster mentoring and sharing of best practices between physicians and medical students.

Organizing Committee:

Chair/President-Elect: Dr. Andrea Canty, Dr. Kathleen Gartke, Dr. Janet Dollin, Dr. Susan Wilkinson, Dr. Patricia Mousmanis, Dr. Yolande Leduc, Ms. Rachel Ptashny and Ms. Susan Dallin O’Grady.



Program

Saturday, September 26, 2009

- 7:30-8:30 Breakfast Workshop:
Dr. Alex Ferenczy ~ HPV Vaccines:
Perspectives and Future Direction
- 8:30-9:30 Dr. Bo Miedema ~ Doc abuse: what’s the story?
- 9:30-10:00 Break*
- 10:00-11:45 AGM
- 11:45-1:15 Awards Luncheon: featuring Honorary member Dr. Jane Philpott and the May Cohen Award recipient, Dr. Charmaine Roye
- 1:15-2:30 Janice Stein (PhD) ~ Conflict and Negotiation skills: A Gender Perspective
- 2:30-3:00 Break*
- 3:00-4:15 Janice Stein (PhD) ~ Conflict and Negotiation cont...
- 6:00pm Saturday Soirée in Old Montréal: Pointe-à-Callière (Montréal Museum of Archaeology and History) ~ exclusive conference event. Experience a private tour, multimedia show and a 3-course dinner in a historic setting. Remarkable - not to be missed! See photo of the venue on our front cover!

Sunday, September 27, 2009

- 7:30-8:30 Breakfast Workshop on Palliative Care: What is there to support you as a physician and as a caregiver
- 8:30-9:15 Dr. Nahid Azad ~ Boundaries, Harassment and Intimidation
- 9:15-10:00 Dr. Yolande Leduc ~ The Feminization of Medicine
- 10:00-10:30 Break – Luna Yoga!
- 10:30-11:30 Panel discussion ~ mentoring new physicians to achieve balance
- 11:30-12:30 Lunch Workshop on Workplace Flexibility:
Dr. Janet Dollin ~ Customizing balance in the medical workplace – what is it we are looking for and what do our stories tell us we are getting?

Dr. Kathleen Gartke ~ Work-Life Policies for Faculty at Canada’s Medical Schools

*All breaks will include a fun indulgence!



Reserve your Hotel now!

InterContinental Hotel, Old Port (see photo of this 5-star hotel on left page):

- Web: <http://montreal.intercontinental.com>
- Call: 1-800-361-3600
- Booking #: Block S42
- Rates: \$205 Standard room (King or 2 doubles)
\$255 Club
\$355 Junior Suite

The FMWC would like to thank its Sponsors for their support and unrestricted educational grants:

Gold:



Silver:



Bronze:



Friends:



REGISTRATION - EARLY BIRD INCENTIVES!

- Book before **June 30, 2009** and you will receive a free book: your choice of "The Indomitable Lady Doctors" or "Honour Due: The Story of Dr. Leonora Howard King" (value: \$20).
- In addition, you will have your name go into a draw to win the conference's "Harmony prize package": includes an upgrade to a Club level room/access to the executive lounge (value: \$50) and a 1 month GoodLife fitness pass and eco-tote (value \$99).
- All registrants will receive a 3-day pass to any GoodLife fitness club (value of \$45).

We encourage you to Register Online at: www.fmwcc.ca

- You can pay online with a credit card or register online and then mail in a cheque
- OR Mail the below form to: 780 Echo Dr. Ottawa K1S 5R7
- OR Fax to: 1-877-772-5777 / local: (613) 569-4432

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____

Country: _____ Postal Code: _____

Tel (Office): _____ Tel (Home): _____

Fax: _____ E-mail: _____

Special requirements including dietary: _____

Registration Categories:

- \$175 Full Member/Associate
- \$135 Full Member/Associate attending the MWIA Cruise
- \$125 Retired or 1st/2nd Year in Practice or Honorary Senior/Life member
- \$50 Resident/Student

\$100 Saturday Soirée x _____ Ticket(s) = \$ _____

Student sponsorship (optional) \$ _____

Registration fee \$ _____

Saturday Soirée \$ _____

Student Sponsorship \$ _____

TOTAL: \$ _____

Method of Payment:

- Cheque (Payable to "FMWC")
- Visa/Master Card

Card Number: _____ Expiry date: ____/____

Signature: _____



FMWC Medical Student News

In Vancouver: UBC medical students celebrated International Women’s Day by distributing fresh flowers with insightful quotes from prominent women attached. Students and members of the community alike enjoyed the floral treats and found the promotion to be most enlightening. Said one lucky recipient, “Thank you for totally making my day! It is so great to see this happening”. The FMWC-UBC chapter kindly acknowledges Matthias Berg, Tonia Timperley Berg and Pamela Verma for their efforts as well as Ms. Jean Gettle of Smile and Shine Flowers in Port Moody, B.C. for the very generous donation.

In Ottawa: in February, the University of Ottawa student group hosted a session called “Professional Women & Our Personal Lives”. A certified matchmaker came in and gave a presentation on how to find and keep relationships.

In Halifax: The FMWC student group at Dalhousie University will be hosting a “Women in Medicine” night on May 21, from 7-9 pm. Join us in the Tupper lounge for a panel discussion on life as a woman in the medical field. Prominent female physicians from the community will be available to answer questions about how they have handled the challenges of having children, balancing a family and a personal life while practicing medicine. Refreshments will be served. We hope to see you there! For more information contact Jillian MacDonald (jillian.macdonald@dal.ca) or Elaine Davies (ECDAVIES@dal.ca)



UBC reps Ms. Verma and Mr. Malbranche

The FMWC National Student Representative, Rachel Ptashny would like to remind all FMWC student representatives to join the FMWC Facebook group so that they can speak with one another and get ideas for events.

Where are the women in medicine?

By FMWC medical student: Elissa Cohen

As a first year medical student at the University of Ottawa we are encouraged to do electives and gain practical experience early on in our medical education. I have done quite a few electives in an effort to find a mentor. A majority of my professors and preceptors have been male. Twenty percent of my electives have been with female physicians. The electives ranged from family medicine to orthopedic surgery. I have one major question at present, where are all the women in medicine? I consulted my peers to validate my impression that there is a lack of female mentors. They confirmed my observation. In light of this common finding, I feel that it is time to address this seeming dearth of female mentors because the timely research identifies the positive impact that mentorship can have on female students.

Most students will not come out and say “hey, can you be my mentor?” it most often begins with the statement “can I shadow you in clinic?” or “do you take students on for electives?” This is the perfect opportunity to take on a potential

mentee. It is important to recognize that mentorship reaches beyond the realm of physical examination skills development. Many students are curious about how female physicians manage to maintain a balance between practice, family, and other aspects of their lives. It is my hope that in the development of a mentorship program it will be possible to link female physicians who are willing and able to work with keen female students. In the meantime, before this program is up and running, here are a few tips for physicians and students wishing to develop a mentor-mentee relationship on their own:

Tips for mentors:

a) Sending an email to your mentee can often be a quick and easy way to stay in touch and for those of us who are not particularly tech- savvy the telephone is another great way to make meaningful contact. b) Meeting on a regular basis with your mentee, be that four times a year or more, can facilitate communication. Activities to facilitate your mentorship relationship can range from inviting

your mentee to observe you in clinic to meeting up for a coffee to discuss an interesting case.

Tips for students:

a) Ask those burning questions because chances are, your mentor would be more than happy to provide you with an answer or at least point you in the right direction to find an answer. b) Remember that physicians are busy people...so be patient. c) Get involved with the Federation of Medical Women because there are quite a few members who are willing and able to facilitate your learning and development through mentorship.

Take Home Message:

If you are a female physician who is interested in being a mentor and thus facilitating the professional and personal development of a female medical student, extend a hand because there are many female students who are in need of you and your insight. Stay tuned for news on the pending mentorship program.



Medical Women's International Association News

By MWIA Secretary-General: Dr. Shelley Ross

MWIA Cruise: Please remember to make your reservation for the North American Regional Meeting onboard the Holland America's Maasdam, sailing from Boston to Montreal through the Maritimes. The topic is Caring for the Caregiver and Dr. Mamta Gautam is the keynote speaker. The cruise is lining up to have a number of attendees not only from Canada and the USA, but internationally as well. Please register and show a good Canadian presence. The cruise must be booked through SeaCourses at: www.seacourses.com.

Dr. Shirley Hovan, Vice President for North America, and Dr. Shelley Ross, Secretary-General for MWIA, participated in the 53rd session on the Commission on the Status of Women at the United Nations in New York in March. They served on a

panel on March 5th that discussed Gender Equality and Male Responsibility and the Women Doctors of the World.

The MWIA was asked to write a blog for International Women's Day for Reuters UK. The link is: <http://blogs.reuters.com/great-debate-uk/2009/03/03/confronting-medical-issues-for-women/>

The MWIA partnered with Osteoporosis Canada to conduct a survey of women with osteoporosis and doctors that treat women with osteoporosis to see how these women see themselves in comparison to how doctors see them. The result was that women see themselves as active, independent and full of life while the doctors see them as frail and fragile and inactive. The survey was done to raise awareness of os-



teoporosis and encourage women to speak with their doctors. Dr. Shelley Ross and Dr. Yolande Leduc participated in media launches about the survey, known as The Timeless Women in March in Toronto and Montreal respectively. The website is: www.fortimelesswomen.com

Choose the best possible ingredients for every moment.



Working together for a healthier world™

At Pfizer, we believe to be truly healthy, it takes more than medication. Introducing morethanmedication.ca – a website devoted to the everyday pursuit of health and wellness.

morethanmedication.ca



The Korle-Bu Teaching Hospital Project in Ghana

By FMWC Branch President: Dr. Setorme Tsikata

This is a brief follow-up piece on the article: "Urgent Need for medical supplies and equipment for Ghana" in the fall newsletter.

Friends of Korle-bu Hospital is made up of mainly Canadian women very passionate about improving maternal and child health care services at the Maternity Block of the Korle-bu Teaching Hospital in Accra, Ghana. This group came about through informal deliberations between Canadian women, physicians and non-physicians who have in one way or another, experienced effects of the overwhelming burden of high perinatal morbidity and mortality. These rates arise out of the lack of medical supplies and poor infrastructure to deliver appropriate obstetric care at the Korle-bu maternity block.

From 100,000 women, 750 die during child birth in Ghana, compared with seven in Canada. The numbers are outstanding and this is the reason why Friends of Korle-bu Hospital has embarked on a fundraising drive to send much needed medical supplies and equipment to Korle-bu.

Out of a potential capacity of 3 operating rooms (OR), there is currently only one functioning OR, making it impossible to render care when there are usually 6 or more women waiting for emergency c-sections at any point in time. Basic medical supplies such as disposable gloves, gauzes, sutures, etc. are in critical shortage. Women having seizures from eclampsia and other pregnancy related complications have no beds to lie on and sleep on either thin mattresses or on the bare floor.

Canadian Physicians "Care to Care"

By FMWC member: Dr. Dale Dewar

In Northern Iraq, 70% of deliveries occur at home with untrained birth attendants and the remainder occur in hospitals or birthing centres where the Caesarean section rate is 50% and the episiotomy rate is 100%. Women say that they don't want to go to the hospitals because they "get cut". Obstetrical care is the burden of women physicians, with less training, facilities and simple technologies and less opportunity to travel for education. Maternal morbidity and mortality are high.

We have developed the quintessential partnership project – the Society of Rural Physicians of Canada and Canadian Friends Service Committee (Quakers) with the Society of Obstetricians and Gynaecologists of Canada and the Kurdistan Regional Government. We have successfully completed one training session and have plans for four more.

Each session trains up to 40 physicians and nurses in up-to-date skills for early recognition of obstetrical emergencies and interventions. In turn, some of these physicians and nurses will be trained to teach alongside the Canadian instructors in a "train the trainers" project.

The course leader from October 2008 to the April 2009 trip is Dr. Jaelene Mannerfeldt, an obstetrician (and FMWC member) from Okotoks, Alberta. She has experience both in monitoring the development of ALARM (Advances in Labour and Risk Management) and in instructing nationally and internationally. Jaelene's expertise underlies a passion for women's health and women's rights. The facilitator is Dr. Dale Dewar from Wynyard, Saskatchewan who with Dr. Narmin Ibrahim of Saskatoon has developed the project itself. Two other instructors in October were nurse Christine Nadori from Ottawa and Dr. Ahmed Ezzat from Saskatoon.

The group in collaboration with "Not just Tourists", an NGO that sends medical supplies to developing countries with benevolent tourists in suitcases, delivered the first consignment of medical supplies through the Canadian High Commission in Accra. Please follow the link below to read the newspaper excerpt on the donation made in November 2008: <http://www.modernghana.com/news/189811/1/pageNum1/canadians-assist-korle-bu.html>

Since the need is so great, Friends of Korle-bu is working with Canadian Food for the Hungry International (CFHI) through its International Medical Equipment Distribution program (IMED) to deliver a container full of the much needed medical supplies. IMED refurbishes used medical equipment and sends them to developing countries. The link to the CFHI and IMED website is: <http://www.cfhi.ca/What-We-Do/Medical-IMED>

The estimated cost of the container (including shipping charges plus a procurement donation of \$5000 for a 40' container destined for Ghana), was approximately \$15,000 CAD.

So far, we have been fortunate to have raised the money needed to send a container full of much needed supplies and this is through the contribution of several phenomenal people and groups whom I'd like to acknowledge. Special thanks go to Ms. Shirley Greenberg who responded immediately without hesitation to cover the bulk

(Continued on page 13)



This is a partnership project funded in matching grants by the Canadian International Development Agency and by donors. Canadian Friends Service Committee is pleased to issue tax receipts for cheques sent to: 60 Lowther Ave, Toronto, ON M5R 1C7 or on line at: www.cfsc.quaker.ca.



Honorary Member 2009 – Dr. Jane Philpott

By: Julie Weiss



It was Martin Luther King Jr. who said: “Injustice anywhere is a threat to justice everywhere.” Dr. Jane Philpott likes to paraphrase King by noting that “Ill health anywhere is a threat to wellness everywhere.” Dr. Philpott’s determination to address global health inequity led to the birth of “Give a Day to World AIDS”.

The Give a Day movement started in 2004 when Dr. Philpott spoke at a medical staff dinner at Markham Stouffville Hospital on the subject of AIDS in Africa. In an effort to move from information to action, she proposed a challenge. She suggested that her colleagues calculate their billings for one day - December 1, World AIDS Day - and donate that amount to a Canadian organization that works effectively in the fight against AIDS. The doctors responded enthusiastically, raising more than \$33,000 that year. Word quickly spread in the medical community and by 2005 eight more hospitals in nearby communities were involved in Give a Day. Each workplace had a different approach. Some had meetings or social events; others put up posters in their hospitals and some wrote letters to colleagues challenging them to give a day’s pay on World AIDS Day.

In the spring of 2006, a group of lawyers decided to bring the Give a Day movement to the legal community. Three Toronto-based law firms provided sponsorship so that information could be printed and distributed. This support meant the volunteer-driven campaign spread from coast to coast. The number of Canadians participating in the Give a Day movement continues to grow each year. About \$2 million dollars has been

raised so far for the two recommended recipients - the Stephen Lewis Foundation and Dignitas International.

Dr. Philpott notes that “AIDS cannot be defeated by individuals - not by individual nations, or individual continents. The suffering and the solutions must be shared. This crisis is a call to global collective efficacy - the power of working together to bring an end to AIDS.” Give a Day is a stirring Canadian expression of solidarity in this global challenge.

In 2008 there were Give a Day campaigns in at least 14 hospitals, 16 law firms, and many workplaces, faith-based communities and schools. Also in 2008, Give a Day enjoyed the participation of 13 medical schools across Canada. Dr. Philpott dreams that the Give a Day movement will someday be a national, if not a global phenomenon. She notes: “The movement has two critical consequences. Through the excellent recipient organizations it provides critical relief immediately for those affected by HIV. But it is also an expression of global solidarity; reviving the moral imagination of this generation that we might dare to anticipate a world without AIDS.”

Innovative plans are already underway for Give a Day 2009. Dr. Philpott hopes that many more physicians will be ready to challenge their colleagues and communities to respond to the AIDS pandemic in this simple but powerful way.

Dr. Philpott’s passion for matters of global health began in 1983 when she worked in

Kenya as a medical student. After studying medicine at the University of Western Ontario, she completed a Family Medicine Residency at the University of Ottawa and a Tropical Medicine Fellowship in Toronto. From 1989 to 1998, Dr Philpott and her family lived and worked in Niger Republic, West Africa. There she practiced general medicine and developed a community health training program for village health workers.

Dr. Philpott is a family physician in Stouffville, Ontario and has a special interest in HIV primary care. She is currently Interim Chief of Family Medicine at Markham Stouffville Hospital. She is leading the development of a new teaching site for the University of Toronto Department of Family and Community Medicine. The Family Medicine residency in Markham will begin in July 2010 and will have a longitudinal focus on global health. Dr. Philpott is also on the planning committee of the Toronto Addis Ababa Academic Collaboration (TAAAC) to assist with building Family Medicine residency training in Ethiopia.

“It was a great surprise and an honour”, said Dr. Philpott of the news that she was selected as an honorary member of the FMWC. “In each of these efforts, I’m only one member of a diligent team” she said. But she hopes that this recognition will hearten all medical women dedicated to the pursuit of global health equity.

The Korle-Bu Teaching Hospital Project from page 12

of shipment costs. A big thank you to Ms. Heather Johnston, wife of the Canadian High Commissioner to Ghana and Ms. Maureen McTeer who did a great job of coordinating and spearheading the project from Ghana and Canada, respectively. I also acknowledge the contributions made by Judy Johnston, Lindsay Brucks, Edith Conacher and Dr. Kwawukume in coordinating the logistics for the shipment.

Members and leadership of the Ottawa Assembly of the Church of Pentecost have been extremely supportive of the project in diverse ways, especially through financial contributions. Additional thanks go to Rev. Obeng Gyamfi, Mr. Kwame Amponsah and the Alpha Ladies Club who donated their time and effort in support of the project.

I also extend thanks to Dr. M. J. Duncan who graciously volunteered at the Burn Unit in Korle-bu last summer doing plastic surgeries and Not Just Tourists for delivering the first consignment of medical supplies.

Hopefully by the end of this spring 2009, we expect the shipment to be on the way to Ghana and I will keep you posted on how these items impact obstetric services and outcomes in Ghana, especially at Korle-bu.

Contributions are always welcome to fund other aspects of the project such as repairing leaking roofs, removal of mould, etc. Please contact Dr. Tsikata at setorme@yahoo.com if you are interested in contributing to this project.



Real Partnership with Our Sisters in the South

By FMWC member: Dr. Maureen Law

International Women's Day is a time not only to think about the needs of women but also to celebrate the strengths and achievements of women everywhere. In the course of my work I have met so many amazing women from the Southern Hemisphere - women who are hard-working, courageous, persistent, and creative. They are good managers of time and money and are entrepreneurial. How can we in the North partner with these strong women in the South?

What do I mean by "partnering"? Many organizations use the term "partners" interchangeably with "groups we fund" without considering the underlying power structure governing the relationship. I believe that central to the idea of partnership is the presumption of equality. Partners choose to work together to achieve a common goal. They may not agree on everything, but they must value what each has to offer.

Unfortunately, donors often fail to recognize that economically disadvantaged people can be equals. Their opinions may not be sought or may be ignored. Women in the South are so often portrayed as uniformly poor, uniformly passive, uniformly rural, and uniformly illiterate - victims of retrograde traditions, hopelessly exploited and oppressed.

Recently I was at a gathering where a speaker mentioned the old adage about "give a man a fish or teach a man to fish etc." He had modified it to "give a woman food or teach a woman to grow crops..."

But I began wondering how often we really need to teach people to fish or grow crops and how often they simply need assistance to acquire the tools to fish or grow crops.

Real partnership would involve recognizing that the woman likely knows best what



Dr. Maureen Law with Chinese partner.

is required - and whether growing crops or fishing or some other income -generating activity would best suit her circumstances.

I think that if we want to be real partners for women in the south, we need to recognize that the usual vision of development often focuses on measures such as Gross National Product but ignores the priorities of women - such as access to education and health care. Moreover, economists usually focus only on wage employment. Self-employment is not a focus. This especially tends to exclude women. All of us who have travelled in rural areas, especially in Asia, have seen the creativity and energy that many poor women exhibit as they manage their scarce household resources and line the roadsides with their goods for sale.

It is not only our frequent failure to recognize this kind of creativity in our Southern partners that is a problem: another common failure is that we tend to forget that there are vast cultural and existential differences in the South. One approach to development definitely does not fit all, and women need to be consulted about their particular needs and preferences. If we support women in overcoming the sense of powerlessness that many of these women face, we will soon realize that they are trying to balance a desire for equality, power and freedom with

a desire to protect their culture and tradition.

Because local women understand the many factors that affect their quality of life, they might not choose a health program as high priority. Their greatest concerns may be hunger, poverty, literacy, security, etc. But if these issues are addressed there may well be an important benefit for health and increased demand for health services.

I am not suggesting that we should not bring to women everywhere the results of research and experience

about what works in addressing the health issues of women. It does mean that we need to listen to the women who know the community best and tailor our standard packages of interventions to their needs, priorities and approaches.

How can we be better partners? Let me finish with a few suggestions about how we can be better partners. I would start with the fundamental principle that we must listen to women's voices. First - at grassroots level we need to strengthen and support women's groups and networks so that women can make their voices better heard. Second - at program level, donors must develop and maintain relationships with the women they seek to serve. Universities need to ensure training in these qualitative and participatory approaches. Third - we should demand that donors respond to the priorities women voice, not just implement blueprint approaches. And finally, as individuals, we can seek out and support donors who demonstrate this approach in their work.

I think that we should be real partners of our sisters in the South by celebrating their many contributions, by recognizing their potential to do even more, and by doing what we can to ensure that they do not die with their gifts unexplored.



My Mind Goes Blank

I can't tell you what it's like.
 I'm sitting here...
 My mind goes blank.
 Pieces go flitting through,
 odd things - why do I
 remember
 them now?
 It will be a while
 ...until the doctor comes.
 Does everyone feel this way?
 They must.

But I remember being much
 more frantic
 ...last time.
 Am I desensitized? I don't think
 so.
 My mind goes blank.
 It's better than the alternative

* * *

Oh my god; he's telling me I
 have to think of the alternative.
 He pauses, responds to my
 questions.
 It's not a long interaction.
 We didn't say much.
 The silence said everything.
 Then, he's gone.

I sit.
 My mind goes blank.
 Then, the reality smashes in.
 I'm in a room with other
 people.
 A woman comes in - I know
 her.
 Another hockey mom.
 "Is your son having his tonsils out
 too?"
 "No"
 I can't begin to really tell her.
 I squelch back the tears
 ...listen politely to her stories.
 Can she see on my face
 the distress I'm feeling?
 I guess not.
 I can't begin to tell you.
 But then,
 "Is it harder for you to bring
 your son for medical care
 because you're a doctor?"
 "No" I said - to simplify the
 matter.
 "He's not doing so well right
 now.
 It's his heart.
 Any parent would feel the
 same.

It's hard."
 "Oh. We're going for a bite
 to eat.
 Can we bring you
 anything?"
 "No thanks. I'm fine"
 - this is only partly true.
 I'm sitting here - alone,
 in a room full of people.
 The tears well up.
 I can't begin to tell.

* * *

They've called for me
 - he's awake.
 "Did you get them?"
 I'm confused.
 "Do they have them? - the
 Pokemon cards."
 The nurse doesn't understand.
 Oh - I forgot to go
 to the gift shop for the
 cards.
 I explain to the nurse
 "I'll be right back."
 I can tell she's appalled I'm
 leaving his bedside.
 As I walk down the hall I
 think

"a devoted mother would
 do both.
 The nurse's scorn is not
 fair."
 He's pleased with my find.
 I watch the nurse take his
 vitals.
 "It's an unusual reaction.
 We think it's the dye."
 "What's the name of the
 dye again?"
 "Here. I'll write it down
 for you."
 She writes it in capital
 letters
 ...like I can't read
 anything complicated.

* * *

"MOM - read! Why are
 you writing that?"
 I read to him
 ...it fills the mind.

*By Lana Dymant, June 8, 1999,
 Theo's fourth heart
 catheterization.*

Awards Update: 2009 May Cohen Award Winner, Dr. Charmaine Roye !

By Awards Committee Chair: Dr. Karen Breeck

The May Cohen Award was started over 10 years ago and has become the most prestigious of all the Federation's awards. This year's recipient has dedicated her life's work to supporting women's health as an active obstetrician/gynecologist for over 20 years. Dr. Roye is also an avid athlete, excelling in tennis and golf. However, the attribute that made her stand out above and beyond the rest was her activities in mentoring female physicians.

A born physician leader, Charmaine was the 2007 Recipient of Excellence in Medical Leadership Award winner from the Canadian Society of Physician Executives. She is presently the Chief of Medical Staff at the Brantford General Hospital and has sat on/chaired numerous FMWC, Medical Women's International Association (MWIA), Ontario Medical Association (OMA), Canadian Medical Association (CMA) and Society of

Obstetricians and Gynaecologists of Canada (SOGC) committees. Highlights include being past FMWC President, Vice President North America Region MWIA, Chair of OMA's Women's Issues Committee, Chair of CMA's Committee of National Medical Organizations, and Chair of SOGC Women's Health Policy Committee.

The common thread through all these activities and achievements is Charmaine's innate ability and interest to teach and mentor other female physicians. Be it medical students, gyne residents, physician peers, fellow athletes, committee or board members - Charmaine always not only makes herself available but goes the extra step to ensure that her knowledge is made available to those interested to learn from her extensive experiences. A living model of "paying it forward", the Federation is honoured to recognize Charmaine for the positive influence

her mentoring has provided so many female physicians - not only within the Federation but in every aspect of her work and interests ! To quote Dr. Roye's nominator, Dr. Younger-Lewis, Charmaine is an "exceptional physician, leader and mentor, at local, provincial and national levels. Her dedication to supporting women's health and encouraging women physicians to take on leadership roles is unwavering".

Call for nominations for the Enid Johnson MacLeod Award: this award is established to recognize outstanding work in the promotion of women's health research or women's health education. Nominations are open to physicians and non-physicians until June 30, 2009. For more information please go to the awards section of the FMWC website: www.fmwc.ca . Apply now!





Congratulations to these FMWC members for their accomplishments

Dr. Karen Breeck (Ottawa, Awards Chair) is retiring from her position as a Flight Surgeon, this spring after 20 years of loyal and dedicated service to the Canadian Forces. Good luck on your new adventures!

Dr. Janet Dollin (Ottawa, Past President) has been honoured with the Award of Excellence in advancing gender and equity by the Faculty of Medicine, Office of Equity, Diversity and Gender, University of Ottawa.

Dr. Maureen Law (Ottawa) recently received the Lifetime Achievement Award of the Canadian Society for International Health. See Dr. Law's article and photo in the "International Interest" section.

Congratulations to Dr. Susan Phillips (Kingston) for her publication in JAMA, February 25, 2009; on the issue of the feminization of medicine and population health. She argues that a more robust primary medical care system results in lower morbidity and mortality. The physician's gender density - higher female generalists

than specialists - results in increased longevity of the population as it affects quality of care. Well done!

Recognized in the "Women in the Lead" 2008 book are Dr. Karen Breeck and Honorary member, Dr. Ruth Collins-Nakai. See this link for more information: www.womeninthelead.ca

Dr. Marla Shapiro (Toronto) has won the Award of Excellence from The College of Family Physicians of Canada has been appointed to 3 new Board positions: The Board of Research Canada, the Board of Baycrest, and as a Director and Board Member of SIGMA Canadian Menopause Society. Dr. Shapiro would like ask all FMWC members to consider joining SIGMA (Special Interest Group on Menopause and Aging) which has been recognized by the International Menopause Society. Please visit their web page: www.sigmamenopause.com. This is a multidisciplinary group that is interested in advancing the health of women at and beyond the menopausal transition.

Announcements:

A big thank you to Ottawa members: Dr. Barbara Joe, Dr. Maureen Law, Dr. Janet Dollin and Dr. Susan Kelen who volunteered at the national office to reduce and re-organize our storage and archives.

Submitted by Dr. Frances Forrest-Richards (Victoria): Canada Post issued two stamps to honour Black History Month (February). One is of Abraham Doras Shadd (1801 - 1882) who played a major role in the Underground Railroad and was the first black person to hold political office in Canada. The other is of Rosemary Brown (1930-2003) who was the first black woman to be selected as a member of a Provincial Legislative Assembly (M.L.A. in B.C.) and the first woman to run for the leadership of a Canadian political party. Rosemary Brown was named an Honorary Member of the Federation of Medical Women of Canada. The unveiling of the two stamps took place in Vancouver, this past February at the Vancouver Playhouse.

The Canadian Society of Physician Executives (CSPE)

Medical Leadership Award given to Dr Karen Breeck FMWC Member — By: Dr. Patricia Warshawski

The CSPE Medical Leadership Award recognizes Karen Breeck's leadership skills and her significant contribution to the FMWC during her tenure as President (August 2005 to 2006) and her ongoing involvement as an Executive member.

Dr. Karen Breeck has an impressive Curriculum Vitae that shows her extensive training in surgery, aerospace medicine and women's studies. She has worked in general practice and has obtained a Masters in Health Science. Dr. Karen Breeck's extensive experience in the military brought a unique perspective to her presidential year and formalized many key practices within the FMWC including finalizing our new bylaws. Karen initiated several innovative new strategies to streamline our policies and procedures.

She revamped most of our documentation forms and initiated several outreach projects. Karen reinforced the concept of honouring our members and ensured that our website was revamped in order to become a useful source of current information regarding funding opportunities and awards for our members. Karen Breeck dedicated herself to building the student wing of the FMWC by lecturing at student leadership workshops and inspired many of our medical students and residents to pursue leadership opportunities over the past four years. In fact, it was our students that recommended Karen be nominated for the CSPE Leadership Award.

Most importantly, Karen Breeck showcased her abilities to network with other

key professionals and was able to negotiate an historic memorandum of agreement between the FMWC and the Canadian Medical Association (CMA) that has resulted in a formal collaboration between these two organizations. Karen initiated discussions on another separate agreement with the Society of Obstetricians and Gynaecologists of Canada (SOGC) that allowed the FMWC to partner with this group to further women's health care in Canada. Karen Breeck is a transformational leader who brought her unique skills, talents and perspectives to her work as a medical leader. The Awards Committee of the FMWC honours her and congratulates her on her CSPE Medical Leadership Award.



THANK YOU TO OUR DONORS!

Your generosity to the Maude Abbott Loan Fund and to the Maude Abbott Research Fund is appreciated.

Anonymous (2); Dr. Alina Marin; Dr. Anathalie W Taylor Lee; Dr. Anne Lees; Dr. Barbara Allan; Dr. Barbara Robinson; Dr. Beverly V Brilz; Dr. Carol White; Dr. Charmaine Roye; Dr. Chris Telfer; Dr. Deborah Elliott; Dr. Donna Lougheed; Dr. Doris Kent; Dr. E.M (Mary) Laurie-Pile; Dr. Elizabeth A. Schneider; Dr. Ethel McPhail; Dr. Gerald Cohen; Dr. Janice Heard; Dr. Judy L Patterson; Dr. Julie Williams; Dr. Juliet Luna-Algoso; Dr. Laura Abbott; Dr. Lesley Pinder; Dr. Lorna Grant Orr; Dr. Maria Znamirowska; Dr. Marjorie B. Moore; Dr. Mary Donlevy; Dr. Maureen Briscoe; Dr. Nahid Azad; Dr. Nancy Chipman; Dr. Nancy Maguire; Dr. Nathalie Jetté; Dr. Nina Scherer; Dr. Ophelia Lynn MacDonald; Dr. Patricia Gagnon; Dr. Rebecca Dobson; Dr. Roberta C Ongley; Dr. Sajni Thomas; Dr. Shajia Khan; Dr. V. Marie Storrie; Dr. Winnifred Lloyd-Smith; Dr. Yolande Leduc.

Maude Abbott Loan Fund Application Form – a benefit for FMWC students!

The Maude Abbott Loan Fund (MALF) was established to commemorate the outstanding contribution made to medicine in Canada by Dr. Maude Abbott, a founding member of the FMWC. Every year, 3 loans of \$1,000 each are available to assist medical students. Two loans are still available and we encourage student FMWC members to apply! While priority is given to medical students, resident members will also be considered. Two loans remain available for approval at the Annual Board Meeting this September. The **deadline for applications is June 30, 2009**. MALF Loans fall due one year after the date of graduation of the successful applicant.

Full details of the documentation required and the application form are available online at: www.fmwc.ca Please contact the national office if you have any questions about MALF: fmwcmain@fmwc.ca or 1-877-771-3777 (toll-free).

MARF - Maude Abbott Research Fund

This year we are making a concerted effort at fundraising for the Maude Abbott Research Fund. Some of you have contributed to the fund when you renew your membership; FMWC sincerely thanks you for your support.

FMWC wants to build on this generosity by requesting **all members** to contribute to the fund. We need income from a base of \$100,000 to start granting research awards annually.

Some facts about the MARF:

- Started in 2000, now approved for charitable status as an endowment fund

- Research grants to be given to women physicians in Canada for topics in Women’s Health and Health Issues
- Fundraising initial target for this year is \$100,000

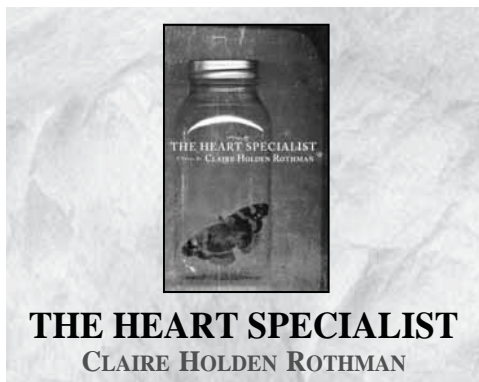
Donate:

- By sending a cheque now
- By pledging an annual amount
- By making a planned gift
- By fundraising through your local branch

For further information contact Dr. Shajia Khan, Chair, MARF (Maude Abbott Research Fund) Committee, (613) 234-2594, shajia.khan@sympatico.ca

“... compelling from the first page to the last ... [an] astounding literary achievement.”

*Lawrence Hill,
author of
The Book of Negroes*



As a young girl living at the end of the nineteenth century, Agnes White chooses to pursue her calling to become a doctor — even if it means taking on the illustrious medical establishment at McGill University.

Based on the life of Dr. Maude Abbott, The Heart Specialist is a testament to the power of will and tenacity. Agnes White is proof that in a world on the brink of change, anything is possible.

Please visit www.cormorantbooks.com/theheartspecialist



Calendar of Upcoming Events 2009

March 01, 2009 to November 28, 2009
Physician Manager Institute Workshops, CMA
Various Cities (BC, AB, ON, QC) www.cma.ca/pmi

June 17- 21, 2009 - Annual Clinical Meeting (ACM), SOGC
Halifax, Nova Scotia www.sogc.org/cme/

September 17-19, 2009 - 21st Quebec CME, SOGC
Charlevoix, Québec www.sogc.org/cme/

September 19-26, 2009 - MWIA North American Meeting
Theme: "Caring for the Caregiver"
Cruise from Boston to Montréal www.seacourses.com

September 26-27, 2009 - FMWC AGM, Leadership & Advocacy Workshops
Theme: "Beyond Balance: Achieving Professional and Personal Harmony"
Montréal, Québec www.fmwc.ca


July 27-31, 2010 - 28th International Congress MWIA
Munster, Germany www.mwia2010.net/

65th ANNUAL CLINICAL MEETING

June 17-21, 2009
HALIFAX, NOVA SCOTIA

65^e assemblée clinique annuelle
Du 17 au 21 juin 2009
Halifax, Nouvelle-Écosse

World Trade & Convention Centre

 Society of **Obstetricians and Gynaecologists** of Canada
Société des **obstétriciens et gynécologues** du Canada
780 promenade Echo Drive, Ottawa, Ontario K1S 5R7
Tel/Tél. : 1 800 561-2416 or/ou (613) 730-4192
Fax/Téléc. : (613) 730-4314 events@sogc.com

www.sogc.org



FMWC Membership Application Form

We encourage you to register on-line at: www.fmwc.ca

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____

Country: _____ Postal Code: _____

Tel (Office): _____ Tel (Home): _____

Fax: _____ E-mail Address: _____

Privacy Choices:

- Yes, you may share my coordinates (name, address, email, phone number, fax number) with other FMWC members as required for completion of FMWC business.
- No, I do not want to share my coordinates with other FMWC members.
- Yes, I would be willing to be interviewed by the media on behalf of the FMWC.

Newsletter: the Newsletter will be delivered to your email inbox. Please be sure we have your current email address.

If you would like to receive a paper copy please indicate here:

- Yes, I really prefer to have a paper copy
- No, I would like to help FMWC save expenses and trees

Referral: How did you hear about the FMWC? _____

A member suggested I join (member's name): _____

Membership Categories:

- | | |
|---|---|
| <input type="radio"/> Full Membership: \$135.00 | <input type="radio"/> 1st/2nd Year in Practice: \$75.00 |
| <input type="radio"/> Retired: \$50.00 | <input type="radio"/> Resident: \$50.00 |
| <input type="radio"/> Out-of-country: \$50.00 | <input type="radio"/> Medical Student: \$25.00 |
| <input type="radio"/> Associate: \$50.00 | |

Membership Dues

(A tax deductible receipt will be sent) \$ _____

Maude Abbott Loan Fund Donation

(A tax deductible charitable donation receipt will be sent) \$ _____

Maude Abbott Research Fund Donation

(A tax deductible charitable donation receipt will be sent) \$ _____

TOTAL \$ _____

Method of Payment:

- Cheque (Payable to "FMWC")
- Visa
- Master Card

Card Number: _____ Expiry date: ____ / ____

SIGNATURE: _____

*Fax to FMWC 1-877-772-5777 or (613) 569-4432
or mail to 780 Echo Drive, Ottawa, ON, K1S 5R7.*

Call for Nominations – Honorary Member

We are currently seeking nominations from you, the membership, for the Honorary Member for 2009. Do you know a woman who has rendered outstanding service to one or more of the following: the Federation of Medical Women (FMWC), to medicine and particularly to women's health issues?

Honorary Members may or may not be members of the FMWC or the medical profession. Not more than one (1) Honorary Member may be elected in any one (1) year. Honorary Members may be nominated by any member of the FMWC and shall be elected only with the unanimous approval of the Board of Directors prior to FMWC's annual meeting and with majority approval at the annual meeting of FMWC members.

Deadline: Nominations must be received by the National Office in time for processing prior to the FMWC's Annual Board Meeting (by August 31, 2009).

Nomination Form

I, _____,
(name of member)
wish to nominate _____
(name of person you wish to nominate)

as Honorary member for 2009. My reasons for suggesting this person are:

If you have a biography of your nominee, please provide a copy to the National Office.

Send this nomination form to the National office.

- Email: fmwcmain@fmwc.ca (this form is available on-line at: www.fmwc.ca)
- Fax: (613)569-4432 or toll free 1-877-772-5777.
- Mail: FMWC 780 Echo Dr. Ottawa ON K1S 5R7



Board of Directors 2008–2009

President

Dr. Kathleen Gartke, Ottawa, ON

President –Elect

Dr. Andrea Canty, Saint John, NB

Past President

Dr. Janet Dollin, Ottawa, ON

Treasurer

Dr. Susan Wilkinson, Ottawa, ON

Honorary Secretary

Dr. Cathy Wilkie, Winnipeg, MB

MWIA National Coordinator

Dr. Zohra Docrat, Brantford ON

Editor, Ex-Officio

Dr. Nahid Azad, Ottawa, ON

National Student Representative

Rachel Ptashny, Montréal, QC

National Resident Representative

Ashley Waddington, Halifax, NS

CMA Specialist Forum

Representative

Dr. Sajni Thomas, Saint John NB

CMA Education Representative

Dr. Nahid Azad, Ottawa, ON

Regional Representatives

Region I (British Columbia, Yukon)

Dr. Lianne Lacroix, Kelowna, BC

Region II (Alberta, NWT,

SK, MB, Nunavut)

Dr. Muriel Solomon, Calgary, AB

Region III (Ontario, Québec)

Dr. Deborah Elliott, Kingston, ON

Region IV (NB, NS, PEI, NL & Labrador)

Dr. Sajni Thomas, Saint John, NB

Branch Presidents

Cowichan Valley –VACANT

Okanagan – Dr. Lianne Lacroix

Vancouver – Dr. Teresa Clarke

Victoria – Dr. Marjon Blouw

Calgary – Dr. Elu Thompson

Central Alberta – Dr. Shirley Hovan

Edmonton – Dr. Setorme Tsikata

Saskatoon – Dr. Alanna Danilkewich

Winnipeg – Dr. Elizabeth Watson

Kingston – Dr. Merril Harmsen

Janet Hall Branch – Dr. Zohra Docrat

London –VACANT

Hamilton – VACANT

Toronto – Dr. Mussarat Qaadri

Peel Region – Dr. Yasmin Rehemtula

Ottawa/Hull – Dr. Mamta Gautam

Moncton – VACANT

Saint John – Dr. Kerry Jo Parker

Halifax – VACANT

Thunder Bay – Dr. Crystal Cannon

Standing Committees

Awards Committee

Chair – Dr. Karen Breeck

Members – Dr. Patricia Warshawski, Dr. Lesley Pinder, Dr. Pat Mousmanis, Dr. Susan Wilkinson

Nominating Committee

Chair – Dr. Janet Dollin

Members – Dr. Andrea Canty, Dr. Gail Beck

Finance Committee

Chair – Dr. Shajia Khan

Members – Dr. Susan Wilkinson, Dr. Gail Beck

Maude Abbott Research Fund Committee

Chair – Dr. Shajia Khan

Members – Dr. Shirley Hovan, Dr. Rose Goldstein

Workforce Special Committee

Chair – Dr. Linda Mrkonjic

Members – Dr. Cheryl Levitt, Ms. Gina Schroeder

Website Special Committee

Chair – Dr. Janet Dollin

Members – Dr. Nahid Azad, Dr. Kerry Jo Parker, Ms. Shafeena Premji, Ms. Iva Vukin, Ms. Pamela Verma

To reach one of the Board members, simply email fmwcmain@fmwc.ca or call the National Office and your message will be forwarded to them: 1-877-771-3777 (toll free) or 613-569-5881 (in Ottawa).