



Federation of Medical  
Women of Canada

**2018 Annual General Meeting & Educational Sessions**

**Women Physicians: Making a World of Difference**  
*Taking care of ourselves, those close to home, and the  
world around us*

**September 21-23, 2018 – InterContinental Toronto Yorkville Hotel**

## Overall Learning Objectives

- Develop and enhance leadership skills for women in medicine
- Acquire leadership lessons and tips directly from recognized women leaders in medicine
- Identify important developments in women's health and where gaps still currently exist
- Develop professional and social networks between physicians
- Arrange mentoring between physicians and residents/medical students

## Session Specific Learning Objectives

### Dr. Mamta Gautam - #MeToo in the Medical Workplace

- Recognize the many ways in which sexual harassment and misconduct occurs in the medical workplace;
- Define processes to ensure this can be reported, followed up and acted upon in a timely manner;
- Identify existing evidence-based programs and define and implement specific strategies for prevention, education and awareness, at both an individual and a systemic level, to ensure a healthy medical workplace.

### Dr. Lynda Redwood-Campbell – Making a World of Difference: Working in the Humanitarian Field

- Identify issues related to doing medical humanitarian work;
- Describe opportunities and challenges doing humanitarian work as a woman;
- Identify personal and professional lessons learned and how it may be reflected in your own work.

### Dr. Carol Redmond – Pregnancy Postponed

- Identify the impact of maternal aging on fertility;
- Identify how to counsel women who wish a family in their 30s and 40s;
- Recognize how assisted reproductive technology is employed to assist age-related sub-fertility, including egg freezing and in vitro fertilization.



### Dr. Kayli Balaban – Perinatal Depression and Anxiety

- Define perinatal depression and anxiety;
- Identify screening for perinatal depression and anxiety;
- Review treatment for perinatal depression and anxiety.

### Dr. Marla Shapiro – Social Media and the Impact on Women’s Health

- Recognize the impact media has on women as health consumers;
- Recognize our role as providers in knowledge translation.

### Dr. Charissa Patricelli & Maura Gowans, RSW – This I know is true: Stories of Courage and Empowerment in Intimate Partner Violence

- Recognize the many faces of Intimate Partner Violence and its effects on the victim and children;
- Acquire concrete tools to empower people experiencing Intimate Partner Violence;
- Realize opportunities for advocacy for people experiencing Intimate Partner Violence.

### Dr. Aileen Burford-Mason – Nutrition and Brain Health

- Describe to patients the relationship between brain function and diet;
- Identify dietary links between stress, focus, concentration and mood;
- Recommend eating patterns that support optimal daytime cognitive performance.

### Dr. Shaillia Vaydia – Healing the Healers: Neuroscience of Self-Compassion

- Define and identify the signs of Secondary Stress and Empathy Fatigue;
- Review the Neurobiology of Secondary Stress and Empathy Fatigue;
- Recognize how the practices of Self-Compassion (involving Mindfulness, self-kindness and common humanity) as well as healthy Social Connections, can help address the effects of Empathy Fatigue and burnout.



### Dr. Jennifer Pearlman – Take charge of your aging: How to look and feel your best at any age

- Define and identify the New Science of Aging and Biologic Aging involving telomeres and the DNA methylation clock;
- Consider the connection between lifestyle and longevity;
- Recommend top tips to live longer and better;
- Identify the connections between beauty and aging.

### Dr. Vivien Brown – Healthy Aging: How do we talk to our patients?

- Identify major opportunities in general practice and how to engage patients;
- Recognize some key areas for patients to focus for maximal health impact.

### Dr. Jill Stein – Healing and Activism for People, Planet & Peace

- Identify some of the historic crises and unprecedented opportunities that create the context for today's activism, and provide a powerful incentive to become active;
- Recognize the skills and resources they [participants] possess as women physicians that are especially useful in activism;
- Identify opportunities to engage as activists in their communities and beyond.

