

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





Summer 2013

Presidents Report - Aug 2013

By President: Dr. Crystal Cannon



Hello everyone and trust you are enjoying a wonderful summer with plenty of time off to relax and rejuvenate. It has been a busy year for me as your President and I will summarize some of the issues below.

Firstly, it is my pleasure to invite you to attend AGM and Scientific meeting September 27- 29, 2013 at the Westin Hotel, Ottawa.

Our AGM Planning Committee led by Chair Dr. Monique Bertrand has developed an exciting program for your education and enjoyment. The theme is Beyond Preventive Medicine and you will find Monique Bertrand's introduction to this important topic in this newsletter. Dynamic speakers will be joining us to offer their insights and evidence for creating a true health promoting medical care system. The preliminary program and registration form can be found in the newsletter for you to review.

The Annual Board Meeting for FMWC board members will take place Friday, September 27 in the afternoon and then all registrants are invited to join the the Board for the Friday night Opening Reception (sponsored by the Ontario Medical Association). Plan to join us for networking and some snacks and drinks. Scientific sessions follow all day Saturday and Sunday morning. Then - a fun social event for Saturday night: the Eddie May Murder Mystery Dinner – add this to your registration and join us for a great evening.

The Annual General Meeting will happen on Saturday at 10:30 am (more details below) followed by our Awards Luncheon at noon with a talk by this year's Honourary Member Dr. Samantha Nutt of War Child Canada. As part of the Annual General Meeting' annual business meeting on Saturday, we will be discussing two important issues that will need ratification by members.

Firstly, after a ruling by the Canada Revenue Agency that all charitable activity should function independently, that is at arm's length from their original organizations, the membership voted at the Vancouver AGM to separate our Maude Abbott Fund from oversight by the FMWC. The fund is to be incorporated as its own entity with its own bylaws and Board of Directors. The FMWC Board was charged with bringing this about and the governance structure of the "new" Foundation will be shared with the general membership at this year's AGM.

The second issue for discussion by members at the AGM involves the need for new Bylaws for the FMWC. Federal legislation – Canadian Not for profit Corporation Act (CNCA) – has been introduced requiring every national not for profit organization to redo and resubmit their bylaws in a prescribed format in order to obtain a Certificate of Continuance from Industry Canada. This MUST occur by 2014. Our Bylaws Committee chaired by Dr.Charmaine Roye have been working on

these with legal input. Please keep in mind that the new bylaws will be presented for ratification by the membership during the annual business meeting. All members in Ottawa please plan to attend.

It has been busy in several other areas including interviewing and hiring a new staff member for the National Office. As many of you have noticed we have a new Executive Coordinator as of July – Josie Faccini. Please welcome her at the Annual meeting as well as by email and phone at the National office.

I have also been involved along with the Executive and the Website Committee, especially Dr. Lucie Filteau and Dr. Janet Dollin, with the plan for upgrading our website. You may not have noticed any changes yet, but there will be a new look and format for our website over the next months. This will involve a lot of work both from our website company and the Website committee. So keep an eye out for the exciting changes coming soon to the website.

The Membership Committee was initiated by myself following the January Interim Board meeting. Unfortunately I have been unable to concentrate on this committee due to the many other items taking priority. I hope that this important work can continue with our new President as we explore ways of enhancing membership. Any member who has ideas to share or can join in helping out with this committee please contact the National Office.

It has been an interesting and challenging year as President. I hope to speak to many of you in Ottawa in September. Please take a look at the meeting program and plan to attend.

All the best for the rest of 2013! Crystal

FMWC Mission Statement Mission de la FFMC

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.





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FMWC Newsletter

Editor: Dr. Alexandra T. Greenhill Committee Members:

Dr. Pat Mousmanis, Dr. Pamela Liao,

Dr. Karen Stillman

The FMWC Newsletter is published three times a year and sent to members as a perquisite of membership.

Next deadline for submissions is **Oct 15, 2013.**

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, #108 - 774 prom. Echo Dr. Ottawa, ON K1S 5N8

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Web: www.fmwc.ca

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Editorial

By Newsletter Editor Dr. Alexandra T. Greenhill



It's well into the 21st century, yet women's issues are far from being resolved. Societal consciousness is being awoken with strong statements from visible and successful women such as Sheryl Sandberg, COO of Facebook, who raise alarm and supply facts and trends to back their statments that we need to persevere in our efforts to make the leadership of our society's institutions more gender balanced.

If you have not yet done so, pick up a copy of her book "Lean In: Women, Work, and the Will to Lead" and look at www.leanin.org.

Beyond leadership, on the personal level, the 2010 "Medicine and Motherhood" consensus statement recommendations are still mostly unaddressed. It saddens me to no extent to see research such as presented by Dr. Janelle Sabourin, from the University of Calgary that "for medical residents, workplace challenges impede breastfeeding". While being well aware of the need to breastfeed and having to recommend it to all of their patients, "modern medicine" forces them to not be able to breastfeed their own children. Her concluding recommendation is for "the need for clear policies to be put in place to guarantee residents the time needed to pump or even breastfeed at work." Elementary!

Do we need a women physicians' organisation? You betcha...

Send us your news!

The deadline for submissions to the Fall 2013 newsletter is Oct 15th, 2013.

The newsletter will be released in late November. Please forward submissions to the National Office at: **fmwcmain@fmwc.ca**

Please send us submissions/news about:

- Achievements, awards, announcements and congratulations as it pertains to yourself or another FMWC member. Relevant pictures (please include captions) are welcome.
- ☑ 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.
- ☑ "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.

The newsletter is for your benefit and enjoyment – so please feel free to contribute!

Women Doc's Leadership Journey



Leadership Voyage - on Women Docs in a Dragon Boat!

By: Dr Anik R Vandewaetere

I am a family physician in the south end of Ottawa called HuntClub. Miriam Salamon asked me to write an article for you on one of our favourite topics - our ALL female physician dragon boat team. When we started the team, it was the first and only all female physician dragon boat team to exist.

What happens when you put 25 female physicians in a dragon boat and give them a really good cause to paddle for? You get The Draggin'Docs! In the last 6 seasons, we have raised over \$190,000 for charity, been the top FundRaising Team (of 187 teams) 3X, won the Spirit Award 2x, the Best Site Award 1x and even some hardware for our paddling skills.

The Draggin'Docs was started in 2008 by Dr Alayne Main, an Ottawa based family doctor. She, being an avid paddler was approached to start up a team by her CME group - because she was having way too much fun without us.

She hesitated at first wondering if she could really get 25 busy female doctors to commit to 6 week night practises and spending a whole weekend at a Festival.I think she also worried that we might tip....(truth be known) - But she took a big breath and pressed the send button on a mass e-mail to all of her colleagues and the responses started pouring in.

Who knew we could have this much FUN?!!! We have just completed our 6th season of dragon boating and every year it gets better. I attribute in large part the success of our team to the fact that no one discusses medicine at the festival - although outside of the festival we have developed an amazing network of colleagues that are just a click of an email away if we need help! But during the Festival - We are there to play! Vegas rules are invoked and off we go!!

In fact, everyone brings something to the team that is not part of our regular routine. There is a role for everyone and the secret is that we just let it happen. It's amazing! We sit together after our practices to talk over strategies and that's where "IT" happens. The ideas start to flow and so does the laughter. Some of us are leaders and they become captains, others are artists and they decorate our site, there are those who teach us to chant and sing, while others dance. From fashion, to fund raising there is something for everyone to do.

The key is that no one HAS to do anything. It seems that each person is able to latch onto a "thing" that they like to do. That "thing" is unique to them and they share that skill with the team.

It is a magical way to get to know these women on a whole other level...."I didn't know you sew?", "You have a passion for painting?", "You sing and compose songs?", "Who made the race schedule into a little boat?", "You love photography?" Who knew????

Some even know how to paddle. In fact, Sue Holloway a former Olympian paddler, coaches our team. She does find it akin to herding cats, but never mind. And we ARE competitive - very competitive just not with each other. So we hone our energy and competitiveness to be the best fund raising team of the festival!

The basis of success for paddling a dragon boat well is to paddle TOGETHER. Perhaps the basis of any success is to do it together?

The fund raising is the soul of our group. It anchors us. All of the charities promoted by the Ottawa Tim Horton's Dragon Boat Festival are local charities - charities that support OUR patients, OUR friends and OUR families.

And the best part is that we have bonded!! We say, "Once a Draggin'Doc always a Draggin'Doc. We will take care of each other until the end." People dream of being part of a woman's group like this. They make movies about it and we are so blessed to be part of it.

Do you have a Leadership Voyage that you would like to share?



Submissions to the FMWC newsletter are gladly received and welcomed by

2013 National PAP Test Campaign October 21-25, 2013

get involved register your clinic today at

fmwcmain@fmwc.ca



Beyond Preventive Medicine

- Remodeling the Canadian "Sick Care" System into a "Health Care & Promotion" System By: Dr. Monique Bertrand, Chair 2013 AGM Committee and President-elect



In July of 2011 the Canadian Medical Association (CMA) put forward a paper on "Principles to guide Health Care Transformation in Canada" while in January 2012, the Ontario MOHLTC introduced its "Action Plan for Health Care" and shortly afterwards it's "Health System Funding Reform" (HSFR).

The premise in all these documents was the urgent need for change to the healthcare system to maintain sustainability. It was particularly noted that 1/3 of health care spending is used by just 1% of Ontarians.

Furthermore In 2012, health care consumed \$0.42 of every tax dollar and if things continued at this rate that in 12 years, it would consume \$0.70.

Based on such compelling facts, virtually all jurisdictions now recognize the need for a "Transformation" of the system in order to maintain not only quality, efficiency and effectiveness, but also sustainability.

In the September 2012 edition of the NEJM, Marvasti and Stafford wrote a "Perspective" entitled "From Sick Care to Health Care - Reengineering Prevention in the U.S. System". They argued that a system focused primarily on an acute care model is not only unsustainable, but also not necessarily the best way to provide quality, efficient and effective care. Rather, a prevention model focused on averting the development of disease before symptoms or life-threatening events occur could be a better approach; that is, keeping people healthy for longer periods of time would be preferable to having these same people spending more time in the "sick" mode, undergoing investigations and

treatments. In essence, treatment becomes delayed and concentrated over a much shorter period of a person's life (end stage).

Even though the article addressed the concerns from the point of view of the American Health Care system, they raised issues which could be applied to the Canadian health care jurisdictions.

As a Federation of Medical Women, in partnership with the CMA and other organizations, entering in its 90th year, it is very timely that we should endeavor to be part of the solution and endorse this "Transformation" to a true Health Care system and away from a "sick" care system.

Accordingly, we have selected our speakers and forum to directly reflect this initiative.

Join us for this important discussion! AGM & Scientific Meeting - September 27-29, 2013 at the Westin Hotel, Ottawa.

Who did it? - AGM Saturday Night Social

Six dinner guests are invited to a mysterious mansion, where (you guessed it) someone comes to a bad end. Root for your favorite "Clue:" character as they desperately try to survive the night! Dine on a delicious 3 course dinner, served as the action unfolds around you. Use your wits and crack the case. If you solve the crime you just might walk off with the super secret mystery prize that night!





FMWC AGM 2013 REGISTRATION

Register on-line: http://fmwc.ca/agm/agm_registration.html EMAIL Form to: fmwc.main@fmwc.ca FAX Form to: 1-613-249-3906

Mail: 774 Echo Drive, Ottawa, ON K1R 5S7

First Name:		ŕ	Last Name:	
Address:				
City:	Province:		PC:	Country:
Tel (Home):	Tel (Office):			Fax:
Email:				
Special requirements including dietary:				
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Registration	□ \$375 Non-Member		☐ \$250 Members	
Categories	□ \$300 one day (Sat)		□ \$200 one day (\$	
	☐ \$ 175 Resident		☐ \$ 100 Student	
	□ \$125 one day	(Sat)	□ \$75 one day (S	at)
Extras				
	☐ \$110 Saturday Evening Event xticket(s) = \$			
	☐ Student Sponsorship: \$ (optional, with thanks)			
Registration Fee:	\$	Method of Payment		
	\$	Cheque (payable to FMWC)		
Saturday Evening:	\$	Visa/Mastercard		
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2013 AGM Organizing Committee			Reserve your Hotel NOW!	
Dr Monique Bertrand-Chair Dr Crystal Ca			Westin Ottawa	
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Registration form AGM 2013 - CME!







89th ANNUAL GENERAL MEETING

September 27- 29, 2013
The Westin Hotel
OTTAWA, ONTARIO

FMWC 2013 AGM Now RCPSC Accredited

Break

Beyond Preventive Medicine -Remodeling the Canadian "Sick Care" System

Friday September 27, 2013

1:00 p.m.to 5:00p.m. Annual Board Meeting 6:00pm to 8:00 p.m. Opening Reception

Saturday, September 28, 2013

715: to 8:00 Breakfast & Registration

:8:00. to 8: 30 Delegate Welcome & Setting the Stage Dr. Monique Bertrand, Chair AGM Committee

8:30 to 9:15 : Anna Reid MD,CCFP,EM -CMA President 2012-13 Health Care Transformation— How well can we meet the health care needs of all Canadians?

9:15 to 10:00 Vivien Brown MDCM, CCFP, FCFP, NCMP Immunization: It's our best shot

10:00- 10:30 Break

10:30-12:00pm Annual General Meeting- FMWC Members

Noon to 13:30 Awards Luncheon Samantha Nutt CM, OOnt, FRCPC, CCFP FMWC 2013 Honorary Member

13:30 to 14:15 Renee Hessian MD FRCPC

Women and Heart Disease

14:15 – 15:00 Alison Freeland, MD FRCPC

Mental Health- What will it take to prevent

Mental Health- What will it take to prevent mental illness and promote mental wellness?

15:00 to 15:30

15:30 - 16:15 Joe Schwarcz PhD

Eating- Is there a solution to the confusion?

16:30 – 17:00 Questions and Closing

18:30 Social Event

Sunday September 29th, 2013

8:15 - 9:00 Breakfast

9:00 – 9:45 Brigadier General Bernier J.J.R.S., OMM, CD, QHP, BA, MD, MPH, DEH– Surgeon General Canadian Armed Forces

Promoting the mental health of our soldiers

9:45 – 10:30 Louise Lefort MD,CCFP(EM), FCFP- CMPA Promoting healthy medical practice habits

10:30 - 11:00 Break

11:00 - 11:30 Dr. Pam Liao

Preventing Cervical Cancer- The FMWC "Smear campaign" advocacy program experience

11:30 – 12:00 Dr. Monique Bertrand

Review of meeting, next steps, completion of evaluations and Closing remarks

12:30 – 13:30 Meeting of the New Board

Don't delay! Why go?

Get support and build your network
 Learn and get CME credits
 Make a difference



2013 Award winners to be celebrated at the AGM

Dr. Karen Breeck, Past President FMWC and Chair Awards Committee

The highlight of our year is without question the FMWC Awards Luncheon held annually in conjunction with the FMWC AGM and Scientific Assembly.

The award winners have already been announced and luckily for us, all are able to attend the luncheon to receive their recognition in person. So please plan on joining us to recognize our 2013 Award Winners on 12:00 – 1:30 pm Saturday September 28th at the Westin Hotel in Ottawa:

Dr. Shelley Ross (May Cohen Award)





Dr. Jan Christilaw (Reproductive Health Award)

Dr. Pam Verma (Enid Johnson MacLeod).



Honorary Member Award - Dr. Samantha Nutt, founderWar Child Canada

Each year, a request goes out to our membership to consider a woman who has rendered outstanding service to the FMWC, medicine and / or women's health issues for consideration for the Honorary Member Award. It is always a privilege to read the nominations; it is always a challenge to identify one individual for this award. This year was no different than other years. Multiples nominations but ultimately one award granted.

So congratulations, Dr. Samatha Nutt, an award-winning humanitarian and recognized leading authority on the impact of war on civilians, who founded and became the executive director of War Child, an international humanitarian organization. Accolades have been awarded to her not only because of her commitment to issues of human rights and social justice but also to her leadership, role as an educator and advocate for gender equality.

Dr. Nutt continues to practice medicine as a staff physician at Women's College Hospital in Toronto and is an Assistant Professor of Medicine at the University of Toronto. She is an author – her book "Damned Nations" gives an account of her work over the course of 15 years

in some of the most devastated regions of the world affected by war. She is recognized nationally and internationally. has received the Order of Canada and of Ontario and has been identified as one of Canada's five Leading Activists by TIME magazine, as a Young Global Leader by the World Economic Forum and as one of Canada's 25 Transformational Canadians by the Globe and Mail. Having heard Dr. Nutt speak in the past, she is a passionate, committed and driven woman whose message challenges some aspects of international health work.

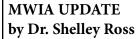
It is our pleasure to have Dr. Nutt join the list of outstanding women before her who have contributed to giving medicine a voice – a voice that projects advocacy and sincerity in making a difference to the lives they touch.

For more information on the awards or award winners please go to www.fmwc.ca.

2014 Award nominations are open (deadline Dec 31, 2013)... so nominate online someone you know - that deserves recognition!







The Medical Women's International Association held a most successful 29th International Congress in Seoul, Korea, from July 31st to August 3rd, 2013. The theme was Medical Women Advance Global Health. The venue was Ewha Women's University, a campus dedicated to women's education.

Two dynamic women spoke at the opening ceremony. Dr. Margaret Mungherera from Uganda, the incoming President of the World Medical Association, and Dr. Ardis Hoven, President of the American Medical Association gave excellent addresses talking about their personal experiences in leadership and their views of global health.

Canada was well represented with excellent presentations by Dr. Vivien Brownon social media and the birth control pill and Dr. Marla Shapiro on promoting HPV vaccine, as well as workshops on advocacy by Dr. Gail Beck and gender and health by Dr. Shelley Ross.

The social program brought out the finest in entertainment including a Koreanfashion show that held everyone's attention. That was only surpassed by MWIAmembers up on the dancefloor, dancing Gangnam style!



The 30th International Congress of MWIA will be held in Vienna, Austria in July 2016, so mark your calendars now.

MWIA Calendar of Upcoming Events 2013

October 3-5, 2013. Berlin, Germany German Medical Women's Association Annual Meeting 'Medicine in a Changing World reporting on local and global challenges'' w ww.aerztinnenbund.de

October 16-19, 2013, Fortaleza, Brazil World Medical Association General Assembly www.wma.net

October 25-26, 2013, Sao Paulo, Brazil MEDICAL WOMAN Congress "Quality of Life of the Woman Doctor" Venue: Uninove University

November 8, 2013, London, UK
Autumn Meeting of the Medical Women's
Federation "Patient and Doctor Safety:
Can Women Change the Culture of the
National Health Service?"
www.mwf.org.uk

2014- Northern European Regional meeting in Denmark

The Medical Women's International
Association (MWIA) is
an association of medical women
representing women doctors
from all five continents.

MWIA is also on twitter @MedWIA.

Well Done!

Dr. Shelley Ross successfully completed in June 2013 her year as BCMA President. A great interview done by Dr. Pamela Verma, also a FMWC board member, can be found in the BCMJ: "Dr. Shelley Ross: Full-service family doctor, global advocate for women's health, and mother": http://bit.ly/19WpplR And - they are both award winners! Congrats, Shelley and Pam!!!





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Branch Updates

Physicians influencing public policy

An update from the Toronto FMWC branch President Vivien Brown MDCM, CCFP, FCFP, NCMP

A key question for us in medicine to consider is the degree to which we, as doctors, should play an influence on public policy. As physicians working on the front line and community medicine, we see each day the impact that government policy have on the health of our patients.

In our work, we diligently apply our clinical expertise and knowledge to the goal of maximizing health outcomes for those in our care. Yet is that the extent of our responsibilities? As physicians, don't also have a role do what we can to affect the circumstances that, in turn, can directly affect the health status of our patients?

In my view, it is not only appropriate for physicians to advocate for policy change, but that it is something we must do when we see a need or an opportunity to make a difference. Whether we are talking about the impact of our environment, access to new medicines or diagnostic tests, or the need to improve the socioeconomic determinants of health, there exists an opportunity for us to better serve our patients by acting as engaged citizens, shaping those factors that shape the health outcomes of our patients.

For example, as part of my ongoing work with the FMWC, I have been working in collaboration with others to raise awareness around vaccine preventable cancers, specifically those caused by HPV infection. By seeking to raise awareness of the issue with policy makers, the hope is that they will move more quickly on preventative strategies to reduce the risk of infection by young people, including ensuring access to vaccines for both boys and girls.

Recently, the FMWC in Toronto held a breakfast session at Queen's Park, inviting all interested stakeholders, to educate and

inform around the issues of HPV vaccine and the urgency, ethically and medically to provide vaccine in the public system for boys.

As physicians, I find that we can bring a certain perspective and credibility to the policy development process. Policy makers and key stakeholders are interested in what we have to say and appreciate understanding the connection of their work and the impact on the very front lines of care. To be effective we must also be willing to engage collaboratively with others outside of medicine, including those who also have something to contribute to the public policy debate.

By forming a common front in our communications with government – whether that is through direct meetings, the development of educational events, or through media and public relations activities – we can ultimately deliver a more effective advocacy campaign.



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(ON/QC); Dr. Kerry Jo Parker, Dr. Oluwasayo

Olatunde (Atlantic provinces)

Students – Kirsti Ziola, Kathryn Isaac, Toni

Burbidge

West - Kirsti Ziola

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)

National Office (Ottawa, ON)

NATIONAL OFFICE HOURS

Monday to Friday

8:30 a.m. to 4:30 p.m. (EST)

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