

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





**Spring 2010 · Vol 23 · No 2** 



# AGM 2010: The Many Faces of Medical Women September 25-26, InterContinental Hotel Toronto Yorkville

By President-Elect & AGM Chair: Dr. Deborah Hellyer



Welcome to Toronto and particular Yorkville the "ultimate fusion of historic charm and modern seduction"; location of great restaurants, museums, high end shopping and a

spectacular educational networking experience! As an extension of the highly successful 2009 conference, we are once again exploring the theme of women in leadership and advocacy roles to include the many faces of medical women. Medical

women, through their lifespan undertake many leadership roles including that of entrepreneur, researcher, patient advocate, educator, medical politician, communicator and mentor. The conference will provide strategies and tools for female physicians to negotiate and to succeed in their many roles.

Program highlights will include ways to lead change effectively, managing the many phases of our careers, highlight new developments in women's health and facilitate networking between physicians. In particular, we wish to foster mentoring and sharing of best practices between physicians and medical students. Included with this year's registration is a meet and

mingle reception hosted by the FMWC Toronto Branch and the annual Awards Lunch where we recognize the outstanding accomplishments of our colleagues. Another must attend event is the Saturday Soirée at the renowned ONE Restaurant.

We again are encouraging members to exhibit and celebrate their many artistic talents with the "Creative Corner".

Come and be prepared to be educated, entertained and enlightened – September 25-26 2010! We are encouraging early registration on the **www.fmwc.ca** website. There is also registration information in this newsletter with further program details.

# **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.

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#### **FMWC Newsletter**

Editor: Dr. Crystal Cannon

The FMWC Newsletter is published three times a year and sent to members as a perquisite of membership. Next deadline is September 15, 2010.

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.

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# **Welcome to the Spring Newsletter**

By Newsletter Editor: Dr. Crystal Cannon



Hello to all of you. This news-letter includes a wide range of articles covering issues close to the hearts and minds of medical women. Please enjoy these pages and we welcome feedback and

comments. Articles and stories range from work-life balance studies to the latest controversies surrounding our government's policies on reproductive health.

Kathleen Gartke and her group are to be commended for their research on Work-Life Policies at Canadian Medical Schools being accepted for publication. A summary can be found in her article in this newsletter on page 4. Her article with a brief summary is included in this newsletter. Please join me in congratulating members of the research team on this timely and informative study. Those of us who attended last year's AGM in Montreal were treated to preliminary findings. We can all look forward to reading the entire article in an upcoming Journal of Women's Health.

Don't forget the **Fall Pap Test campaign** rollout for October 24-30 2010 – join in and spread the word about this worthwhile and lifesaving initiative. Sheila Wijayasinghe outlines the latest plans for action in her article on page 5.

Please plan to join us at the upcoming **Annual General Meeting** and Leadership and Advocacy workshops in September in Toronto – details outlined in this newsletter (pgs 1, 10 & 11). This year's theme is **The Many Faces of Medical Women** with an outstanding list of speakers and presentations. Congratulations to all the recipients of this year's awards as described on page 15. These worthy women have accomplished so much and are an inspiration to us all.

If you need an update on **healthy living** then check out Deborah Hellyer's article on healthy living and eating in this newsletter.

This is my first newsletter as a solo editor so please excuse any glaring errors or omissions. I owe many thanks to Susan Dallin O'Grady for all her support and nagging. I would like to encourage feedback on any aspect of the newsletter or any other topic. Please comment via contacting our national office. Consider contributing to the Fall newsletter – the call for contributions will be sent out over the summer and the deadline is **September 15**.

Enjoy a wonderful spring and summer and I hope to see many of you in September.

## **Share Your Story!**

The deadline for the **Fall 2010** newsletter is **September 15, 2010**. The newsletter will come out in October. 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!

# What it takes to be truly healthy

At Pfizer, we believe medication contributes to helping Canadians live healthier and longer lives. Yet, as a major provider of innovative medicines, we also believe that for all of us to live truly healthy lives, it takes more than medication.

As a healthcare partner, we believe that our company can help provide health prevention and wellness solutions that assist you in managing your patients. One way we are doing this is with morethanmedication.ca, a website designed to inform, inspire and motivate Canadians to make healthier choices.

We are also committed to helping you connect with valuable resources such as our medical information services (1-800-463-6001), accredited educational programs for physicians, pharmacists and other healthcare professionals, screening and diagnosis tools, patient support programs and educational materials to assist in optimizing the delivery of care to your patients and ensure optimal use of our medications.



#### **Work-Life Balance**

# Work-Life Policies at Canadian Medical Faculties

By Past President: Dr. Kathleen Gartke



There is an abundance of literature examining work-life issues concerning women in medicine. In particular, the UK and the USA are well represented. Little or no documentation of the situa-

tion in Canada can be found – something we felt needed to be rectified. A paper by Bristol et al, published in the Journal of Women's Health in 2008, entitled "Work-Life Policies for Faculty at the Top Ten Medical Schools" in the US, caught our interest as a possible starting template.

In the summer of 2009, the FMWC, in collaboration with the CMA, undertook a study to document work-life policies at all 17 Canadian medical faculties. FMWC supplied the study design, timetable and research bibliography, while the CMA assigned our research protocol to one of their summer interns and provided ongoing support through their research department. The resulting paper has been accepted for publication by The Journal of Women's Health, a peer reviewed publication.

Our findings were fascinating and provided the first opportunity to compare these work-life policies in an international context. We looked at 7 policies - maternity leave, paternity leave, adoption leave, extension of the probationary period for family responsibilities, part time faculty appointments, job-sharing opportunities and childcare and scored each policy for each school on a scale of 0 to 3. Increasing points reflect increased generosity of the policies. It is important to note that we had to completely change the scoring system for the first three of these policies because Canadian policies were so much more generous that those at the American schools. Their most generous was far lower than our least generous. While this must be considered in the context of our differing legislation, it is interesting to see how far ahead Canadian schools are in this area as far as providing for the needs of a young family while encouraging their faculty to remain in academic medicine. The French language schools were the most generous in terms of financial commitment to these leaves while the University of Alberta was the least.

Canadian schools were also uniformly more generous in allowing extensions of the probationary period (for those seeking tenure), with some allowing unlimited year-long repeats of these extensions. No school, however, has abolished this probationary period in favour of meritbased promotion. The American schools had slightly more opportunities for part time work or work reduction programs, although most of the Canadian schools do offer these in some circumstances. Ongoing job sharing is widely available in the USA, but rarely in Canada. For the most part, childcare facilities are available on campus at Canadian schools and there are often guaranteed referrals and financial assistance. Generally, childcare policies were more generous at Canadian schools than at their American counterparts.

Standouts in our system included the University of Western Ontario, which seemed the most committed to the concept of work-life balance. They even have a work-life balance section on their website and frequently address related issues. The worst was the Northern Ontario School of Medicine, which is perhaps hampered by their geography in this regard.

Canadian medical schools appear to be committed to providing good quality policies that will assist their faculty in achieving work-life balance, but further improvements are certainly possible and definitely desirable. Perhaps examining each other's policies will inspire progress in this direction. Canadian schools can also hold their heads up in a comparison with their American counterparts. For final school scores and ranking, check out the September 2010 issue of The Journal of Women's Health.

# Healthy Physicians Healthy Patients

By President-Elect: Dr. Deborah Hellyer



"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we will have found the safest way to health." Hippocrates Circa 400 BC

Infrequently, the planets align and all elements come together to make that ideal educational experience, combining artistry and scientific knowledge translation. Healthy Kitchens Healthy Lives sponsored by the Culinary Institute of America Greystone and the Harvard Medical School accomplished just that. The rationale behind this four day conference is that physicians who eat healthy are more prone to ask and guide their patients' nutrition choices. Ideally, healthier eating choices should impact significantly on the health of our patients. Physicians as community role models could and should advocate for such programs as eating local produce; healthier school nutrition programs and nutritional prevention strategies for chronic diseases. This course combined traditional didactic scientific reviews with cooking demonstrations and hands on kitchen workshops.

(continued on page 5)

(continued from page 4)

# Here are some of the clinical pearls:

- #1 Eat more plants populations that eat five or more servings of plants and vegetables per day live longer lives, have less heart disease, stroke and cancer (National Health and Nutrition Examination Survey data). Newer data suggest that this should be higher in the range of ten.
- **#2 Eat more phytonutrients** eat the rainbow of colourful foods
- #3 Eat more good fats olive oil, canola oil, avocado, nuts, seeds and fish oil. Beware of fats that are calorically dense (1 Tbsp oil = 120 cal)
- **#4 Eat good carbs** minimize refined sugars and white flour; eat more whole grains
- #5 Don't worry about protein most people get 15-20% of their calories from protein
- **#6 Beware of liquid calories** pop, juice, specialized coffee drinks, they are often hidden.
- #7 Alcohol people who drink moderately live longer benefits are stronger for those who drink small amounts i.e. one drink several times a week. Benefits are not different with type of alcohol.
- **#8** Eat breakfast people who don't eat breakfast weigh more.
- #9 Set small achievable goals remind patients that a 10% weight loss results in dramatic reductions in health risks then work on the next 10%
- #10 Ideal plate ¼ protein; ¼ healthier carbohydrates and ½ vegetables
- #11 Exercise is the Fountain of Youth! What else can decrease your chances of getting a cold, cancer, heart disease, stroke, dementia, help control your weight and improve your mood and energy?

"Doctors of the future will give no medicine, but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of diseases." Thomas Edison

For those who are interested http://www.healthykitchens.org or through Harvard Medical School Continuing Medical Education

# Save the Date for the 2010 National Pap Test Campaign! October 24-30, 2010

By National Pap Test Campaign Special Committee Chair: Dr. Sheila Wijayasinghe



This year we are excited to work in partnership with the Society of Obstetricians and Gynaecologists of Canada to strengthen our campaign and increase awareness and access to cervical cancer

screening. Our ultimate goal remains the same as it was at our campaign's inception in 2008 – to reach out to all women across Canada and decrease this largely preventable cancer. Cervical cancer is diagnosed in 1300-1500 women in Canada and it kills 350-400 women yearly. Increased screening has led to a tremendous reduction in the number of cases and deaths from the disease. Despite this however, too many women do not receive their regular Pap test and are dying needlessly.

The patient survey used in 2009's campaign confirmed the importance of our campaign. The survey was completed by 181 patients and showed that:

- 1. Just over 50% of patients had a family doctor.
- 2. Despite knowing that a Pap is recommended yearly, only 60% had received one in the past 3 years.
- 3. 80% of respondents said the Smear Campaign was a contributing factor to their decision to get a Pap test. Of note, respondents in Quebec were significantly more likely to say the campaign was *solely* responsible for their decision.

This year, we have **several main areas of focus** and we are depending on you, our members, to help.

# 1. Increase the number of participating healthcare professionals and Pap test clinics offered:

We want to grow from the 43 clinics in 30 cities, 8 provinces and 1 territory that participated last year, to have representation in all 10 provinces and 3 territories this year. We are hoping to accomplish this by developing relationships with the organizations representing family physicians, as

these practitioners provide the vast majority of Pap testing across the country. We will also target specific cities, especially those in rural and remote areas, and directly contact clinics that can participate in areas that have not been represented previously. Finally, we will approach residency programs in teaching practices across the country to get new practitioners involved.

# 2. Improve public awareness of our campaign and the importance of cervical cancer screening:

We are hoping to accomplish this by releasing earlier media announcements, using social media outlets (i.e. facebook), creating a new website specifically about our campaign and Pap testing, coordinating efforts with other cervical cancer awareness campaigns, and by working with community agencies who work with and advocate for women across the country.

# 3. Increase access to Pap smear testing for underserviced populations:

Woman who are older (aged 40-59), immigrant, lesbian/transgender, Aboriginal or have a lower socio-economic status are at higher risk of developing cervical cancer, primarily because they have not been screened at all or have been screened irregularly. By improving access, working with clinics that work with these populations and potentially communicating in different languages – we can reach out to these women who should not be left behind.

If you have suggestions to reach the following goals, please let us know. If you already know that your clinic is able to participate, know of others that may be interested, or would like to join our Pap Committee, we would love to hear from you at: fmwcmain@fmwc.ca We will be sending out our registration details in Spring 2010 to your inboxes and mailboxes, so please keep your eye out for this important information!

Thank you for joining the FMWC in taking a stand against cervical cancer. Together we can work together and use the strength of our organization to increase access and awareness of cervical cancer screening to help protect and empower women across Canada.

## **Regional News**

## **Regional News**

Dr. Teresa Clarke, **Vancouver Branch:** The FMWC Vancouver branch collaborated with Vancouver Coastal Health to host a Mental Health Module as part of the Practice Support Program on **March 24** at the Hyatt Regency. Dr. Rozmin Kamani (Past President of the FMWC) delivered a fun and educational presentation to 20 participants. The event combined medical education with an enjoyable evening and delicious dinner.

On April 7, the FMWC student chapter organized an event on the topic of babies during residency training. The presenters were Dr. Vivian Polak, Reproductive Psychiatrist and Dr. Sonia Butterworth, Paediatric Surgery, who had 3 children each while in training. The moderator was Dr. Lorna Grant, retired Ob/Gyne, who shared her wisdom and experience as a mother and doctor of mother/doctors in training. The event was well received by the 40 participants which included some male students and partners. Numerous issues were discussed such as pregnancy planning, part time residencies, working with your program director, maternity leave, breast feeding/pumping while working, baby issues, childcare options and self-care. The good turnout in spite of upcoming exams indicated that starting a family and maintaining work/life balance is a priority for our young doctors in train-

Dr. Elu Thompson: Calgary Branch: Calgary branch of FMWC announces a date change to our annual Emerald Lake Retreat. The 2010 event will be the weekend before Thanksgiving - October 2-3, 2010. Usually we meet the weekend after Thanksgiving. Whether or not you are from the Calgary area, join us by bus from Calgary to a spectacular, secluded mountain setting, walk, hot tub, excellent food and chocolate ... oh yes and a speaker or two over dinner. Our theme this year is food and nutrition. As always, MD Management will provide speakers on how to prosper in uncertain times. Full details will be faxed to Calgary area women physicians in late June. To be added to our contact list, please email either Dr. Elu Thompson at: dr.elu@shaw.ca or Dr. Margie Oakander at: oakander@shaw.ca



Emelard Lake lodge, Field, BC

Dr. Crystal Cannon, **Thunder Bay Branch:** Looking forward to a formal meet up **April** 16 at the home of Pramila Rao (a recent new member). One of our local colleagues is speaking on her recent work and travel in Africa. We have also invited many of the local medical students and residents. Hoping to recruit more members with the added enticement of Pramila's excellent tandoori chicken!

I presented to the Phase 1 NOSM students in **March** on Work-Life Balance during their Academic Week in Thunder Bay. Several members joined the panel discussion afterwards. I used some scenarios from the Special Projects on Customizing Personal balance for my slides.

Several of us did spend the last weekend in February winter camping at Quetico in yurts. It was a gorgeous weekend with good food and great company. The cold seats in the outhouse was the only thing I would change. All the best for a great spring and summer (if it ever arrives up here that is).



Winter Camping, Pramila Rao

Dr. Vivien Brown, Toronto Branch: Save the Date Toronto! We have a wonderful lunchtime seminar planned on Friday, June 18th, 2010 at 12:30pm, with an international speaker:

**Dr.** Mark Einstein, Director of Clinical Research in Women's Health and Gynecologic Oncology, Montefiore Medical Center, Albert Einstein College of Medicine, NY, NY. Dr. Einstein is coming to talk on: **HPV Vaccine: Bi vs Quad, Pros and Cons** Timely, topical and academic, we need to understand the issues! More details to follow!

Dr. Janet Dollin. Ottawa Branch: Ottawa Branch held fun monthly events right through the winter. To catch our breath after the holidays we heard all about Anaphylaxis in January. Just in time for Valentine's Day we heard about sexual health and libido; a very lively discussion followed. In March, we discussed chronic pain and the role of methadone: a serious topic but interactive and a fun way to learn and share experiences about dealing with clinical challenges. April is time for financial planning and we are looking forward to a workshop with a financial planner to consider what life after retirement could look like. Also later in April we look forward to a special conference; our first webinar with CWHN, on the topic of "Climate change for the medical workplace". We hope everyone across the country will join us for that and Susan has already circulated the invitation and registration info. May is time for spring cleaning and we will host a discussion by a local organizing expert titled "organizing chaos". Also, as spring approaches, I personally am looking forward to resume my training to paddle with the Draggin' Docs, our high spirited Ottawa based all women physician Dragonboat team. Go Docs go!

Ottawa member Dr. Karen Breeck with MPs Carolyn Bennett (left) and Hedy Fry (right) attending a Liberals roundtable on Women's Issues in February 2010.



(continued on page 7)

# By Incoming National Student Representative: Christa Preuss



Hello everyone, my name is Christa Preuss and I would like to introduce myself as the incoming FMWC National Student representative. I am currently a second year medical student at the

University of Alberta and am very excited to be taking on this role! During the upcoming year I hope to expand the face of FMWC within the medical student community through partnering with the school representatives to support networking and mentorship events in the local chapters. I also hope to be a resource for student colleagues who wish to promote women's health issues on their campuses. I am pleased that I can contribute to the FMWC in this capacity and am looking forward to the upcoming year.

#### (continued from page 6)

Dr. Andrea Canty & Dr. Kerry Jo Parker, Saint John Branch: Working in partnership with our colleagues at Merck, the Saint John New Brunswick Branch of the FMWC will be holding a Health Education Day on Friday, June 11, 2010. This is an opportunity for female physicians throughout the province to come to Saint John, enjoy our hospitality, learn about the Federation network and receive accredited CME programs. Based on a Needs Assessment of female family doctors in rural areas of the province, the day-long program will focus on aspects of medicine specific to women's health; Infertility, Cardiovascular Disease, HPV vaccines, Menopause and Incontinence. Send yourself a reminder to join us in Saint John on Friday, June 11th.



International Women's Week

University of British Columbia: please see Vancouver Branch (pg 6) for details on their April event on parenting and pregnancy. UBC Executive member Daniel Malebranche is involved an exciting project that focuses on Aboriginal women's health in collaboration with Dr. Anthony Fong and Dr. David Tu at UBC: "Prevention of HIV Infection in Urban Aboriginal Women: A Baseline Evaluation of HIV Testing Rates in Vancouver, Canada".

The University of Alberta: March was a busy month for the FMWC at the U of A! In celebration of International Women's Day on March 8, FMWC and the Obstetrics and Gynaecology club organized a week of events. We held a bakesale to benefit the Canadian NGO SAFER (Social Aid for the Elimination of Rape) and raised over \$500 to help support the Panzi Hospital in the Democratic Republic of the Congo. Regional representative, Dr. Setorme Tsikata closed the week with a talk on her experiences in international women's health and Ghana while promoting the FMWC. We are in the midst of planning another networking event for the

The University of Toronto: In January, we hosted a "Survivors Teaching Students" a face-to-face (STS) educational session in collaboration with Ovarian Cancer Canada. Over 2,500 Canadian women are diagnosed with ovarian cancer every year; and every year 1,700 women succumb to this disease. When found early – and treated – ovarian cancer sur-

vival rate is 90%. 3 ovarian cancer survivors shared their personal experience with this disease, demonstrating their continued efforts to increase awareness of this "silent" insidious gynecologic cancer. Dr. Stephanie Laframboise, a prominent gynecologic oncologist, was present to facilitate the discussion, provide her expert knowledge in the field and highlight important aspects of the disease and its management.

Our future programs include the FMWC Mentorship program and a workshop series for medical students and residents to help develop skills essential for the practice of medicine. If you would like to become a mentor/mentee, participate in any of our events, or have suggestions for future activities, please contact us at: fmwc.toronto@gmail.com.

We look forward to your participation in these programs and meeting you at our next event!

The University of Western Ontario, Windsor Chapter is happy to report the success of its first event. An informal dinner in February was held with a few area physicians and an enthusiastic group of girls wherein the students received career and life advice from the female mentors present. The turnout for the first event was fantastic with over half of the women in the pre-clerkship classes present. We are hoping to execute a similar event in the coming weeks in order to benefit from the experiences of other physicians in the area. Many thanks to all who participated!

# Cervarix. Now available for Canadian women.

Ask your GSK representative for more information, or call GSK Customer Service at I-800-387-7374.





## ANNUAL GENERAL MEETING

#### **LEADERSHIP & ADVOCACY WORKSHOPS**

September 25-26, 2010 Toronto, Ontario
The Many Faces of Medical Women

#### **Program Objectives**

- Medical Women undertake many leadership roles including that
  of entrepreneur, researcher, patient advocate, educator, medical
  politician, communicator and mentor. The conference will
  provide strategies and tools for female physicians to negotiate
  and to succeed in their many roles.
- To illustrate ways to lead change effectively.
- To highlight new developments in women's health.
- To facilitate networking between physicians and in particular to foster mentoring and sharing of best practices between physicians and medical students.

### **Organizing Committee**

Dr. Deborah Hellyer (Chair/President-Elect), Dr. Andrea Canty, Dr. Kathleen Gartke, Dr. Susan Wilkinson, Dr. Vivien Brown, Dr. Marla Shapiro, Dr. Patricia Mousmanis, Dr. Sheila Wijayasinghe and Susan Dallin O'Grady.

#### **Accreditation – 10 Credits**

- This event is an accredited group learning activity under Section 1 of the framework of CPD options for the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. Approved for 10 credits.
- This program has been reviewed by The College of Family Physicians of Canada and is awaiting final accreditation by the College's Ontario Chapter.

# Early Bird Incentive - Register <u>before</u> July 1, 2010!

- Your name will be entered into the draw for the "Woman as a VIP" package which includes an upgrade of your room to a Studio Suite with a welcome amenity and welcome drink for two in the Proof Bar.
- Early birds will receive a free book: your choice of "The Indomitable Lady Doctors" or "Honour Due: The Story of Dr. Leonora Howard King" (value: \$20). A great gift idea!

#### **Reserve your Hotel now!**

InterContinental Hotel Toronto Yorkville http://toronto.intercontinental.com

**To reserve - <u>Call</u>: 416-960-5200** or **1-800-267-0010 Group Code:** FMWC

**\$205** Deluxe room (King or 2 doubles), from Sept. 21-28, 2010

**Booking deadline:** <u>before</u> **August 25, 2010** (first come, first served basis)

#### **Program**

(For detailed workshop descriptions, please visit our website at: www.fmwc.ca)

### Saturday, September 25, 2010

8:00 - 9:00 Breakfast Workshop: Dr. Mamta Gautam
Woman as Career Developer: Successfully
Managing the Many Phases Of Our Career

9:00-10:00 Woman as Researcher: Advances in Cervical Cancer Prevention

- a) An Elusive Virus Dr. Irving Salitb) A Preventable Disease Dr. Laurie Elit
- ,

10:00-10:30 World Music Break

10:30-11:30 **AGM** 

11:30-13:00 Awards Lunch: featuring the May Cohen Award recipient (Dr. Marla Shapiro), Honorary Member (Dr. Maureen Haberstock), Enid Johnson MacLeod recipient (Dr. Barbara Lent) and the Reproductive Health Award recipient (Dr. Shayna Watson).

13:00-14:00 Woman as Politician: The Process of Advocacy
A Panel Discussion with Women Physicians in
Medical Politics
Speakers:

- OMA Board Member and/or Past President
- Ontario Resident
- Ontario Medical Students' Association co-chairs

14:00-15:00 Moderator: Dr. Andrea Canty Speakers/
Panelists: Elena Chouw, Dr. Barbara Stubbs,
Dr. Sheila Wijayasinghe and Dr. Grace Yeung
Woman as Mentor: Mentoring Across
Generations

15:00-15:30 Fitness Break – Jennifer Petrakos

15:30-16:30 Dr. Vivien Brown

Woman as Health Promoter: Preventative Health and Vaccines

16:30-17:30 **Conference Bonus! Woman as Networker:**Reception hosted by the FMWC Toronto Branch

7:00pm Saturday Soirée: ONE Restaurant in Yorkville

#### **REGISTRATION:**

Online @ www.fmwc.ca

OR <u>Mail</u> this form to: 780 Echo Dr. Ottawa K1S 5R7

OR <u>Fax</u> to: 1-877-772-5777 / local: (613) 569-4432

Sunday, S	September 26, 2010
7:30- 8:00	<b>Breakfast Workshop:</b> Dr. Julia F. Edelman <i>Author of Menopause Matters: Your Guide to a Long and Healthy Life</i> <b>Woman as Author: Sharing Your Voice</b>
8:00-8:40	Dr. Vyta Senikas Associate Executive Vice-President, Society of Obstetricians and Gynaecologists of Canada Woman in Transition: Effective Management of Menopausal Symptoms
8:40- 9:40	Dr. Marla Shapiro Woman as Teacher: Teachable Moments
9:40-10:00	Optimizing your Nutrition Break – Jennifer Petrakos
10:00-11:00	Dr. Christine Derzko Woman as Sexual Being: Female Sexual Concerns: How Do We Break The Silence?
11:00-13:00	Lunch Workshop: Janice Stein (PhD) Woman as Health Care Leader: Leading Change

The FMWC would like to thank its partners for their support and unrestricted educational grants:					
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□ \$175 Retired or 1st/2 Practice or Honorary Semember	□ \$75.00	☐ <b>\$75.00</b> Resident			□ \$50.00 Student					
□ \$100 Saturday Soirée xTicket(s)= \$_				\$(optional)				<u> </u>		
Registration fee	\$			Method of Payment:						
Saturday Soirée	\$		Che	Cheque (Payable to "FMWC")						
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Student sponsorship - please consider supporting our students:  "Attending the AGM allowed me to meet leaders in women's health across the country it reminded me that as a FMWC member, I am part of a national network of like-minded individuals who are invested in making women's health a priority."  — Grace Yeung, FMWC student										

# 28<sup>th</sup> International Congress of the Medical Women's International Association July 28-31, 2010

By: Dr. Shelley Ross

Time for the 28th International Congress of the Medical Women's International Association is drawing near. Please remember that membership in the Federation of Medical Women of Canada gives you membership in the Medical Women's International Association.

If you have never attended a MWIA international congress, please give consideration to attending this one. The theme of **Globalization in Medicine-Challenges and Opportunities**-gives a broad focus that attracts physicians from a wide variety of disciplines. You will find that meeting women physicians from

around the world makes you realize that even though our living conditions are different, as women in medicine we are all alike with the same concerns and experiences. Friendships are made at these international congresses that will last a lifetime.

Munster is a medium sized university town with a touch of old Germany in the downtown area. It is perfect as a starting point for European vacations. Registration is reasonable at 195 Euros and with the rising value of the Canadian dollar, now is a good time to register. Hotels are available at a variety of rates.

Three of the executive are from Canada, namely Shirley Hovan as North American Vice President, Gail Beck as Treasurer and Shelley Ross as Secretary-General.

It would be great to see a good-sized delegation from Canada to support MWIA and the Canadian commitment.

All details and congress and hotel registration are online at www.mwia2010.net. Look forward to seeing you all in Munster in July.

## **Creative Corner**



## Toronto, the diversity

Oil on canvas

This is one of the so many wonderful things Toronto inspired me to do. I moved to Toronto and Canada 3 years ago to start my residency training. One of the things that impressed me the most about Toronto is how many different ethnic groups are blended together in a very harmonic way. It is so diverse but still feels like home.

Dr. Soha Al-Omar, Toronto, ON

# Raven, panel in the Olympic mural

Dr. Mary Conley of Victoria has had a lifelong passion for art. She is a sculptor, a painter and makes 3D and popup books. Recently she was asked to paint a panel for the West Coast Mural, Kunamokst, which was displayed at the Olympics. You can see this mural online at www.muralmosaic.com.Dr.Conley'swebsite is www.artworksbymaryconley.com





### Women's Health/International Interest

## **Family Planning Saves Lives**

By: Dr. Dorothy Shaw Canada G8/G20 Spokesperson for the Partnership for Maternal Newborn Child Health



Since Prime Minister Harper's welcome announcement that Maternal Newborn Child Health would be a key focus for this year's G8, political rhetoric, fed by the media, has

diverted evidence based discussion and meaningful consensus on what would result in reduction of maternal and child mortality that could be funded, implemented and monitored. This culminated in an apparent miss-step when Foreign Affairs Minister Lawrence Cannon announced that the Canada G8 initiative would not include family planning or contraception -- a position rapidly corrected by Prime Minister Harper.

Perhaps Minister Cannon thought that abortion is part of family planning. Actually the World Health Organization definition is this: "Family planning allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility. A woman's ability to space and limit her pregnancies has a direct impact on her health and well-being as well as on the outcome of each pregnancy".

In other words, family planning is voluntary, and available methods of contraception (previously referred to as birth control) can be customized to individual needs with a range of methods that are acceptable to all and effective if used correctly. Unmet need for family planning, indicates those (mostly married) women who say they prefer to avoid a pregnancy but are not using any method of contraception. That number is a stunning 215 million women globally.

Family planning prevents about onethird of all pregnancy-related deaths, as well as 44% of neonatal deaths. This is because timing and spacing of pregnancies – at least 2 years between births – is needed to prevent adverse pregnancy outcomes, including high rates of prematurity and malnutrition and stunting in children. The ability to determine whether or not to become pregnant and how many children to have has long been recognized as a human right.

Prevention of unsafe abortion is a priority for public health not only due to its contribution to 13% of maternal mortality but also because complications of unsafe abortion result in hospitalization of an estimated 5 million women every year, with avoidable high costs to fragile health systems. Provision of contraception for prevention was estimated in Nigeria to cost one quarter of treating those hospitalized.

There is a broad consensus in terms of what is needed to save the lives of mothers and children. These include broader integrated approaches focused on primary health care, such as family planning, antenatal care, essential obstetric/newborn care, postpartum care, immunizations, prevention and management of malaria, HIV and other sexually transmitted infections, provided in coordinated, cost-effective ways that are accessible to the population in question. Family planning will save lives, and will prevent many unsafe abortions and is an essential component on which this government is already accountable. The recent press release from FMWC was a timely and useful reminder. (References available on request)

# Response to Canada's G8 Plan for Maternal Health

By: Dawn Fowler, Canadian Director, National Abortion Federation (NAF)

Earlier this year, Prime Minister Stephen Harper announced that maternal health would be a development priority at the G8 Summit in June. However, since this announcement, members of his cabinet have publicly stated that the government's maternal health strategy will not address unsafe abortions in developing countries or support access to family planning and contraceptives. NAF Canada, FMWC, and many leading reproductive rights and health organizations from the G8 and G20 countries sent Mr. Harper a letter last month urging him to honour Canada's longstanding tradition of recognizing women's reproductive rights and urging him to include access to contraception and abortion care in the initiative to improve maternal health care. Mr. Harper has publicly acknowledged that he is seeking the best scientific advice on this issue. This letter presented the latest overwhelming scientific evidence supporting links between access to contraception and maternal health in the developing world as well as the public health benefits of access to safe, legal abortion care.

The National Abortion Federation (NAF) is the professional association of abortion providers in North America. Our mission is to ensure safe, legal, and accessible abortion care to promote health and justice for women. Our members include health care professionals at clinics, doctors' offices, and hospitals, who together care for more than half the women in North America who choose abortion each year. For more information, visit our website at www.prochoice.org

FMWC encourages its
members to ask the Canadian
government
To clearly outline its
maternal health strategy for
the G8 and
To include family planning as
an essential component.

# The 2010 May Cohen Award Winner is Dr. Marla Shapiro!

Dr. Marla completed medical school at McGill University and trained at the University of Toronto for her Masters of Health Science in Community Health and Epidemiology. She trained in Family Medicine and is certified by the Canadian College of Family Practice. She concluded her specialty training in Community Medicine receiving her Fellowship in Community Medicine from the Royal College of Physicians and Surgeons of Canada. She holds a Fellowship in Family Medicine and is a NAMS credentialed menopause specialist.

In 2000 Dr. Shapiro became the Health and Medical Contributor for CTV's Canada AM. In addition to her weekly appearances on Canada AM, she is seen on CTV News Channel and as the medical consultant on CTV's National News with Lloyd Robertson. 2003 saw the exciting addition of Balance: Television for Living Well, in which Dr. Shapiro appeared as host. This refreshing daily health and lifestyle show is seen across North American households and has sold internationally. Dr. Shapiro wrote a regular column for the Globe and

Mail and currently writes a health column for Canadian Health and Living as well as her weekly blog on the CTV website. She is Editor of ParentsCanada as well as Health Essentials. She writes a regular Ask Dr. Marla column for ParentsCanada. She is a member of several committees and advisory boards including Cancer Care Ontario, the newly formed Canadian Partnership Against Cancer, Baycrest Hospital, Research Canada and SIGMA Canadian Menopause Society.

Dr. Shapiro is the recipient of the 2005 Media Award from the North American Menopause Society for her work in expanding the understanding of menopause, and won the Society of Obstetricians and Gynaecologists of Canada/Canadian Foundation for Women's Health Award for Excellence in Women's Health Journalism in 2006 for her documentary "Run Your Own Race". The documentary, written, presented and co-produced by Dr. Shapiro, has won numerous industry awards including the New York Film Festival and the Columbus International Film and Video award.



Dr. Shapiro received an Award of Excellence from the College of Family Physicians of Canada for her lifelong commitment and dedication to family medicine in 2008. As well she was awarded the Excellence in Creative Professional Activity in 2009 by the University of Toronto, Department of Family and Community Medicine. She has just been named the winner of the 2010 May Cohen Award from the Federation of Medical Women of Canada. The award recognizes a commitment to the professional, social and personal advancement of women physicians and to the promotion of the wellbeing of women both in the medical profession and in society at large. Her book "Life in the Balance: My Journey with Breast Cancer", was released in Fall 2006 and is a National Bestseller.

# **Awards Update**

By Awards Committee Chair: Dr. Phoebe Pereira



The following are the very deserving Recipients of Awards and a grant as decided at the IBM on Saturday the 23rd January 2010 held in Ottawa. 2010 **May Cohen Award** went to Dr. Maria Shapiro (see details above).

2010 Enid Johnson MacLeod Award went to Dr. Barbara Lent. 2010 Reproductive Health Award went to Dr. Shayna Watson. 2010 Margaret Owens-Waite Memorial Fund went to Dr. Kara Jansen.

The Maude Abbott Loan Fund: no applications have been received so far. Please see page 17 for the call for applications with a June 2010 deadline. Margaret Owens-Waite Memorial Fund also has a call for applications for June (see the www.fmwc.ca website for details).

# Dr. Barbara Lent is the 2010 Enid Johnson MacLeod Winner!

Dr. Barbara Lent has practiced family medicine in London, Ontario, since 1979, first in a small private office and then in a community-based academic practice in a socially disadvantaged neighbourhood. She moved to the academic world of family medicine in 1994, and is presently a Professor in the Department of Family Medicine, and Associate Dean of Equity and Professionalism at the Schulich School of Medicine & Dentistry at The University of Western Ontario. She has participated actively in several local, provincial



and national committees that address gender and equity issues. As a member of the Working Party on Women and Family Medicine of Wonca, the international family medicine organization, she contributed to the development of two influential documents, "Wonca's 10 Steps to Gender Equity in Health" and the "Gender Equity Standards for Wonca Scientific Meetings". In addition, she has collaborated with physician and nursing colleagues in several research projects addressing health issues related to intimate partner violence.

### **Awards, Accolades & Announcements**

# Congratulations to these FMWC members for their accomplishments



Congratulations to Dr. Cathy MacLean (Calgary) who became the President of the College of Family Physicians of Canada last Fall.

After graduating from Dalhousie University in 1987, Cathy established a family practice at the Moncton Medical Clinic that included obstetrics, hospital work, and palliative care. In 1992 she moved to London, Ontario to join the Department of Family Medicine and to complete a Master's of Clinical Science at the University of Western Ontario. She returned to Dalhousie in 1997 as the Undergraduate Director in the Department of Family Medicine; a position she also held at UWO. In 2005 Cathy continued her passion for learning by completing a Master's of Business Administration at St. Mary's University in Halifax.

Cathy moved to Calgary in 2007 where she serves as Head of the Department of Family Medicine and Professor at the University of Calgary. In addition she has continued in practice at Elbow River Healing Lodge doing prenatal clinics. Her research interests have included Family Help at the IWK Health Centre in Halifax - a project looking at distance interventions for children with mental health problems.

Cathy has been involved with the College of Family Physicians of Canada for many years contributing to numerous committees with particular focus on patient education. She has been a member of the National Executive Committee since 2005. Cathy served two years as President of the Nova Scotia College of Family Physicians and is currently a board member of the Alberta College of Family Physicians. She has been a member of the Federation of Medical Women of Canada since the 1980s.

Dr. Nancy S. Maguire (Calgary), Past President & Life Member, FMWC: received the 2009 Outstanding Family Physician Award, presented by the Department of Family Medicine, Faculty of Medicine, University of Calgary. The award is given to a family physician who has made an out-standing contribution to the community through a combination of medical practice, community service, medical teaching, research and leadership. Dr. Maguire, who has been practicing medicine since 1957, was nominated by her patients. Her prescription for a long, productive life: "Exercise!".

**Dr. Donna Stewart**, University Professor and Chair of Women's Health at University Health Network and University of **Toronto** has recently been honoured with a **Canadian Psychiatric Presidential Award**, "for her substantial contributions and enduring commitment to the advancement of women's mental health through research, education and public advocacy".

In addition, King Saud University, Riyadh Saudi Arabia, in December 2009 named Dr. Stewart as "Professor of the Chair in Women's Health in recognition of her valuable contributions to women's health". The Faculty of Medicine at CES University of Colombia also honoured Dr. Stewart in March 2010 with the Rector and Dean's Award "for her invaluable



work on behalf of the women of the world in establishing women's health".

Dr. Linda Jean Warren (Vancouver, radiologist), received the Order of British Columbia on September 16, 2009. Dr. Warren distinguished herself as one of the driving forces behind the founding and continued excellence of the Screening Mammography program of B.C. Dr. Warren's leadership resulted in a world-class screening program – North America's first - which has since served as a model for jurisdictions around the world. Dr. Warren worked hard to promote the concept of screening and to encourage other jurisdictions to follow British Columbia's lead. Her personal efforts have in no small way contributed to British Columbia's breast cancer mortality becoming the lowest in Canada.

## **Book Announcement:**

### An Inner Grace: the Life Story of Maude Abbott and the Advent of Heart Surgery

By: Elizabeth Abbott

#### Maude Abbott 1868-1940

"For kindness of heart, exuberant enthusiasm, colossal industry, and for sheer grit, Maude Abbott had no equal among us, and we shan't look upon her like again"---Hugh MacDermot

Maude Elizabeth Seymour Abbott was the first Canadian woman doctor to gain international acclaim. Recognition at home was not always forthcoming. But on May 27, 1994 she was the first woman laureate at the Canadian Medical Hall of Fame. John K. Abbott gave a speech in which he recounted how Maude had made him, indeed all young people, feel worthwhile. Her personality and gift for friendship burned bright. She attracted titles such as Energy Incarnate, and Lady Dynamo. Who was the woman behind the accolades?

Dr. Abbott's work was often treated with condescension but she advanced heart surgery by some 20 years in a period when it was unheard of to lay open the chest to reveal the beating heart. What she achieved was remarkable and so, in proportion were her trials and tribulations and private sorrows. Her father, the Reverend Jeremy Babin, had been accused of a serious crime and then abandoned the family. Her young mother, Elisabeth, died of Tuberculosis when Maude was an infant. Her sister became mentally ill and Maude was her sole support. All this pathos left its mark on Maude. But she received the rich reward of the prophet who is honoured in his own country when her fellow citizens, both French and English, of the lovely village of St. Andre Est (St. Andrews East) held a reception to celebrate her receiving an honorary doctorate from McGill in 1910 the first ever granted to a woman. As she struggled to be accepted in the medical field, she was helped by some of the most powerful men of the century, among them Sir William Osler and Canadian Pacific Railway financier Lord Strathcona, and the Governor General Lord Aberdeen.

Maude was outgoing, funny and loyal but had qualities which led her colleagues to regard her as enigmatic and imponderable. Her relative, Elizabeth Abbott, after 25 years of research, has filled in many missing pieces of information about her private life. Her biography, An Inner Grace: the Life Story of Maude Abbott and the Advent of Heart Surgery, is available for \$10 on Amazon. com downloadable to electronic equipment. A limited number of audio DVDs narrated by the author, will be available by contacting the author personally at: metoabbott@yahoo.ca

#### **Maude Abbott Research Fund**

This year we are making a concerted effort at fundraising for the Maude Abbott Research Fund (MARF). 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 making a planned gift
- By pledging an annual amount
- 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

## **THANK YOU TO OUR DONORS!**

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

Barbara M. Allan, Anonymous, Beverly Brilz, Eileen Cambon, Central Alberta FMWC Branch, Gerald & May Cohen, Mary Donlevy, Lorna Grant, Shirley Hovan, Mary Laurie-Pile, Nancy Maguire, Maureen McCall, Phoebe Pereira, Barbara Robinson, Charmaine Roye, V. Marie Storrie, Anathalie W Taylor Lee, Sajni Thomas, Setorme Tsikata, Diane B. Watson, Elizabeth Watson, Julie Williams and Maria Znamirowska.

### Maude Abbott Loan Funda 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. The deadline for applications is June 30, 2010. MALF Loans fall due one year after the date of graduation of the successful applicant.

Full details and the application form are available on-line 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).

# **Calendar of Upcoming Events 2010**

May 2010 – November 2010 PMI: Leadership development for physicians (CMA) Various Cities (BC, AB, ON, QC, NL) www.cma.ca/pmi

June 2 - 6, 2010 Annual Clinical Meeting (ACM), SOGC Montréal, Québec www.sogc.org/cme/

July 15-18, 2010 Canadian Federation of University Women's AGM Ottawa, Ontario www.cfuw-ottawa.org

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

August 22-25, 2010 **Annual Meeting of the Canadian Medical** Association Niagara Falls, Ontario www.cma.ca September 25-26, 2010 FMWC's AGM, Leadership & Advocacy Workshops 2010 The Many Faces of Medical Women Toronto, Ontario www.fmwc.ca March 16-19, 2011 4th World Congress on Women's Mental Health International Association For Women's Mental Health Madrid, Spain www.iawmh.org

## **Gender and Health Institute**

By: Dr. Nahid Azad



The Gender and Health Education Initiative, McMaster University, in conjunction with the University of Ottawa and Queen's University, held the first Gender and

Health Institute in Hamilton, Ontario, on October 14 - 17, 2009.

The event was opened with the May Cohen Lecture in Women's Health, jointly presented in 2009 by Dr. Antoine Lagro-Janssen, professor in medicine at Radboud University, in Njmegen, Netherlands and Dr. Katarina Hamberg, associate professor, Umea University, Umea, Sweden. Dr. Lagro-Jansenn ad-

dressed the topic "From Same Bodies to Gender Matters" while Dr. Hamberg reviewed "Gender in Medical Education – More Than Sex Differences" to a audience that included Institute participants as well as McMaster faculty, students and members of the Hamilton community. Dr. May Cohen and her husband Gerry, were in attendance. Dr. Cohen kindly added her vast knowledge and experience to the 3-day Institute by participating in all the sessions.

Just over 50 people attended the Institute. Participants came from around the world: Germany, The Netherlands, Japan, Taiwan, Australia, Mozambique, South Africa, and, of course, Canada. The Institute was divided into three areas: translating gender into medical research, education and practice. Guest speakers Drs. Susan Philips (Queen's), Deborah Cook (McMaster), Joke Haafkens (University of Amsterdam), Alan Neville (McMaster) and Wilfreda Thurston

(University of Calgary) brought their expertise to bear on various strategies, tactics and processes that insert gender into research projects and questions, education resources and medical practice.

Evening events included a wine tour at Peller Estates, a lecture by Dr. Jackie Duffin (Queen's) at the Art Gallery of Hamilton, and dinner at Dundurn Castle and were designed to bring people together and encourage conversation and networking. Participants were particularly pleased with these opportunities to engage with colleagues in a relaxed setting.

The planning committee Drs. Nahid Azad, Susan Phillips, Anne Niec and Margaret Shkimba have been working hard for the last 2 years to make this event a success. Conference proceedings are in the process of production. Please contact MargaretShkimba:shkimba@mcmaster.ca for more information.

# Margaret Owens-Waite Memorial Fund: OB Medicine Fellowship

By: Dr. Gillian Ramsay

During the third year of my internal medicine residency I developed an interest in obstetrical internal medicine. I pursued a two year fellowship in General Internal Medicine, with extra rotations in obstetrical medicine in Edmonton, Calgary and Vancouver. I then began practice in General Internal Medicine at the Grey Nun's Hospital in Edmonton. As my practice grew, so did my enjoyment of obstetrical internal medicine, but I felt that I would benefit from further training.

In 2009, I was accepted into the Obstetrical and Consultative Medicine fellowship at the Women and Infants Hospital (WIH) of Rhode Island. Given my two years of clinical experience in obstetrical medicine, it was felt that a six month fellowship would be adequate to meet my needs and my training commenced in October of 2009.

The fellowship program at WIH was the first one of its kind, and the obstetrical internists I worked with are among the leaders in this area of medicine. The knowledge and experience that they imparted to me has been invaluable. The volume of obstetrical medicine cases that I saw helped me gain personal experience and comfort in dealing with acute medical issues in pregnancy.

As part of the program, I attended a weekly specialty care in the pregnant patient clinic, which was a multidisciplinary clinic attended by both OB medicine and subspecialty physicians and residents. In these clinics we saw Cardiology, Rheumatology, Hematology, Gastroenterology, Pulmonary, Endocrinology and Hematology cases, with a focus not only on antenatal care but also peripartum and postpartum management.

Having done this fellowship I have grown considerably in my knowledge and expertise in the area of obstetrical medicine. I feel more confident to return to practice at the Grey Nun's Hospital in Edmonton and practice in the area of Obstetrical Medicine. I plan to focus my outpatient practice in the area of Obstetrical Medicine as well as contribute to the education of others in this evolving field.

I am grateful for the opportunity to study at the Women and Infant's Hospital, and thankful for the Margaret Owens-Waite Memorial Fund grant from the Federation of Medical Women of Canada that helped make this experience possible.

Call for Applications for the Margaret Owens-Waite Memorial Fund Deadline is June 30, 2010. Please go to the "Awards" section of www.fmwc.ca for more information and the application form. \*If you do not have access to the internet, please contact the National office (see pg 2 for coordinates) to mail you the forms/information.



# One New Member!

By President: Dr. Andrea Canty



An organization is only as strong as its membership. One of the ongoing challenges of the FMWC is to maintain and grow our membership. In our last newsletter, I issued a challenge to all current

members – everyone, please bring in ONE new member! To branches, there is an added incentive to grow – with an offer of increased revenue returned to the branch if the number of full members exceed the previous year's membership.

# Thank you to the following FMWC members who have already taken up the challenge & recruited at least one new member for 2010!

Nahid Azad	Crystal Cannon
Lissa Cohen	FMWC UBC
Christa Preuss	Louise Walker
Vivien Brown	Andrea Canty
Janet Dollin	Kathryn Isaac
Shelley Ross	Grace Yeung

# Recruit 1 New Member & Your Name Could Also Appear Here!

(Please ask the person you recruit, to credit you when they join).

As well, for "Early Bird" renewals of annual memberships, there are the names entered a draw for a free registration to 2010's AGM in Toronto. Our first ever winners of this incentive are Ms. Sarah Saunders and Dr. Sunita Swaminathan. Congratulations! Thank you to all the members who participated and who renewed early.

Renew your membership today by renewing on-line at www.fmwc.ca or you can mail in the form in this newsletter. **Members get access** to branch events, the FMWC newsletter, awards and scholarships and to a reduced rate for the AGM.

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