



Newsletter

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



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AGM2011

Trailblazers: Catching Our Dreams

By President & AGM Chair: Dr. Nahid Azad



We had an outstanding program for the FMWC's 2011 AGM Leadership and Advocacy Workshops: **Trailblazers: Catching Our Dreams.**

My sincere thanks go to all delegates, speakers, planners and supporters for taking time out of their busy lives to support our group and joining this exciting and enlightening event.

This was a unique opportunity to be inspired by outstanding medical women, hear about new advances in women's healthcare and be rejuvenated by taking time to connect with colleagues and students alike! The importance of networking remained an integral part of the conference with opportunities to socialize both Friday evening, Sept. 16th (sponsored by the British Columbia Medical Association) and Saturday afternoon, Sept. 17th (sponsored by the Ontario Medical Association). The Awards Lunch on Saturday was a chance to celebrate women who aptly fit the theme of trailblazers (see photo above). In the spirit of the West Coast, there were also Tai Chi and Yoga breaks. In addition, delegates had a Saturday Soirée and did indeed let their hair down and danced and relaxed on a sunset dinner cruise!

Impressive Trailblazer topics covered were: Made in BC Solutions; Leadership on Engaging Others; Work-Life/Home-Life Balance; Physician Health; Media and Women's Perspective; Career Advancement/Career Change; Preventative Health; Immunization; Cervical Cancer; Contraception and Osteoporosis.

On Friday, Sept 16th, many delegates benefited from more in-depth training, by attending 2 pre-conference leadership workshops (HealthCare Team Effectiveness and PMI: Managing People Effectively) which focused on improving their management and team-building skills.

There were many individuals who deserve my special thanks as part of our conference committee: Drs. Shelly Ross, Deborah Hellyer, Teresa Clarke, Andrea Canty, Vyta Senikas, students Pamela Verma and Kristen DeGirolamo; and the National Office staff : Susan Dallin O'Grady and Colby Williams. I am looking forward in seeing you all at our next AGM in Halifax.

**See page 3 for more
on the AGM**



Award Winners: Dr. Conley, Dr. Hovan, Ms Verma and Dr. Feldman



The inauguration of President Dr. Azad with Past President Dr. Hellyer

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 perk of membership. Next deadline is January 15, 2012.

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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Trailblazer

By Newsletter Editor: Dr. Crystal Cannon



Trailblazing can be very basic. In my medical school many, many years ago we used to sit for hours in lectures and attempt to soak up a lot of information. One day a lecturer tried to keep us interested by interspersing funny slides along with the others. This man's habit was to use those kinds of misogynist jokes that used female nudity to prod some from sleeping in class. It was the early 1970s when feminism was in full swing and I must admit when the slides appeared I was angry but shocked that someone could be so insensitive about what I considered an already changed world view about women. Our large class was still by quota only 20 percent female in that last century and some of us were unsure about how to speak up.

One of our classmates put up her hand to supposedly ask a question and then stood up and told him off in the most articulate and biting manner I had ever heard or imagined. He was silenced and

shocked and some of us applauded. I was overwhelmed not only by her brave and rapid response but by her ability to speak so clearly under pressure. As much as I detested his attitude, I did not have the language skills at that time to speak up so eloquently.

After that day, demeaning misogynist slides disappeared from our lectures. That lecturer was disciplined and medical students in our class were spared further gender bashing in lectures.

My classmate displayed courage and anger and perfect timing. She helped me start on the path of speaking up for what is right even when stakes are high.

Many of the trailblazers presenting at the AGM in September spoke of how something changed them and set them on the journey to change their world. It was a wonderful weekend about courage, idealism and caring for others.

In the theme of caring, how about looking after ourselves? For the Winter newsletter please share your ideas on **physician health and wellness**.

All the best and thank you for reading and contributing.

Share Your Story!

The deadline for the **Winter 2012 newsletter** is **January 15, 2012**

The newsletter will come out in early May. 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!

Highlights from the Annual Business Meeting & AGM

By Past President: Dr. Deborah Hellyer



The FMWC has had another successful year with an increase in membership, development of partnerships, improved financial stability and anticipated launch of this year's Pap Test Campaign.

The annual general meeting attracted an engaged membership who stepped forward to fill many of the vacant positions.

Congratulations to the new and returning members of the Board: Dr. Patricia Warshawski (Awards Committee Chair), Dr. Susan Wilkinson (Finance Committee Chair), Dr. Miriam Salamon (Ottawa Branch President), Dr. Anne Niec (Honorary Secretary) and Dr. Alexandra T. Greenhill (President-Elect).

Highlights include:

- **Honorary Member for 2012** – Dr. Colleen O'Connell
- **A fee increase** to reduce the dependency of our main income from the annual conference as follows: Full Members (\$175) 1st/2nd yr in Practice and Associates (\$90)
- **New benefits for medical students:** the board approved 4 student MALF

grants and also the inaugural Student Leadership Award which Pamela Verma received at the AGM (see page 7)

- **Conference 2012** – will be in Halifax at the Westin Nova Scotian from Sept. 21-23. I would like to thank Vivien Brown and Susan Dallin O'Grady for all the preparatory work and contacts.
- **Conference 2013 - Ottawa**

I would like to take this opportunity to thank two outgoing members - Dr. Andrea Canty for her guidance and commitment to this organization. Andrea was successful in placing a focus on student issues and being a visionary in realizing that engagement of medical students would strengthen this organization. I would like to recognize the work of Dr. Vyta Senikas who ably provided financial and organizational advice to FMWC.

My vision for the past year was to maintain financial solvency, increase national awareness of the FMWC and enhance outreach to our membership. I would like to thank all of the members for their commitment and enthusiasm. I have enjoyed representing you.

I would like to recognize our dedicated staff Susan and Colby who are the glue that binds this organization. They are excellent examples of what this organization represents - caring, dedicated, knowledgeable young women.

Thank you to our AGM2011 partners

Platinum:



Gold:



Silver:



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Special Editor's Theme: Who are your female Pioneers in Medicine?

In the spirit of this year's AGM (Trailblazers), the Editor asked members to write in about a medical woman (past or present) who inspired them or helped blaze the way for their journey in medicine. Here are their submissions.

Dr. Shelley Ross ~ an Inspiring Leader

By: Pamela Verma

Dr. Shelley Ross continues to be an inspiring leader for each of us. As she now adds to her crown, the title of BC Medical Association President-Elect, we took a moment to ask for her reflections on her career, from her early days as a medical student, to an international advocate for women's health and pioneer in leadership.



In continuing with our theme of Trailblazers of the AGM, for the newsletter, please look for a profile of our own Trailblazer, Shelley Ross.

Entitled "Shelley Ross-Full Practice Family Doctor, Global Advocate for Women's Health, and Mother", the article will appear in the November issue of the BC Medical Journal (www.bcmj.org).

Dr. Donna Lougheed ~ Rising to the Challenge!

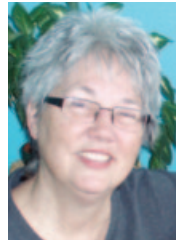
By: Dr. Dale Dewar

Dr. Lougheed is a psychiatrist working in Ottawa with the disadvantaged of the disadvantaged, the chronically mentally ill who tend to live from hand to mouth. She took a circuitous route to this calling.

As a child, she was told by a physician that "girls can't be doctors" but her parents let her think for herself. She

started out with a degree in Fine Arts followed by a Psychology which led to a Master's which was followed in turn by her medical degree which she obtained in Calgary.

She worked as a family physician in Barriere, BC before choosing to return to a residency in Psychiatry at the University of Ottawa. When *Physicians for Global Survival* approached her to sit on their board, Donna rose to the challenge. Taking on the role of Treasurer, she applied her keen analytical sense to the inner workings of the organization and steered it to spin off a charitable wing, *Physicians for Research and Education*, with a specific interest in non-violent conflict resolution. As a colleague and a friend, she has inspired me!



(continued on page 5)

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Special (continued from page 4)

Dr. Reba Willits ~ A Courageous Woman is Never Forgotten

By: Dr. Lianne Lacroix, Kelowna B.C.

Who was the trailblazer, the first woman doctor of my city?

The answer appeared in that wonderful book: "Uppity Women We Are", by Dr. Eileen Cambon. This book includes a four page biography written by our pioneer, Reba Willits, a 1931 University of Toronto graduate. She worked for four years as a family doctor in her hometown Kelowna, then returned to Toronto and completed a two-year Public Health degree. She then moved to Vancouver and worked in children's preventative health for the rest of her professional life.

Her words touched me deeply. Wanting to learn more, I googled her name. To my surprise a page from the CMAJ announced that she had been elected President of the FMWC in 1955!

Fascinating...now I must research her life through our historical society so that such a courageous woman is never forgotten by the ones who walk in her footsteps...

FMWC Update on Women's Health

By: Dr. Vivien Brown



As an organization dedicated to promoting Women's Health, we have the opportunity to collaborate with other likeminded organizations and groups. Recently SIGMA, the Special Interest

Group for Menopause and Aging, brought greetings to our AGM in Vancouver. SIGMA is national, registered with the International Menopause Society and shares common interests as we both sit on the Menopause Coalition, representing interests of women. But SIGMA is also looking at healthy aging, midlife and beyond for all Canadians. So many goals and aspirations are in common.

The annual North American Menopause Society (NAMS) meetings have just been held and I am proud to share some important news. Our member, Dr. Marla Shapiro, was appointed to the NAMS Board of Trustees, the only Canadian currently on the Board. NAMS is an international organization, more than 6,000 members and sets the standard of care for women's health

in midlife and beyond. NAMS has guidelines on HRT and other issues and is revered for its contribution to women's health around the world. I have been honored to be named Chair Elect of the Consumer Education Committee, for 2012. The NAMS website is one of its strengths and can be accessed for both professional and consumers at www.menopause.org

In October, the inaugural meeting for Contraception and Abortion Research Team (CART), the Canadian initiative for access to contraception and research, is holding its first meeting at the conference for Planned Parenthood in Washington. Dr. Wendy Norman and her associates are doing groundbreaking work on access to contraception for all Canadians, despite regional and provincial differences. I am delighted to be part of this program, sharing information from the FMWC.

Finally, the FMWC webinar project on teaching the public about risk and birth control pills is going well. With the support of an advisory board of family doctors and the generous support of both Dr. Vyta Senikas (SOGC) and Dr. Janet Dollin (FMWC), our project should be on the web by early November. Look for it soon on the FMWC website.

Canadian Nurses Association Launches National Expert Commission

By: Dr. Charmaine Roy (Member, CNA Expert Commission)

With a watchful eye on the renewal of the Canadian Health Accord in 2014, the national voice of nursing in Canada has set up an expert commission to review the current and future state of healthcare in Canada, with a view to recommending transformational system change.

Co-chaired by Marlene Smadu, Associate Dean, College of Nursing, University of Saskatchewan and Vice President of the International Council of Nurses, and Maureen McTeer, health law expert, author and adjunct professor, Faculty of Common Law, University of Ottawa., the team is comprised of a diverse

group with backgrounds in law, nursing, medicine, politics and economics.

Recurrent themes for the future of healthcare include the increasing burden of chronic illness, long term care issues and the sustainability of the healthcare system itself. It will also require creating ways in which we can reduce pressures on our hospital-focused acute care system by building capacity beyond it. Information will be gathered in consultations at various events across the country over the coming year, with the presentation of our recommendations in a final report at the annual CNA National Conference in June 2012.

To become part of the conversation, look out for meetings at which you may already be an attendee. You are also invited to access the website: cna-aicc.ca to participate electronically as per the information Notice below.

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Regional News

Dr. Teresa Clarke, Vancouver Branch:

The Vancouver Branch has been busy participating in the planning and hosting of the recent AGM in Vancouver. Dr. Shelley Ross organized the speakers at the greetings reception sponsored by the BCMA and also the "Made in BC" panel of speakers who were especially well received, culminating in Dr. Nadine Caron's standing ovation. National Student Representative-Elect and Past President of the UBC student branch, Kristin DeGirolamo, presented on innovative programs and services in BC. Pamela Verma received the Student Leadership Award. I presented my talk entitled "Embracing Health: Women as Catalysts for Change" and organized the yoga and tai chi workshops during the breaks. We also organized a guest suite at my condo for 4 medical students who came from out of province. The students appreciated the accommodation with the

welcome basket of fruit, teas and toiletries from UBC student branch. The students are planning new events for this Fall which will include a mentor evening.

Dr. Crystal Cannon, Thunder Bay Branch:

Once more the Thunder Bay Branch has had a quiet summer. A group of female docs including several members of the Federation packed up our gear and travelled by canoe into Quetico Park interior for a glorious August camping weekend. The weather was perfect and we had a great time in the gorgeous landscape of the park. We are planning our winter yurt camping trip in late winter.

For the first year, there are several groups registered for the fall Pap campaign in our area and details will be forthcoming with the report of the campaign. Many thanks to Dr. Heather McLean the Primary Care

Lead for the cancer program as well as the GSK rep locally for getting the Pap program off the ground in Thunder Bay and the Northwest Region. Several local FMWC members will be taking part in their offices as well as clinic settings.

Dr. Vivien Brown, Toronto: Toronto is busy!!! Our branch, with the help and support of our student membership, has planned a number of initiatives.

1. We have a mentorship program up and running and have matched a number of students thus far. We are looking forward to feedback when we meet at our networking event in November.
2. On November 2, 2011, Dr. Jane Philpott, a recent FMWC award winner, is our keynote speaker, teaching us about the concept of Global Health and the *Give a Day to World AIDS* initiative.
3. We have a number of clinics and individuals participating in the Pap campaign. It is a clear, concrete example of what we do as the FMWC and how others can get involved in a meaningful way.
4. Our students are in the process of applying for status as an on-campus group at the University of Toronto. This has many advantages for the organization and we are looking forward to this opportunity.

Details to follow about our November event. Come and join us that evening!!!



"Made in BC" panel



Dr. Clarke at the AGM!

New FMWC Employee and her Role

By: Colby Williams



I am the new Executive Assistant at FMWC. I had the opportunity to meet and chat with many of you at the AGM in Vancouver. Thanks to all of you for your words of welcome and positive feedback on the event. For those of you whom I have not met or spoken to yet, please let me take a moment to tell you a little bit about myself. I have been married to my wonderful husband

Ian for nearly 11 years now. We have a beautiful 20 month old baby named Jack and a 4 year old black lab mix named Maverick. After working full-time in the staffing industry for many years, I decided to accept a part-time position in order to be closer to home and spend more time with my little boy. I earned a bachelor's degree in political science from McGill University in 1999 and have worked in a variety of industries since graduating, typically in roles with a customer service focus. I am originally from Massachusetts, in the United States, but have lived in Canada for the past 16 years and have been a very proud Canadian citizen since 2008. My interests outside of work include hiking,

gardening, dog training, travel and spending time with my family.

I work 8am to 4pm Tuesday through Thursday in the National Office for our Association Manager, Susan Dallin O'Grady to assist in the day to day administration of the Federation, offer logistical and organizational support for the Pap Campaign, AGM 2012 and other events and to offer support to our branches across Canada on a variety of matters.

Please feel free to contact me if you require assistance on Federation matters or have any questions about my role. I look forward to working together and better getting to know everyone in the FMWC network.

Inaugural Student Leadership Award

At AGM2011, the inaugural Student Leadership Award was given out. This award was the initiative of the FMWC Student Representatives. The award recognizes a FMWC medical student's leadership in support of the FMWC mission.

2011 Winner: Pamela Verma

Pamela Verma is a fourth year medical student at the University of British Columbia. In addition to her studies, she serves as the National Student Representative to the Federation of Medical Women of Canada (FMWC) and the Director of Communication for the Young Forum of the Medical Women International Association (MWIA). She has a strong interest in women's health, research, publishing, and advocacy. Outside of medicine she enjoys yoga, international films, and dancing!



Pamela and Amarjit, her grandmother, at the Awards Lunch

Mentoring is Meaningful: Student Reflections from the AGM

"I had a really great time at the FMWC AGM. I am very interested in women's health, so hearing about emerging issues in HPV immunization, testing and Paps, birth control, and osteoporosis in menopausal women was really fascinating. For me, the biggest highlight was the riveting talk by UBC Medical School's first aboriginal woman graduate. Additionally, I was able to meet FMWC student members and representatives from across Canada to discuss the exciting events and projects happening on their campuses. Finally, the AGM provided me with an amazing opportunity to network with female physicians working in fields I am interested in. I'm very excited to attend the AGM in Halifax next year, and I hope some more of my classmates will join me!"
--Christine East

"The FMWC conference provided considerable opportunities on a number of fronts. I was able to increase my medical knowledge by listening to successful professionals lecture on a variety of topics of interest. I was also privileged to hear inspirational talks from professional women about their own personal ex-

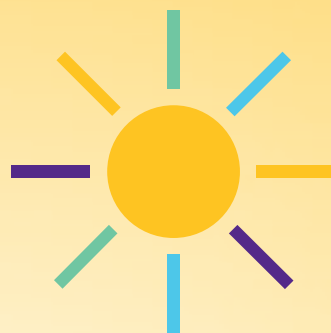
periences in the medical field and learn about the invaluable benefits of mentoring. And finally, the conference was a great opportunity to meet some new people, both students and professionals, from across the country". ~Elizabeth Isenor

"I would just say that ultimately the best part of the experience was to be in the presence of great women physicians, many of whom faced a lot of adversity and discrimination during their training; experiences that I have thankfully not had to experience. I think we take it for granted that there was once a time when being a female physician was not the norm. I was most inspired by Dr. Nadine Caron who delivered a breathtaking speech about her medical journey. I also enjoyed the academic career advancement session. Although I am still early in my career it was beneficial to be introduced to such a topic and learn from the experiences of those much wiser than I." ~ Natasha Wright

"The FMWC AGM of 2011 in Vancouver was an incredibly well-orga-

nized, energizing and inspiring conference. It was with great fortune that research vigour, stories full of fortitude, and amazing company was shared with me. I am also grateful that 5 other classmate-colleagues from the University of Calgary were able to share this experience with me because FMWC-Vancouver went the extra mile to make it as accessible as possible to the student budget. It was also great to see a network of physicians (in all different fields - psych, orthopaedic surgery, general surgery, emergency medicine, family and pediatrics just to name a few) from across the country and to revel in the good energy that I am part of a greater medical community doing a lot of great work re. physician mental health, women's health, and career development. I am very much looking forward to the Halifax conference, and can only hope many more of my classmate-colleagues here at Calgary can join me in being part of the FMWC community." ~ Michelle Chan

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NICARAGUA: End Sexual Violence Against Girls

By: *Lindsay Mossman*
Campaigner, Women's Human Rights

'I am not asking for sympathy, I want your solidarity.'

Estefany was raped and made pregnant by her uncle when she was 17.

Amnesty International is a global human rights organization that launched a campaign on maternal health and sexual and reproductive rights in 2009. As part of this campaign, Amnesty International has researched and reported on the high rate of sexual violence against girls in Nicaragua. Upcoming Presidential elections in Nicaragua provide a key opportunity for action.

Rape and sexual abuse are widespread in Nicaragua. The majority of victims are young. More than two thirds of reported cases between 1998 and 2008 involved girls under 17. In Nicaragua, rape and sexual abuse are under-reported, especially when the victim is a young girl and the perpetrator is a family member. Many girls do not speak out, fearing they will be blamed.

Instead, most girls suffer in silence.

Those girls who speak out do not have access to a comprehensive range of support services to overcome the consequences of the sexual violence on their own terms.

The long-term consequences of sexual violence are devastating. Some young survivors face the extra trauma of finding out that they have been made pregnant by the rapist. According to reports, between 2005 and 2007, 1,247 girls were raped or were victims of incest. Of these crimes, 198 (16%) resulted in pregnancy. The overwhelming majority of girls made pregnant (172 of the 198), were between 10 and 14.

For some girls, the idea of giving birth to a child as the result of rape is unbearable.

But the Nicaraguan government criminalized abortion in all circumstances in 2008 – even for child rape victims. This has left some girls with little choice. Criminalization does not stop abortions from taking place. Instead, it forces women and girls to turn in desperation to clandestine or self-induced abortion, endangering



*The Director of a women's shelter embraces a young survivor of sexual violence, Nicaragua, March 2010.
Photographer: Grace Gonzalez © Amnesty International.*

gering their lives and health – and running the risk of prosecution and imprisonment.

The criminalization of all forms of abortion and resulting fear of prosecution means that women and girls needing urgent obstetric care hesitate before seeking medical attention. Health professionals are in a difficult position, being compelled by the law to deny medically required treatment. The chilling effect of the ban extends to women who have miscarried, to women suffering life threatening conditions during pregnancy, and also to women in need of emergency treatment for complications from unsafe abortions.

The government of Nicaragua must take action to prevent sexual violence. Survivors must have access to services that ensure their physical and psychological recovery and that provide access to justice. Finally, the government must repeal the complete ban on abortion, so that young

girls pregnant as a result of rape can make decisions without fearing imprisonment.

Amnesty International has met with survivors and women's rights defenders in Nicaragua. We have included their calls for justice at amnesty.ca/endsexualviolence.

Join Amnesty International to call for an end to sexual violence against girls in Nicaragua. Your voice will join hundreds of thousands around the world calling for justice. As health care professionals, your solidarity with women in Nicaragua puts added pressure on the authorities. Together, we can change lives.

Lindsay Mossman is the Campaigner for Women's Human Rights with Amnesty International Canada.

Amnesty International is a global human rights organization of 3 million members around the world. Find out more at amnesty.ca.

What is Work Life Balance? A Case for Minimalism

By: Pamela Verma

This was a concept that was introduced to me within the first week of medical school. The Physician Health Program was one of the first groups to come speak to us. "Work-life" balance was introduced as another expectation within the culture of medicine. As women we are "expected" to perform in so many roles. We are caregivers, partners, mothers and daughters. Once we entered the professional world we had to be as good as the men at our jobs. And now, we had to be balanced and zen doing it.

Are you serious?

I have come to the agreement, with several other women, that this is yet another expectation that has to be de-mystified, de-bunked, and tossed out. What does work-life balance really mean? To find out, I looked back to my science training. To me, work-life balance is not a goal, nor a destination. In physics, they call this a dynamic equilibrium. A constant state of tension between chaos and order. Work-life balance is a process.

Another reflection I wanted to share about work-life balance is the concept that philosophies of time-management have often focused on how to fit more in a day. How we can work harder, faster, and smarter?

I have recently been the happy consumer of a new movement. **Minimalism**. I was intrigued by a local Vancouverite who started a blog, "Minimalist Mom". Her slogan was most interesting: "A Rich Life with Less Stuff". She paid off over \$80K in debt over 2 years, sold her wedding dress and reduced her wardrobe to 35 pieces. Everything could fit in a suitcase and she had never been happier. She had more time. She was more engaged in the few things that meant something to her.

A fellow blogger shared an interesting reflection on why de-cluttering one's life could bring satisfaction: "In truth, clutter is a mountain of procrastination ... putting off decisions and fears and emotional issues and shopping addictions and more." *Zen Habits - "The Joy of Scarcity"*

If we can de-clutter our closets, what about de-cluttering our priorities? It is a

lofty task, but I have begun to embrace this philosophy with the power of "stickies" on my laptop.

Your Mission Should you Choose to Accept: Resetting the Clock

"Give Me A Break - the art of making time work for you" was a great read by fellow British Columbian, Hugh Culver. He put forth some powerful figures that helped me see a different way to think about time-management. He emphasized the importance of distractions, arguing that taking **10 minutes/day** during a 40-hr work-week, consumed to **one week per year**. In his "Exorcise Your Email" chapter, to really drive the point home, he calculated that by checking 35 emails/day, at 1.5 mins each, you spend **5.5 weeks/year** checking email.

By re-framing how we think about our time, it forced me to ask why I was spending the time at all. Indeed, at our AGM, Dr. Dorothy Shaw asked us, "what are you so busy doing?" Now it really struck home. Based on these figures, your mission, should you choose to accept is two-fold:

1. What activities would you consider that you could eliminate from your day. Something that takes only 10 minutes.

- Checking your blackberry?
- Your commute time to work?
- Projects where you are unengaged, uninterested, or not needed?

2. What could you replace it with?

- Meditation
- Career development
- A new hobby
- You fill in the blank!....

Maude Abbott Research Fund (MARF) – 4 Research Projects to be Supported!

Research grants of **\$1,000 to \$2,000** will be given to FMWC members for research in the areas of Women's Health, Education and Promotion. (More information about MARF and next year's application form can be found on the website @ www.fmwcc.ca; this grant has an annual June 30th deadline)

At this year's annual business meeting, the FMWC board of directors approved these **4 research projects** by FMWC members, totaling \$5,500:

1. Dr. Anne Niec: Development of a Career Handbook for Female Academic Physicians.
2. Dr. Rachel Talavlikar: Project examining abortion rates and contraceptive practices in immigrant versus Canadian born women in Calgary
3. Dr. Jillian Schwartz: "Playing Nice: Improving the Professional Climate between Physicians and Midwives in the former Calgary Health Region".
4. Pamela Verma: "FMWC National Pap Test Campaign: Outcomes from a National Women's Health Promotion Program and Systematic Review of International Cervical Cancer Screening Programs".

Congratulations!

Please donate generously by:

- ✓ Donating when you renew your membership online
- ✓ Sending a cheque now to MARF
- ✓ Fundraising through your local branch.

For further information please contact Dr. Shajia Khan, Chair, MARF committee, 613- 234- 2594, shajia.khan@sympatico.ca

Women's Worlds Conference

By: Dr. Karen Breeck



The Honourable Sheila Copps and Dr. Mamta Gautam.

From July 3-7, 2011 a very special event occurred for the first time ever in Canada. Nearly 2000 (mostly) women converged from over 90 different countries onto the University of Ottawa's campus. Speakers mostly representing government policy makers, academics, and researchers into the world's inclusion, exclusion or seclusion of women presented alongside "front line" community workers. Together they gave participants over 800 presentations to choose from during this 4 day dawn to long past dusk experience. Plenary keynotes by morning, sessions from noon to supper followed by cultural arts/party times to the late evening. Sleep at this event was definitely something considered optional. The event made a concerted effort to facilitate intergenerational conversations, honour aboriginal women's knowledge and culture and render the event accessible to women with disabilities. The conference also strove to integrate, not tokenize or ghettoize the full participation of and inclusion of issues related to marginalized women and communities. One of the many streams at the conference was women's health issues. No topic was taboo and ranged from lack of access to women's health resources in war/conflict zones to female circumcision to defining what basic reproductive rights should be. One of our own FMWC mem-

bers, Dr. Mamta Gautam, was a speaker at this amazing event. Dr. Gautam and the Honourable Sheila Copps spoke at a keynote session on breaking ceilings for women in leadership.

I recommend everyone take a moment to look through the conference website at www.womensworlds.ca. It is available in English, French and Spanish and has many links to conference pictures, videos, speeches, media coverage and podcasts of the event. It won't be the same as being there but it will give you a flavour of what you missed! Enjoy! Next Women's Worlds conference will be held in 2014.

Calendar of Upcoming Events 2011-2012

Ongoing

PMI: Leadership development for physicians (CMA)

Various cities across Canada
On-line registration now open:
www.cma.ca/pmi

October 28-29, 2011

Canadian Conference on Physician Health

Toronto, Ontario
www.cma.ca/physicianhealth

December 1-3, 2011

SOGC's Ontario CME Program

Toronto, ON
www.sogc.org/cme/

April 13-15, 2012

MWIA 2012 North American Regional Meeting

Miami, Florida
www.amwa-doc.org

May 3, 2012

The 13th Annual Women's Health Care Seminar

Ontario Medical Association
Toronto, Ontario

September 21-23, 2012

FMWC's AGM, Leadership & Advocacy Workshops

Westin Nova Scotian Halifax, NS

MWIA News

By MWIA Secretary General: Dr. Shelley Ross

The 2012 North American regional meeting will be held April 13-15, 2012, in Miami, Florida. More information can be obtained from www.amwa-doc.org

The 29th International Congress of MWIA will be held July 31-August 3, 2013, in Seoul, Korea. Again, members are encouraged to begin planning for attendance at this event which is a great opportunity to meet and share experiences with women from around the world.

Please visit the MWIA website at www.mwia.net for information about other regional meetings and events.

SOGC's Annual Clinical Meeting 2011

By National Student Representative: Pamela Verma

This summer, I had the opportunity to represent the Federation at the SOGC Conference held in my hometown of Vancouver. This was a very stimulating meeting and below I share some of its highlights:

- **Dr Suzanne Tough**, shared that majority (80-90%) of Canadians hope to have children. While it is well known that Canadian women are waiting longer to have children, partner suitability, and not career is the main reason for women to delay childbearing.
- Launch of the Journal of Obstetrics and Gynecology of Canada (JOGC) online website (www.jogc.ca). **Dr. Timothy Rowe**, Editor in Chief and Jane Fairbanks, Assistant Editor, were particularly enthusiastic in sharing this new website that will host all the articles published in the journals.
- **Dr Malcom Munro**, gave a fascinating presentation about abnormal uterine bleeding, including the historical and cultural perspectives on menstrual bleeding. Historical views that dogs taking in menstrual fluid going "wild" is

a far cry from where our understanding of women's physiology is today!

Of particular note was the representation and engagement of FMWC members at the meeting:

- **Dr. Lorna Grant**, a local Vancouver branch member imparted to me how the meeting had changed over the course of her career in Obstetrics and Gynecology. "This meeting used to be all men", she told me as we stood in a crowd of female colleagues. It was wonderful to see how many practicing clinicians stopped to say hello, as they had once trained under this most humble physician.
- **Dr. Vivien Brown**, Board Member, was the epitome of multi-tasking. She was able to take in part of the SOGC meeting while in town promoting the HPV Vaccination to a group of public health nurses, pharmacists, and family physicians. She also made time to give me some career advice and meet with her son who lives in Seattle.
- The poster session included work from our very own University of Toronto

Student Representative **Toni Burbidge**, "The Laparoscopic Myomectomy: an Eight-Year Experience at a Canadian Hospital with an Advanced Laparoscopy Training Program".

- Of course **Dr. Vyta Senikas**, Treasurer, was very busy in her role of Associate Executive Vice-President for the SOGC, could be seen doing everything from coordinating seminars to taking photos with dignitaries at the meeting.

Overall, this was an exemplary meeting and I am very proud of the representation that the Federation had, given the focus of women's health.

Of particular note for students, the SOGC offers an annual student membership that includes subscription to the JOGC, discounted meeting rates, and eligibility for poster competition prizes (\$500 for top student poster!). For anyone considering a specialty in women's health, this is a worthwhile meeting to attend. The 68th Meeting is scheduled June 20-24th, 2012 in Ottawa.

ACCREDITED CONTINUING MEDICAL EDUCATION (CME) PROGRAMS BY THE SOGC

ONTARIO CME PROGRAM Update in Obstetrics and Gynaecology

December 1-3, 2011

Toronto, Ontario, Marriott Downtown Eaton Centre



Register
online @
www.sogc.org

INTERNATIONAL CME Update in Obstetrics and Gynaecology

February 27 - March 2, 2012

The Westin Resort, Palm Beach, Aruba



Aruba



THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA

780 Echo Drive, Ottawa, Ontario K1S 5R7

Tel: 1-800-561-2416 or (613) 730-4192 Fax: (613) 730-4314 events@sogc.com www.sogc.org



Awards, Accolades & Announcements

Congratulations to these FMWC members:

Dr. Anna Reid (Yellowknife) for being acclaimed President-Elect of the Canadian Medical Association this past August.



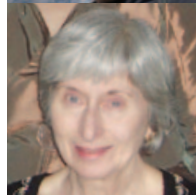
Dr. Mamta Gautam (Ottawa) the first ever recipient of its Physician Misericordia Award. The CMA Physician Misericordia award recognizes outstanding contributions by a CMA member toward enhancing the overall health and well-being of physician colleagues at both the personal and professional levels, in particular during times of conflict and crisis.



Dr. Marla Shapiro (Toronto) for being appointed to the North American Menopause Society's Board of Trustees; the only Canadian currently on the Board.



Dr. Dale Dewar (Wynyard, SK) for being awarded an Honorary Canadian Medical Association Membership.



Dr. Beverley Tamboline (Vancouver) for being awarded the BCMA Silver Medal of Service

Dr. Veronica Marcoux (Saskatoon) for receiving the FMWC sponsored **Jessie McGeachy Award**. This award is presented every year to the woman graduating medical school at University of Saskatchewan with the best academic standing.



Dr. Barbara Lent (London) for her collaboration on a research study on "Seeking Balance: The Complexity of Choice-Making Among Academic Surgeons" which was recently published in: *Academic Medicine*.

Call for Nominations & Applications!!

Call for Nominations for 2012:

- May Cohen Award
- Enid Johnson MacLeod Award
- Reproductive Health Award
- Student Leadership Award

Call for applications for 2012:

- Margaret Owens-Waite Memorial Fund (for physician members to support education)
- Maude Abbott Loan Fund (now \$1,000 grant) for medical students.

Deadline for all applications and nominations is December 31, 2011. Please go to the "Awards" section of www.fmwc.ca for more information, eligibility and nomination/application forms.

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.

Call for Nominations – Honorary Member 2012

Do you know a woman who has rendered outstanding service to one or more of the following: the Federation of Medical Women (FMWC), to medicine and particularly to women's health issues? Honorary Members are usually not FMWC members and may or may not be physicians. Honorary Members may be nominated by any member of the FMWC. **Deadline for nominations: by December 31, 2011**

Nomination Form

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

as Honorary member for 2012. My reasons for suggesting this person are:

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

Send this nomination form to the National office.

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

Membership Application Form

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

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____

Country: _____ Postal Code: _____

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

Fax: _____ Email Address: _____

Specialty: _____ Areas of Interest: _____

Privacy Choices/Directory:

☐ No, I do not want to share my coordinates

☐ Yes, you may share my coordinates (name, address, email, phone#, fax#, specialization/interests) with other FMWC members. I understand that this information will be included in the Membership Directory (accessible only to viewing by current FMWC members).

☐ Yes, I am willing to be contacted for mentoring (check all those below that apply):

☐ Avail. for students

☐ Avail. for colleagues

☐ By Email

☐ By Phone

☐ In Person Meeting

☐ For Electives

☐ Preceptorship

Media:

☐ Yes, I would be willing to be interviewed by the media on behalf of the FMWC

Newsletter (Delivery Choices): The Newsletter will be delivered to all members with email addresses (this is the default) unless you sign up for mail:

☐ No, I really prefer to have a paper copy

New Members: How did you hear about the FMWC?

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

Membership Categories:

☐ Full Membership: \$175.00

☐ Resident: \$50.00

☐ Associate: \$90.00

☐ Retired: \$50.00

☐ 1st/2nd Year in Practice: \$90.00

☐ Out-of-country: \$50.00

☐ Medical Student: \$25.00

☐ Associate Student: \$25.00

Membership Dues:

\$ _____ A tax deductible receipt will be sent.

Maude Abbott Loan Fund Donation:

\$ _____ A tax deductible receipt will be sent.

Maude Abbott Research Fund Donation:

\$ _____ A tax deductible receipt will be sent.

TOTAL:

\$ _____

Method of Payment: ☐ Cheque (Payable to "FMWC") ☐ BCMA ☐ Visa /MasterCard

Credit Card Number: _____ Expiry date: _____/_____/_____

Signature: _____

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Olatunde (Atlantic provinces)

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Burbidge

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To reach one of the Board members, simply email

fmwcmmain@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)