



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

Spring 2014

Presidents Report - January 2014

By President: Dr. Monique Bertrand



As I write my report for the first newsletter of 2014, the 90th year of the Federation, I am reminded of all the changes that have occurred in the past 6 months. As you

peruse this latest edition of the newsletter, several members of your Federation have been hard at work to continue to improve our association. This was evident at the recent Interim Board Meeting that was held in Ottawa on January 25, '14. I must congratulate all members of the Board for a very successful meeting. I will summarize some of the highlights of the meeting and of ongoing work.

The Bylaws Committee, chaired by Dr. Charmaine Roye, has now completed its work. Changing the bylaws of our Federation to comply with the new legislation from Corporate Canada with respect to non-profit organizations has been an onerous task. Many thanks go to Dr. Roye and her committee for the excellent work done, which was completed well within the deadline of October, 2014.

The Communications Committee, chaired by Dr. Janet Dollin, with Dr. Lucie Filteau, chair of the Website Committee and Dr. Karen Stillman, chair of the Newsletter Committee have been working incessantly, with perseverance despite numerous challenges. As a result of their diligence and hard work,

the Federation was able to launch its new Website in December, 2013. This endeavor should facilitate amongst other things, better communication of up-to-date information and also allow easier renewal of membership through online renewal. As I hope you already know, the next Annual General Meeting (AGM) will be in Vancouver in September 19 to 21, 2014. The AGM Committee chaired by Dr. Mamta Gautam has worked very hard to prepare a program that I know you will find educational, enjoyable and relevant to your practice.

However, even though I believe progress continues on several fronts, the Federation has not been without its challenges. I must share with you a most important issue that I feel needs to be addressed. That is the continued decrease in our membership. As with other membership associations, the FMWC has unfortunately seen a gradual but steady decline in membership over the past 5 years. This has also been the case with respect to recruitment of Residents and Medical students. As a consequence, we are also seeing a decline in our revenues. In surveying the literature, it has even been suggested that rapid changes in "technology and demographic shifts are rendering associations irrelevant". I certainly hope that this is not the case with our Federation. However, I also believe that changes in the way we do business are imperative if we are to not only survive but thrive into our 10th decade. As a result of this concern, a Membership Committee, chaired by Dr. Crystal Cannon has been struck. In addition, the Board at the Interim Meeting in January '14, dedicated time to discussing this very topic. In addition, the Board at the Interim Meeting in January '14, dedicated

time to discussing this very topic. Three questions were raised and brought for discussion. (1) What does our Federation do which distinguishes it from other organizations? (2) How does our Federation add value to the lives of our members? And finally (3) Following questions 1 and 2, what is the Federation doing or have to do in order to not only survive to its 100th anniversary but become "relevant" to its members?

A very lively small group discussion occurred with passion and forward thinking. Several suggestions were put forward and I hope to bring this back to our AGM meeting in September, 2014. However, I would ask you to consider these 3 questions prior to the meeting and forward any thoughts to me or to Dr. Crystal Cannon, chair of the Membership Committee, so that I may include these with our ongoing discussions. I would like to borrow a quote from Albert Einstein who stated "Strive not to be a success, but rather to be of value". I would add that I believe that if our Federation offers value to its members, that success for the Federation will follow well beyond our 100th anniversary.

In closing, I would also like to offer my appreciation and thanks to the many residents and medical student members. They bring a fresh perspective with new ideas and an enthusiasm that is contagious. Finally, I would like to thank Ms. Josie Faccini for all her assistance at our national office in Ottawa.

I look forward to your comments, thoughts and suggestions on these points and to seeing you in Vancouver in September.

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.

Mission de la FFMC

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



FMWC Executive Committee 2012-2013

President:

Dr. Monique Bertrand

President-Elect:

Dr. Mamta Gautum

Past President:

Dr. Crystal Cannon

Honorary Secretary:

Dr. Anne Niec

National Treasurer:

Dr. Kathleen Gartke

Dr. Susan Wilkinson

MWIA National Coordinator:

Dr. Vivien Brown

FMWC Newsletter

Editor: Dr. Karen Stillman

Committee Members:

Dr. Pamela Liao, Ms. Lindsey Chapman

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

Next deadline for submissions is June 1st, 2014

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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Editorial

By Newsletter Editor Dr. Karen Stillman



Welcome everyone, to another year of terrific and exciting developments FMWC. After an inspiring AGM in September in our capital city of Ottawa, and until the next in

Vancouver, the Federation is here for you. As you peruse the newsletter, you can read about our new president, see the information about the updated website, and get to know your new board members. I for one, am very excited to be able to participate in a greater role in this wonderful organization.

First, let me tell you a little about me. I am a maritime girl who did all my medical training in Newfoundland. I unfortunately had never heard of the Foundation during that time. Residency took in not only the academics, but a marriage, the birth of my lovely 2 children, and a divorce. It was the "extended 7 year plan". When finished, I worked for 3 years in New Brunswick, after which I decided to move to the Ottawa area. It was here that I was introduced to this amazing organization. I had been having not only personal but professional difficulties (yes there were more!) and a local mentor suggested I join. It was a godsend! I was not alone. I finally found somewhere where I was heard, understood, and felt appreciated.

Medicine to date had seemed to be a struggle, but now I had the supports and networks of some of the most amazing female leaders of our times. Even to sit in the conference room and listen to different generalists and specialists from across the country was encouraging and uplifting. And now, after being a member for only a few years, I find myself in an administrative role. Who would have thought! Not I. But as I am surrounded by inspiring mentors who continually offer assurances and encouragement, I feel like I am ready to give back.

I see my goals this year as: keeping you informed, getting you involved, and increasing our membership. There are many branches already listed. If there isn't one near you, let us know! I will be more than happy to help you get started. As for my alma mater, I hope to get out to St. John's and offer assistance to setting up a branch this winter. All medical schools and residency program cities should have a branch. It is a resource that is incomparable. To support each other locally, and have access to another entire set of mentors and amazing women from anywhere across the country is astounding.

With the newsletter and the updated website, we hope to continue to assist you with whatever you need. This is your organization, and without you, we would not be.

Let's have a great year together!

Send us your news!

The deadline for submissions to the **Summer 2014 newsletter** is **June 1st, 2014**.

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!



The Federation of Medical Women of Canada would like to thank its partners for their support and unrestricted educational grants for our Annual General Meeting & Scientific Sessions held in Ottawa Sept 27-29th, 2013.
Thank you!!

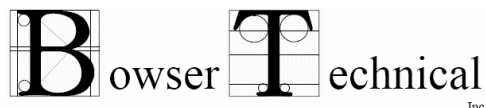
Silver



Bronze



Friends





Please remember to Renew Your 2014 FMWC Membership
We encourage you to do so on-line...

Top 10 membership benefits

1

**Branch events – CME, social, networking
and mentorship opportunities**

"I joined the FMWC after attending a networking event held by the Edmonton branch. As a medical student, I was impressed by this excellent opportunity to hear the experiences of established female physicians, as well as to interact on a personal level and make contacts with physicians from a wide variety of specialty areas."
(Meredith Lynch, medical student (Edmonton, AB))

2

Relevant website with on-line networking database to help you search for mentors or like minded colleagues

3

Tri-annual FMWC newsletter with regional, national and international content (and which celebrates women physicians' achievements)

4

**Membership in the Medical
Women's International Association**

5

**Access to the FMWC Annual General Meeting,
with Leadership & Advocacy Workshops**

6

**Financial assistance for students and physicians
through FMWC grants, loans and research funds**

7

**Recognition through annual awards (May Cohen,
Honorary Member. Enid Johnson MacLeod and other
awards and bursaries for practitioners and trainees)**

8

**Volunteer opportunities on the
Board of Directors and committees:**

*A chance to develop leadership skills and contribute!
Volunteer opportunities on the Board of Directors and
committees: a chance to develop skills and contribute!*
Dr. Nahid Azad, Past President (Ottawa, ON)

9

**Participation and support of national women's health
initiatives like the annual Cervical Cancer Prevention
Campaign.**

*"I joined because Canadian female physicians have a
much stronger voice if we are united on issues important
to women... Our interconnectedness can spread messages
quickly and good things happen. Case in point:
FMWC's Pap Smear campaign!"*
Dr. Caroline Kosmas, (Regina, SK)

10

**Your fees support advocacy campaigns that
pertain to support for women physicians and
for women's health.**

*"I joined the FMWC over 50 years ago as a medical
student. I have been a member of the FMWC since then
because it meant being part of the most powerful advocate
on behalf of women physicians and an organization
passionately committed to promoting women's health."*

"J'aime l'idée de partager, d'échanger et de travailler, dans une communauté de destin, avec les meilleures éléments de la profession, la crème des docteurs. Celles qui, au quotidien de leur pratique, soignent, écoutent, prennent le temps d'agir conformément à leur valeur pour le bien-être des patientes. Celles qui, en plus, sont engagées, presque partout, dans les instances qui nous représentent et qui agissent et réfléchissent pour le développement de meilleures pratiques dans le domaine de la santé des femmes. Celles qui sont aussi créatives, imaginatives et qui savent mettre de l'avant de formidables idées pour mobiliser les femmes, les docteurs, les institutions, les gouvernements, autour d'un projet dont l'écho se fait entendre partout à travers le monde."

Dr. Yolande Leduc (Longueuil, Québec)

DON'T DELAY, JOIN NOW!!



Message from the Website Committee Chair Dr. Lucie Filteau

When I first joined the FMWC, I attended an Ottawa Chapter meeting and the discussion migrated towards strategies to increase our membership. I suggested that embracing social media would be wise if we wanted to attract the new generation of female physicians to the organization. The first step, however, would need to be a serious revamping of the website. I then started to list a number of issues that I had with the site unaware that the Chair of the Website Committee, Janet Dollin, was sitting right beside me! Fortunately, she was not offended and agreed with the issues that I raised. She seized an opportunity and encouraged me to become involved in the project.

What followed was a two and a half year journey into an area that I knew very little about. I did much research (thanks to Google!) and soon started discussing open source vs. proprietary content management systems, RFP's, hosting agreements and payment gateways. Janet and I established the FMWC's needs and I wrote a request for proposal, seeking out a web designer. I reviewed many proposals and interviewed a wide array of people (from a student living in his parents' basement to a well known firm with a very large downtown office and countless staff). Meanwhile, Janet was able to secure funding that far exceeded our original shoestring budget and we were off to the races! A special thank you goes to Merck for their generosity!

Once we found the right fit in a web design team, we started the arduous task of scrutinizing the content on every page of our current site (>80) and creating a wish list for the new one. Countless decisions were made, much like the process of renovating a house. We encountered unexpected glitches in moving the old site last spring and know that many of you were affected by this (so sorry!). The final months have been, I must say, the best part. Seeing the new pages being created and something imaginary finally coming to life has been so rewarding.

I'm extremely excited that our new website is finally ready to go LIVE. I'm very proud of the end product and hope that you'll enjoy using it. It is, of course, not "finished", nor will it ever be. To stay current and relevant, the website will always remain a work-in-progress. Please take the time to browse through it and send along your suggestions for what we can do to make it better. Our new site has a very user-friendly back end so we expect to be able to tweak it ourselves as the need arises.

Moving forward, I would love to see the site feature more information on the local chapters. We need to start with updated Chapter exec lists and then perhaps a listing of chapter events (past and future) with event photos? In general, I would also like to populate the site with less stock photography and more photos of us, the FMWC membership. It would also be nice to see the website store grow so that we could offer coffee mugs, t-shirts, etc. Finally, we need to develop our social media presence on LinkedIn, Facebook, Twitter and whatever else is out there that I haven't yet got a clue about. I encourage anyone who is interested in participating in this process to get in touch with myself and/or Janet Dollin.

I'd like to sincerely thank the FMWC Exec and Board of Directors for their ongoing encouragement and support in this initiative. Josie, our Executive Coordinator, bravely stepped into this project at the midway point and hats off to her for having to "hit the ground running". The student and resident members also provided me with several helpful ideas and feedback. We, of course, could not have accomplished what we did without one fantastic and very patient web design team, Force Five Media (I'd pick them again without hesitation, if you're looking for a recommendation). A very special thank you also goes out to Wilf Oberthier for donating an entire weekend of his time to take photographs at the AGM last September. Our members are loving their headshots! Finally, Janet Dollin deserves my infinite gratitude for her valuable guidance and positive attitude throughout the most challenging bits of this project. Your mentorship and friendship allowed me to successfully complete this adventure without losing my mind! You've taught me through your actions what the FMWC is all about and I hope to pay it forward to future members in years to come.

So here's my gift to you, the members of the Federation. I hope you enjoy it and please send me your feedback!



Message from the AMG Committee Chair Dr. Mamta Gautam

It is my pleasure to invite you to join us at the 90th Annual General Meeting of the FMWC. This year's meeting will be held on September 19-21, 2014, in Vancouver BC, at the Coast Coal Harbour Hotel. We are excited to announce that the theme is "Women as Medical Leaders: Empowered, Engaged, Extraordinary". This year's theme will focus on enhancing leadership skills for women in medicine. As physicians, we are all leaders. Women innately bring many of the traits needed for leadership today. We work in our patients' best interest to make things happen, and advocate for change. Along with key updates in health-care across several medical disciplines, this conference is designed to nurture leadership skills and talent to allow women physicians to optimize their potential and lead initiatives aimed to improve patient care.

I will be offering a Preconference Workshop, "Quit Being Good, Be Great". Drawing upon the reality that women in medicine have 'good' leadership abilities that helped them get to this point in their careers, this workshop is set up to encourage them to reach beyond their comfort zones, and push to the next level to become 'great' leaders. The FMWC is pleased to subsidize a large portion of the fee for this. Sign up now, as registration is limited to allow for an optimal learning environment.

Our Plenary Speakers are all well recognized women leaders in medicine who will share their leadership journey, tips and lessons learned. Dr. Jan Cristilaw, obstetrician and President of BC's Women's Hospital, will lead off the conference as our Opening Speaker. Leading the change she wants to see in the world resonates deeply with Dr. Cristilaw as she has become a renowned champion for women and newborn health provincially, nationally and globally. Dr. Shelley Ross has spent 36 years treating generations of patients in her family practice, is a Past-President of BC Medical Association, and Secretary-General of the Medical Women's International Association (MWIA). She will address specific issues of leadership in medical politics, especially at the international level. Dr. Charmaine Roye is an obstetrician-gynecologist, ex-Chief of Staff at Brantford General Hospital, a Past-President of the FMWC and is now the Director of Professional Relations and Strategic Health Alliances with the Canadian Medical Association in Ottawa. Her focus will be on leadership within hospitals and in national medical organizations. Dr. Hedy Fry has agreed to be our Closing Plenary Speaker, discussing women physicians in federal politics as another opportunity to make a difference in health care.

We have lined up key experts in their medical specialties to bring you the latest information in their field that you should know to provide the best possible patient care. We are privileged to have the What's New Updates feature Dr. Shaila Misri, Reproductive Psychiatry; Dr. Christina Parsons, Oncology; Dr. Monique Bertrand, Obstetrics and Gynecology, and Dr. Ellen Burgess, Nephrology.

The Leadership Panel will feature four more illustrious women medical leaders, including a resident, who will be asked a series of questions to tell us about their role as leaders. The questions to be asked of Dr. Heidi Oetter, Registrar of the College of Physicians and Surgeons of BC; Dr. Gail Beck, Ottawa psychiatrist, OMA Board member and recently named to the Order of Ontario; Dr. Shirley Tze, a renowned family physician and medical leader in Kamloops; and Dr. Meera Dalal, an internal medicine resident at UBC who is also currently doing a Global Journalism fellowship at the Munk School, will reveal fascinating insights into their decisions, leadership paths, challenges and successes as medical women.

Recognizing that women leaders in medicine succeed most when they have support from their partners, we have invited three partners to participate on the Supporting Women Leaders Panel. Mr. Don Stephenson, Mr. Brian Geddes, and Mr. Hassan El Masri have a lot to share about what their experience has been, how they have best supported their leader/partner, and offer advice to the audience on how they can seek and recognize such support.

The Welcome Reception on Friday evening is a great opportunity to meet friends and colleagues from all over the country, network and socialize. By popular demand, we have brought back the Harbour Boat Cruise again this year, so you can relax together, enjoy dinner and music on the water, and dance the evening away. Book your tickets for this event today!

Your AGM Planning Committee has worked hard to create and offer you the very best. We are proud of this conference that truly offers something for every woman in medicine. We hope to see you there, and look forward to continuing the conversation to enhance and support women physicians as leaders.



2014 FMWC AGM Conference at a Glance

Women as Leaders in Medicine: Empowered, Engaged, Extraordinary

September 19-21, 2014

Coast Coal Harbour Hotel, Vancouver, BC

	Friday, September 19	Saturday, September 20	Sunday, September 21
7:30 – 8:00 am		Registration	Breakfast
8:00 – 8:30 am	Registration	AGM Breakfast Meeting	
8:30 – 9:30 am	PreConference		Leadership Panel
9:30 – 9:45 am	Workshop	Welcome	<ul style="list-style-type: none"> Dr. Heidi Oetter Dr. Gail BECK Dr. Shirley SZE Dr. Meera Dalal
9:45 – 10:00 am	Dr. Mamta GAUTAM <i>Quit Being Good, Be Great</i>	Opening Address Dr. Jan CHRISTILAW	
10:00 – 10:30 am			Break
10:30 – 11:00 am		Break	Supporting Women Leaders Panel
11:00 – 11:15 am			<ul style="list-style-type: none"> Don STEPHENSON Brian GEDDES Hassan EL MASRI
11:15 – 12:00 pm		Plenary 1: Dr. Shelley ROSS	Closing Plenary Dr. Hedy FRY
12:00 – 12:30 pm	Lunch on your own	Awards Luncheon	Closing Remarks
12:30 – 1:00 pm			
1:00 – 1:45 pm	2013-14 Board Meeting	Plenary 2: Dr. Charmaine ROYE	2014-2015 Board Meeting
1:45 – 2:45 pm		What's New Updates <ul style="list-style-type: none"> Dr. Shaila MISRI, Reproductive Psychiatry Dr. Christina PARSONS, Oncology 	
2:45 – 3:30 pm		Poster Sessions/Break	
3:30 – 5:00 pm		<ul style="list-style-type: none"> Dr. Monique BERTRAND, Obs/Gynecology Dr. Ellen BURGESS, Nephrology 	
5:00 – 6:00 pm			
6:00 – 8:00 pm	Opening Reception	Social Event:	
8:00 – 10:00 pm	Students and Residents Reception	Harbour Cruise	

To register please go to www.fmwc.ca/agm



FMWC Members Accomplishments



FMWC Honorary Member
Dr. Ruth Collins-Nakai is now
Honorary
LColonel Collins-Nakai



Dr. Marla Shapiro, Top 25 Women
of Influence in Canada for her
accomplishments in Health,



Congratulations to 2013 Family
Physician of the Year
Dr. Sarah Newberry

Dr. Shelley Ross, Dr. Gail Beck, & Dr. Pam Liao will
be attending the UN commission on the status of women
as part of their role with MWIA.



Women & Health Panel
MARCH 6th – Sheraton, Toronto
See the live cover story discussion featuring
Dr. Marla Shapiro, Canada AM Health, Dr.
Vivien Brown, Medisys Health Group and
medical expert, Lynn Posluns, President
of Women's Brain Health Initiative and
Nutritionist, Leslie Beck, RD.

<https://www.womenofinfluence.ca/store/shop/events/women-and-health-panel-toronto/>

Check out additional dates and locations to hear
Dr. Vivien Brown

In Memoriam

It is with very sad hearts that we share the news of Dr. Marlene Rose Lidkea's passing. Dr. Lidkea passed away suddenly on December 23, 2013 in St. Albert. On behalf of the the Federation of Medical Women of Canada and all of it's members, we would like to express our sincerest sympathies to Dr. Lidkea's family and friends. Dr. Lidkea has been instrumental to the Edmonton Chapter of the FMWC, serving the Federation as a longstanding member and most recently as President of the Edmonton Branch for the past two years. Her guidance, mentorship, dedication, and bubbly personality will be missed. The beautifully written obituary and details of the upcoming funeral service January 11, 2014 can be found online here: http://www.connelly-mckinley.com/obituary_intro.php?id=2380.





The Shy Medical Student: First FMWC AGM Experience

Submitted by: Lindsey Chapman

This fall I received an email. It was one of many that flood my University of Toronto inbox each day announcing this interest group meeting, that elective opportunity, this conference. Quite often their incessant flow overwhelms the floodgates of my attention and sadly many opportunities float past unnoticed. However this one caught my eye. The subject-heading read: 2013 Federation of Medical Women of Canada Annual General Meeting.

“There is a Federation of Medical Women?” I thought as I read further... Topic: Preventative Medicine- Remodeling the Canadian “Sick Care” System into a “Health Care & Promotion” System



You define richness. With the *Scotia Professional*® Plan, we can help with the money part.

scotiabank.com/professional

You're richer
than you think.



“Hmm...now that’s an interesting topic...”
September 27-29th, The Westin, Ottawa ON
“...and I can visit home!”\

The topic of healthcare reform and health promotion had been an interest of mine since long before medical school. Since starting medical school last year, I have gained new insights on the topic but I knew I had become a little too preoccupied with trying to keep up with the mountains of medical knowledge being heaped on us. This AGM could be a great opportunity to hear what is going on, to get up to date and to remind myself of the bigger picture, which can easily get lost in all the PowerPoint slides and multiple choice questions.

Also nagging at the back of my mind since starting medical school, was how to prevent medicine from overshadowing other essential aspects of my life: my relationships, my own health and fitness and my desire for a family someday. I was curious about what dynamic I would find at the FMWC AGM. What would the stories of these medical women be? What do I have to expect as I move through my medical education into practice? With these curiosities and worries driving me, I checked my calendar for conflicts and signed up. Then, the task being completed, I promptly forgot all about it.

But soon enough, the end of September rolled around and an iCalendar reminder and a VIA Rail ticket sale saw me boarding a train to Ottawa. I was excited to see friends and family in Ottawa and curious and maybe a bit nervous about the AGM.



First FMWC AGM Experience con't

I had neglected to mention any of my classmates that I was going (as I had forgotten that I was) so I didn't know if there would be anyone I knew, or even if there would be any other students attending.

This concern seemed to be a justified when I walked into the conference room at the Westin Hotel in Ottawa and saw it was devoid of familiar faces. I walked to the nearest table (which happened to be empty) with my food and coffee and sat down. I opened the program and began intently reviewing the finalized program for the weekend. It was not long before I was joined by a few welcoming FMWC members from across the country and began to hear their stories. When one member told me how she likes to attend the AGM to connect with female stories.

When one member told me how she likes to attend the AGM to connect with female physicians because there are not many in her area, I got my first sense of the camaraderie that FMWC offers to its members. To my delight, I was soon joined by a couple of my classmates from U of T and another student from UBC. We exchanged enthusiastic greetings and I learned that they are all directors of the FMWC Women in Medicine student groups at their respective schools.

Shortly thereafter Dr. Monique Bertrand welcomed us all to the AGM and a day of interesting and inspiring presentations began. Dr. Bertrand set the stage and primed our minds for the day's discussion of preventative medicine. Next was former CMA president Dr. Anna Reid. Her inspiring talk described the recent paradigm shifting initiative of the CMA. She challenged us to think beyond the confines of the healthcare system to the socioeconomic factors that are the primary determinants of health. Dr. Vivien Brown (from my own U of T) followed, and gave an impassioned talk on the importance of immunizations, touching on the recent controversy, and in particular the need for coverage of HPV vaccinations for boys as well as girls.

At the Awards Luncheon Samantha Nutt, the founder of WAR CHILD, treated us to an entertaining and thought provoking talk. She shared how, in her family, hers was the first generation of women to obtain a university education. She challenged us to question whether we truly are in a post feminist age. With our stomachs bursting with delicious food we returned to the conference room to fill our minds with Dr. Renee Hessian's and Dr. Alison Freeland's informative presentations on an approach to cardiovascular risk stratification in women and promotion of mental wellness.

My experience at the AGM ended with Joe Schwarcz's highly entertaining talk on nutrition and the media. I had signed up for the Saturday only, planning on visiting my family in Ottawa on Sunday. However, that one day left me with a great deal to ponder on. I thought about my own privilege in coming from a family where both my grandmothers and every woman since went to university. I mused on the dramatic advancement women in medicine have made since FMWC was founded. Finally, I puzzled on the less profound but certainly prominent question; why are there not more new student FMWC members?

I wonder if perhaps the dramatic improvements women have made in advancing their status in the medical field have, in a way, undermined organizations like FMWC. When the female medical students graduating in Ontario now outnumber the male, perhaps my fellow female students do not feel the drive that their predecessors did, to reach out to organizations like the FMWC? However, I argue that these incredible achievements only stand as evidence of the effectiveness and importance of organizations such as FMWC and of medical women as a group in achieving what is important to them. More women entering the medical profession only means that with more hands, more can be accomplished.

I for one, want to be a part of that.



**The Awards Luncheon is always the highlight of the event.
Congratulations to our 2013 Award Winners!!**



The May Cohen Award is awarded to the FMWC member that best personifies the legacy of May Cohen and her unique ability to transfer the FMWC vision into living action in support of women physicians and women's health

**2013 May Cohen Receptient- Dr. Shelley Ross
Presented by Michele Seaton Gascon of Scotia Bank**



Reproductive Health Award is given in recognition of a FMWC full member seen to contribute the most to reproductive health

**2013 Reproductive Health Award Receptient- Dr. Jan Christilaw
Presented by Ariff Dawoodjee of Forest Laboratories Canada Inc.**



Enid Johnson Macleod Award recognizes either a physician or non-physician for the promotion of women's health research and/or women's health education. This award was established to honour Dr. Enid MacLeod, a long-time member of the Federation from Nova Scotia. Dr MacLeod was known for her research into the use of curare for anaesthesia and remembered for her generosity and warmth of spirit.

**2013 Enid Johnson Macleod Receptient- Dr. Pam Liao
Awarded b y Glaxo Klein Smith**



Honorary Member Award is given annually to usually a non-member of the FMWC, to 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.

2013 Honorary Member Award Receptient- Dr. Samantha Nutt

**Visit our new site at www.fmwc.ca
For latest information, events and FMWC news**



The Medical Women's International Association has as its theme this triennium: Prevention and Elimination of Domestic and Sexual Violence.

With so much written about this topic you have to wonder why the situation for women does not improve. We do know that women often present to their physicians first with issues of violence, yet often physicians do not ask about violence as they are not sure what to do with the answers.

Following the success of the Training Modules on Gender and Health, and Adolescent Sexuality, MWIA plans to write a training manual for physicians and other health professionals on the topic of Preventing and Eliminating Domestic and Sexual Violence. As a preliminary step a survey has been sent to all national associations and I must thank Dr. Vivien Brown for sending back such a complete analysis of the situation in Canada.

With the expertise of Dr. Pamela Liao and other MWIA members, we are in the process of developing webinars on the topic, so if you feel that you have expertise in this area and would like to contribute to the work of the manual or provide education via the webinar, please contact me at secretariat@mwia.net. The website is www.mwia.net.

I would like to remind you that the MWIA Treasurer is Dr. Gail Beck from Ottawa, North American Vice President is Dr. Carole Williams from Victoria and the Federation's National Coordinator is Dr. Vivien Brown from Toronto, so feel free to contact them through the Secretariat.

Dr. Gail Beck, Treasurer of MWIA, has been instrumental in developing an app, called Healthy Minds, to help students deal with stress and anxiety. The app was developed with the Youth Outpatient Psychiatry Team and, as the Director, Dr. Beck was responsible for clinical content. Collaboration also occurred with the Research Director of the hospital and IT people. To download the app, go to your search engine and type in Healthy Minds Royal Ottawa and up will come the link to the App store. The app is free.

Shelley Ross MD
Secretary General MWIA



MWIA Calendar of Upcoming Events 2013-14

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

2014 Northern European Regional Meeting in Denmark
<http://mwianortheu.dk/>

The 30th International MWIA Congress 2016

will be in Vienna, Austria
The tentative dates are July 28-31, 2016. The proposed theme is Generation Y.

MWIA Newsletter for Medical Students & Young Doctors
January 2014 Issue
Now available

<http://mwia.net/>
MWIA is also on twitter
[@MedWIA](https://twitter.com/MedWIA).

From left to right in the front row are: Shelley Ross, Bettina Pfeleiderer, Kyung Ah Park, Afua Hesse

From left to right in the back row are: Mercedes Viteri, Carole Williams, Hiroko Yamamoto, Khatuna Kaladze, Shafika Nasser, Christina Pouliart, Gail Beck, Bong Ok Kim, Helen Goodyear.



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Branch Updates

VANCOUVER BRANCH

Dr. Patricia Warshawski has taken over from Dr. Beverley Tamboline as treasurer of the Vancouver Branch and Isabel Chen, President of the UBC student branch, was appointed national student rep at the AGM. The events Vancouver Branch members recently participated in are: the CIBC Run for the Cure on Oct. 6 and the annual Women in Medicine evening on Wed. Oct. 23 organized by FMWC UBC student group. Speakers were Michiko Maruyama, third year UBC medical student well-known in her program for her incredible art who obtained a degree in Industrial Design prior to starting medical school, and Dr. Teresa Clarke, a physician at the new Complex Chronic Diseases Program at BC Women's Hospital. They shared their fascinating stories of what set them along their career

paths, their experiences as women in medicine, and the unique perspectives they have gained along the way.

Respectful Submitted by:
Dr. Teresa Clark
Branch President Vancouver

KINGSTON BRANCH

The Queen's Women in Medicine Evening took place on October 30th, 2013 with a panel of 8 physicians from diverse backgrounds and experience. There were many medical students as well as some residents in attendance. The discussion topics ranged from choosing specialties, to maintaining professional and personal balance, to gender issues in the workplace. It was a very engaging sessions with lots of questions from the audience and discussion within the panel.

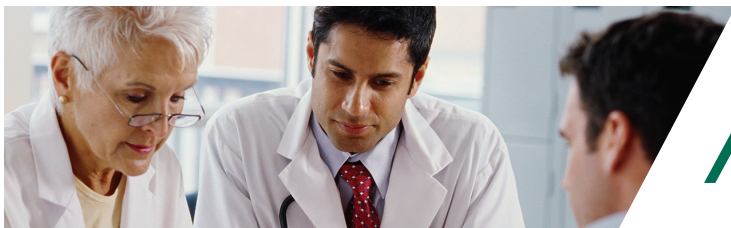
Respectful Submitted by:
Dr. Phoebe Pereria
Branch President Kingston



Left to right: Dr. Ashley Waddington, Dr. Andrea Winthrop, Dr. Rupa Patel, Dr. Mala Joneja

UPCOMING EVENTS

Internaitonal Women's Day-Edmonton Branch -Yoga& Relaxation Session
Contact-FMWC.UofA@gmail.com
Internaitonal Women's Day - Ottawa Branch - Why Educating Girls Matters
Contact- jdollin@uottawa.ca



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*1-877-771-3777 (toll free) or
613-569-5881 (in Ottawa)*

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