



Federation of Medical
Women of Canada

Fédération des femmes
médecins du Canada

Spring
2015

The

Voice



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See what our local
branches are up to.



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To thank you for your
loyalty, we have been
working hard to offer
renewed values to
our members.

Please mark your
calendars and renew
your membership on
May 1st, 2015 via

www.fmwc.ca/renew



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2015 is a busy year
for our mother
organization, the
Medical Women's
International
Association.



President's Update



Greetings from the cold and snowy nation's capital!

While it feels like it has been a long winter, we were lucky to break it up and have the FMWC Interim Board Meeting (IBM) in Ottawa at the end of January. It was the first weekend of Winterlude, and so those of us who braved the weather also got a chance to skate on the canal, see the amazing ice sculptures, and enjoy a Beavertail and hot chocolate.

The IBM was a full day of work on your behalf, and it is my pleasure to update you and highlight a few of our results.

First of all, we have been working very hard to increase our membership and offer renewed value to our members.

With our new website, we have been able to initially capture information about our members to enhance networking, and then streamline the membership process thereafter. We have helped many members renew their membership, and attracted new members, especially members in training. I applaud the efforts of the Ottawa branch, who started an innovative and highly successful campaign to encourage women physicians to 'sponsor' students by covering the small cost of their membership, leading to record numbers of new student members.

Part of the discussion at the IBM focused on redefining our mission and vision as an organization, and appreciating our value proposition as being the voice of women doctors in Canada, across all specialties and provinces. We also addressed the reality that all member organizations are experiencing declining membership. Thus, we will need to not just offer traditional networking or educational programs, which are useful but can also be accessed elsewhere, but offer real value to our members. I welcome your thoughts and input into defining the value of the FMWC. We plan to partner with other organizations to increase our reach, bring you added benefits, and leverage mutual connections and goals.

We are constantly working to enhance our communication to our members. We will continue to have our newsletters available for you in electronic form. As well, watch out for our eBlasts which will offer monthly information from me, or on issues of information or advocacy. Please join in the conversation on our Facebook page or our Twitter account.

We thank you for your enthusiastic response to our request for nominations for the FMWC awards. We learned about the work of many praiseworthy colleagues across the country. We are proud of our award recipients and look forward to revealing the winners at the Awards Luncheon at our Annual General Meeting (AGM). Please keep the awards in mind all year long, and let us know when you think of a deserving candidate.

Speaking of the AGM, Dr. Vivien Brown, President elect, and her AGM Planning Committee have a huge treat in store for you! The 91st Annual FMWC AGM will be held in Toronto, Ontario at the Sheraton Centre Hotel, from September 25-27, 2015. Quoting an African proverb, "If you want to go fast, go alone; if you want to go far, go together", the theme of the AGM focuses on Women Physicians: Power in Partnerships. Watch out for more information in future emails, and on our website. Mark the dates now and plan to attend this conference, listen to inspiring and effective women leaders, meet colleagues and enhance partnerships. I look forward to seeing you there.

Finally, none of this would have been possible without our amazing national executive coordinator, Ana Raffray. Ana arrived less than a year ago, and has already single-handedly reorganized the office and brought everything under control. Feel free to contact our national office to say hello. We are truly lucky to have her!

Sincerely,

Dr. Mamta Gautam
President, Federation of Medical Women of Canada



"Ottawa celebrates International Women's Day with heroes"

March 8th, 2015
Beverly Johnson, *Ottawa Branch Treasurer.*

The Ottawa Branch celebrated International Women's Day enjoying a tasty breakfast with FMWC friends, while hearing an informative presentation from Doctors without Borders. Speakers Heather Thomson and Dr. Ann Duggan had between them done an impressive 22 missions for MSF.

I learned that MSF work is done mainly by local health care providers paid by MSF with about 7% staff being international. As a donor to MSF, I was pleased to hear that donations are used to train and pay local providers in the 70 countries that MSF is operating in. The majority of their work is treating infections and malnutrition. Their security is their white MSF t-shirts and in conflict zones, they will treat both the government and rebel groups. I am impressed by their bravery to work without armed guards.



*Thanks Heather and Dr. Duggan
You are both heroes!*

"Ottawa Branch Members with MSF Heroes"

"Speak Out! A Workshop on Public Speaking"

September 22nd, 2014
Authors: Zeenia Aga and Siqi Xue

*"It's not about you –it's
about your message"*

said political science expert and media spokesperson Dr. Janice Stein, as she encouraged various workshop participants to stand up and deliver an impromptu speech to the crowd.

Alongside heights and spiders, public speaking is perhaps one of the most common phobias. However, unlike the others, the fear of public speaking can often hold one back from speaking up in meetings with a team of colleagues and superiors, standing up in front of a podium and relating to the audiences to inspire and instigate change. Particularly for women in the field of medicine, who have been historically underrepresented in leadership positions nationally and globally, public speaking skills are essential to provide female physicians with visibility, agency and the authority to take a stand.

With the goal of empowering female physicians and medical students with the confidence to showcase our strengths, wisdom and knowledge through verbal expression, the Federation of Medical Women of Canada (FMWC) Toronto Chapter hosted "Speak Out! A Workshop on Public Speaking" on September 11, 2014 at the University of Toronto. Our Chapter had the honour of having Dr. Janice Stein, Director of the Munk School of Global Affairs and long-time panel member of Studio 2 and Diplomatic Immunity on TVOntario, to lead and facilitate the fully booked-out event. Dr. Stein is well known for her work in teaching with the CMA's PMI leadership courses.

Following a networking program over hors d'oeuvres and wine, participants of the evening were welcomed with an introduction of FMWC from the perspectives of both a physician and a medical student. Dr. Stein then took over the floor, sharing with the audience two central lessons on delivering a speech and engaging with the media.

First, the art of presentation involves three steps: defining a core message, supporting it with an explanation, and illustrating it with an example.

"The hardest part", Dr. Stein emphasized, "is to prepare a story that aligns with your positioning statement".



This story would then enable us to reach and connect with our audience. Second, the key to conquer the fear around public speaking is to focus on the content of our presentation, rather than our selves. Most of our anxiety may be attributed to being the centre of attention, but as a public speaker, we only serve as the medium between information and the public. When we divert more attention to the message, we are able to convey it with more facility and accuracy, Dr. Stein explained.

Throughout the rest of the evening, workshop participants had the opportunity to practise these lessons through a variety of relevant public speaking exercises from elevator pitches to the Minister of Health, a welcoming speech as the Dean of Medicine, and addressing the media after a crisis situation at a local hospital. These relevant scenarios were engaging and all presenters were provided with individual guidance and feedback from Dr. Stein.





➔ Upon the successful conclusion of the workshop, many participants commented on the “excellent choice of the speaker” and the “unique educational experience” coordinated by the FMWC Toronto Chapter. The Toronto FMWC chapter is excited to have played part in equipping medical students and physicians with the presentation skills to be vocal advocates for their patients and colleagues, and champions of change.

Many thanks to Dr. Vivien Brown (Past Toronto Branch President and National President Elect), Dr. Pamela Liao and medical students Robin Kaloty, Leema Dhookoo, Nardin Samuel, Siqi Xue and Zeenia Aga for their efforts in organizing this event. This year, we look forward to organizing similar events to establish a powerful voice for women in medicine to advocate for issues of equality in healthcare – stay tuned!



“My personal use of Social Media as a physician”

March 30, 2015
Author: Dr. Janet Dollin
FMWC Communications Committee Chair

This article is a personal reflection on where social media fits into my life in 2015. I can see it’s been in constant evolution over the last number of years so it’s likely to keep on changing quickly. Can I keep up?

In a busy working woman’s world everything is purposeful. Work is accomplished in the most efficient manner. Multitasking is constant. I had to become superb at taming time wasters. We all had to in order to balance caring for family and career. The taming job gets overwhelming at times, with issues at home or at work and the urgent easily takes over the important.

So if social media is going to work for me, it needs to bring me back to doing my “important” stuff. And it has. It helps me in staying connected with friends and

colleagues, in staying up to date on local and international news, medical news, in upgrading medical skills or in staying aware of community groups and NGOs whose work I believe in.

Facebook was something I did not initially understand. Who would want everyone to know everything about my daily activities or who I friended? It was not for me. But I realize I feel this way because of my own generation’s place in this evolving story. I joined Facebook many years ago to try to understand what might be in it for me and I have sadly remained a very occasional “stalker”, watching my children’s postings when they invite me. (yes, they know I am there as they “friended” me) Their use of Facebook has changed over the years- and they are connected to their own networks in so many other ways.

When LinkedIn began, I could see the business case for it- although not for myself at my age and stage, it seemed a natural way for young businesses to network and grow. 2 years ago I met over coffee with a colleague I knew who was using Twitter for medical news to discuss its role in her life. I had been wanting to get our own FMWC on board but we were not yet ready. I had explored using an RSS feed in the past that sent me personally filtered info. But Twitter looked even better. She was clearly using it with a purpose- to share medical political news and opinions and to advocate for better healthcare. I could immediately see its usefulness for me and for our own organization. Posts on Twitter are short and sweet. Timely updates in 140 characters which are links to original articles on the topic by experts you have invited to share with you. In other words, you could filter who you want to receive posts from, and listen to what these groups or individuals are up to. You can advocate for what is important to you by posting and retweeting if you wish.



[Join us on Facebook](#)

For FMWC it means we can hear what our partners are up to and we can also share what we are up to. We are fortunate to have hired Ana as our National Office Coordinator in 2014. She gets the importance that Twitter can play for FMWC. Have you seen our Twitter presence? Maybe heard about our AGM as we Tweeted live from the floor. I invite you to go to Twitter and hear about the recent discussions that we and MWIA were privileged to be a part of at the UN in March 2015, as a fabulous example of what this particular Social Media can do for us. Consider our cervical cancer awareness program, our work on eliminating violence against women, our support of reproductive service equity, our networking capacity, our encouragement of women in medical leadership, and the list just goes on. You can retweet FMWC tweets to let your network hear what we are doing.

FMWC has begun to have a Facebook presence as well, and I can see it has a different and important role for our group. It is a great way to post and share who FMWC is and what we are up to. Those on Facebook are precisely the generation who are needing to share stories that reflect the needs of young clinicians as they graduate, get jobs, seek equitable pay and benefits like parental leaves and flexible work. FMWC could use a lot more input from those who are experiencing these issues right now.



[Follow us on Twitter!](#)

So, to conclude, I am hooked on Twitter in 2015, using Instagram with my family, lukewarm about Facebook, although see it is great for some, and indifferent to LinkedIn for myself personally, for now. Looking forward to whatever is next in the evolution of communications! I would welcome any feedback on how others are using social media.



"When I was a medical student at McMaster University, I was introduced to the Federation of Medical Women of Canada by Dr. May Cohen.

I was taken aback by the warm welcome we received and the support for us 'lowly' (as we saw ourselves) medical students by the inspirational and successful women present. Over the years I have had the pleasure of attending wonderful educational events that helped me grow both personally and professionally and to network with other like-minded women in my medical community. It is a gift I felt very strongly about passing on to the next generation of medical women. As I see the passion and keen intelligence in these young Women, I know that the profession will continue to be in good hands, and that the Federation will continue to grow."

*Dr. Claudia Hubbes, MD, FCFP
Proud sponsor of 5 medical students for FMWC
Family Physician at the Rosemount FHO
Assistant Professor, Dept of Family medicine
at the University of Ottawa.*



[Visit our website for more testimonials!](#)

Ask us about how you can sponsor a student. It only costs \$25 to gift a FMWC student membership.



Congratulations to student members **Heather Braybrook** and **Julie Bowen** for receiving the Ethlynn Trapp Memorial Scholarship administered by the University of British Columbia.



Member Accomplishments

Congratulations to **Dr. Lalita Malhotra** on being featured on MAKERS, a digital and video storytelling platform that aims to be the largest and most dynamic collection of women's stories ever assembled. Through original interviews, MAKERS brings together well-known figures such as Hillary Clinton, Ruth Bader Ginsburg, and Oprah Winfrey, with the trailblazers that need to be known such as Christy Haubegger, the founder of Latina Magazine and Kathrine Switzer, the first women to run the Boston Marathon.

Watch the video [HERE](#) where Dr. Lalita Malhotra talks about moving from India to rural Saskatchewan, starting her own practice in a male-dominated medical community, and bettering her town as a doctor and the "Angel of the North."



Dr. Malhotra receiving a Special Recognition Award at the 2014 Vancouver FMWC AGM alongside her daughter, Dr. Unjali Malhotra



Congratulations to **Dr. Jan Christilaw** on being named as YWCA Metro Vancouver 2015 recipient of the Woman of Distinction Award under the category of Health and Wellness.



Congratulations to **Dr. Wendy V. Norman**. In Oct. 2014, Dr. Norman was awarded the Applied Public Health Research Chair from the Canadian Institutes of Health Research and the Public Health Agency of Canada. The role of the Chair is to support a 5-year program for national family planning health services and public health research, training and knowledge translation. Dr. Norman is incredibly excited about the scope of this role that impacts Canadian women conditions, and particularly to address inequities in access to knowledge, methods and services for family planning among our most disadvantaged populations.



You are invited to come celebrate our 2015 FMWC award winners at the Award luncheon on Saturday, September 26, 2015.



10 Reasons To Join the Federation of Medical Women of Canada

Whether you are a medical student, resident, physician, retired physician or an associate, FMWC provides many professional development and educational opportunities to complement your clinical expertise with practical leadership and networking platforms. We honour and celebrate women in medicine, and even provide you with fun discounts.

Awards & Grants

Get recognition. Fund your dreams.

All FMWC Student, Resident and Physician Members are invited to apply or nominate someone for renowned FMWC awards, as well as grants through the Canadian Medical Women's Foundation (CMWF). You know so many deserving women in medicine quietly revolutionizing our world. Let the rest of Canada and the world know! Contact the national office for more information.

Leadership Opportunities

Join a committee and gain nonprofit engagement experience and recognition in the healthcare workforce.

FMWC's commitment to the empowerment and professional, social and personal advancement of women in medicine includes both developing leaders and providing leadership opportunities within the organization. Volunteer opportunities exist for FMWC Members who would like to participate on one of the FMWC's committees. These committees focus on aspects ranging from communication (including subcommittees: newsletter, website, social media, advocacy), to membership, PAP campaign, nominations and awards. Becoming a FMWC Director, or even being involved with your local chapter, will provide amazing opportunities to strengthen your relationships with other women in medicine while working on a specific initiative.

Public Health Campaigns & Initiatives

Be heard.

FMWC initiates and participates in national campaigns on critical public health issues. Members get the opportunity to advocate via campaigns such as the Annual Cervical Cancer Prevention and Advocacy Program (PAP campaign), meant to increase awareness of the importance of prevention, vaccination and screening to help reduce the number of women dying needlessly from this largely preventable cancer. Consider gaining amplification for your own work to advance women's health through FMWC.

International Opportunities

Explore your interest in global health.

Become a FMWC physician member and you are automatically a member of an international network of women physicians called the Medical Women's International Association (MWIA.net). The MWIA is an international non-governmental organization representing women doctors from all five continents of the world. Understand Canadian issues in an International context, and expand your reach.

Networking

Take part in FMWC's extensive network of women in medicine both locally and nationally.

With these friends and professional contacts in FMWC, you will have a powerful local and national network for personal and professional growth. Connect online, locally, nationally or internationally to build relationships and strengthen your career. Find teachers and experienced practitioners in your field of interest.

Mentoring

Learn from the women who blazed trails before you.

Effective mentorship is likely one of the most important determinants of career success. FMWC realizes training women physician leaders requires communication of "unwritten rules" of successful career advancement. As a member of FMWC you have access to an extensive network of women physicians willing to offer more than career advice. Your FMWC relationships will lead to career advancement opportunities including public speaking engagements, author opportunities, residency positions and job opportunities.

Education & Expertise

Obtain the skills necessary to advance your career.

Whatever your vision is for your future we are here to support your efforts. FMWC connects women through national, regional and local conferences, seminars, lectures, networking/mentoring events, teleconferences and skills training workshops. Our emphasis on leadership training will help you to reach your own goals.

Advocacy

Let us be your microphone. Join our voices.

FMWC is an active participant in national and international health care discussions, and has always stood for advocacy for women in medicine, and health promotion for our women patients. Our members have been key leaders since FMWC's start. For example, we advocate to prevent violence against women and girls. We have a long track record of supporting equitable access to reproductive services across the country. FMWC provides you with the opportunity to support and learn about timely research and legislation on such issues and advocate for healthy change.

Publications

Stay informed

As an FMWC member, you receive a subscription to several publications, including the semi-annual FMWC Newsletter, monthly advocacy eBlasts, President's updates and regular events eBlasts. In addition, our Members also receive the MWIA Newsletter and are often forwarded other interesting topical news from the national office.

But that's not all...we're working hard to save you money too!

The new FMWC Affinity Program

Benefit from our partnerships.

Through corporate partnerships, FMWC Members are entitled to special benefits and discounts from select providers. FMWC has partnered with Flight Centre and Telus Mobility, and is negotiating car rentals, financial services, and many more to thank you for your loyalty. Tell us what else you would like to see in the Affinity Program (Member's Only) section of our website.

MORE BENEFITS FOR YOU IN THE NEXT PAGES! →



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Partner in the FMWC Affinity Program

Dedicated Travel Manager:

As a client of Flight Centre Business Travel, you would be aligned with one dedicated travel manager who will be responsible for all travel bookings and will get to know your organization and its travelers.

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Flight Centre has negotiated fares with almost all airlines that allow us to pass along savings directly back to our clients. These contracted rates are exclusive agreements with Flight Centre and cannot be sourced online.

Guaranteed Options:

You will be provided with a minimum of 3 options with every travel inquiry.

No Contracts:

We do not bind our clients by any type of contract. This holds us accountable to earn your business every time you inquire with us.

Turnaround Time:

We will acknowledge your email request within 20 minutes and provide you with a quote(s) within 2 hours. This turnaround time is negotiable depending on the urgency or nature of your travel inquiry.

Reporting:

We can provide you with summary reporting to help reconcile travel spend with corporate cards, as well as provide an accurate HST breakdown for accounting purposes. We also have specialty reporting that we can run to identify areas where improvements can be made for efficiency and for lowering prices.

24 Hour Emergency Service Line:

Our teams of travel managers are on call and rotate the responsibility of carrying the 24 hour emergency phone. This is not outsourced to a call centre or third party of any kind, and is free of charge.

Flight Centre Business Travel will also set up an personalized travel portal that will allow for online inquiry that will go directly to FMWC's dedicated travel manager with prompt response and turnaround time.

Flight Centre Business Travel will allocate \$10 of the \$35 inclusive booking fee (which is never reapplied for changes, cancellations, or addition of hotels or car rentals) into a dedicated ledger for the FMWC to use at own discretion (AGM, IBM, raffle off to members, etc). Over time, the FMWC wishes to use these funds to sponsor students to attend the AGM



Partner in the FMWC Affinity Program



(This personally paid exclusive offer is not available in stores)

You can order as many phones as you like for your family on the new 2 year plans. As well, save 30% on accessories.

Please visit your online web store at

Website: www.smartcell.ca

Enter the Employee Purchases promotional code.

Username: Corporate Perks

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Carmela@smartcell.ca

We can also transfer your existing telephone number from any carrier. We ship your new devices to you by Purolator delivery fully activated and ready to use.

Offers and conditions subject to change without notice. See web store for most recent hardware costs and plan features.

WorkPerks Employee Value Team
TELUS Business Store, Smart-Cell Communications
424 Catherine St. Ottawa, Ontario



Employee Family Rates

\$35 Voice only option available, log in online for details

\$50 SmartPhone Lite Voice-Texting-1 GB Data Combo

500 Local Calling minutes (Per-second Billing)
Unlimited Local Evening calling 6 pm – 7 am
Unlimited local Weekend Calling
Unlimited Nationwide TELUS to TELUS calling
1 GB High – Speed 4G LTE Internet Data
Picture and video text included
Call Waiting, Voicemail, Call Display
(Only the Smartphone Lite devices for this plan)

\$60 SmartPhone & iPhone Voice-Texting-3 GB Data Combo

Unlimited Calling minutes in Canada
250 Canadian long distance minutes
Unlimited local Weekend Calling
3 GB High – Speed 4G LTE Data
Picture and video text included
Call Waiting, Voicemail, Call Display

\$70 SmartPhone & iPhone Voice-Texting-3 GB Data Combo

Unlimited Calling minutes in Canada
Unlimited Canadian long distance minutes
3 GB SHARABLE High – Speed 4G LTE Data
Picture and video text included
Call Waiting, Voicemail, Call Display
\$150 credit when porting your cell number



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The Federation of Medical Women of Canada

· PRESENTS ·

Annual General Meeting & Educational Sessions

Women Physicians: Power in Partnership

SEPTEMBER 25 - 27, 2015
Sheraton Centre Hotel,
Toronto, ON.

*"If you want to go fast, go alone.
If you want to go far, go together."*
-African Proverb

· SAVE THE DATE ·



Medical Women's International Association (MWIA) Report

March 15th, 2015

Author: Dr. Shelley Ross, Secretary General, MWIA

2015 is going to be a busy year for MWIA.

Many of us recently returned from the Commission on the Status of Women at the United Nations in New York where the theme was Beijing +20. You may recall that in 1995 the Fourth World Conference on Women was held in Beijing which produced the Beijing Platform for Action. This platform addressed twelve critical areas of concern including women and health, violence against women, human rights of women, and the girl child. These are issues that continue to be as relevant today as they were twenty years ago. Since the Beijing meeting there has been the development of many policies and laws throughout the world. This CSW meeting encouraged governments to speed up the implementation of these laws which has not occurred to date.

MWIA held a parallel event entitled, The Role of MWIA in Promoting Health and Reproductive Rights since Beijing and Beyond. On the panel in addition to the MWIA members were Ruchira Gupta, founder of Apne Aap, an NGO fighting trafficking of women and girls for prostitution, and the winner of the CSW NGO Woman of Distinction Award, and Her Excellency Professor Malgorzata Fuszara, the Polish Government Plenipotentiary for Equal Treatment.

MWIA has partnered with the Zonta Clubs in Toronto and Kitchener who is making birthing kits for indigent women throughout the world. While in New York, it was possible to personally hand over 300 kits to Her Excellency Dame Cecile La Grenade, Governor General of Grenada. Kits had previously been sent to the Tabish Organization in Kabul, Afghanistan, which provides maternity services to internally displaced persons in camps surrounding Kabul. If any of the Federation members have suggestions as to where these kits could be useful, please contact MWIA at secretariat@mwia.net.

Dr. Gabrielle Casper, a past MWIA President from Australia, was able to connect with Rotary in Australia to donate mobile ultrasound units. She brought these to CSW with her and connections were made to personally transport them to Nigeria, Ghana, Grenada, Tanzania, Rwanda and Afghanistan.

There are many meetings occurring in 2015 including regional meetings in Taiwan, Ghana, India, and North America. I am pleased to thank the Federation for hosting the North American Regional Meeting for MWIA along with the annual meeting for 2015 in Toronto. The executive of MWIA will meet in Toronto just before the Federation meeting in order to stay on and meet many of North America's members.

Our American neighbours are celebrating 100 years of the American Medical Women's Association in April in Chicago and I hope to see many of you there. They are looking forward to joining us in Toronto for the North American regional meeting.

The Vancouver Branch of the Federation is having a retreat in Harrison Hot Springs the weekend of May 1st and all Federation members from across the country are welcome. Please email drteresaclarke@gmail.com to register.

As MWIA was started in New York City in 1919, AMWA has agreed to host the 2019 meeting for MWIA which will be the 100th anniversary. Details will follow later.

Please mark your calendars now for the 30th International Congress of MWIA, which will be held in Vienna, Austria, July 28-31, 2016. The theme is Generation Y- Challenges of the Future for Female Medical Doctors. The website is <http://www.mwiavienna2016.org/en/general-information/>. Registration is open and the call for abstracts has gone out. If you have never attended an international MWIA congress, I encourage you to do so.



Upcoming Events

April 16-18, 2015: Oslo, Norway.

World Medical Association Council Session
www.wma.net

April 24-25, 2015: Taipei, Taiwan

MWIA Western Pacific Regional Meeting
Evergreen International Convention Centre
<http://www.tmtwa.com.tw/2015mwia-wprm>

April 24-27, 2015, Chicago, Illinois, USA

100th Anniversary Meeting of the American Medical Women's Association Celebrating a Century Past and Embracing an Empowered and Innovative Future
Palmer House Hilton, Chicago
<http://www.amwa-doc.org/centennial-meeting-registration/>

May 1-3, 2015: Harrison Hot Springs Resort, BC Canada

Retreat by the Vancouver Branch of the FMWC.

Contact Dr. Teresa Clarke:
drteresaclarke@gmail.com

May 15, 2015. Macdonald Manchester Spa Hotel, London Road, Manchester, UK

Medical Women's Federation of the UK Spring Conference 2015 - Stepping Up & Speaking Out: Empowering Women Doctors and their Patients
www.medicalwomensfederation.org.uk

July 8-10, 2015: Accra, Ghana

MWIA Near East and Africa Regional Meeting. The theme is the Obesity Pandemic and Helping the woman and her family
Subtheme is Domestic and Sexual Violence
Registration information will be posted on www.mwia.net when available

September 25-27, 2015: Toronto, Canada

North American Regional Meeting of MWIA in conjunction with the annual meeting of the Federation of Medical Women of Canada and the executive meeting of MWIA
Toronto Sheraton Hotel
<http://fmwc.ca/events/agm2015/>

November 15, 2015: Brussels, Belgium

Southern European Regional Meeting
For registration please contact Dr. Christiane Pouliart
VP_southerneurope@mwia.net

December 6-7, 2015: Calcutta, India

Central Asia Regional Meeting
Contact information will appear on www.mwia.net as it becomes available

July 28-31, 2016: Vienna, Austria

30th International Congress of MWIA
The theme is Generation Y: Challenges of the Future for Female Medical Doctors
www.mwiavienna2016.org



"How's It Going, Dr. Mom?"

November 30th, 2014

Author: Brittany Smallegange,
University of Ottawa FMWC Student Representative

"This year we had over 100 attendees and attracted a number of new student members to the FMWC Ottawa Branch."

In November 2014, the Ottawa FMWC Student Representatives hosted our annual "How's It Going, Dr. Mom?" panel event at the University of Ottawa. We have been organizing this event for a few years now, and every year it gets more hype, increased attendance and draws in more student members for FMWC.

This year we had over 100 attendees and attracted a number of new student members to the FMWC Ottawa Branch. The aim of this event is to provide students with the opportunity to interact with women in medicine, to discover the unique challenges faced by women physicians and to get a glimpse of the different career paths available to them. Topics such as career pathways, work-life balance and balancing work with family are popular themes that come up every year. However, every year our panel has been unique, offering something new or a different outlook on these topics. I have attended the event three times now. Every year the atmosphere of the event is a little bit different and I come away with new found thoughts and wisdom that I hadn't thought of the year before.

"Each speaker was unique in their journey"

This year, the panel was comprised of five accomplished female physicians and mothers. Each speaker was unique in their journey. Some were just finishing residency and starting up a practice, while others had practiced medicine for thirty years and were now proud grandmothers. Speakers came from a variety of backgrounds and specialties, and represented both academic and community medicine. Each of their journeys as a physician and as a mother was unique. Our five panelists this year were: Dr. Jessica Dy (Obstetrics and Gynecology), Dr. Radka Lenz (Psychiatry), Dr. Carolyn Nessim (Surgical Oncology), Dr. Louise Pilon (Public Health) and Dr. Kathryn Rutherford (Family and Emergency Medicine).

Each member of the panel shared their story over dinner. I believe that all of the panelists offered positive but also realistic stories and advice to the students. At the end of the event, students were able to ask questions to the panelists. Many questions were asked, prompting great discussions.

As a medical student, it can be hard to see passed graduation and residency. The thought of finishing a training program, starting a practice, paying off student debt, deciding where to work and what other professional and leadership positions to take on becomes daunting, and the list seems endless. Above and beyond this, we are thinking about when to start a family, raising children and being the best partner and parent that we can be. What did I learn from Dr. Mom? I learned that there isn't one way to do it all and make it work. Each of these women had their own set of challenges and approached them differently. Know yourself and your priorities and be organized. Life brings challenges that you might never expect, but if you are resilient and have a supportive group of people around you, you will always find a way to make things work!

"Each member of the panel shared their story over dinner. I believe that all of the panelists offered positive but also realistic stories and advice to the students"

"I learned that there isn't one way to do it all and make it work. Each of these women had their own set of challenges and approached them differently."



Males and the Gardasil vaccine: Anti-vaccine culture or gender discrimination issue?

March 30th, 2015

Author: Linsay Campbell

With recent debates about vaccination culture all over the world, it remains to be seen what the reaction of the public will be when a new medical advancement of a vaccine makes its way into Canadian doctors' offices, health clinics and hospitals. Health Canada approved a second-generation HPV vaccine on Feb. 5, called Gardasil 9. The new vaccine protects against five more cancer-causing HPV strains than the original, and is said to be available in Canada by the end of the spring.

"This is exciting news," Frances McEvoy, nurse manager at Carleton University Health and Counselling Services, said. "Gardasil is not only important, but it's a popular vaccine too. In this age group [of university students] we give it more and more. Since 2010 when it was introduced into the male population and allowed off label to be given to males, we've introduced it to everyone in the clinic. Everyone should have it. Everyone."

According to the Public Health Agency of Canada, the Gardasil vaccine is authorized for females nine to 45 years of age and for males nine to 26 years. But McEvoy said that she's noticed a large difference in numbers between males and females who have decided to protect themselves against HPV.

"We have about 35,000 students visit the clinic a year," she said. "I would say in over a year, we have 2,000 women who are given the HPV vaccine. For men, it's low. We have to continue the conversation with them, but I would say we only have about 200 who are given this vaccine."

Lucie Bucci, executive manager at Immunize Canada said it is very important to vaccinate both males and females against HPV.

"HPV is one of the most common sexually transmitted infections in Canada," she said. "HPV infections occurs in approximately 75 per cent of sexually active Canadians, and most individuals don't show any signs or symptoms which means they can pass the virus on to others without even knowing it. Boys and men are equally at risk of genital warts and certain cancers caused by HPV," she explained.

Philippe Des Rivieres, a first year international business student at Carleton University said he has not received the HPV vaccine because he does not know how it would benefit him.

"When I think of the HPV vaccine, the first thing I associate it with is girls," he said. "I've always thought that vaccine was used to prevent vaginal or cervical cancer in girls. I've never had my doctor talk about it with me or explain the importance of receiving it."

Dr. Janet Dollin, Ottawa physician and past president of the Federation of Medical Women of Canada said because the first discovery of the vaccine was found to prevent cervical cancer in women, most people share that misconception even though recent research says otherwise.

"We are witnessing the evolution of medicine and how evidence for what we recommend evolves," she explained. "Because cervical cancer is a disease of only women, original studies were first done on women only. Then, it became clear that HPV causes more than cervical cancers. It is a sexually transmitted virus that can also cause anal and throat cancers in men, as well as devastating warts in both sexes."

Although medicine was delayed in its discoveries, Dollin said that now is the time to advertise the importance of vaccinating everyone.

"Because HPV is sexually transmitted, prevention in boys will protect girls as well," she said. "It took some time to come to this conclusion, because the safety studies in boys and men had lagged behind. The advertising could only be done once we knew these studies confirmed safety and effectiveness, and they definitely did."

Des Rivieres said he feels that certain physicians do not weight the importance of giving their male patients the HPV vaccine very highly.

"I know for a fact that a few of my friends had their doctors recommend it for them to get it, but then they decided not to," he explained. "They said their doctors told them that it wasn't as big of a deal for guys and that it's more of a risk for girls."

Laura Leclerc, a second year law student at Carleton said that she has always felt that encouragement for vaccine recipients has been one sided.

"Men make up half of the population. No one should just expect women to get vaccinated so that they are safe from HPV. Ads should be specifically geared towards men," she said. "I do not understand what would make someone not want to have protection against HPV ... I would rather spend the time and money on getting the vaccine than living my whole life with an illness that could have easily been prevented."

Ultimately, Des Rivieres said that most men he knows of do not feel the need to prevent the virus because they are under the assumption that girls have already taken the proper precautions.

"I don't feel like getting this new vaccine would affect me too much and I know most guys aren't thinking about getting this vaccine because they know that the majority of girls already have it," he said. "If most girls already have it, then everybody's protected. It just doesn't benefit me as much."

When asked about the possibility of new advertising techniques about Gardasil 9, Merck and Co., the pharmaceutical company that sells the vaccine, declined to comment.

For McEvoy, her view on the difference in numbers at Carleton is part of a larger issue that has to change.

"It's truly a gender discrimination issue. These drug companies show more females than they do males in their advertisements ... Women have had to take care of the contraceptive aspect of their lives and the feeling is that we as women should be responsible for this vaccination too," she explained. "It's about time that men take ownership of their sexuality."



Women in Medicine Evening

March 30th, 2015
Author: Margaret Shkimba

Dr. Anne Niec and the Gender and Health Education Initiative at McMaster University hosted a Women in Medicine Evening on Tuesday October 28, 2014 in the Atrium of McMaster Innovation Park. The event was attended by medical students, residents, physician assistant students, faculty and guests from the Federation of Medical Women of Canada.

The keynote speaker was Dr. Susan Reid, Chair and Professor, Department of Surgery at McMaster University who spoke on her journey, beginning in surgery and progressively moving from one leadership opportunity to another, stretching skills and learning experiences to accommodate increased responsibilities with each new role. Dr. Reid was named Chair, Department of Surgery in 2012, the first female chair of surgery in a Canadian medical school.

A panel of women leaders in the Faculty of Health Sciences was convened to share their career stories: Dr. Anne Wong, Assistant Dean, Program for Faculty Development; Dr. Cathy Risdon, Associate Chair, Academic, Department of Family Medicine; Dr. Shannon Bates, May

Cohen, Eli Lilly Chair in Women's Health; and Dr. Cathy Morris, Assistant Dean, Undergraduate MD Program, Waterloo Regional Campus. Panelists were asked to speak on their leadership journey and to share any learning they've had from it, including the role of mentors and role models as well as strategies they used to keep themselves grounded. Dr. Vivian Brown from the Federation of Medical Women of Canada spoke about the importance of the Federation for both women physicians and women patients

The evening began with a reception for students and faculty. Faculty wore name tags indicating their name and speciality along with a request to the students to ask them about..... whatever they felt they would like to talk about with students. Some highlighted their specialty, some their administrative roles, and many simply said: Ask me anything! That got the ball rolling and it wasn't long before the Atrium was full of clusters of women eagerly engaged in sharing information, knowledge and advice with each other. Students earned raffle tickets for each question they asked, with the tickets entering into a draw for a year membership to the FMWC.

The lucky winners were: Courtney Fedorko, Savitoj Khehra, Kelly Wilson,

May Sanaee, Zhen Meng, Jillian Coleby. All students in the MD program. Their memberships will begin with the 2015 membership year.

The energy in the room was palpable. The students appreciated the opportunity to meet faculty outside of the formal learning environment where they could ask questions and pursue their interests in a safe and welcoming space. Faculty welcomed the opportunity to connect with a new cohort of students, but they also enjoyed the chance to meet colleagues and peers they don't encounter on a regular basis. To some extent, it was like a homecoming for many women faculty.

The Women in Medicine Evening at McMaster has been resurrected in 2014-15 after a 10-year hiatus. The event invites all first-year medical and physician assistant students to meet senior women academic physicians from a variety of roles to explore the career and family-work issues important to women students as they negotiate their career journey in medicine. It started under the leadership of Dr. May Cohen, and we recognize her continued influence in providing space for women in medicine to share experience, knowledge and career advice.

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The FMWC Newsletter Committee had worked hard on giving the newsletter a fresh new look. We want to know what you think! Give us your feedback; tell us your news and what matters to you.



Submissions for the next issue must be sent to the National Office via fmwcmain@fmwc.ca before Tuesday, September 1st, 2015

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