



Federation of Medical
Women of Canada

Fédération des femmes
médecins du Canada

Summer
2018

The

Voice

of Women in Medicine



Page
3

AGM update
and see you
in Toronto!



Page
9

Congratulations
to the 2018
Award Winners!



Page
7

Get involved!



Summer
2018

2

President's Update



I am grateful for the amazing opportunity to be 94th National President of the Federation of Medical Women of Canada. It is my ninth month of being President and I am continuing to meet engaged FMWC members and enjoying working on our two established advocacy areas: HPV Prevention Week, and the Pap Campaign and our new advocacy areas: Women's Cardiac and Cerebrovascular Health and Women, Peace and Security. Please see our website's [advocacy tab](#) for information on our four advocacy areas. I plan to

share some of the highlights from FMWC events of the last few months and tell you about a brand new collaborative advocacy project.

First, a few of the highlights: I attended the American Medical Women's Association (AMWA) meeting in March 2018 in Philadelphia, in conjunction with the Medical Women's International Association (MWIA) North America regional meeting. I reconnected with old friends and met new ones, including our MWIA President, Dr. Bettina Pfleiderer

from Germany. Dr. Pfleiderer shared with me some recommendations from our Mother organization MWIA:

- Both our women and male physicians who have leadership potential must be mentored now for their future leadership roles. Once mentored they must be encouraged to undertake these leadership roles.
- Society must move beyond blaming women physicians for the unpleasant changes that have affected the



Dr. Johnson among MWIA leaders at the AMWA meeting in Philadelphia.

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2018 Annual General Meeting
& Educational Sessions

**Women Physicians:
Making a World of Difference**

September 21 - 23, 2018
InterContinental Toronto Yorkville Hotel

practice of medicine, but rather acknowledge the true reasons, which are lack of resources and third-party control.

- Established physicians must move beyond the insistence that the new graduates work as they have always worked. Let us move on to finding ways to deliver health care that will meet the needs of both the public and the physician. Bright minds are not going to be attracted to a profession that fails to provide job satisfaction, status, influence and lack of monetary reward.

Congratulations to AMWA and new President Dr. Connie Newman on their very successful 103rd National Convention.

In April, I traveled with two other FMWC executives, Dr. Anne Niec and Dr. Clover Hemans and our Social Media Editor, Margaret to London, Ontario to attend



Summer
2018

3

the Canadian Medical Hall of Fame induction of Dr. Emily Stowe into its ranks. This was a momentous occasion. Dr. Stowe eschewed the medical men of her time to practice without a license. The recognition paid to her influential work in promoting women in medicine is long overdue and came to a standing ovation as her great-granddaughters, Megaera Fitzpatrick and Mary Jane Stowe, looked on with pride. It was a truly touching moment and one we all felt proud in being a part of. For a summary and photos, please see the write up on our blog, [WoMED](#).



FMWC Executives Dr. Clover Hemans, Dr. Anne Nice, and Dr. Bev Johnson at the Canadian Medical Hall of Fame.

We visited with Senator McPhedran in May, when we were invited to Parliament Hill for dinner and a presentation on the UN Women, Peace and Security Agenda. It was a gorgeous day on Parliament Hill as we assembled outside and waited while we cleared security. Once inside, the decision was made to leave the elevator and walk up the 5 flights of stairs to the dining room – a little exercise before dinner. Our guide noted we were probably the only group to have done that in her memory! We were especially honored as the Senate will be closed to renovations for the next 10 years and this opportunity would be our last to see it as it was. There's a summary of the meeting [on our blog](#). Senator McPhedran spoke to us on the history of the many years it took to add resolutions on women in conflict situations to the United Nations Security Council resolutions the [Canada's National Action Plan 2017-2022](#) addresses our international commitment to fighting violence against women. We celebrated the inaugural National Physician's Day on May 1 along with doctors all across Canada. As you probably know, May 1 is also the birthday of Emily Stowe. Another fantastic honour for this radical woman. Senator Marilou McPhedran (ISG) has [voiced her support](#) in the Senate of Canada for this day to be legislated.



FMWC Women, Peace and Security group with Senator Marilou McPhedran (ISG) in the Parliamentary Dining Room.

Most recently, in June, I attended the inaugural Canadian Women in Medicine Wellness Convention. It was wonderful to see so many women physicians gather and I was proud to represent the Federation and honored to be our representative as they form their new organization, [Canadian Women in Medicine](#). Over the past year I have worked with Dr. Anne Niec, Dr. Mamta Gautam and Dr. Kathleen Gartke creating a partnership with this new organization. There is an option to become a [joint member](#) of both organizations and I want to welcome over 60 new members to FMWC. I look forward to meeting you at our branch events across Canada and our [National Conference Sept 21-23, 2018 in Toronto](#).



Leadership Council of the newly formed CWIM

The #MeToo movement has sparked discussion across the country about the issues of harassment, bullying and sexual violence. Dr. Gigi Osler (President Elect CMA) hosted myself and Dr. Debra Boyce (First Vice President Canadian Medical Protective Association) at a dinner in May to discuss collaborations around Women in Medicine and #MeToo. I am forming a new committee, a fifth advocacy area as we continue the work we have been doing on this very important topic. Several FMWC blogs have been written on #MeToo including: "[Is it Medicine's #MeToo or #TimesUp Moment Yet?](#)" and "[Is it Time for #MeToo in Medicine?](#)". These posts can also be found on the [WoMed blog](#). The #MeToo stories are a signal that #TimesUP on sexual harassment and abuse in medicine. Follow the hashtags #MeTooMedicine on Twitter to stay abreast of this trending topic

and what's being done to address these issues. As of today, the FMWC has over 2000 followers @FMWCanada, thanks Margaret for your continued work connecting women physicians on a wide array of issues.



Dr. Bev Johnson, FMWC National President; Dr. Gigi Osler, CMA President-Elect; and Dr. Debra Boyce, CMPA First Vice-President.

As part of our partnership with the [Women Peace and Security Network](#), we have circulated on the WoMed blog a petition in [Support of the UN Feminist Network in Ending Sexual Assault and Discrimination at the UN](#). According to the UN Feminist Network, the serious, ongoing problem of sexual harassment and assault in the UN is compromising women's peace and security both at the UN and in the field. Take a moment to visit the petition if you haven't already and [consider adding your name to the others](#).

I would like to mention the achievements of 3 of our members, knowing that for sure there are many others that I hope are being celebrated in our branches across Canada. Please contact our blog editor [Margaret](#), so we can celebrate our members achievements on our Facebook page. Congratulations to Dr. Shelly Ross for being awarded the [Doctors of BC Medal of Service](#). This recognition of your commitment to your patients and practice is well deserved. Congratulations are also in order to our National Co-treasurer and Past President, Dr. Kathleen Gartke on her appointment to Senior Medical Officer, The Ottawa Hospital. Ottawa branch member, Dr. Merrilee Fullerton is now our Kanata-Carleton MPP, bringing a community family physician's voice to the Legislative Assembly of Ontario.

I want to wish everyone a wonderful summer and hope you will enjoy time spent with family and friends. I look forward to seeing you all at our [AGM and Conference in Toronto, September 21-23, 2018](#) and at the [MWIA Centennial Congress to be held July 25-28, 2019](#). Best wishes to all of our medical student members beginning their Residencies in



Summer
2018

4

July 2018. Many thanks and good luck to Danusha Jebanasan, FMWC National Student Representative from Ottawa, who is beginning her family medicine residency at McMaster University, Waterloo Site.



Dr. Danusha Jebanasan and Dr. Bev Johnson

A warm welcome to our new FMWC-CWIM joint members.

Kind regards,

Beverly Johnson MD CCFP

94th President Federation of
Medical Women of Canada



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

An invite from your President-Elect



Dear Colleagues,

As chair of the AGM planning committee, I am pleased to invite you to join with us as we celebrate our [95th AGM and Educational Sessions](#). It has been an honour and distinct pleasure to help bring together an outstanding group of speakers for our educational sessions under the theme - **Women Physicians: Making A World Of Difference**.

[Dr. Lynda Redwood-Campbell](#), global physician and humanitarian, and [Dr. Jill Stein](#), leader of the [US Green Party](#), presidential candidate in the US 2016 election, and environmental activist will deliver inspiring keynote presentations exemplifying how we can make a difference in the world around us.

The women's health component of the program features:

- [Dr. Charissa Patricelli](#), along with Maura Gowans, RSW, will be addressing the difficult and pressing issue of domestic violence.
- [Dr. Vivien Brown](#) will share with us her expertise on HPV
- [Dr. Marla Shapiro](#) will discuss the management of the vaginal symptoms of menopause. [Dr. Carol Redmond](#) will speak regarding fertility and advanced maternal age.
- Dr. Kayli Balaban, a perinatal psychiatrist, will explore postpartum depression.

We will round off the educational sessions with a series of presentations focused on taking care of ourselves:

mindfulness, self resilience, and non-surgical rejuvenation. We are thrilled to have [Dr. Aileen-Burford Mason](#), a biochemist, immunologist, cell biologist AND author who will talk about her new book **Optimizing Brain Power At Any Age**.

Our elegant Saturday Night Social will be held at the [Bata Shoe Museum](#) and will include live music, tours of the galleries, including the [Manolo Blahnik exhibit](#), [The Art of Shoes](#), the final stop on this international tour and only North American showing. And of course, there will be cocktails, food stations, and more! I hope you will consider joining us.

The pre-conference activities begin on Friday with a workshop entitled “#MeToo in the Medical Workplace” that will be led by physician leader, psychiatrist and author, [Dr. Mamta Gautam](#). [MD Financial Management](#) will be hosting a “Nibble and Learn” session with consultants available to answer all your financial planning questions.

This year's meeting has something stimulating, inspiring and fun for everyone at any and every stage of their career.

I invite you all to join us as we celebrate the Federation of Medical Women of Canada's 95th year, by attending our AGM and Educational Sessions. It's a wonderful opportunity to meet energetic, friendly, like-minded physicians and hear fabulous talks on a variety of women's health topics. You will be reminded, and at times astounded, at how much we as women physicians truly make a difference.

Sincerely,

[Kathee Andrews](#) MD MCFP, NCMP
President-Elect, FMWC



WOMEN PHYSICIANS: *Making a World of Difference*

Call for Medical Student and Resident Abstracts

September 21-23rd, 2018

2018 Annual General Meeting, Toronto ON

Submission Deadline: July 31st, 2018 at 11:59pm EST.

FMWC seeks to be the networking and professional development home for all Canadian women in the medical profession while being the preeminent advocate for women's health across Canada.

The FMWC AGM is attended by women physicians in all fields of medicine. The presentations include seminars on: leadership, networking, work-life balance, and career transitions. This is an excellent opportunity to showcase your work and network with specialists from across the province and country.

FMWC is now accepting abstracts for the Annual General Meeting in Toronto, ON. Abstract submission is open to medical students and residents who are **current FMWC members** (register at: www.fmwc.ca). Submissions will NOT be considered if the presenter is not a member of the FMWC. However, registration for the conference can be postponed until after you have received confirmation of acceptance of the abstract for presentation. Please note that it is acceptable for a co-author to present the poster. We encourage poster topics related to sex and gender differences, enriching women physician's leadership and women's health issues.

WE INVITE YOU TO SUBMIT YOUR ABSTRACTS [HERE](#).

Submissions will undergo peer review and selected abstracts will be invited to participate in our poster session (Sunday, September 23rd, 10:00-10:30AM). The author of the **top two abstracts will be awarded an opportunity to give a formal oral presentation at the AGM, which will occur on Sunday, September 23rd from 9:30-10:00.**

The abstract limit is 250 words (**not including title, authors, and affiliations**) and submissions should be formatted using the following headings:

- Background and Objectives
- Methods
- Results and Discussion
- Conclusions

The organizing committee will be selecting the top resident and medical student abstracts for a prize based on the following criteria:

- Clarity and depth of writing
- Ability of the abstract to stimulate discussion
- Relevance to women's health issues
- Overall impression of the abstract

Please note: by submitting an abstract, you are giving consent for the FMWC to include your abstract in a pamphlet which will be available in print at the AGM and will be posted on the FMWC website.

Questions can be forwarded to Brittany Dyer (brittany.dyer@dfm.queensu.ca).

Thank you,

Brittany Dyer, National Resident Representative

Danusha Jebanesan, National Student Representative



Women Physicians: Making a World of Difference

Taking care of ourselves, those close to home, and the world around

InterContinental Toronto Yorkville Hotel, Toronto (ON)

September 21-23, 2018

Federation of Medical
Women of Canada

Fédération des femmes
médecins du Canada

CONFERENCE AT A GLANCE

FRIDAY, SEPTEMBER 21 | InterContinental Toronto Yorkville Hotel

8:30 - 12:00	2017-18 Annual Board Meeting (Directors only)	Location TBC
12:00 - 13:00	Registration	
12:00 - 13:00	Nibble and Learn with MD Financial Management (FREE with Separate Registration Required) Meet with MDFM Advisors among a cohort of your peers getting answers to financial questions you didn't even know you had.	Location TBC
13:00 - 14:30	Pre-Conference Workshops (Separate registration required) DR. MAMTA GAUTAM – <i>#MeToo in the Medical Workplace</i>	Location TBC
18:30 - 20:00	Cocktail Reception & Conference Welcome (Open to all attendees - hors d'oeuvres & drinks provided)	OMA Offices

SATURDAY, SEPTEMBER 22 | InterContinental Toronto Yorkville Hotel

6:30 - 7:00	Registration & Breakfast	Rooms TBC
7:00 - 8:00	Breakfast Symposium DR. MARLA SHAPIRO – <i>Sexual Dysfunction and Vaginal Symptoms: New Treatments</i>	
8:00 - 9:15	Annual General Meeting	Rooms TBC
9:15 - 9:20	Opening Remarks	
9:20 - 10:00	Keynote Address DR. LYNDA REDWOOD-CAMPBELL – <i>Making a World of Difference: Working in the Humanitarian Field</i>	Rooms TBC
10:00 - 10:45	Nutrition Break – Visit Our Sponsors	
	Plenary 1	Rooms TBC
10:45 - 11:15	DR. CAROL REDMOND– <i>Pregnancy Postponed</i>	
11:15 - 11:45	DR. KAYLI BALABAN – <i>Perinatal Depression and Anxiety</i>	
12:00 - 13:30	Awards Luncheon	Rooms TBC
	Plenary 2	Rooms TBC
13:30 - 14:00	DR. MARLA SHAPIRO – <i>Social Media and the Impact on Women's Health</i>	
14:00 - 14:30	DR. CHARISSA PATRICELLI & MAURA GOWANS, RSW – <i>This I know is true: Stories of Courage and Empowerment in Intimate Partner Violence</i>	
15:00 - 15:45	Nutrition Break – Visit Our Sponsors	Rooms TBC
	Plenary 3	
15:30 -16:00	DR. AILEEN BUFORD MASON – <i>Nutrition and Brain Health</i>	
16:00 - 16:30	DR. SHAILLIA VAYDIA – <i>Healing the Healers: Neuroscience of Self-Compassion</i>	
	Gala	Bata Shoe Museum
18:30 - 21:30	Join us for a fabulous night at the Bata Shoe Museum. (Separate Registration Required)	

SUNDAY, SEPTEMBER 23 | InterContinental Toronto Yorkville Hotel

7:00 - 7:30	Registration	Rooms TBC
7:30 - 8:30	Breakfast Symposium DR. VIVIEN BROWN – <i>Global Impact of HPV</i>	Rooms TBC
8:30 - 9:30	Top Abstract Research Presentations	Rooms TBC
	Plenary 4	Rooms TBC
9:00 - 9:30	DR. JENNIFER PEARLMAN – <i>Non-Surgical Rejuvenation</i>	
9:30 - 10:00	DR. VIVIEN BROWN – <i>Healthy Aging: How do we talk to our patients?</i>	
10:00 - 10:30	Nutrition Break & Student & Resident Poster Session	Rooms TBC
10:30 - 11:30	Keynote Address DR. JILL STEIN – <i>Healing and Activism for People, Planet & Peace</i>	Rooms TBC
11:30 - 11:45	Closing Remarks	Rooms TBC
12:00 - 13:15	2017-2018 Board of Directors Meeting (Directors only - lunch provided)	Rooms TBC

REGISTER NOW: <https://fmwc.ca/2018-agm/>



Summer
2018

7



YOU'RE INVITED



COME CELEBRATE THE FMWC'S 94th

2018 AGM & Educational Sessions

WOMEN PHYSICIANS: MAKING A WORLD OF DIFFERENCE

September 21 - 23, 2018

InterContinental Toronto Yorkville Hotel

SOME OF OUR THOUGHT-PROVOKING TOPICS

WORKING IN THE HUMANITARIAN FIELD

HEALING & ACTIVISM

PERINATAL DEPRESSION & ANXIETY

SOCIAL MEDIA AND WOMEN'S HEALTH

NUTRITION & BRAIN HEALTH

HEALING THE HEALERS

INTIMATE PARTNER VIOLENCE

PREGNANCY POSTPONED

AND MUCH MORE!

OUR STIMULATING WORKSHOPS

WORKSHOP 1 ... #MeToo IN THE MEDICAL WORKPLACE WITH DR. MAMTA GAUTAM

WORKSHOP 2 ... To be confirmed – Stay tuned for details!

Separate registration is required for the workshops.

SOME OF OUR INSPIRING SPEAKERS

DR. JILL STEIN (USA) ... 2016 US Green Party Presidential Candidate • Leader • Speaker • Women's Health Advocate

DR. LYNDA REDWOOD-CAMPBELL ... Humanitarian • Professor • Leader • Speaker

DR. VIVIEN BROWN ... Author • Leader • Speaker • Women's Health Advocate

DR. MARLA SHAPIRO ... Author • Health Journalist • Speaker

DR. AILEEN BURFORD-MASON ... Author • Orthomolecular Nutrition Expert • Speaker

Registration is now open at fmwc.ca/2018-agm

See you there!



Congratulations to the 2018 Award Winners!

FMWC Honourary Member

This award is presented annually to a person who has rendered outstanding service to one or more of medicine, women's health, and/or women physician's fields.

This year's Honourary member is **Dr. Joanna Bates.**

Dr. Bates is the Director of the Centre for Medical Education Scholarship at the University of British Columbia and is being recognized for her work as an educator, innovator, and researcher. Her work is wide-reaching and includes leading and developing the expansion and distribution of the University of British Columbia's Faculty of Medicine Program to the North and Island Medical Programs. While associate dean she created the Aboriginal Admissions Program, where there have now been over 50 graduates.



May Cohen Award

The May Cohen Award is presented annually to the FMWC Full Member that best personifies the legacy of Dr. May Cohen and her unique ability to transfer the FMWC vision into living action in support of women physicians and women's health.

This award is being presented to **Dr. Vivien Brown.**

Dr. Vivien Brown is a family physician in Toronto, past-president of the FMWC, and tireless advocate for women's health, specifically in the areas of healthy aging and HPV Prevention. Most recently, Dr. Brown lead the development and implementation of the world's first HPV Prevention Week, held across Canada from October 1-7, 2017. Her ability to bring national and international attention to the burden of HPV in both women and men are unparalleled, bringing action to the goal of eliminating cancer caused by HPV.



The **Enid Johnson MacLeod Award** This award recognizes any FMWC member involved in 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 anesthesia and remembered for her generosity and warmth of spirit.

This award is being presented to **Dr. Angel Arnaut.**

Dr. Arnaut is a breast surgical oncologist in Ottawa, specializing in minimally invasive breast surgical



Summer
2018

techniques. It is her commitment to make the Breast Health Centre at The Ottawa Hospital into a leading institution in North America. Her research has led to less routine use of testing, reducing exposure to unnecessary radiation, and preventing delay of treatment. Dr. Arnaout was named to the Order of Ottawa in 2014, recognizing her skill, dedication, and compassion while continuing to improve the care of cancer patients.



Student Leadership Award

The Student Leadership Award is presented annually to recognize the FMWC medical student member showing the most potential in the realm of leadership.

This award is being presented to **Ms. Dalia Karol.**

Ms Karol is a second-year medical student at the University of Ottawa, Class of 2020. She is an active member of the FMWC and in initiatives at uOttawa including starting a group discussion session called "Wide Open," allowing students to discuss challenges and tackle mental health stigma. Dalia is active in a number of other student activities and is being recognized for her commitment to medical student leadership.



Please join us in congratulating Drs. Bates, Brown, Arnaout and Ms Karol. They will be honoured by their peers at the Annual Awards Ceremony taking place on Saturday, September 22, 2018 at the InterContinental Toronto Yorkville Hotel as part of the FMWC Annual Conference, [Women Physicians: Making a World of Difference](#).



*You are invited to come
celebrate our 2018 FMWC
award winners at the
Awards Luncheon on
Saturday, September 22,
2018 at the InterContinental
Toronto Yorkville Hotel.*



Call for Nominations for 2019 FMWC Awards

Each year, the Federation of Medical Women of Canada (FMWC) is proud to recognize and honour those individuals who have demonstrated significant accomplishments, exemplary leadership and tireless commitment to women's health issues. We invite you to join us in celebrating the contributions made by your colleagues and fellow professionals.

The deadline for all FMWC award nominations, self-nominations and applications is December 31, 2018. Please note that nominations or self-nominations aren't complete until the National Office receives a copy of the nominee's CV via email at: fmwcmain@fmwc.ca.

Please follow the respective links to learn more about each award and be directed to our quick online nomination/application forms. Where applicable, preference will be given to established members.

HONORARY MEMBER

Awarded to a woman who has exemplified the spirit and mission of the FMWC by making a significant contribution to women's health, medicine, women physicians and/or the FMWC. Candidates need not be a member of the FMWC or of the medical profession.

THE MAY COHEN AWARD

Named in honour of Dr. May Cohen, a former FMWC National President, this award goes to the FMWC member who best personifies Dr. Cohen's ability to put the FMWC vision statement into living action.

THE ENID JOHNSON MACLEOD AWARD

The Enid Johnson MacLeod Award is given annually in recognition of an FMWC full member seen to contribute the most to women's health.

THE REPRODUCTIVE HEALTH AWARD

The Reproductive Health Award is given annually in recognition of an FMWC member seen to contribute the most to reproductive health.

STUDENT LEADERSHIP AWARD

FMWC sponsors this annual award to recognize the FMWC medical student member showing the most potential in the realm of leadership.

MARGARET OWEN-WAITE MEMORIAL FUND (MOWMF)

FMWC provides a scholarship to a practicing physician (full or resident member) wishing to further her medical education, complete temporary work in a rural or developing country, or present an original paper at a medical meeting.



Summer
2018

11



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How's it Going, Dr. Mom?

Sara-Michelle Gratton, MD Candidate 2020 and Lily Park, MD Candidate 2020 University of Ottawa.

They say that the strength of motherhood is greater than natural laws. The 5 mighty mothers who spoke at the annual, "How's it going, Dr. Mom?" event at the University of Ottawa demonstrated nothing short of this inspiring defiance through their own personal stories. On November 2nd, with the support of FMWC and the College of Family Physicians of Canada, we invited 5 physicians from 5 different specialties to talk to medical students about their experiences with balancing their responsibilities



Lily Park, MS2, FMWC uOttawa Rep and Sara-Michelle Gratton, MS2, FMWC uOttawa Rep

of being a physician and a mother. With over 150 attendees, the event was a huge success!

The evening began with dinner and a warm welcome from Dr. Beverly Johnson, President of FMWC. She spoke about the Federation, the benefits of becoming a member and even offered to provide 8 free memberships with Dr. Susan Wilkinson. By the end of the night, the sign-up sheets for those interested in becoming a member were filled front to back! We also had Ashley Cochrane from MD Financial talk about their partnership with FMWC and offer financial counselling for students. Both women being present at the event was very meaningful as it spoke volumes about their support beyond sponsorship.

We then started with talks from each of the speakers. This year, the panel included:

- Dr. Yael Feinberg (PGY1 - Family Medicine),
- Dr. Lisa Fisher (Staff – Emergency Medicine),
- Dr. Laura Gaudet (Staff – Obs-Gyn/MFM),
- Dr. Melissa Hanson (PGY3 – General Surgery) and
- Dr. Melissa Keenan (PGY3 – Internal Medicine)

Each of the women spoke about the challenges of being a mother and a surgeon/physician. They addressed pressing concerns most of us have thought about at one point in our lives like: qualities to look for in a partner, the best time to get pregnant, and the most manageable family size. They even ventured into topics we never really thought about but are equally as important as the top 3 places to breast feed in the hospital and what to do when you spontaneously start lactating at work!

The stories of each physician offered many pearls of wisdom I'm sure we will all carry as we start our own careers and families. These resilient women experienced



Ashley Cochrane, Early Career Specialist, MD Financial Management

unimaginable struggles but fearlessly defied all natural laws to overcome them and be the extraordinary physicians and mothers that they are today. Raising a child throughout medical school, having a partner who is also in medicine, caring for a child with a chronic condition, and taking care of 4 children during residency sound like near impossible tasks to us medical students who are still figuring out how to take care of ourselves. Being a resident and staff physician seem difficult enough without the added challenge of being a mother and a wife. However, these women balanced it all with class and grace, empowered students to know they can do the same, and proved that the hand that rocks the cradle is truly the hand that rules the world.



From Left to Right: Sara-Michelle Gratton (MS2, FMWC uOttawa Rep), Dr. Lisa Fischer (Emergency Medicine), Dr. Beverly Johnson (FMWC National President), Dr. Melissa Hanson (General Surgery), Ashley Cochrane (Early Career Specialist, MD Financial Management), Dr. Laura Gaudet (Obstetrics and Gynecology), Dr. Yael Feinberg (Family Medicine), Lily Park (MS2, FMWC uOttawa Rep)



The Ottawa Hospital Female Physician Leadership Committee Networking Event: *Women on the move: Celebrating #GoSponsorHer*

Christine Jo, MD Candidate, Class of 2021; University of Ottawa/Université d'Ottawa, Dalia Karol, MD Candidate, Class of 2020; University of Ottawa/Université d'Ottawa

The Ottawa Hospital Female Physician Leadership Committee is composed of determined female doctors who aim to ensure equal access to leadership roles at the Ottawa Hospital (TOH) by identifying and removing any barriers faced by female physicians. The committee reinforced their goals and passion for mentorship by hosting an annual networking event for all female staff, residents, and medical students at TOH. This year, the committee celebrated its highly successful #GoSponsorHer Campaign at their annual networking night on April 24th 2018.



The #GoSponsorHer Campaign is an international campaign whose goal is to challenge senior leaders to actively engage in the careers of high potential women. The committee joined the campaign this past year as one of their initiatives. Department heads at TOH were challenged to sponsor a female physician in their department. This "sponsorship" is so valuable as it encourages senior leaders to commit to actively supporting female physician leaders in their progression through their career.

The sponsorees who attended the event included Dr. Kari Sampsel (Emergency Medicine), Dr. Marianne

Yeung (Emergency Medicine), Dr. Karima Khamisa (Hematology), Dr. Caroline Gerin-Lajoie (Psychiatry), Dr. Laura Hopkins (Obs/Gyn), and Dr. Julie Shaw (Pathology and Laboratory Medicine). This networking event not only celebrated the achievements of these sponsorees, but inspired the other women in attendance as they learned about the reason behind their sponsorship and their valuable experiences.



The sponsorees shared valuable advice on how to follow what "really speaks to you," how to get involved in leadership opportunities

and also when to say no and prioritize other commitments.

These women strongly encouraged everyone to take opportunities, training and leadership positions offered to them, go out of their comfort zone, and see how this initial step can turn into powerful and meaningful change. Fellow female physicians, residents and medical students were then able to participate in brainstorming activities and discussions with each other about leadership, women in medicine, and work life balance. Attendees left with a strong inspiration to pursue new opportunities, and with a strong network of dedicated and committed women behind them.

Overall, this event was a huge success as it not only provided an opportunity to recognize and congratulate the sponsorees and their successes, but also for other attendees to share their experiences, and to learn and be inspired by other female leaders in the field.





Join the FMWC's Mentorship Program!

Are you thinking about making a difference this year?

Looking for some extra guidance with your career?

Have expertise and knowledge that could help others?

In 2016, we worked closely with our medical students and resident members to design and develop the FMWC Mentorship Program. Following a highly successful workshop on mentoring at the 2016 AGM, the FMWC launched its Mentorship Program. And now, the program is coming back in 2018!

FMWC clinicians members have amazing expertise and are a

diversely talented group of people. FMWC members in training are highly enthusiastic and committed to becoming the best professionals they can be.

Each of us can be a mentor.

Each of us can use a mentor

The success of the mentorship program will truly depend on your participation and commitment.

If you are interested, please fill out one or both questionnaires - one for mentors and one for mentees - and return it (them) to me today. We will review the questionnaires and try to make appropriate matches between mentors and mentees. Once a match has been made, you will be connected via email and then, hopefully, you will be "off to the races." Resources coming soon. Have questions? Reach out to the National Office at fmwcmain@fmwc.ca.

MENTORS:
Sign up now!

MENTEES:
Sign up now!

Save The Date



National Cervical Cancer Awareness Week
October 15 – 19, 2018



Ms. Understood

2018 Heart Report



Women's Cardiovascular Health: Emerging from Down Under

Dr. Shahin Jaffer MD, MHSc, FRCPC
Internal Medicine Clinical Associate
Professor Department of Medicine
University of British Columbia

The conversation about diversity and gender bias has been had for over 15 years; however, when it comes to differences in women's heart health, we unfortunately remain immersed in a milieu of unders: "Ms. Understood"¹; as it were: under-informed, under-investigated, under-diagnosed, under-treated and under-represented in clinical trials.

During a recent episode of Grey's Anatomy², Dr. Miranda Bailey's proclamation "I believe that I am having a heart attack" is dismissed by male attending physicians and she is referred to a psychiatrist. She suffers a myocardial infarction and eventually requires minimally invasive coronary artery bypass grafting. The episode brings to the forefront the reality of the underwhelming attention paid to women in the field of cardiovascular health.

Here are some pressing facts:

- Heart disease is the leading cause of premature death for women in Canada – every 20 minutes a woman dies of heart disease.^{1,3}
- Women are 5 times more likely to die from heart disease than breast cancer.⁴
- Early heart attack signs are missed in 78% of women; both men and women suffer chest pain, but women have more accompanying symptoms than men such as shortness of breath, palpitations, epigastric pain, nausea, and unusual fatigue.^{5,6}
- Fewer than half of women know the major symptoms of heart disease.⁷
- 53% of women reported that their provider did not think these symptoms were heart related compared to 37% of men.⁴
- Only 22% of primary care physicians and 42% of cardiologists felt well-prepared to assess heart disease in women.⁸
- Women are 50% less likely to participate in cardiac rehabilitation programs.⁹
- Two-thirds of heart disease and stroke clinical research focuses on men.¹⁰
- Women of diverse ethnicities are under-represented in clinical trials.¹¹
- Women suffer myocardial infarctions with non-obstructive coronary arteries (MINOCA), have more endothelial and microvascular dysfunction and coronary artery spasm than men.¹²
- Women experience heart failure with preserved (as opposed to reduced) ejection fraction, and, in women, 2 diabetes results in a 5-fold increased risk of in heart failure compared to a 2-fold increase in men.¹³
- Simple diagnostic tests for acute coronary syndrome such as CK-MB and troponin markers are lacking in sex specific reference values resulting in mis-diagnosis and mis-treatment.^{1,14}
- Women with heart disease cope better through sharing of experiences and social support networks.¹⁵
- Hormonal fluctuations that women experience pose unique cardiovascular disease risks; for example, hypertension in pregnancy, gestational diabetes and placental disorders, such as pre-eclampsia, double the risk for cardiovascular disease during one's lifetime.^{16,17}
- Indigenous women face 53% higher risk of death from coronary heart disease and women of South Asian, Chinese and Afro-Caribbean descent also have higher cardiovascular risk.^{18,19}



In summary, not only and gender inequities prevail in the field of women’s cardiovascular health, women suffer adverse heart disease outcomes, including mortality. What can the Federation of Medical Women do to action change? As an initial step, we are establishing a Women’s Cardiac and Cerebrovascular Health committee to advocate for our CV health. Our mandate would include increasing awareness and partnering with women-friendly agencies and institutes to effectively translate evidence-based knowledge into practice, within our own profession and the broader community.

There is a lot of work we need to accomplish in order to emerge from down under. If you would like to share ideas and contribute to this advocacy campaign, please write us at fmwcmain@fmwc.ca. We look forward to your participation.

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Participation, Protection, Prevention: The United Nations Security Council Women, Peace and Security Agenda

In May, the Ottawa FMWC Branch was invited to a dinner in the Parliamentary Dining Room hosted by [Independent Senator Marilou McPhedran](#). It was an educational session unlike any other. While we enjoyed our dinner, Senator McPhedran, whose presentation was titled: [Women, Peace and Security - A Guide to the UN for Global Citizens](#), spoke to members on the history of [United Nations Security Council](#) resolutions on women in conflict situations, the [Women, Peace and Security Agenda](#), and how [Canada’s National Action Plan, 2017-2022](#) addresses our international commitment to addressing violence against women. This article was originally published on the [WoMED blog](#).

The issue of women in conflict is as old as conflict itself, and [rape as a weapon of war](#) has a long history of use across all cultures, both as sexualized violence against women

and as an ethnic “cleansing” tactic designed to spread the bloodlines of rival ethnic or tribal groups. In the 20th century, [Medicins Sans Frontieres](#) first noted rape

[as a sexualized weapon](#) of war in Bosnia, in the 1990s but it has a long history: in [Bangladesh](#), in the [Democratic Republic of Congo](#); [Darfur](#), in [Sudan](#); and more



Members join Senator Marilou McPhedran (ISG) and President Dr. Bev Johnson for an evening of education and awareness raising.



recently, in [Myanmar](#), where state-backed military have raped tens of thousands of Rohingya women and children, impregnating at least 63,000 women, part of the over 900,000 [Rohingya](#) refugees who have fled Myanmar for Bangladesh.

“Diplomats are like doctors, trying to heal the health of their countries”

The focus of Senator McPhedran’s presentation was the role of the United Nations Security Council (UNSC) in addressing the issue of rape as a strategic and sexualized weapon of war. The UNSC, with 5 permanent members, the United States, France, United Kingdom, China and Russia, and 2-year rotating members, sits apart from any other UN department, and is the only council with the authority to order force and the use of weapons in dealing with international conflicts.

Senator McPhedran provided context to the painfully slow adoption of the Security Council Resolutions regarding women in conflict, which began with the phenomenon of child soldiers and the actions of [UNICEF](#), who for 10 years fought for incremental change, one resolution at a time, to how states came to see children in war. The process served as a model for women’s interests:

build allies; craft/pass resolution after resolution that will name and shame; and monitor change via little steps. The work of Leymah Gbowee has been instrumental in moving this agenda forward. The first UN Security Council Resolution to address the issue of women in conflict, [UNSCR 1325](#), was adopted in October 2000 and is marked as a landmark resolution. In addition to its commitment to support women as peace agents and reinforcing women’s role in peace building and maintaining peace “[i]t also calls on all parties to conflict to take special measures to protect women and girls from gender-based violence, particularly rape and other forms of sexual abuse, in situations of armed conflict.” [Charlotte Bunch](#), an American feminist, was behind the move to influence the UNSC, and is credited with being instrumental in forging alliances and marshaling resources to assist in creating the first UNSC Resolution crafted entirely by women. It took 18 years and 8 resolutions get to where we are today: [UNSCR 2242](#) was unanimously adopted in 2015 with its expressed goal to improve implementation of the landmark 1325 resolution driving the women, peace and security agenda. Refer to [Senator McPhedran’s presentation](#) for a more detailed overview of each resolution. Senator McPhedran also addressed

the [Convention on the Elimination of All Forms of Discrimination Against Women](#), which was signed into international law in 1979, and with 179 signatories, it represents an international bill of rights for women. It created a role for independent experts to review and recommend the status of women in signatory states. Signatory countries have an obligation to report to the UN every 5 years on the implementation of CEDAW. For Canada, every single report has addressed the violation of the rights of Indigenous women. Members were also presented with a copy of [Canada’s National Action Plan, 2017-2022](#). There are currently 74 national action plans and with region plans in the European Union and Africa.

Also mentioned was [UNSCR 2250 \(2015\)](#), which refers to the [Youth, Peace and Security Agenda](#) that’s emerging. There’s lots of potential to further peace building and the prevention of conflict, such as the organization [Girl Ambassadors for Peace](#), built on the 3 pillars of numeracy/literacy, leadership and capacity building change.

Senator McPhedran concluded her presentation speaking to the situation in Myanmar/Bangladesh with Rohingya women refugees: over 670,000 refugees have fled Myanmar, over tens of thousands of them pregnant and lactating mothers, the survivors of the Myanmar military’s campaign of sexualized violence: rape as a weapon of war. Bob Rae was recently in Myanmar as a special envoy and submitted his report to Parliament. It examines the humanitarian crisis in Myanmar and Bangladesh, the political situation in Myanmar, addresses issues of accountability and impunity, and recommends the effective collaboration and cooperation of Rohingya Working Group with government departments that have a clear interest and mandate ([Global Affairs Canada](#), [Justice Canada](#), [Immigration](#),



Senator McPhedran (ISG) speaking to the group



[Refugees and Citizenship Canada,](#)
[National Defence,](#) [Privy Council](#)
[Office,](#) [Office of the](#)
[Prime Minister: PMO\).](#)

Why should we care?

As global citizens and part of civil society we have an obligation to advocate for peace and security both at home and abroad. As physicians we see first hand the effects of war and trauma on people. We are privileged to provide care and support to people in their most vulnerable moments. Trauma knows no national boundary in an international world.

Questions and discussion centered on what can be done?

- **Education:** It may be difficult to connect what happens in our local communities to locations far away. But by informing ourselves we can make sure our elected officials know that we know what the issues are on the ground.
- **Money:** While donating money may seem superficial, the lack of resources is a very big issue for organizations working in the areas. Money is most welcome. Care, Medecins sans Frontieres, UNHCR, The UN Refugee Agency, are on the ground providing assistance in the area.
- **Join:** The Women Security and Peace Network consists of 70 organizations that are involved in the area of women in areas of conflict and peace building. The FMWC is a partner organization in the network but you can join as individual members as well.
- **Advocate:** Become familiar with Canada's National Action Plan and the hold the government accountable for implementation. Read it, support it, and advocate for government action.



Dr. Bev Johnson, centre in black, with members in the Senate of Canada.

- **Renew/Join FMWC:** The Medical Women International Association (MWIA), which the FMWC is a member of, can advocate for this issue at high level tables. Support of the FMWC is support for MWIA. Renew your membership and recruit colleagues to amplify our advocacy.
- **Enhance your skills:** Take the free online training course I Know Gender through the [UN Women Training Centre](#) to increase and test your knowledge on gender, women's economic empowerment, violence against women and more.
- **Petition the government with your support:** There are several online petitions circulating - this just one

- **Change.org.** More effective is a letter, mailed to your MPs constituency office. You can find a [list of MPs here](#).

These are just a few of the options available for people who can't pack up and take their skills directly to the front lines of humanitarian aid. Get involved and show the Rohingya that Canada, and the world, cares.



Summer
2018

19



SAVE THE DATE!

#CANADAvsHPV returns! October 1-7, 2018

Highlights of the Inaugural HPV Prevention Week #CANADAvsHPV in 2017

2017 marked the inaugural HPV Prevention Week where Canada stood up to educate and raise awareness among Canadians about Human Papilloma Virus (HPV) and its affect. The week was formally launched on Parliament Hill with Members of Parliament [speaking](#) to the prevalence and preventability of HPV.

From October 1 – 7, 2017 the Federation of Medical Women of Canada with a number of partners undertook an ambitious campaign reaching physicians, public health officials, and patients themselves on HPV, how easy it is to prevent, and how to do so.

Highlights included:

- Targeted media campaign achieving well balanced coverage all encouraging Canadians to learn more and talk with their doctors.
- A [Poster](#), recognizing the participation of 14 partners, distributed to 32,000 family physicians across Canada through the journal, Canadian Family Practice.
- A kit of promotional materials (including a poster) distributed to hundreds of family medicine clinics throughout the country.
- Educational materials were developed and posted [online](#) for easy downloading.
- Social media reach including Facebook and Twitter with [messages](#), testimonials, and [video ads](#).
- Youtube and Facebook ads from the FMWC and Immunize Canada that brought humour and wit to [HPV Prevention](#).
- Numerous blogs generated including personal stories of HPV and associated cancers, and expert advice.
- HPV Prevention Week was acknowledged by the federal Minister of Health via a [Ministerial Message](#).

For more details check out the hashtag #CANADAvsHPV or visit: <https://www.fmwc.ca/hpv-prevention-week/>



Social Media, Women in Medicine and @FMWCanada

Are you on social media yet? We are! All over it!

Margaret Shkimba, Social Media and Blog Editor

It's been 9 months since the FMWC ramped up its social media presence with the hiring of a social media manager and blog editor. In the time since, we've grown our Twitter followers from 600 to almost 2200. That's an increase of over 330%. Although not of all of our followers are women in medicine, 70% of our followers indicate science/news interests, 68% indicate health/body/mind interests. 76% of our followers are women. We have been successful in two targeted campaigns to find and follow Canadian women physicians. Our strategy was, and continues to be, simple: Just Ask.

Another tactic was to go looking for followers. That involved reviewing the followers list of other medical twitter accounts for those Canadian women physicians who identified themselves as a MD student, resident or physician. That was fun, but difficult to do. It was fun because it was inspiring to read everyone's tiny Twitter bios and see their profile pics, but it was difficult because there were lots of women who could be followed, but they didn't identify as any of the criteria: MD student, resident or physician. It was enough to wonder.... why? But it was effective enough to bump up our followers – you follow me, I'll follow you. And I have to admit, it's like a little thrill when we get followed back, like a jolt of sugar in the day, but without the calories and other bad stuff. Just sweetness.

The number of our followers is growing daily as women in medicine discover @FMWCanada

Top Tweet earned 19.3K impressions

Are you a Canadian female medical student, resident, or physician? [@FMWCanada](#) wants to follow you! We want to hear from you about [#womeninmedicine](#). Follow us and we'll follow you right back! RTs are appreciated! Find out more at: [fmwc.ca](#)

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and our vision for women in medicine and women's health.

How does the @FMWCanada use social media?

The FMWC uses social media to:

••••• Promote the activities of the FMWC, Branches and members.

Activities like the AGM and National Conference proceedings, the walk to Parliament Hill, the Ottawa Branch meeting with Senator MacPhedran, Dr. Emily Stowe's induction into Canadian Medical Hall of Fame – the FMWC was there and representing Canadian women in medicine.

••••• Listen to the conversations of women in medicine.

Women physicians are vocal and active on social media, speaking out about the issues that matter to them. The FMWC wants to hear what they say to inform our advocacy and educational efforts.

••••• Raise awareness of relevant topics such as women in medicine, women's health, including violence against women and reproductive freedom, women and leadership, and social issues relevant to the health and well-being of women.

••••• Promote women's health in our priority areas:

- HPV Prevention
- Pap Campaign
- Women, Security and Peace Network
- Women's Cardio and Cerebrovascular Health

@FMWCanada participated in the social media campaign for HPV Prevention Week in October 2017, Immunize Canada's Immunization Week in April, and in World Ovarian Cancer Day on May 8, supporting our partners with retweets and mentions, raising awareness of women's health and promoting a prevention lifestyle.

WoMed, the FMWC blog, is accessible to everyone from the FMWC home page under the "Blog" tab. You can find the most recent 4 postings listed on the FMWC home page. You can find



Summer
2018

21

our [Statements in Support of Rohingya Women and Children](#), and for [Ending Sexual Assault and Discrimination at the UN](#). We're working on a series of [Women in Leadership](#) blog posts, and a special feature on Women in the North is coming up. And of course, always, a celebration of women physicians in Canada through the exploration of their history and their continuing contributions to Canadian health care. Automatic notification of new blog posts goes directly to subscriber inboxes. Have you [subscribed](#) yet?

What difference does social media make?

That's always a good question. It depends on what the goals are. As individuals, people come to social media for different reasons than organizations do.

Twitter user @adamacifu put forward a nice summary of the benefits of social media, particularly Twitter, for individuals:

The benefits of Twitter for (this) MD

••••• ***Tweeting about articles helps me to synthesize and remember findings***

••••• ***Tweeting about ideas helps me process them and engage with others***

••••• ***"Twitter fam" alerts me to articles I would have missed***

••••• ***Twitter has introduced me to thousands of valuable, virtual colleagues.***

For the FMWC, the goal of our social media strategy is to support the vision of the FMWC:

To be the networking and professional development home for all Canadian women in the medical profession while being the preeminent advocate for women's health across Canada.

How's it working?

Recently, the following tweet by Past President, Dr. Gail Beck (@GailYentalBeck) sparked a Twitter storm regarding the role of medical

organizations in promoting and supporting diversity in leadership.

Disappointing that not one woman is running in this @CMPAmembers election. I don't think CMPA has ever had a woman President ...

@FMWCanada entered the conversation in support of diversity in leadership and on the role of organizations, and their leadership, in advocating and promoting diversity in their organizations. It was quite a busy thread for a good part of a Saturday morning. And then this tweet appeared:



I'm glad to see the Federation of Medical Women gets it!

And it's true. @FMWCanada does get it. We've been "getting it" for 94 years and adding our voice to those advocating for change for women in medicine and for women in Canadian society: for female suffrage, for women's reproductive freedom, for health care equity for women, and for access to leadership for all women.

We get it because we listen.
We get it because we live it.

Follow us:

Twitter - [@FMWCanada](#)

Facebook – [Federation of Medical Women of Canada Page](#)

LinkedIn page – [Federation of Medical Women of Canada](#)

WoMed blog – [Subscribe](#)



Upcoming Events

2018

September 21-23, 2018; Toronto, ON

Women Physicians: Making a World of Difference

<https://fmwc.ca/2018-agm/>

FMWC AGM & Educational Sessions

October 1 – 7, 2018

Second Annual HPV Prevention Week

<https://fmwc.ca/hpv-prevention-week/>

October 15 – 19, 2018

PAP Campaign

<https://fmwc.ca/events/pap-campaign/>

2019

June 3-6, 2019; Vancouver, BC

Women Deliver Conference

wd2016.org/

June 7-9, 2019; Ottawa, ON

Canadian Women in Medicine

Wellness Conference

[https://canadianwim.ca/pages/](https://canadianwim.ca/pages/wellness-conference)

[wellness-conference](https://canadianwim.ca/pages/wellness-conference)

July 25-28, 2019; New York City, NY

Centennial Congress of the Medical

Women's International Association

<https://www.amwa-doc.org/mwia100/>

JOIN US:

Become a member at:
<https://fmwc.ca/membership/become-a-member/>



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

Ten Reasons to Join!



1. **Networking** – connect with other women in medicine, both locally and nationally.

"I love the FMWC events, they are a ton of fun. Put a group of great women together in a room, add laughter, relaxation, support, throw in an activity...its magic."

Dr. Mamta Gautam (Ottawa, ON)

2. **Mentoring** – learn from the women who blazed trails before you.

"Joining the FMWC was a very important decision I made as a medical student. It has provided me with incredible opportunities to network and find mentorship and support. The role and status of women in medicine has changed dramatically over the generations and I'm very excited to be part of bringing women's health and medical education to the forefront."

Dr. Pamela Liao (Toronto, ON)

3. **Advocacy** – participates in national and international women's health care discussions.

"I joined the FMWC over 50 years ago as a medical student. I have been a member 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."

Dr. May Cohen, 2016 Inductee, Canadian Medical Hall of Fame

4. **Volunteer opportunities on the Board of Directors and Committees** – a chance to develop skills and contribute!

"I feel the FMWC has become a stepping stone in leadership development for women. Many opportunities are provided to practice skills necessary in mobilizing enthusiasm and actions towards effective goals for women's health and status of women."

Dr. Nahid Azad (Ottawa, ON)

5. **Education and expertise** - Obtain the skills necessary to advance your career through local, regional and national conferences, seminars and workshops.

"I became a FMWC member to learn from the inspiring female physicians that have paved the way for the rest of us in the field. We have those pioneers to thank for how much easier it is for us, and I am reminded of that every time I hear one of them speak at an FMWC event. They taught me that it is not only within my grasp, but within my rights to be all that I can be both as a doctor and as a woman."

Dr. Sarah Warden (Toronto, ON)

6. **Participation and support of national women's health initiatives like the annual Cervical Cancer Awareness Week.**

"Our interconnectedness can spread messages quickly and good things happen. Case in point: FMWC's Pap Smear campaign!"

Dr. Caroline Kosmas, (Regina, SK)

7. **Publications** – you receive a subscription to several FMWC publications.

"As female physicians we speak the same language - in a sense of short hand of shared issues that often are gender associated. Life balance and work satisfaction are both critical for success. Being a member of the FMWC has allowed me to tap into a wealth of shared experiences and excellent advice and support."

Dr. Marla Shapiro (Toronto, ON)

8. **International opportunities** – as an FMWC member you are automatically a member of an international network of women physicians called the Medical Women's International Association (MWIA).

"...this is a venue that helps us develop our leadership skills and to be a part of something that can help shape the future of medicine for women and issues relevant to women's health. We also are connected globally to similar organizations."

Dr. Cathy MacLean (Calgary, AB)

9. **Recognition through our annual awards** (May Cohen, Honorary Member, Enid Johnson MacLeod, Reproductive Health and Student Leadership awards) and **financial assistance** for students and physicians through FMWC grants, loans and research funds.

10. **Affinity Program** – enjoy special benefits and discounts from select providers, such as MD Financial Management, Flight Centre, Telus, Dialogue.co and PolyMed Chirurgical.

A **strong** voice
for **women physicians**
and for **women's health**

Questions?

Call: 1-844-215-8455 or 613-569-5881

Email: fmwcmain@fmwc.ca

Join us!

fmwc.ca/membership/become-a-member



TDAP IMMUNIZATION DURING PREGNANCY: POCKET GUIDE FOR IMMUNIZERS

The National Advisory Committee on Immunization (NACI) recommends immunization with Tdap vaccine for the following:

- all pregnant women, during each pregnancy, irrespective of previous Tdap immunization history and interval between pregnancies.

Dosage and Schedule

One dose of Tdap vaccine is 0.5 mL.

1. All healthy pregnant women during each pregnancy

- Administer one dose of Tdap between 27 and 32 weeks gestation.

2. Pregnant women at high risk for preterm delivery

- Administer one dose of Tdap between 13 and 26 weeks gestation.

Re-Immunization

If Tdap immunization was provided early in pregnancy, it is not necessary to re-immunize after 13 weeks of gestation.

Contraindications and Precautions

Tdap vaccines are contraindicated in persons with a history of anaphylaxis after previous administration of the Tdap vaccine and in persons with proven immediate or anaphylactic hypersensitivity to any component of the vaccine or its container.

Adverse Reactions

- Soreness or redness at injection site.
- Occasional slight fever may occur.
- Very rarely, moderate to severe reactions may occur.

Simultaneous Administration with Other Vaccines

Tdap vaccines may be administered concomitantly with routine vaccines at different injection sites using separate needles and syringes.

For more information, visit the National Advisory Committee on Immunization (NACI) website at <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci.html>

Cancer Prevention Through HPV Vaccination in Your Practice: An Action Guide for Physicians, Physician Assistants, and Nurse Practitioners

National HPV Vaccination Roundtable (US)

February 2018

Consult the clinical action guide. hpvrroundtable.org/wp-content/uploads/2018/04/PROVIDERS-Action-Guide-WEB.pdf

"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!



Summer
2018

24

IRON THERAPY THAT MAY HELP OPTIMIZE TREATMENT SUCCESS FOR ALL PATIENT TYPES



Vegan



Children



Infants



Women



Dietary
Considerations



Elderly



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1. Pharmacy Practice+ and Profession Santé 2018 / The Medical Post and Profession Santé 2018 - Survey on OTC Counselling and Recommendations.



Update from MWIA

Shelley Ross, MD, Secretary General, MWIA

It is just a little over a year before the Medical Women's International Association will hold its Centennial Congress to celebrate its 100th anniversary. I do hope you will plan to join us as the venue is New York City and the date is July 25-28, 2018. Registration will open in June and abstracts are currently being accepted. Please visit the website www.amwa-doc.org/mwia100 for registration. The Second Special Update with details about the congress and the General Assemblies will be circulated in July.

MWIA had a great turnout for the **Commission on the Status of Women (CSW)** in New York March 12-23. MWIA held a parallel event entitled, **Women Doctors Achieving Gender Equality/ Empowerment in the Rural Setting** and presented to a room that was standing room only. Dr. Gail Beck and I were able to attend the reception at the Canadian Mission on the Monday night and meet the official Canadian government delegation. CSW is held each March, so let me know if you wish to attend in 2019.

Close on the heels of the CSW was the North American Regional

Meeting of MWIA, sponsored by the **American Medical Women's Association (AMWA)** and held in Philadelphia March 22-25. The theme was **Women Igniting Change**. Dr. Bev Johnson represented the Federation well and brought greetings on your behalf. She chaired a panel on Women's Leadership in Healthcare with Dr. Eliza Chin, Executive Director of the American Medical Women's Association. Dr. Vivien Brown presented on CANADAvsHPV and a working group was formed of Federation and AMWA members to spread Canada's work. AMWA is doing fantastic work on Trafficking in Women and has developed a train-the-trainer model called SUSTAIN (Stand Up To Sex Trafficking: Awareness, Implementation, Networking) that can be accessed at www.amwa-doc.org/news/stand-up-to-sex-trafficking-awareness-implementation-and-networking.

The meeting included a visit to the Legacy Centre where the AMWA and MWIA Archives are housed.

The Southern European Region of MWIA held their regional congress in Palermo, Sicily. The theme was **Multidisciplinary Approach to Chronic Illnesses and Gender Differences**. Italy has been

the recipient of many refugees, prompting MWIA to take an interest in refugee health.

There is one regional meeting left in this triennium and it is for the Central Asia region. It is being held in Bangkok, Thailand, September 6-8 and the theme is **Women's Wellbeing—A Global Perspective**. Should you wish to join us, please visit www.carc2018.com.

A MWIA delegation will shortly be off to Geneva to attend the **World Health Assembly**. MWIA is in official relations with WHO and has many projects on the go. One of the areas of work revolves around Canada's HPV work, reporting back on the success of CANADAvsHPV that we announced to them last year. Should you wish to be part of this yearly delegation next year, please let me know at secretariat@mwia.net.

Once again, I ask you to consider joining us in **New York City** for the **Centennial Celebration**. It looks to be a great celebration of the success of women in medicine for the past 100 years. As the new triennium starts at the end of the meeting, Canada will be providing the Vice President for North America to the MWIA Executive. See you there!

Special Offer for FMWC Members presenting at MWIA Centennial July 25-28, 2019

It is common practice for the American Medical Women's Association and other medical associations in the United States to charge a poster fee to cover the cost of the poster boards used to display the posters.

As those coming from international destinations have extra costs, in

the spirit of sisterhood the **MWIA executive is pleased to offer international registrants the option of a promotion code "MWIA100" on the poster submission form that would have MWIA pay this \$40 fee.** This is in addition to FMWC members able to access the

member registration fee for the congress.

We look forward to seeing you in New York City July 25-28, 2019 Oral presentations and poster submissions are currently being accepted while congress registration will open June 30, 2018.



Foundation Updates

The Medical Women of Canada Foundation (MWCF) is a separate, arms-length Charity founded by the FMWC committed to the professional, social and personal advancement of women physicians and to the promotion of the well-being of women both in the medical profession and in society at large. The Foundation runs two awards: the Maude Abbott Scholarship

Fund for medical students, and the Maude Abbott Research Fund for practicing physicians. The Maude Abbott Scholarship Fund provides scholarships of up to \$1000 to women medical students, and under certain circumstances, women for post-graduate medical training. The Maude Abbott Research Fund provides grants to women physicians for medical research.

The Foundation is a registered charity that provides tax receipts to all donors of the Maude Abbott Scholarship Fund and the Maude Abbott Research Fund. No contribution is too small in the promotion of women in the medical profession and society at large.

To contribute today please visit
fmwc.ca/donate
Thank you for your donations.

Medical Women of Canada Foundation: Logo Design Competition

The Medical Women of Canada Foundation is delighted to announce they are accepting designs for their official logo and they want to hear from you!

The goal is open, but the key is to represent the mission of the Foundation and include the spirit of medical women in Canada.

Not feeling artistic? Submit your concept with an explanation of elements.

The winning design will be announced at the 2018 FMWC AGM in Toronto with a prize for the winner.

Criteria:

- Simplicity is key – no more than 3 colours, please.
- Reproducible in black and white.
- Able to be scaled – recognizable if enlarged or reduced.

Eligibility:

- All Canadian women physicians, residents, and medical students with preference given to FMWC member submissions.

Deadline:

- **Midnight EST July 15, 2018** to the [National Office](#), with "MWCF Logo Contest" in the subject line.



SILENT AUCTION

The MWCF will be hosting a very special Silent Auction during the FMWC National Conference Gala to be held Saturday, September 22, 2018 starting at 6:30 pm at the Bata Shoe Museum.

Join us for a night of elegance with fantastic food, company, and private access to the Bata Shoe Museum Collection, including a very special exhibit [Manolo Blahnik: The Art of Shoes](#) Silent Auction will be open throughout the night with very special offerings, to be announced. All proceeds will support the Medical Women of Canada Foundation.

Tickets available [online](#) or by contacting the [FMWC National Office](#)

Looking forward to seeing you in Toronto.



Summer
2018

27

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1. Chen, John, et al. Functions of Hyaluronan in Wound Repair. Wound Rep Reg 1999; 7:79-89.



Summer
2018

28

Call for Nominations

FMWC 2018 – 2019 Board of Directors

The FMWC is looking for members to join the Board of Directors for 2018 – 2019. All roles will be assigned at the first meeting of the 2018 – 2019 Board of Directors to be held following the AGM in Toronto on September 23, 2018.

Who are we looking for?

We're looking for a diverse group of women physicians who share the vision and commitment of the FMWC of advancing women physicians professionally, socially, and personally; while also promoting the well-being of women both in the medical profession and society at large. Ideal candidates will have leadership experience and expertise in some of the following areas: Financial Management, Risk Management, Legal/Governance, Non-profit/Public Sector Management, Strategic

Planning, Media/PR, Communications, Government Relations.

Directors will serve a term of one year, unless otherwise stated, with eligibility for reappointment for consecutive terms. These positions commence in September 2018.

For more information, please consult the [By-Laws of the Federation](#) or reach out to the [National Office](#).

What is expected of directors?

Directors meet in person twice a year, including at the Interim Board Meeting (typically held in January) and the Annual Board Meeting held prior to the AGM (typically September). Directors are expected to also participate in regular teleconferences. Directors are also expected to be committed to the mission and vision of the FMWC. Additionally, board members should plan to be accessible for personal contact in between board meetings.

Apply now!

The next election for the FMWC Board of Directors will take place at the AGM on Saturday, September 22, 2018 in Toronto, ON. The deadline for receipt of nominations/applications is **Friday, August 3, 2018 at 4:00pm EST.**

Please complete the following [form](#) and submit to the National Office at fmwcmain@fmwc.ca, with the subject line "Board of Directors Nomination 2018-2019." Or print off the form and mail it to the National Office at the following address:

FMWC
Attn: Nominating Committee
1021 Thomas Spratt Place
Ottawa, ON
K1G 5L5

We look forward to receiving your nomination or application!

Board of Directors 2017-2018

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Want to get involved in a
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fmwcmain@fmwc.ca.