BRA DAY:
SCHEDULE
OF EVENTS

THE PETER GILGAN CENTRE FOR WOMEN’S CANCERS

BRA DAY
BREAST RECONSTRUCTION AWARENESS

Closing the loop on breast cancer
<table>
<thead>
<tr>
<th>TIME (EDT)</th>
<th>EVENT</th>
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<tbody>
<tr>
<td><strong>7:00pm-7:05pm</strong>&lt;br&gt;4:00pm-4:05pm (PDT)&lt;br&gt;5:00pm-5:05pm (MDT)&lt;br&gt;6:00pm-6:05pm (CDT)&lt;br&gt;8:00pm-8:05pm (ADT)&lt;br&gt;8:30pm-8:35pm (NDT)</td>
<td>Opening Event Welcome</td>
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<tr>
<td>Welcome from the Peter Gilgan Centre and Women’s College Hospital – Heather McPherson, President &amp; Chief Executive Officer (CEO)</td>
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<td>Welcome from the Canadian Cancer Society (CCS) – Laura Burnett, Vice President Cancer Information &amp; Support Services</td>
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<td>Welcome from the Canadian Society of Plastic Surgeons – Dr. Bing Gan, President CSPS</td>
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<td>Moderator: Mitchell Brown MD, Plastic Surgeon, Toronto and Founder of BRA Day</td>
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<td><strong>7:05pm-8:10pm</strong>&lt;br&gt;4:05pm-5:10pm (PDT)&lt;br&gt;5:05pm-6:10pm (MDT)&lt;br&gt;6:05pm-7:10pm (CDT)&lt;br&gt;8:05pm-9:10pm (ADT)&lt;br&gt;8:35pm-9:40pm (NDT)</td>
<td>Keynote Speakers</td>
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<tr>
<td>1. Breast Reconstruction with Implants – Sheina Macadam MD, Plastic and Reconstructive Surgeon, Vancouver</td>
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<td>2. The Trend for Implant Reconstruction on Top of the Muscle – Tassos Dionisopolous MD, Plastic and Reconstructive Surgeon, Montreal</td>
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<td>3. Patient Story on Diep Flap Reconstruction – Maja Adolfo-Piwek</td>
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<td>5. When the Tummy is Not Available: Other Options for Breast Reconstruction with your own Tissue – Ed Buchel MD, Plastic and Reconstructive Surgeon, Winnipeg</td>
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<td>6. Techniques for Reconstruction of the Nipple and Areola – Brett Beber MD, Plastic and Reconstructive Surgeon, Toronto</td>
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<td>7. Patient Story on the Prophylactic Decision and Implant Reconstruction – Liza Jerome</td>
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<td><strong>8:10pm-8:15pm</strong>&lt;br&gt;5:10pm-5:15pm (PDT)&lt;br&gt;6:10pm-6:15pm (MDT)&lt;br&gt;7:10pm-7:15pm (CDT)&lt;br&gt;9:10pm-9:15pm (ADT)&lt;br&gt;9:40pm-9:45pm (NDT)</td>
<td>Intermission</td>
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| 8:15pm-9:00pm | **Education Sessions – Session A**  
Plastic surgeons and related health care professionals educate women about their breast reconstruction options. Individuals have the option to move between sessions if they are interested in more than one topic. All presentations will be recorded and available for future viewing. (Click on session to join by Zoom)  
**WHAT IS 3D TATTOOING AND HOW IS IT DONE?**  
*Panelist: Kyla Gutsche, Nipple Tattoo Specialist*  
Join Kyla, a recognized expert in micropigmentation for a discussion and demonstration about 3D tattooing for areola and nipple reconstruction.  
**PREVENTATIVE MASTECTOMY AND RECONSTRUCTION FOR PATIENTS AT HIGH RISK**  
*Panelists: Jason Williams (moderator), Margie Wheelock, Marty Leblanc and Aletta Poll*  
Genetic counsellors and plastic surgeons discuss surgical and non-surgical options for women with genetic predisposition or strong family history.  
**ASK THE SPEAKERS – QUESTIONS AND ANSWERS FROM THE PRESENTATIONS**  
*Panelists: Brett Beber (moderator), Sheina Macadam, Jennifer Matthews, Ed Buchel, Tassos Dionisopolous*  
Speakers from the opening session are available to answer your questions.  
**HOW DOES RADIATION AFFECT BREAST RECONSTRUCTION?**  
*Panelists: Joan Lipa (moderator), John Semple, Laura Snell, Stefan Hofer*  
Plastic surgeons discuss the effects of radiation on breast reconstruction and what options are available for women who either have had radiation or may need to undergo radiation in the future.  
**BREAST RECONSTRUCTION DECISION MAKING AND THE PSYCHOSOCIAL PROCESS**  
*Panelists: Emma Rinaldo (moderator), Erin Stodola, Lianne Trachtenberg, Shawna Rich and Dana Kendal*  
Join us as we discuss ways to support women and their partners, family and friends in the breast reconstruction decision making process. We will explore strategies and tools for coping with distress; developing realistic expectations; and considering personal values and preferences when developing a sense of body positivity. |
| 9:00pm-9:10pm | **Show & Tell Lounge**  
A space where volunteers who have had breast reconstruction open their shirts to show their results. The goal is to help women understand the advantages and risks associated with breast reconstruction so that they may develop realistic expectations of the outcomes. There will be two virtual rooms that attendees may move between:  
1. Reconstruction using your own tissue and flat and fabulous  
2. Reconstruction using implants  
*Please note that all sessions will be running simultaneously* |
| 9:00pm-9:10pm | **Intermission** |
**Education Sessions – Session B**

Plastic Surgeons and related health care professionals educate women about their breast reconstruction options. Individuals have the option to move between sessions if they are interested in more than one topic. All presentations will be recorded and available for future viewing. (Click on session to join by Zoom)

**BREAST IMPLANT SAFETY**

**Panelists:** Peter Lennox (moderator), Nick Carr, Mary Helen Mahoney, Dao Nguyen

Plastic surgeons discuss the type of breast implants that are currently available and address your questions regarding the safety of breast implants and tissue expanders.

**WHAT DOES THE FUTURE HOLD FOR RESEARCH IN BREAST RECONSTRUCTION IN CANADA?**

**Panelists:** Toni Zhong (moderator) Kelly Metcalfe, Perry Gdalevitch and Claire Temple-Oberle

Academic researchers and surgeons discuss what the future holds for research in breast reconstruction and genetic disorders. This will be centered around research in which Canadian women have told researchers what is most important to them.

**BEFORE AND AFTER MY RECONSTRUCTION; HOW TO BEST PREPARE**

**Panelists:** Ron Somogyi (moderator), Thomas Constantine, Glyka Martou and Melinda Musgrave

Surgeons discuss what women should know about getting ready for breast reconstruction surgery and steps to take for a quick recovery and return to normal life.

**HOW DO I CHOOSE WHAT TYPE OF RECONSTRUCTION IS BEST FOR ME?**

**Panelists:** Tassos Dionisopolous (moderator), Peter Davison, Amanda Murphy and Joshua Vorstenbosch

There are many options for performing breast reconstruction. Plastic surgeons discuss how they work with patients, to determine what reconstructive approach is best suited for them.

*Some of these panelists are bilingual and will be able to answer questions in French.*

**WHAT ARE MY OPTIONS IF I CHOOSE NOT TO RECONSTRUCT?**

**Panelists:** Muriel Brackstone (moderator), Tulin Cil and Heidi Scott

Breast reconstruction is an option following mastectomy. Some women may not be good candidates for reconstruction or choose that reconstruction is not for them. This session will discuss approaches to achieve an optimal appearance following mastectomy along with options for prostheses and garments.

**Show & Tell Lounge**

A space where volunteers who have had breast reconstruction open their shirts to show their results. The goal is to help women understand the advantages and risks associated with breast reconstruction so that they may develop realistic expectations of the outcomes. There will be two virtual rooms that attendees may move between:

1. Reconstruction using your own tissue and flat and fabulous
2. Reconstruction using implants

*Please note that all sessions will be running simultaneously*

**Final Wrap Up and Thank You**

Thank you from Elaine Goulbourne, Peter Gilgan Centre for Women’s Cancers, Director, Clinical Resources and Performance
Do you need help finding breast reconstruction services?

Visit the Community Services Locator at cancer.ca/csl

The Canadian Cancer Society has developed this searchable database that uses filters to help individuals find the specific service they need based on location, type, cancer diagnosis, language and more.

proudly offered by Canadian Cancer Society
Meet the Keynote Speakers

Sheina MacAdam BSc MD, FRCSC
Dr. MacAdam is an Associate Professor within the Division of Plastic Surgery at the University of British Columbia (UBC). She is Head of the UBC Breast Reconstruction Program and the Research Director within the Division of Plastic Surgery. In 2008 she completed fellowship training in reconstructive breast surgery with a focus on microvascular reconstruction. She then returned to UBC and created the microvascular breast reconstruction component of the UBC Breast Reconstruction Program. This involved lobbying for dedicated operative time at Vancouver General Hospital, training nurses in both the OR and on the postoperative recovery wards and training fellows and residents in this type of surgery. Today this program is strong after a decade of growth and now offers every type of reconstruction to the patients of British Columbia.

Dr. MacAdam has incorporated the most advanced techniques into her practice as they have become available. Examples include single stage implant breast reconstruction, use of acellular dermal matrix for primary breast reconstruction, prepectoral breast reconstruction, complicated revision surgery, fat grafting, nipple-sparing mastectomy, autologous reconstruction in combination with an implant, and use of SPY technology to assess blood supply to mastectomy skin. She has completed a Masters of Science in Epidemiology at the Harvard School of Public Health which gave her the training necessary to study many of these newer techniques to ensure their safety. She has published research assessing quality of life and surgical outcomes and is committed to evidence-based practice. She has a passion for her work which she finds immensely rewarding and is excited to share her knowledge along with her colleagues from across Canada at the 2020 BRA Day.

Jennifer Matthews MD, MSC, FRCSC
Dr. Jennifer Matthews completed medical school in 2007 and completed her plastic surgery residency at the University of Calgary in 2013. Subsequently, she completed her fellowship training in microsurgery at McMaster University focusing on microsurgery and complex reconstruction for trauma, head & neck cancer, and breast cancer patients.

Her research interests include improvement of outcomes and quality of life for patients following breast reconstruction as well as head and neck reconstruction.
Edward Buchel MD, BSc, FACS
Dr. Buchel is currently the Provincial Surgery Specialty Lead for Shared Health Manitoba and Professor and Head, Department of Surgery, Rady Faculty of Health Sciences, Max Rady College of Medicine, University of Manitoba. He is also the Surgery Site Director for the Winnipeg Health Sciences Centre.

Dr. Buchel completed his medical training at the University of Manitoba and his Residency in General Surgery at St. Vincent’s Hospital and Medical Center in Manhattan New York. Dr. Buchel then went on to complete a Fellowship in Plastic Surgery at the Mayo Clinic in Rochester Minnesota. Further training in reconstructive microsurgery was completed in Taipei, Taiwan. In 2001, Dr. Buchel joined the Mayo Clinic in Scottsdale, Arizona and was the Program Director of the Microsurgery Fellowship until returning to Winnipeg in 2004.

On returning to Winnipeg Dr. Buchel joined the Department of Surgery as Associate Professor and Section Head of Plastic Surgery. Until 2009, he was the Program Director of the Plastic Surgery Residency. In 2006, Dr. Buchel developed and became the Director of Microvascular and Reconstruction Fellowship at the University of Manitoba. Since 2011, he has been the Editor-in-Chief of the Canadian Journal of Plastic Surgery (now called PLASTIC SURGERY). Dr. Buchel is currently focusing his clinical practice on reconstructive microsurgery for cancer and trauma patients, as well as general reconstructive and cosmetic plastic surgery.

Brett Beber MD, FRCSC
Dr. Beber received his training at the prestigious University of Toronto Division of Plastic Surgery, and received his Royal College certification in Plastic Surgery in 2004. Since then he has been providing state-of-the-art cosmetic and reconstructive procedures to his patients.

Tassos Dionisopolous MD, CM FACS, FRCS (C)
Dr dionisopoulous is the chief of plastic surgery at McGill’s Jewish General Hospital in Montreal. He specializes in breast reconstruction and is a leader in the area pre pectoral breast reconstruction.
Moderator: Mitchell H. Brown BSc, MD, MEd, FRCSC

Mitchell H. Brown, MD, is a Professor in the Department of Surgery and past program director of the plastic surgery training program in the Division of Plastic and Reconstructive Surgery at The University of Toronto. Dr. Brown’s plastic surgery practice is focused largely on reconstructive and aesthetic breast surgery.

Dr. Brown founded Breast Reconstruction Awareness Day in 2011. His goals were to create a forum for education, access and awareness surrounding reconstructive breast surgery following mastectomy or treatment of breast cancer.
Meet the Show & Tell Volunteers

Ruth
1st diagnosis: Lumpectomy/Radiation/Cancer diagnosis and Genetic mutation carrier; 2nd Diagnosis: Immediate/Bilateral mastectomy/GAP-Flap (buttocks)/Nipple reconstruction & areola tattoo

LNA
Delayed/Bilateral mastectomy/Skin sparing/Implants/Fat grafting/Nipple & aerola tattoo/Cancer diagnosis & Genetic mutation carrier – Lynch Syndrome

Rita
Delayed/Single mastectomy/DIEP-Flap (abdomen)/Radiation/Nipple reconstruction & areola tattoo/Cancer diagnosis

Kathy
Delayed/Single mastectomy/DIEP-Flap/Fat grafting/Radiation/Nipple reconstruction/Cancer diagnosis

Blake
Immediate/Bilateral mastectomy/Skin & nipple sparing/Expanders, Alloderm, Implants/Fat grafting/Radiation/ Cancer diagnosis & Genetic mutation carrier

Kim
Delayed/Single mastectomy/DIEP-Flap/Radiation/Nipple reconstruction & Tattoo/Cancer diagnosis

Thriver Spirit
Delayed/Lumpectomy & Lymph node dissection/Oncoplastics and Balancing/Radiation/Cancer diagnosis

Nik
Immediate/Bilateral mastectomy/Expanders & Implants/Fat grafting/Areola & nipple reconstruction and tattoo/ Cancer diagnosis

Luiza
No reconstruction/Single Mastectomy/Radiation/Cancer diagnosis

Beth
Delayed/Single mastectomy/DIEP-Flap/Nipple reconstruction/Cancer diagnosis

Megan
Immediate/Bilateral mastectomy/Alloderm & Implants/Skin & nipple sparing/Cancer diagnosis & Genetic mutation carrier

Lydia
Immediate/Bilateral mastectomy/Tissue expander & implants/Fat grafting/Nipple reconstruction & tattoo/ Cancer diagnosis & Genetic mutation carrier
Meet the Panelists

WHAT IS 3D TATTOOING AND HOW IS IT DONE?

Kyla Gutsche
Kyla Gutsche is an Oxford-trained arts professor who became a tattoo artist after overcoming ovarian cancer. She co-developed a tattoo dispersant and the Titian WashTM technique which more realistically recreates areolas, camouflages scars, and enhances features than conventional permanent makeup.

PREVENTATIVE MASTECTOMY AND RECONSTRUCTION FOR PATIENTS AT HIGH RISK

Dr. Jason Williams
Dr. Williams is a Plastic Surgeon in Halifax, NS. He has specialized training in microvascular oncologic reconstruction from the MD Anderson Cancer Center in Houston, TX. He has a broad plastic surgery practice, but breast reconstruction is a major focus and passion of his. He has participated in local BRA Day events since inception and is proud to be a part of this national event in 2020.

Dr. Marty Leblanc
Dr. Leblanc’s practice in Halifax, NS focuses on microsurgery reconstruction and breast reconstruction. He is an Assistant Professor in the Division of Plastic Surgery at Dalhousie University.

Aletta Poll
Aletta has been working as a genetic counsellor in the field of Hereditary Breast and Ovarian Cancer for over 20 years. She joined the Familial Breast Cancer Research Unit of Women’s College Hospital in 2002 and sees women with a personal or family history of breast cancer for genetic counselling and testing.

Dr. Margie Wheelock
Dr. Wheelock is a plastic surgeon working in Halifax NS, with a focus on microsurgery, breast reconstruction and pediatric plastic surgery.
HOW DOES RADIATION AFFECT BREAST RECONSTRUCTION?

Dr. Joan Lipa
Dr. Joan Lipa is an Associate Professor at University of Toronto, and cares for breast cancer reconstruction patients at the Louise Temerty Breast Cancer Centre at Sunnybrook Health Sciences Centre. She has expertise in both implant-based and flap/microsurgery reconstruction and has had this as a focus of her Plastic Surgery practice for almost 20 years.

Dr. John Semple
Dr. John Semple is a plastic and reconstructive surgeon at Women's College Hospital in Toronto. He is Professor in the Department of Surgery at the University of Toronto and Head of the Division of Plastic Surgery at Women's College Hospital. He was previously Surgeon-in-Chief at Women's College Hospital and the Canadian Breast Cancer Foundation Chair in Surgical Breast Cancer Research. Dr. Semple’s clinical practice focuses on aesthetic and reconstructive breast surgery and transition-related surgery.

Dr. Laura Snell
Dr. Laura Snell is a Plastic and Reconstructive Surgeon specializing in breast reconstruction at Sunnybrook Health Sciences Centre, where she has been working for 10 years.

Dr. Stephan Hofer
Dr. Hofer has a practice that is exclusively focused on reconstructive breast surgery. He is a frequently invited speaker on reconstructive breast surgery at many meetings and events worldwide and internationally recognized as an expert in the complete spectrum of reconstructive breast surgery.

BREAST RECONSTRUCTION DECISION MAKING AND THE PSYCHOSOCIAL PROCESS

Emma Rinaldo
Emma Rinaldo is a registered clinical social worker working in the Peter Gilgan Centre for Women’s Cancers at Women’s College Hospital. Individuals are referred to Emma because they have been diagnosed with cancer, are facing post-treatment or survivorship challenges or they are at a high risk of developing cancer.

Erin Stodola
Erin Stodola was diagnosed with TNBC at 29. Two years after a double mastectomy with immediate reconstruction, Erin had her implants removed and now has an aesthetic flat closure.
Lianne Trachtenberg
Dr. Lianne Trachtenberg is a registered Clinical and Health Psychologist working in private practice in downtown Toronto. She also works as a Scientific Affiliate at the Princess Margaret Cancer Centre.

Shawna Rich
Shawna Rich is a registered clinical social worker and psychotherapist with 20 years of experience providing psychosocial support, education and advocacy to those with complex health needs. Over the past decade she worked exclusively in oncology with patients and families, and has transitioned to private practice.

Dana Kendal
Dana Kendal is a social worker in private practice for over 20 years. She has had a single sided mastectomy with delayed reconstruction, years later followed by a prophylactic mastectomy on the other (non cancer side) with immediate reconstruction. Dana has been involved with BRA Day for many years has found it to be an extremely important event to her. Dana began as a sharer in the Show and Share Lounge, later Chairing BRA Day to then being involved as a speaker. The various experiences have given Dana so many wonderful opportunities to give back and share her journey with other women.

BREAST IMPLANT SAFETY

Dr. Peter Lennox
Dr. Lennox is a Clinical Professor in surgery at the University of British Columbia. He is the Chief of Plastic Surgery at UBC and Vancouver General Hospital. He is a past president of the Canadian Society of Plastic Surgeons and the Canadian Society of Aesthetic Plastic Surgeons. His practice has a focus on aesthetic and reconstructive breast surgery.

Dr. Nick Carr
Dr. Nick Carr is a plastic surgeon in Vancouver. He teaches at UBC where he is a Clinical Professor in plastic surgery. He has his own private clinic, Skinworks Surgery Centre, in Vancouver. His practice is varied but he has been very involved in research and clinical work related to breast implants.

Dr. Mary Helen Mahoney
Dr. Mahoney specializes in immediate reconstruction, implant-based breast reconstruction and oncoplastic breast surgery. She has played an integral role in the development of the Breast Reconstruction in the Breast Cancer Program at North York General Hospital, which has lead to the program receiving the National Accreditation Program for Breast Cancer Status.

Dr. Dao Nguyen
Dr. Dao Q.T. Nguyen, is a community plastic surgeon and Regional Division Chief of Plastic Surgery in the Fraser Health Authority, Lower Mainland B.C. Her practice encompasses general plastic surgery with a subspecialty focus on breast reconstruction.
WHAT DOES THE FUTURE HOLD FOR RESEARCH IN BREAST RECONSTRUCTION IN CANADA?

Dr. Toni Zhong
Dr. Toni Zhong is a plastic and reconstructive surgeon at University Health Network (UHN) where she is the clinical and research director of the Breast Reconstruction Program. She is also the inaugural Belinda Stronach Chair of Breast Cancer Reconstruction at UHN.

Dr. Perry Gdalevitch
Dr. Perry Gdalevitch is a Montreal Plastic Surgeon specialized in breast reconstruction and aesthetic surgery. She has a passion for empowering women to feel their most confident by helping them feel good about their bodies.

Dr. Claire-Temple-Oberle
Dr. Claire Temple-Oberle is a reconstructive surgeon who specializes in immediate breast reconstruction in Calgary, AB. She has led a number of breast reconstruction-related quality of life studies and implemented a variety of support programs for women considering or undergoing breast reconstruction in Alberta.

Dr. Kelly Metcalfe
Dr. Kelly Metcalfe is a Professor in the Lawrence S. Bloomberg Faculty of Nursing and the Faculty of Medicine, Department of Surgery, at the University of Toronto and a Senior Scientist at the Women’s College Research Institute. She currently holds the Bloomberg Professorship in Cancer Genetics and is the Associate Dean of Research. Dr. Metcalfe’s research focuses on the prevention and treatment of breast cancer in high risk women, most specifically those with a BRCA1 or BRCA2 mutation.

BEFORE AND AFTER MY RECONSTRUCTION: HOW TO BEST PREPARE

Dr. Thomas Constantine
Dr. Thomas Constantine is a Canadian and American board-certified plastic surgeon practicing in Toronto at Humber River Hospital and privately. He specializes in breast reconstruction, lymphedema surgery, and aesthetic surgery.

Dr. Glykeria Martou
Dr. Glykeria Martou is a plastic surgeon and assistant professor at Queen’s University School of Medicine in Kingston where she specializes in all types of breast reconstruction.
Dr. Melinda Musgrave
Dr. Musgrave is a plastic surgeon and performs immediate and delayed reconstruction for partial and complete mastectomy defects using autogenous as well as alloplastic reconstruction. She has an interest in skin sparing, nipple sparing mastectomy as well as immediate reconstruction in patients with locally advanced breast cancer (LABC).

Ron Somogyi

HOW DO I CHOOSE WHAT TYPE OF RECONSTRUCTION IS BEST FOR ME?

Dr. Tassos Dionisopolous
Dr. Tassos Dionisopolous is the chief of plastic surgery at McGill’s Jewish General Hospital in Montreal. He specializes in breast reconstruction and is a leader in the area of pre-pectoral breast reconstruction.

Dr. Amanda Murphy MD, FRCSC
Dr. Amanda Murphy is a plastic surgeon specializing in breast reconstruction at the Jewish General Hospital in Montreal and Assistant Professor of surgery at McGill University.

Joshua Vorstenbosch
Joshua Vorstenbosch is a plastic surgeon at the Royal Victoria Hospital at the McGill University Health Centre in Montreal. He is interested in all kinds of breast reconstruction, but primarily breast reconstruction using a patient’s own tissues.

Peter Davison
WHAT ARE MY OPTIONS IF I CHOOSE NOT TO RECONSTRUCT?

**Dr. Muriel Brackstone**
Dr. Muriel Brackstone, Surgical Oncologist and Medical Director of London Breast Care Program, Professor of Surgery & Oncology, Western University, London Ontario.

**Heidi Scott**
Heidi Scott is a Certified Fitter with advanced training in Post Breast Surgery garment and prosthetic fitting as well as Compression for Lymphadema treatment.

**Dr. Tulin Cil**

SHOW AND TELL MODERATORS

**Dr. Ruth Heisey**
Dr. Ruth Heisey is Chief, Family and Community Medicine and Primary Care as well as the Medical Director, Peter Gilgan Centre for Women's Cancers at Women's College Hospital. She is a Clinician Investigator and Associate Professor in the Department of Family and Community Medicine, University of Toronto, Toronto, Canada.

**Dr. Melinda Wu**
Dr. Wu is a Family Physician, General Practitioner in Oncology (GPO) in the Breast Centre, and the Clinical Education Lead for The Peter Gilgan Centre for Women's Cancers at Women's College Hospital.