

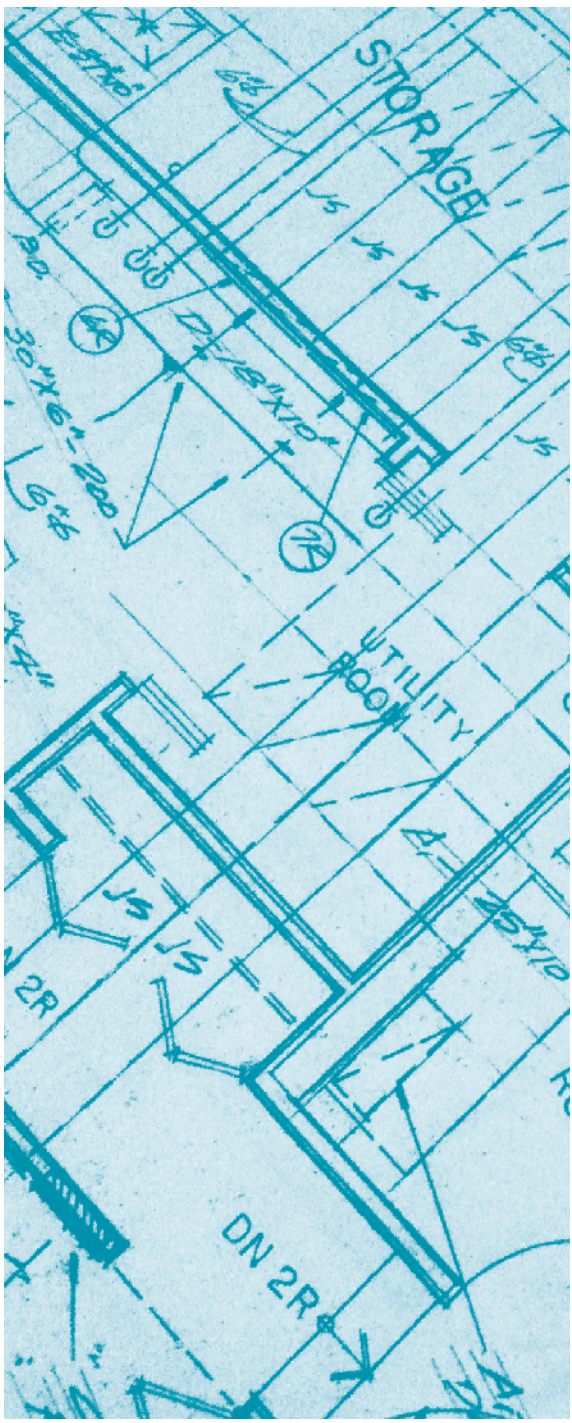
ONE MORE GIANT STEP
IN TRANSFORMING
WOMEN’S HEALTH



2 0 1 0 A N N U A L R E P O R T



- Pioneering programs that are providing care to women in unprecedented ways
- Groundbreaking research that is changing women’s health practices and policies around the world
- Education that is transforming how and what students, trainees and professionals learn
- A cadre of world-leading scientists and clinicians who are at the forefront of women’s health
- And, of course, a new, state-of-the-art facility that reflects our world leadership in women’s health and ambulatory care



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Women's College Hospital

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76 Grenville Street, Toronto ON M5S 1B2 • www.womenscolleghospital.ca

WELCOME TO WOMEN’S COLLEGE HOSPITAL

It’s been a year of remarkable achievement at Women’s College Hospital. A year of reimagining and reinventing. A year of planning, building and transforming.

That’s nothing new for us. After all, we’ve been at the forefront of women’s health for the past 100 years. And we’re not slowing down. But we are doing things differently.

That’s because, today, there is a new health reality out there. Women are living longer than ever before. But many are doing so with a complex array of diseases and conditions – like heart disease, cancers, diabetes, arthritis and mental health issues – that can severely affect their quality of life. And younger women are not exempt. Arthritis and rheumatism, cancers and asthma, depression and migraine are increasingly affecting them – in major numbers.

Yet our health-care system is still designed to deal with acute problems – problems that are short, urgent and often episodic.

No longer.

In 2006, Women’s College Hospital was given a mandate: to create Ontario’s only stand-alone academic ambulatory care hospital focused on women’s health.

We’ve done just that. We have created a hospital that delivers care in unprecedented ways. A hospital that helps women and their families prevent and manage their diseases and conditions so that they can live healthier and more independent lives – without overnight hospitalization.

It’s called an ambulatory approach to care, and it’s the best response to women’s health needs.

A new approach to care takes a new kind of facility. And we’re thrilled to announce that the Women’s College Partnership has been selected as the preferred proponent to design, build, finance and maintain our new building. The competition was a complex and exciting one, with brilliant submissions by three outstanding groups of contenders.

In 2015, we will have a state-of-the-art facility designed differently than any other. It will be an easily accessible hub of programs, clinics and centres that integrates care, research and education – all based on how women live their lives. It will be a hospital designed to keep people out of hospital.

Our vision is bold and we are more ready than ever to achieve it. Thank you to everyone, every day, who make that possible: our unparalleled physicians, staff and volunteers; our tireless board of directors; our indomitable Women’s College Hospital Foundation; and, our exceptional leadership team.

Because of you, we have never been stronger.



KATHRYN GIFFEN,
CHAIR OF THE BOARD,
WOMEN’S COLLEGE HOSPITAL



MARILYN EMERY,
PRESIDENT AND CEO,
WOMEN’S COLLEGE HOSPITAL

ANGELA ROBERTSON,
DIRECTOR, EQUITY AND
COMMUNITY ENGAGEMENT,
WOMEN’S COLLEGE HOSPITAL



AND EQUITY FOR ALL

Women’s College Hospital was born in 1911 so that medically trained women could practice medicine at a time when it was not possible anywhere else. Since then, the hospital has made women’s health and equity an abiding priority.

It’s no wonder then that Women’s College recently won the Diversity in Governance Award by the Maytree Foundation and the Toronto City Summit Alliance.

The award is a culmination of years of hard work by the Women’s College board of directors and its relentless focus on building a board – and an organization – that responds to and reflects the diversity of our community.

Today, what we do and how we do it is guided by our equity vision:
OUR COMMITMENT TO OPTIMAL HEALTH OUTCOMES FOR DIVERSE WOMEN AND THEIR FAMILIES THROUGH COMMUNITY-INFORMED, INCLUSIVE AND RESPONSIVE SERVICES.

And inextricably linked to equity is our patient safety vision which ensures a steadfast commitment to patient safety:

- Our place... provides a welcoming and safe environment that is green
- Our people... show what it is to humanly care
- Our processes... are accessible, adaptable, fluid and relevant

Our focus on equity and patient safety aligns us with the vision of a health care system where all have access to quality services, where barriers to care are reduced, and where equal opportunities for health are ensured.

Patients everywhere deserve nothing less.

TRAILBLAZING RESEARCHER HAILED AS ONE OF DECADE’S BEST

Work conducted by Dr. Steven Narod was named by the Toronto Star as one of the top 10 research discoveries of the decade.

Dr. Narod also received the Anthony Miller Award for Excellence in Public Health Sciences from the University of Toronto. It was the finale to an exceptional year, when Dr. Narod’s remarkable achievements in breast and ovarian cancer research were widely recognized by his colleagues and the media.

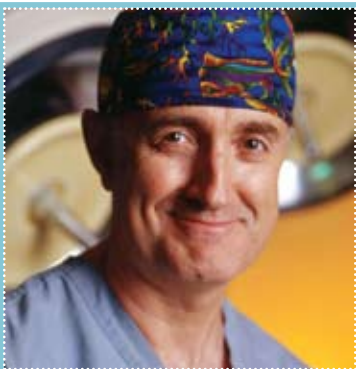
Dr. Narod’s groundbreaking work in the area began more than 15 years ago when he was part of the team that discovered BRCA1 and BRCA2. Since then his research has identified many solutions to help women who carry these mutations reduce their up to 80 per cent lifetime risk of developing breast or ovarian cancer.

In the past year alone, Dr. Narod published more than 40 research papers – with some startling new findings about inherited breast and ovarian cancer. Most significant is that women with a family history of cancer inherit a 40 per cent risk of developing breast and ovarian cancer even when they do not carry a BRCA mutation.

Another high-profile study by Dr. Narod made headlines in 2009. It found that women with dense breast tissue were much likelier to have a recurrence of cancer than women who didn’t have dense tissue.

Dr. Narod’s research not only adds to the world’s scientific knowledge about breast and ovarian cancers. As importantly, it empowers women to make the best, and most informed, choices about their own health – an integral part of disease prevention and management.

DR. STEVEN NAROD,
SENIOR SCIENTIST, WOMEN’S
COLLEGE RESEARCH INSTITUTE
CLINICIAN-SCIENTIST,
DEPARTMENT OF MEDICINE,
WOMEN’S COLLEGE HOSPITAL



DR. JOHN SEMPLE,
CHIEF OF SURGERY,
WOMEN’S COLLEGE HOSPITAL

CHIEF OF SURGERY IS NAMED FIRST CHAIR
IN SURGICAL BREAST CANCER RESEARCH

Women’s College Hospital is home to one of Canada’s top centres for breast reconstruction.

That’s thanks largely to Dr. John Semple, chief of surgery at Women’s College, and a world-renowned plastic surgeon. Now he’s been named chair in surgical breast cancer research by the Canadian Breast Cancer Foundation – Ontario Region. The chair is based at Women’s College and is the first endowed chair in our department of surgery.

Dr. Semple’s appointment means that he becomes a core scientist at Women’s College Research Institute. Paula Rochon, vice-president of research, couldn’t be happier. She says his work on surgical innovations perfectly complements the efforts of our pre-eminent team of breast cancer researchers.

As the very first chair in surgical breast cancer research at Women’s College, Dr. Semple and his team will explore improvements in reconstructive surgery technique. One example: the use of autotransplantation of a patient’s own lymph nodes to treat and prevent lymphedema – a painful side-effect of breast cancer treatment.

For Dr. Semple, the appointment means more funds for ongoing research, more surgeons dedicated to research, and above all, more cancer survivors with the quality of life they deserve.

WOMEN’S COLLEGE LAUNCHES CANADA’S FIRST CENTRE FOR
AMBULATORY CARE EDUCATION

Over one hundred world-leading educators gathered at Women’s College Hospital for a day-long summit to launch Canada’s first Centre for Ambulatory Care Education (CACE).

Heather McPherson and Dr. Ivan Silver, vice-dean, continuing education and professional development, at the Faculty of Medicine, University of Toronto, co-chaired the event. Created by Women’s College and the University of Toronto, the centre is essential. That’s because most health care happens in ambulatory (outpatient) settings, yet students are primarily being trained in in-patient hospitals.

And, with the meteoric rise in chronic illnesses – like diabetes, heart disease, cancers, depression, arthritis and osteoporosis – which need to be managed not with long hospitalizations but with ongoing support and care, what’s required is a ready supply of health-care professionals who are expert in ambulatory care.

At the summit, international experts shared their research and teaching models, and provided insight from the perspective of different countries and health systems.

According to McPherson, we have a unique opportunity to set our sights high and be bold in creating an entirely new approach to training health professionals.

If we do it right, says McPherson, it will transform how patients are cared for.



HEATHER MCPHERSON,
VICE-PRESIDENT,
PATIENT CARE AND AMBULATORY
INNOVATION,
WOMEN’S COLLEGE HOSPITAL

THE FUTURE OF WOMEN'S HEALTH IS BEING BUILT RIGHT NOW.



DR. GILLIAN HAWKER,
CHIEF OF MEDICINE,
WOMEN'S COLLEGE HOSPITAL
SENIOR SCIENTIST,
WOMEN'S COLLEGE
RESEARCH INSTITUTE

JOINT REPLACEMENT SURGERY IS COST-EFFICIENT. OUR STUDY PROVES IT.

New research led by Dr. Gillian Hawker shows that joint replacement surgery not only reduces pain and disability for those with hip and knee arthritis, but also reduces costs to the health-care system.

The research, says Hawker, is particularly significant for women. That's because women are twice as likely as men to have disabling hip and knee arthritis, yet significantly less likely than men to be offered joint replacement as a treatment option.

The study found that pain and disability decreased substantially after surgery, as did the number of arthritis-related physician visits and associated costs. Those who did not have surgery saw their arthritis worsen or remain the same, while arthritis-related health-care use and health system costs increased.

That means timely access to the procedure is essential. It also means more research is needed so that physicians understand who needs the surgery – and when.

Once we know that, says Dr. Hawker, we'll be able to do what's best for patients and the health-care system.

INTERNATIONALLY RECOGNIZED EXPERT JOINS THE WOMEN'S COLLEGE TEAM

Dr. An-Wen Chan is a Rhodes Scholar with a PhD in clinical epidemiology and trained in Mohs surgery at the Mayo Clinic. He is also an internationally recognized expert on research integrity. His work has changed how clinical trials are done across the globe.

Here at the Women's College Research Institute, Dr. Chan has a big agenda. On one front, he's exploring ways to better design, conduct and report clinical trials. On another, he is evaluating new approaches to skin cancer treatment, particularly for those who have undergone organ transplantation and have a greater risk of developing skin cancer.

And at our renowned Mohs Centre, Dr. Chan joins Dr. Christian Murray and Dr. Nowell Solish to offer more patients the most successful treatment available for non-melanoma skin cancers.

DR. AN-WEN CHAN,
SCIENTIST,
WOMEN'S COLLEGE
RESEARCH INSTITUTE



DR. ANDREA GRUNEIR,
SCIENTIST,
WOMEN'S COLLEGE
RESEARCH INSTITUTE

WOMEN'S COLLEGE SCIENTIST IS WORKING TO CHANGE ACCESS TO CARE IN ONTARIO

Recently appointed as a scientist to the Women's College Research Institute, Dr. Andrea Gruneir focuses on gaps in the health-care system that just might change access to care for all Ontarians.

One area of particular focus for Dr. Gruneir; the health needs of overlooked vulnerable older adults, primarily women, who reside in Ontario's long-term care facilities.

In support of her research, Dr. Gruneir has been awarded a prestigious five-year Career Scientist Award from the Ontario Ministry of Health and Long-Term Care.

AND THE ORDER OF ONTARIO GOES TO... DR. SAMANTHA NUTT OF WOMEN'S COLLEGE HOSPITAL

Dr. Samantha Nutt has been a family practice physician at Women's College Hospital for the past 15 years. She also happens to be an internationally renowned humanitarian and co-founder of War Child Canada.

Now she has received the Order of Ontario, the highest official honour in the province.

It's no wonder. Dr. Nutt works in the world's most violent war zones to help women and children. Back at home, she devotes her energies to raising awareness about children's rights everywhere.

As she says, health care is not a luxury, it's a right: one that we must protect and promote.



DR. SAMANTHA NUTT,
FAMILY PRACTICE PHYSICIAN,
WOMEN'S COLLEGE HOSPITAL

DR. PAULA HARVEY,
SCIENTIST, WOMEN'S COLLEGE
RESEARCH INSTITUTE
CLINICIAN-SCIENTIST, MEDICINE,
WOMEN'S COLLEGE HOSPITAL



BUILDING THE RIGHT KIND OF CARDIAC CARE FOR WOMEN

Cardiovascular disease is the number one killer of women in Canada. That's why Women's College is expanding our cardiac research in women's health and enhancing our services to help women manage and prevent heart disease.

Dr. Paula Harvey has come to Women's College to help make that happen. She is establishing a new hypertension clinic. And her research is exploring how blood pressure and the health of blood vessels are regulated by the body – and how that differs between women and men. She is also testing new drug and non-drug therapies to prevent and treat hypertension in women.

Working alongside scientists and clinicians who also take a gender lens approach to women's health is essential and exciting, says Harvey.

Because when it comes to heart disease, women shouldn't be treated like men.



DR. ANTHONY LEVITT,
CHIEF OF PSYCHIATRY,
WOMEN'S COLLEGE HOSPITAL

FIRST-EVER CONFERENCE ON WOMEN AND MENTAL HEALTH IN THE WORKPLACE

Women experience depression twice as often as men. A full quarter of women will develop clinical depression during their lifetimes. And depression happens most often during a woman's working years.

Amazingly, there has never before been a conference on women's mental health and its implications for the workplace. Until now.

Women's College Hospital created the XEffects: Women and Mental Health in the Workplace Conference. The day-long session brought together clinicians, health professionals and corporate executives to discuss and debate an issue that is exacting a devastating toll on women, their families, the workplace and the health-care system.

Chaired by Dr. Anthony Levitt, the conference was designed to be interactive and engaging so that participants could collaboratively explore new ideas and strategies.

It worked. According to Levitt, people left with a much deeper understanding of the factors and forces that are contributing to this growing epidemic – and a better sense of what's working and what's needed.

According to the World Health Organization, depression will be the second leading cause of lost years of healthy life worldwide by 2020.

Taking action is no longer an option.

OUR AMBULATORY SURGERY DEPARTMENT IS AT THE CUTTING-EDGE OF CARE

Estimates show that more than 50 per cent of all surgery can eventually be performed in an ambulatory setting. That means less disruption to patients' lives, fewer complications and less hospitalization.

So Women's College is building a state-of-the-art ambulatory surgery department. Our newest hire: Dr. Lucas Murnaghan, an orthopedic surgeon and a specialist in treating young athletes.

Dr. Murnaghan is part of a specialized group at Women's College that performs minimally invasive surgery on injured joints for the developing athlete right through to the pro.

But that's not all we do in our Ambulatory Surgery Department. We offer comprehensive surgical care in plastic surgery, thyroid/endochrine, breast, women's health, urology and gynecology. And we're based on a one-stop model that provides screening, rapid assessment, diagnostics, state-of-the-art surgical techniques and high quality post-operative care – all in a single location.

With the surge in chronic disease and conditions that affect us throughout our lives, the future of care is going to be largely ambulatory. And Women's College is leading the way.

DR. WEE SHIAN CHAN,
SCIENTIST, WOMEN'S COLLEGE
RESEARCH INSTITUTE,
MEDICAL DIRECTOR, CLINICAL
DECISION UNIT, WOMEN'S
COLLEGE HOSPITAL



LIFE-SAVING RESEARCH FOR PREGNANT WOMEN

Research by Dr. Wee Shian Chan delivers a clear message: you can't extrapolate information from non-pregnant women and apply it to pregnant ones.

In a recent study, Dr. Chan found that the distribution of blood clots in pregnant women appeared to be different from the usual pattern in non-pregnant patients.

In fact, she says, pregnant women are more likely to have blood clots above the knee and in the pelvic area, and the clots tend to be in the left leg. This in comparison to non-pregnant patients, where blood clots tend to develop in the calf.

This is vital information for doctors because deep vein thrombosis in these areas has a high risk of pulmonary embolism, a blood clot that is carried to the lung where it can lead to serious health problems -- and even death.

The need for pregnancy-specific information is a major theme in Dr. Chan's research.

It's clear why.

GROUNDBREAKING RESEARCH ON CANCERS IN JEWISH WOMEN MAKES INTERNATIONAL HEADLINES

The numbers are in: Approximately one per cent of Jewish women in Ontario (including those with no family history) carry a genetic mutation that significantly increases their risk of developing both breast and ovarian cancer – a rate that's four to five times the general population.

Those are the findings of a pioneering study led by Dr. Kelly Metcalfe and Dr. Steven Narod of the Women's College Research Institute.

Equally worrying, over half of the women in the study identified with a mutation would never have known they were at an increased risk of cancer because they were not eligible for genetic testing. And although 45 per cent of the women with mutations were eligible for genetic testing based on their family history of cancer, none was referred by their health-care provider for screening.

More than 2,000 Jewish women enrolled in the study. Based on the huge demand, the study has been extended, thanks to the support of the Women's College Hospital Foundation, to include up to 5,000 Jewish women.

Ultimately, the goal is to change policy throughout Ontario – and ideally throughout Canada -- around funding for testing. It just might happen.

DR. KELLY METCALFE,
ADJUNCT SCIENTIST,
WOMEN'S COLLEGE
RESEARCH INSTITUTE



DR. LORRAINE LIPSCOMBE,
SCIENTIST, WOMEN'S COLLEGE
RESEARCH INSTITUTE,
CLINICIAN-SCIENTIST,
ENDOCRINOLOGY,
WOMEN'S COLLEGE HOSPITAL

NEW RESEARCH UNVEILS THE REALITY ABOUT DIABETES CARE

Here's the good news: The death rate from diabetes has declined in Ontario by more than 30 per cent over the past decade.

Now the bad: Those with lower incomes continue to have a higher death rate than their wealthier counterparts.

Those are the findings of a new study led by Dr. Lorraine Lipscombe, scientist at the Women's College Research Institute.

Even in a system where much of health care is universally funded, Lipscombe says, there still remain income-based inequities in health and access to care.

The researchers identified three factors that may be playing a role. First, diabetes survival rates have improved, but with that comes a greater financial burden. Second, there is greater screening and earlier diagnosis among wealthier populations. And finally, there is a dramatic increase in specific ethnic groups in Ontario who are more susceptible to diabetes and tend to have lower incomes.

What's needed, according to researchers? For starters, better allocation of resources for our more vulnerable populations of diabetes patients. And further studies are essential to explore factors responsible for the rising difference in mortality between rich and poor diabetes patients.

Just another example of how research at Women's College is aiming to make health care more responsive, equitable and effective.

A NEW MODEL OF CARE FOR CANCER SURVIVORS

More Canadians than ever are surviving cancer.

But they're not necessarily getting the ongoing care they need to manage the late and long-term effects of cancer treatment.

Put simply, a patient's care shouldn't end once they enter remission.

That's why Women's College Hospital and Princess Margaret Hospital have created Canada's only After Cancer Treatment Transitional (AC TT) Care Clinic. Its mandate: to treat the unique health-care needs of cancer survivors -- physical, psychological, social and spiritual.

The timing is perfect. At our research institute, a new team has been funded by the Ontario Institute of Cancer Research to explore the after-effects of cancer treatments and the interactions between cancer and other chronic conditions.

Our new clinic will bring it all together with three main components. Assessment will look for reoccurrence of new cancer.

Intervention will address the consequences of cancer and its treatments using research evidence. And co-ordination will bring together specialists and primary-care providers to ensure that patients' health needs are met.

Perhaps most importantly, the collaboration with Princess Margaret Hospital will improve a patient's experience through every phase of cancer care – from screening to diagnosis, from treatment to after-cancer support.

After all, we want to keep patients out of hospital. This can help.

SHARLMOURA,
ADVANCED PRACTICE NURSE,
AC TT CARE CLINIC



FIRST ONLINE CURRICULUM TO HELP FAMILY PHYSICIANS IDENTIFY PERPETRATORS OF ABUSE

In the past five years, more than 650,000 Canadian women were hurt by their intimate partners. And every week one to two women are murdered by a current or former partner.

Over the last several years, our efforts have focused on sensitizing health-care providers to the needs of victims, and rightly so. But Dr. Robin Mason wants health-care professionals to do more and consider the abuser as well.

So she launched a nation-wide education campaign to support an online curriculum aimed at teaching family physicians how and when to discuss abusive behavior with their male patients and how to recognize indicators of potential violence.

Family physicians can play a crucial role in ending the cycle of abuse. There are ways to recognize when patients may be abusive. There are things to say and do. And there are ways to intervene.

The right response just might prevent a lethal situation.

FAMILY PHYSICIANS AT WOMEN'S COLLEGE ARE CELEBRATED

Twelve Women's College Hospital faculty and residents have been recognized for outstanding work by the University of Toronto's Department of Family and Community Medicine (DFCM) Awards. The awards acknowledge physicians whose contributions go beyond expectations in advancing the department's mission.

To Dr. Jim Ruderman, chief of family and community medicine at Women's College Hospital, the awards come as no surprise. As he says, the awards are a testament to the breadth and depth of talent in our family practice department.

What's more, the Academic Family Physician of the Year Award – won this year by Dr. Nicholas Pimlott and considered the most prestigious award – has been won by Women's College Hospital faculty three times in the past six years.

CONGRATULATIONS!

DR. NICHOLAS PIMLOTT – ACADEMIC FAMILY PHYSICIAN OF THE YEAR

DR. NOAH IVERS – AWARD FOR LEARNER CONTRIBUTOR TO PROFESSIONAL DEVELOPMENT

DR. SAMANTHA NUTT – AWARD FOR EXCELLENCE IN SOCIAL RESPONSIBILITY

DR. VIOLA ANTAO – AWARD OF EXCELLENCE IN RESEARCH IN PROFESSIONAL DEVELOPMENT

DR. CYNTHIA WHITEHEAD – AWARD FOR MENTORSHIP

DR. HEMEN SHUKLA – POSTGRADUATE EDUCATION AWARD IN CLINICAL TEACHING

DR. DEANA HATHOUT – POSTGRADUATE EDUCATION AWARD FOR RESIDENT LEADERSHIP

DR. CARRIE SCHRAM – AWARD FOR TEACHING EXCELLENCE BY A RESIDENT

DR. RUTH HEISEY – AWARD FOR TEACHING IN FAMILY MEDICINE CLERKSHIP

DR. JORDANA SHEPS – DR. F. ANNE BEATTIE AWARD FOR EXCELLENCE IN TEACHING AND PRE-CLERKSHIP CURRICULUM

DR. ERIKA FUERSTEIN – AWARD FOR OUTSTANDING TEACHING IN FAMILY MEDICINE ELECTIVE

DR. JANE KIRALY – AWARD FOR OUTSTANDING TEACHING IN FAMILY MEDICINE ELECTIVE

DR. NICHOLAS PIMLOTT,
CLINICAL RESEARCHER,
WOMEN'S COLLEGE RESEARCH
INSTITUTE, PHYSICIAN,
DEPARTMENT OF FAMILY
AND COMMUNITY MEDICINE,
WOMEN'S COLLEGE HOSPITAL

