President’s Welcome Address

Donna M. Fedorkow, BSc, MD, FRCSC, MSc

Editor’s note: Original text edited for length.
I stand before you with humility. All of you have contributed to what we proudly call the Society of Obstetricians and Gynaecologists of Canada. I am honoured that you have elected me to act as your president for the next year and I vow to work hard toward advancing our goals. The Society is in the second year (...) of a five-year strategic plan. Its key directives are: Continuing Professional Development, International Health, Practice Environment, Promotion of the Specialty and Women’s Health Issues.

We are fortunate to have strong opportunities for professional development within the society: the ACM, three SOGC regional meetings, several regional society meetings, ALARM, Endoscopy and Millennium Technology programs and the International CME Meeting (...). Our involvement at the international level (...) has resulted in the implementation of sustainable maternal mortality reduction initiatives (...). Strategies to improve practice and enhance patient safety are a major concern. The well received ALARM course has focused on the individual practitioner. The MORE project, in its pilot stage, stands to revolutionize obstetric risk management by integrating the entire health care team and hospital infrastructure in obstetric services (...).

The promotion of a healthy environment for the practice of ob/gyn is an important part of the strategic plan. We are all functioning in an environment where we are expected to provide more service with fewer resources (...). The challenge in promoting the specialty is to improve its image and the attitude toward it. This duty does not just lie in the hands of academic teachers (...). Everything from encouraging the high school friend of your son or daughter who is considering medicine as a career, to welcoming an elective medical student into your practice for a short time, can have a dramatic impact. Without our efforts and support, the crisis we face will only get worse (...).

I approach my year as President excited by the prospects and challenges that we of the Society face. The implementation of the strategic plan is proceeding well. I look forward to working toward its completion. I am particularly interested in developing the promotion of the specialty area during my tenure.

I welcome your input on these issues. We are all working toward a common goal. We share a history that is rich in accomplishment, we are blessed with a National Office Staff that no other professional organization can rival and we have a committed membership. Together, we can make things happen. It is up to us to re-establish obstetrics and gynaecology in its rightful place where students are keen to pursue it as a career, practitioners take pride in the discipline and above all, Canadian women are well served in their reproductive health care.

August 2-6, 2002 is World Breastfeeding Week.
See related article on page 3.
FROM THE EVP’S DESK

SOGC News Advertising Rate Card

André B. Lalonde, SOGC Executive Vice-President

Recognizing the value of advertising in SOGC News, SOGC Council has adopted the following rate card effective immediately, notwithstanding the exclusive sponsorship of the newsletter. A similar policy will soon be in effect with respect to the SOGC Web site.

SOGC News, circulation 3,500 copies, is published monthly, ten times per year (July/August combined as Summer issue, and December/January combined as Winter issue). The submission deadline for each issue is the 1st of the month prior to the month of publication (i.e. deadline for October issue is September 1st).

Specifications:
Acceptable formats for text are Word or WordPerfect. Images should be in jpg or tif format, resolution: 300 dpi. High resolution, print quality PDF files also accepted. Publisher files are not accepted.

Advertising rates: (4-colour process included in rates) - 10% discount for SOGC members

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Insert costs: $35/1,000 for SOGC members $50/1,000 for non-members

Insertion orders must be reserved with Lynn Bray-Levac (see below for contact info) by the 15th day of the month prior to publication. Sample or photostat of insert should accompany order. Material to be received by the 25th day of the month prior to publication. Send to: SOGC c/o Ottawa Lettershop Services Ltd., 505 Industrial Ave, Unit 7, Ottawa, ON K1G 0Z7, Attn: Gordon Doig.

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Reader Mail

I am writing to congratulate you on your policy to re-imburse child care expenses for members who must leave young children at home in order to attend and participate in committee work.

I am not aware of any other medical professional organization that provides such support for parents; it does truly make it possible for those with child care responsibilities (mostly, but not only women) to participate fully in the life of the professional organization. I am happy to know that a portion of my dues will go to making it easier for a young member to get involved.

I am copying this note to Jane Pepino, Chair of the Ontario Women’s Health Council, and to Dr. David Naylor, who as Dean, has challenged us to consider how we can reduce gender barriers. Thank you for showing a way forward.

Jennifer Blake, MD FRCS
Obstetrician and Gynecologist in Chief
VP Women’s Health
Sunnybrook & Women’s College Hospital
Professor of Obstetrics and Gynecology
University of Toronto

The SOGC News is published on a monthly basis. Comments and contributions are welcome and should be forwarded to:

SOGC News
780 Echo Drive
Ottawa, Ontario
K1S 5R7

Tel: (613) 730-4192 or 1-800-561-2416
Fax: (613) 730-4314
E-mail: lbray-levac@sogc.com
ALARM Training Adapted to Local Needs

Dr. Gilles Brunet, Member of the Canadian delegation

Last April, a delegation of SOGC ALARM International instructors was welcomed by the Société haïtienne d’obstétrique et de gynécologie (SHOG) in Port-au-Prince. In partnership with SHOG, the main goal of the course was to update obstetrical health professionals’ skills in order to reduce maternal mortality and morbidity (objective targeted by governmental and international organizations: 75% reduction of maternal mortality by 2015). The current maternal mortality rate is estimated at 523/100,000 live births, which is 150 times higher than in Canada. Moreover approximately 20% of all births in Haiti are attended by qualified personnel. In rural areas, where the majority of births occur, the rate is 11%.

The visit by the Canadian delegation generated numerous discussions with our Haitian partners, suggestions and accomplishments:

1) Adaptation of the ALARM International Course content to the Haitian context. Several proposals will be submitted to the SOGC’s ALARM International Sub-

Committee to have the course content focus on the causes of maternal and fetal mortality: post-abortal infections; haemorrhage during pregnancy; infections (malaria, HIV, TB) and pregnancy; eclampsia; management of labour (partograph, symphysiotomy); fetal health surveillance (intermittent auscultation); neonatal resuscitation.

2) The first graduating class of the national school of Haitian midwives participated in the ALARM Course. Special workshops were also organized specifically for them (use of the partograph, haemorrhage, neonatal resuscitation).

3) Contacts were made with international aid organizations to structure an obstetrical refresher course for health professionals working in rural areas.

Members of the Canadian delegation, aware of the daily realities in Haiti, are working to further adapt the content of the ALARM International Course, in collaboration with their Haitian partners.

We hope that this needs-specific approach with respect to developing countries will foster a lasting and positive impact on the maternal and neonatal mortality rates. Moreover, very special personal and professional ties were woven between the Canadian delegation and SHOG members and Haitian nurse-midwives, which will no doubt encourage our partners to overcome the obstacles facing them. All in all, this international aid experience was most rewarding, both for the Canadian delegation and our Haitian hosts.

The Benefits of Breastfeeding

Yvonne Cargill and Kathi Wilson, Clinical Practice Obstetrics Committee

Breastfeeding is one of those human activities that seems to get lost in our complex bustling society. Although breastfeeding initiation rates are high in Canada and the United States, continuance even beyond 6 weeks is low.1 Over the past three decades, scientific research has confirmed that Mother Nature was right: breast milk is superior to formula for infants, moms and society in the short and long-term. Breastfeeding will make our society healthier if we work at reinforcing its value and supporting breastfeeding mothers.

For infants, breastfeeding provides the perfect food: easily digested, including all required nutrients,2 available at the right temperature and with the added bonus of close human contact. As well as providing nutrients and energy, breast milk prevents illness. It prevents infection, particularly in the first year of life. The incidence of gastroenteritis is decreased by fifty percent in breastfed infants compared to formula fed infants.3 The incidence of upper respiratory infection, otitis media, and meningitis are common and less severe in breastfed infants.4

Infants.3 The incidence of upper respiratory infection, otitis media, and meningitis are decreased by fifty percent in breastfed infants compared to formula fed infants. It prevents infection, particularly in close human contact. As well as providing temperature and with the added bonus of allergies, asthma, and eczema are less common and less severe in breastfed infants.4

The inostances in breast milk thought to be responsible for decreased infectious illnesses and allergies include macrophages, lymphocytes, immunoglobulin A, epidermal growth factor, and lysozyme.

Breastfeeding has been found to be associated with a lower probability of dying from sudden infant death syndrome.5 Formula fed infants are two times more likely to die from SIDS. As randomized studies comparing formula feeding to breastfeeding cannot ethically be performed, it is not known whether this advantage is due to the breastfeeding itself or other variables present in breastfeeding families.

These medical benefits for the infant result in economic benefits for mom and society. Breastfed infants make fewer trips to the doctor’s office and spend fewer days in hospital.6

Breastfed infants have been found to have a higher IQ than formula fed infants when tested at 18 months and seven years. The difference in otherwise healthy children is small and may not be significant but in the premature infant, who often has a lower IQ7 than its term counterpart, the advantages of breast milk may be more important.

For mom, breastfeeding decreases postpartum bleeding through oxytocin release. It has also been shown to increase weight gain when measured at 6 months post delivery. In some studies, but not all, breastfeeding has been shown to decrease the risk of breast cancer. It also decreases the risk of ovarian and endometrial cancer.4

Beyond the physical benefits, breastfeeding provides opportunity for physical closeness. Increased physical contact has been found to result in a strong emotional bond between mother and baby.4

The benefits of breastfeeding can be compared in many ways to the benefits of exercising. Like exercise, even a little bit of breastfeeding is helpful, and more is better. Both have positive short-term and long-term effects. Both have positive physical and psychological effects. Hopefully, like exercise, breastfeeding will become a more admired and idealized behavior. Maternity leave lasting a year is a step towards this, by giving moms the opportunity to breastfeed longer. Breastfeeding in the mall or at work need also become acceptable and commonplace. As the benefits of breastfeeding become more widely known, it will hopefully see the same resurgence that exercise has.

References
Sylvie Paquette, Director, Events Management and QA

Thank you to all of our members and supporters for attending this year’s 58th Annual Clinical Meeting in Winnipeg, Manitoba from June 20th to 25th. Again this year, in attendance were over 800 participants which comprised physicians, specialists, midwives, nurses and exhibitor sponsors. Evaluation results indicate that this in fact was a successful meeting comprising a six-day programme which was opened by the International Women’s Health Day Symposium held on June 20th. Now in its second year, it was attended by close to 200 delegates.

This year’s ACM included 10 International Symposia as well as 10 Post-Graduate courses, which were well attended and, based on comments received, very successful. Each focused on selected topics of interest in obstetrics and gynaecology as well as specialty sessions such as gynecology and reproductive endocrinology. The programme also offered 20 Best Practice Sessions as well as a specialty session titled Menopause Management: Helping Your Patients Make Informed Decisions.

Abstract Day was well attended with a total of 48 oral presentations and over 60 posters displayed during the day of June 24th. Members also participated in a variety of social activities planned by the SOGC. New this year to the ACM was the Spousal Program on Friday, Saturday and Monday. All of these events were well attended and comments received indicated that the effort into developing a social aspect for spouses was much appreciated. Delegates also had the opportunity to participate in social events outside of the programme aspect.

SOGC welcomes comments, suggestions and encourages members to communicate their concerns or requests. For suggestions on scientific programme content please communicate with Sylvie Paquette at spaquette@sogc.com via e-mail or fax your comments to (613) 730-4314.

Some ACM highlights were captured in photo, a few of which are reproduced opposite.

SOGC Awards Presentation

Sylvie Paquette, Director of Events Management and QA

The following abstract presentation prizes and elective grant fellowships were awarded during the ACM Awards Ceremony which took place on June 25th. Congratulations to all our winners!

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<td>Best Gynaecology Paper</td>
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<td>A randomized comparison of goserelin vs. suction curettage prior to thermachoice II7 balloon ablation.</td>
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<td>Best Gynaecology Junior Members Paper Runner-Up</td>
<td>Berlex Canada Inc.</td>
<td>A. Black</td>
<td>Misoprostol offers no cost advantage over intra-amniotic PGF2-alpha for second trimester pregnancy termination.</td>
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<td>Best Obstetrics Junior Members Paper</td>
<td>Wyeth-Ayerst Canada Inc.</td>
<td>S. McDonald</td>
<td>Folate levels in pregnant smokers: An important gene/environment interaction.</td>
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<td>Best Gynaecology Junior Members Poster</td>
<td>SOGC</td>
<td>W.A. Silva</td>
<td>The predictive value of urinalysis for UTI.</td>
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<td>Best Gynaecology Junior Members Poster Runner-Up</td>
<td>Wyeth-Ayerst Canada Inc.</td>
<td>Y. Khan</td>
<td>Exposure to emergency contraception in an undergraduate medical curriculum.</td>
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<td>Best Obstetrics Poster</td>
<td>Duchesnay Inc.</td>
<td>M.E. Hannah</td>
<td>Outcomes at 3 months for women in the term breech trial.</td>
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<td>Stump the Professor Best Obstetrics Case</td>
<td>Organon Canada Ltd.</td>
<td>P. Browne</td>
<td>Renal angiomyolipoma with renal rupture in pregnancy.</td>
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<tr>
<td>Stump the Professor Best Gynaecology Case</td>
<td>Organon Canada Ltd.</td>
<td>J. Min</td>
<td>Abdominal pain following dilatation and curettage by aspiration.</td>
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In addition to the above prizes, the following elective fellowships were awarded:

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<th>Elective Fellowship Grant</th>
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Winnipeg Welcomes SOGC’s 58th ACM
Draw Winners

Sylvie Paquette,
Director of Events Management and QA

Five SOGC members were picked from the returned Needs Assessment forms completed at the ACM.

Congratulations to Drs. Robert Roy, Shawna Alawar, Clinton Chow, Carl Collister and Sandra Baydock. You will each receive $100 towards the registration fee for next year’s Annual Clinical Meeting in Charlottetown, PEI.

PLATINUM:
Berlex Canada Inc.
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The SOGC gratefully acknowledges the financial support of the following companies, which allows us to organize a high caliber clinical meeting for our members:

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MEMBERS’ CORNER:
Dr. André B. Lalonde, Executive Vice-President, SOGC

New AOGQ President

The SOGC extends its congratulations to Dr. Claude A. Fortin who was elected President of the Association of Obstetricians and Gynaecologists of Québec (AOGQ) on June 1st, 2002, for a two-year term.

Dr. Fortin is currently Assistant Professor of Obstetrics and Gynaecology at McGill University in Montreal. He is past Chief of Perinatology - Gynaecology at Anna Laborge Hospital in Chateauguay and active staff at Centre Hospitalier LaSalle. He received his medical degree from Laval University in 1972. In 1977, he received his Fellowship in Obstetrics and Gynaecology from McGill and became a fellow of the Royal College of Physicians and Surgeons of Canada. While running a busy practice, Dr. Fortin developed a special interest in endoscopy. After a course in California, he became a pioneer in the development of operative hysteroscopy.

His interest for clinical research in endoscopy related issues allowed him to write and/or co-write numerous abstracts, articles and editorials as well as being an invited speaker in many national and international endoscopy meetings. Preceptorship around the world has kept him busy for the last few years. Besides his work within the AOGQ, Dr. Fortin is actively involved with professional organizations such as SOGC, AAGL and ISGE by his participation in different committees. He is President of the Quebec region on the SOGC Council.

Our most sincere congratulations, Dr. Fortin!

Presidential Award to Dr. Jeff Nisker

The 2001-2002 Presidential Award, the highest decoration granted by the SOGC, was given to Dr. Jeff Nisker for his outstanding contribution in the fields of reproductive endocrinology, ethics and journalism. As Editor of JOGC, he was pivotal in the indexing of the journal. As a teacher of ethics at the University of Western Ontario, his role-playing component is innovative and inspiring to students and colleagues alike.

Congratulations Dr. Nisker!

Dr. Jeff Nisker receives the President’s Award from Dr. Jan Christilaw.

Congratulations Dr. Allen!

Dr. Hugh Allen of London, Ontario, has been named as the recipient of the Mentor of the Year Award for 2002 by the Regional Advisory Committee for the province of Ontario (RAC 3) of the Royal College of Physicians and Surgeons of Canada.

This award is presented to Dr. Allen in recognition of his distinguished career as a mentor and teacher, professional, and for his long standing devotion to residents, patients, and his specialty.

The SOGC offers Dr. Allen its sincere congratulations on being recognized by his peers and former students for this prestigious award.
Message from the Chair

Dr. Jean-Pierre Gennaoui, PGY-5, Laval University

I would like to take advantage of this first contact as President of the Junior Member Committee to warmly greet all residents across Canada. I also wish to highlight the excellent work accomplished by my predecessor, Kevin Wiebe, over the past year. He managed to create and maintain motivation at the Junior Member Committee, which I hope to sustain.

We had a very productive meeting in Winnipeg. I am confident that with the help of your member reps on the Junior Member Committee, we can accomplish much again this year. I will have the opportunity to update you in the near future on the JM Committee’s projects.

The June annual meeting in Winnipeg was a huge success. Several residents distinguished themselves through their participation in the poster sessions. Stump the Professor attracted a full house. Congratulations to Phil Browne and Jason Min whose cases mystified the expert panel. This was also the first year in which a medical student recruitment activity was held. Almost 40 med students from the area, interested in ob/gyn, attended a fun and informal presentation on our specialty. Then, they could ask all the questions they wanted to ask residents and staff who were on hand. An event worthwhile repeating.

Even the temperature cooperated (golf, visit of St-Boniface and The Forks). It is said that in Winnipeg, the nights are long... this is especially true when we prolong them until the wee hours of the morning on Resident Fun Night! All in all, lots of fun and memories for all who had the chance to participate. Till next year on Prince Edward Island!

Message from the Outgoing Chair

Dr. Kevin Wiebe

Summer is finally here in sunny Saskatchewan. Unfortunately, we missed April showers and May flowers. The leaves came out in June, finally. Saskatchewan is one of the best places to live in the summer. The fishing, golfing, swimming and waterskiing are second to none.

The residents are enjoying the summer too. Holidays are being taken and new faces are joining the program. We are welcoming four PGY-1’s to our program this year as well as a new PGY-4 and PGY-5. The call schedule can hardly get better.

The PGY-1’s will spend the first year in Regina and new efforts are being made to move Regina closer to Saskatoon or at least make it feel that way. We look forward to having rounds linked with fancy telelink audiovisual technology.

We also have recently welcomed a new program director. Dr. Popkin is well-known and respected in SOGC circles and is a real student advocate. We are glad to have access to Dr. Popkin’s wisdom and knowledge.

Congratulations go out to our senior residents who all passed their exams. We will miss them but some not as much as others as two will become our attendings. Yikes! And if you see someone looking a little out of place in metropolitan Toronto, say “hi” to him as that’s Chris Giede from Saskatchewan. He’s just visiting Toronto for a few years while he completes a gynec onc fellowship.

For those of you who were at the ACM in Winnipeg, you will recognize Dr. Phil Browne, winner of this year’s Stump the Professor with a case of renal angio-myolipomata in pregnancy. Only in Saskatchewan... or not. What will we come up with next year? What will you?

We are also saying farewell to Dr. Turnell and Dr. Le. We will miss you guys but are happy for you and your new adventures.

We are optimistic for this coming year and look forward to its challenges and rewards. And when summer is over, we can look forward to our resident retreat in September as well as a laparoscopic pig lab in the fall. How many uteri do pigs have again?

Go Green (Riders). See you at the Grey Cup.

And the Winners of the Stump the Professor Cases are...

Dr. Phil Browne - Best Obstetrics Case
Dr. Jason Min - Best Gynaecological Case

The winners presented their cases in front of a panel of professors and tried to stump them on the diagnosis. A great time was had by all, and lots of laughs were shared. Both winners received a $750 cash award, which was presented to them during the Awards Reception at the 58th Annual Clinical Meeting. The SOGC wishes to congratulate the winners once again!
Another Fabulous ACM!

It is thanks to the Society of Obstetricians and Gynaecologists of Canada that the Canadian Foundation for Women’s Health had a successful stay in Winnipeg. The annual fundraising dinner to support women’s health research drew a crowd of 300. Adding fun to the evening was the raffle of an Inuit sculpture that was donated by the Bayat Gallery in Winnipeg and the Walle Larsson Band kept guests dancing well past midnight. Many thanks for your support of this annual fundraiser and a special thank you to our corporate sponsors who continue to back this special event: Berlex Canada Inc., Novartis Pharmaceuticals Canada Inc., Lilly Canada Inc., and Pfzer Canada Inc. Additional thanks to the donors of the wine that was placed at each table, Calona Wines, Lindemanns, Robert Mondavi Wines, and Peller Estates, and to Dunn-Rite Foods, who donated a portion of the chicken for the evening. This event just keeps getting better every year, so plan now for an exciting time in Charlottetown.

Furthing Women’s Health Research

The Foundation’s research grant awards took place during the conference. A total of $236,000 was distributed to researchers across Canada. This year receiving a grant from the Duchesnay Fund for a better use of drugs during pregnancy and lactation was Dr. Shinya Ito from the Hospital for Sick Children for his research titled Prophytoucoucalcium use during breastfeeding: The cost of misinformation. Receiving the very first University Support Fund grant was Dr. Graeme Smith of Queen’s University for his research titled Effect of caffeine on gestational diabetes screening. Receiving grants from the General Foundation Fund were: Victoria Allen, Dalhousie University, Ultrasonographic measurement of the lower uterine segment thickness in women with a previous caesarean section; Emmanuel Bujold, Hôpital Sainte-Justine, Thickness of low uterine segment and uterine rupture: A multicenter study; Peter von Dadelszen, University of British Columbia, The fetoplacental response to poor intrauterine nutrition: Circulating placental debris in pre-eclampsia and normotensive intrauterine growth restriction; Louise Duperron, Ema Ferreira, Lise Gauthier, Hôpital Sainte-Justine, Evaluation de l’impact d’un programme de cessation du tabagisme chez la femme enceinte, Dan Farine University of Toronto, The perceived risks and benefits of screening for gestational diabetes mellitus; Jane Richmond, McGill University, Thrombophilia and neurodevelopmental delay in infants with birth weight < 1250 grams; Elizabeth Shaw, McMaster University, Timing of the postpartum papanicolaou smear: A randomized controlled trial.

This year a total of 50 proposals were received for the 2002 competition. While the Foundation would like to fund all worthwhile proposals, only a small portion of those submitted received funding. With your continued support the number of grants distributed will grow. Thank you to all the generous individual donors and to the corporate sponsors who have invested in women’s health research — Duchesnay Inc., Berlex Canada Inc., Janssen-Ortho Inc., Organon Canada Inc., Pharmacia Canada Inc., Wyeth-Ayerst Canada Inc., Society of Obstetricians and Gynaecologists of Canada, Foundation for the Promotion of Sexual and Reproductive Health. Sincere appreciation to this year’s reviewers who helped score the proposals and whose valuable time was volunteered to provide an unbiased search for the most outstanding proposals: Drs. John Collins, Prafulla Ghatage, Al Covens, Rob Grimshaw, Mark Heywood, Bob Lotocki, Garry Krepart, George Carson, Josef Scott, Henry Muggah, Daniel Blouin, Valerie Morin, Don Davis, Nicole Racette, Art Leader, Bob Reid, Delani Kotarba, David Cummings, Pierre Miron, Thomas Mainprize, Nan Schuurmans, Robert Pierson, Albert Yuzpe, Gerald Marquette.

The Cannell Lecture

It was standing room only as this year’s Cannell Lecturer, Dr. Garry Krepart, spoke to a record number audience on, What we have learned about the treatment of endometrial carcinoma. It was an obvious choice for the Cannell Committee to select Dr. Krepart because of his vast expertise in the field of gynecologic oncology. Thank you Dr. Krepart for your informative look on the advancements into the treatment of endometrial carcinoma.

Dr. Robert Gauthier, Lynn Krepart and Dr. Garry Krepart

Passing the Torch

It was with a heavy heart that Foundation board members witnessed the stepping down of volunteer Foundation President, Lynn Krepart, during the annual meeting on June 24th in Winnipeg. Mrs. Krepart’s dedication and devotion during the past years have been instrumental in making the organization a strong, well-recognized and thriving national charity. Mrs. Krepart expressed her well wishes to incoming President, Dr. Robert Gauthier, and pledged her continuing support as she serves as Past President on the Foundation board of directors.

Lynn Krepart and Dr. Robert Gauthier