



ONE HUNDRED YEARS OF WOMEN'S HEALTH



WOMEN'S COLLEGE HOSPITAL
Health care for women | REVOLUTIONIZED

In 1883, Emily Stowe forever changed the future of health care for women.

Dr. Stowe, the first Canadian woman to practice medicine in Canada, was forced to train in the United States because no medical school here would accept women.

For Emily Stowe, that would not do.

So she led a group of supporters to the Toronto Women's Suffrage Club and tabled a resolution stating "that medical education for women is a recognized necessity, and consequently facilities for such instruction should be provided."

Less than six months later, on October 1, 1883, Toronto Mayor A.R. Boswell formally established Woman's Medical College – which would later become Women's College Hospital.

Emily Stowe made it her life's purpose to open the doors of Canadian medical schools to women.

Thank you Dr. Stowe.



1911-2011

Since we began a century ago, Women's College Hospital has led a world of breakthroughs in women's health.


We collaborated in the invention of the Pap test. We opened the first clinic in Ontario to screen healthy women for early signs of cancer. We were the first hospital in Ontario to use mammography and the first in Canada to have a Perinatal Intensive Care Unit. We delivered the nation's first test-tube quintuplets. We launched Ontario's first regional Sexual Assault Care Centre. We established Canada's first Multidisciplinary Osteoporosis Program and the country's first Women's Cardiovascular Health Initiative.

At the helm were the pioneers of women's health – and the founders and leaders of Women's College Hospital. Dr. Emily Stowe was the first Canadian woman licensed to practice medicine in Canada. Dr. Minerva Reid was the first female chief of surgery in North America. Dr. Marion Powell raised the consciousness of a generation in women's sexual health. Dr. Jessie Gray – considered at the time to be one of the top cancer surgeons in North America – was the first woman to earn a Master of Surgery degree in Canada. Dr. Marion Hilliard collaborated in the development of a simplified Pap test. Dr. Henrietta Banting spearheaded the use of mammography. Dr. F. Marguerite Hill served as Captain in the Canadian Women's Army Medical Corps during the Second World War. And Dr. Ricky Kanee Schachter was the first woman to lead an academic division of dermatology in Canada.

Now, we're beginning another century of groundbreaking advances in women's health. And once again, some of the world's finest physicians, scientists, surgeons, nurses and health professionals are reinventing and re-imagining health care for women.

With an entirely new model of care, a cadre of top health experts and an abiding commitment to equity, we've created a new kind of hospital. A hospital dedicated to the changing needs of women's health. A hospital that's revolutionizing health care for women.

We've created a hospital designed to keep people out of hospital.



In **1911**, we created a hospital where medically trained women could practice medicine at a time when that just wasn't possible anywhere else.

Now, we've got a new kind of hospital that gets patients home in 18 hours.



Women's health has changed and it goes far beyond reproduction.

So we're delivering an entirely new model of care that responds to women's life-long health needs.

Today, women of every age are living with health issues – like diabetes, cancer, heart disease, arthritis, osteoporosis, migraine and depression – that need to be treated with ongoing support and care. Not hospitalization.

So we're helping women and their families prevent and manage the diseases and conditions that are affecting them throughout their lives. All without in-patient hospitalization.

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

In fact, we've created a hospital that focuses on prevention, healthy living and survivorship, as much as it does on medical and surgical interventions.

We're calling it the Hospital of the Future.



In **1929**, our medical leadership transformed the future of women's health.

Today, our renowned medical experts are revolutionizing health care for women.



At Women's College, our physicians, scientists, nurses and other health professionals are doing the unprecedented: they're redefining hospital.

In fact, they're delivering state-of-the-art care that not only treats women's health issues, but prevents them as well. They're conducting breakthrough research on how to stop illness and disease – before they begin. They're performing pioneering surgeries that get many patients home the same day. They're reinventing education for health-care professionals. And they are doing it all within a culture that celebrates equity and diversity.

Put simply, they're revolutionizing health care for women and their families.



In **1935**, we opened the doors to a whole new facility dedicated to women's health.

In **2015**, we're doing it again.



No one understands women's health better than Women's College Hospital.

That's why we're delivering an entirely new model of care. Yet that kind of care doesn't fit into the narrow hallways and small patient rooms of a 1930s hospital.

So we're building a new, state-of-the-art hospital designed unlike any other – built not around in-patient wards and bedrooms, but around specialized clinics, centres and surgical suites that focus on prevention and disease management, and that combine research, care and education.

By 2015, an astonishing 450,000-square-foot structure will rise on the current site of Women's College Hospital. It will be not just a hospital, but a beacon for women's health.

And, of course, it will embody and express the very hallmarks of Women's College Hospital – leading-edge care and unparalleled caring.

A vintage, sepia-toned photograph showing two individuals in a clinical or office setting. On the left, a woman with her hair styled in an updo and wearing glasses and a white lab coat is looking towards the right. On the right, a man in a white lab coat and a dark tie is looking down. The background features a dark wall with several papers or notices pinned to it. The overall tone is professional and historical.

In **1943**, Dr. Ricky Kane Schachter was appointed Head of Dermatology at Women's College Hospital, making her Canada's first woman leader of an academic division of dermatology.

Today, we're curing skin cancer at an unprecedented rate.



Mohs micrographic surgery has the highest cure rate of any treatment for non-melanoma skin cancer. And Women's College has the only specially trained physicians in the GTA who perform this groundbreaking procedure.

What's more, our academic dermatology program today is the largest and most diverse in the GTA, and provides care that, in many areas, is unique.

For instance, we help patients manage chronic and life-threatening skin conditions through our PhotoTherapy Education and Research Centre, the first and largest of its kind in Ontario. Our Wound Care Centre is known internationally. And most recently, our Ricky Kanee Schachter Dermatology Centre has opened Ontario's first Multicultural Dermatology Clinic for those with non-Caucasian skin.

During her 40 years at Women's College, Dr. Schachter worked tirelessly to build the hospital's dermatology program into one of the country's finest clinical and teaching units.

No doubt she's succeeded.



In **1948**, we opened the first
Cancer Detection Clinic for women in Ontario.

Today, we are a world leader in discovering and understanding the genetics of breast and ovarian cancers.



Fifteen years ago, world-renowned Women's College scientist Dr. Steven Narod was part of the team that discovered BRCA1 and BRCA2 – one of the most important breakthroughs in cancer research.

Since then, he's changed how health professionals around the globe understand and test for genes associated with breast and ovarian cancer.

Now, he and his team are finding ways for women who inherit these mutations to change their fate. The evidence has been so compelling that Dr. Narod's work is supported by a prestigious Tier I Canada Research Chair.

Most recently, Dr. Narod and his colleague Dr. Kelly Metcalfe led a pioneering study that offered genetic testing for breast cancer (based on saliva samples, as seen in the photo) to all Jewish women in Ontario, regardless of family or personal history. One per cent of the women in the study had a mutation – a rate that is four to five times that of the general population. This study just might change screening policy in Ontario.

When it comes to cancers common in women, our goal is ambitious: we want to prevent them before they begin.

In **1956**, we established the Department of Family Practice with a unique focus on women's health.



Today, we serve tens of thousands of patients every year – throughout their lives and across generations.



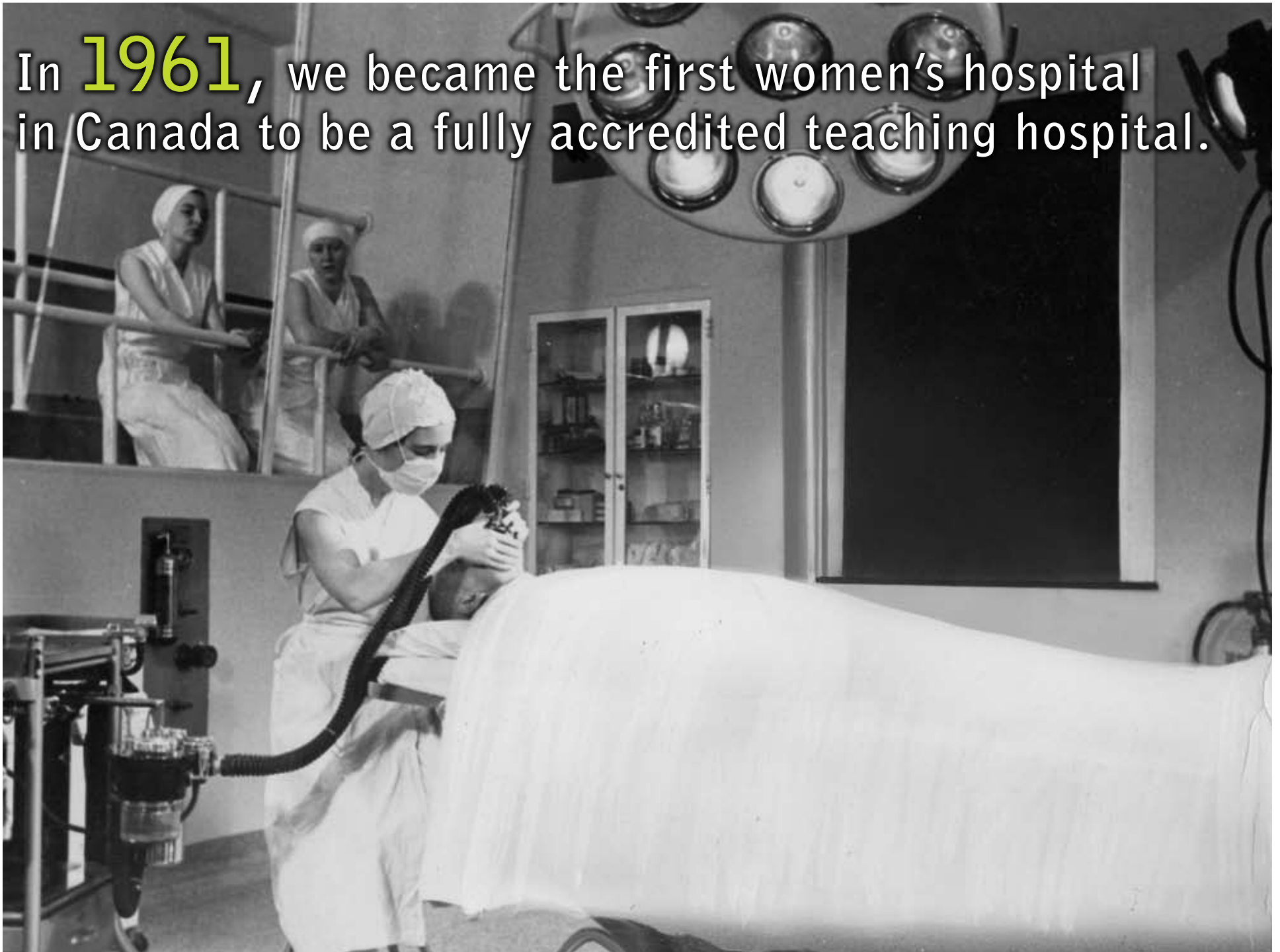
Our Family Practice Health Centre is a bustling primary care centre – one of Ontario's largest – that serves people of all ages and life stages. Amazingly, this is often where three generations of family come for their medical care.

Still, our focus on women's health lives on. Eighty per cent of our patients and 75 per cent of our physicians and staff are female.

But whether they are a woman, man or child, this is a place where patients are cared for in a different way. Our Academic Family Health Team gives patients access to not only their family doctor, but to an interprofessional team that consists of nurse practitioners, family-practice nurses, dietitians, social workers, pharmacists, and medical residents.

And while we'll continue to grow, one thing will remain the same: our commitment to delivering the best and most compassionate care to women and their families.

In **1961**, we became the first women's hospital in Canada to be a fully accredited teaching hospital.



Today, we're creating Canada's first Centre for Ambulatory Care Education.



Most health care happens in ambulatory (outpatient) settings, yet students are primarily being trained in in-patient hospitals.

No longer.

In partnership with the University of Toronto, Women's College Hospital is developing the country's first Centre for Ambulatory Care Education. Its purpose: to ensure a ready supply of health-care professionals who are expert in ambulatory care and who can treat the meteoric rise in chronic conditions – like heart disease, arthritis, diabetes, mental illness and cancers – that are affecting women in record numbers. Because the reality is, conditions like these need ongoing support and care, not hospitalization.

It's an entirely new approach to training health professionals. And if done right, it will transform how patients are cared for.



In **1963**, we were the first hospital in Ontario to use mammography.

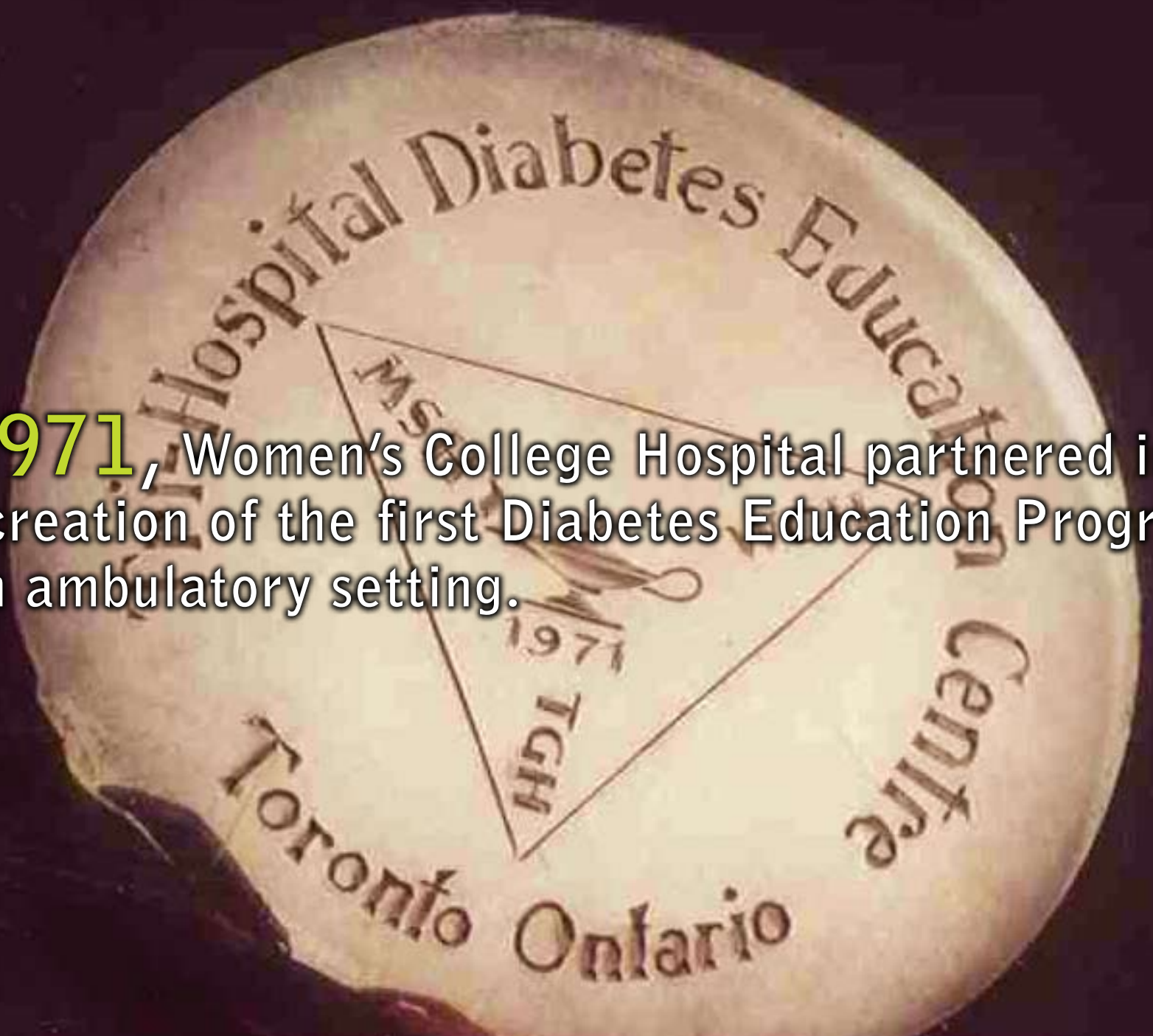
Today, we are home to one of Canada's top centres for breast reconstruction.



When it comes to breast reconstruction after mastectomy, Women's College Hospital treats more patients than any other facility in Ontario. We were the first hospital in Canada to complete breast implant reconstruction in a single stage using acellular dermal matrix. We were also the first hospital in the country to perform lymph-node auto-transplantation to treat and prevent lymphedema – a painful side-effect of breast cancer treatment.

And that's not all we're known for in our Surgical Centre. Quite simply, we're at the leading edge of discovery and practice when it comes to ambulatory surgery.

In fact, we perform innovative ambulatory surgeries in orthopedics, plastics, thyroid/endocrine, women's health, urology and gynecology. And we're based on a one-stop model that provides screening, rapid assessment, diagnostics and post-operative care – all in a single location.



In **1971**, Women's College Hospital partnered in the creation of the first Diabetes Education Program in an ambulatory setting.

Today, we have the only program in Canada that treats diabetes in women at every stage of their lives.

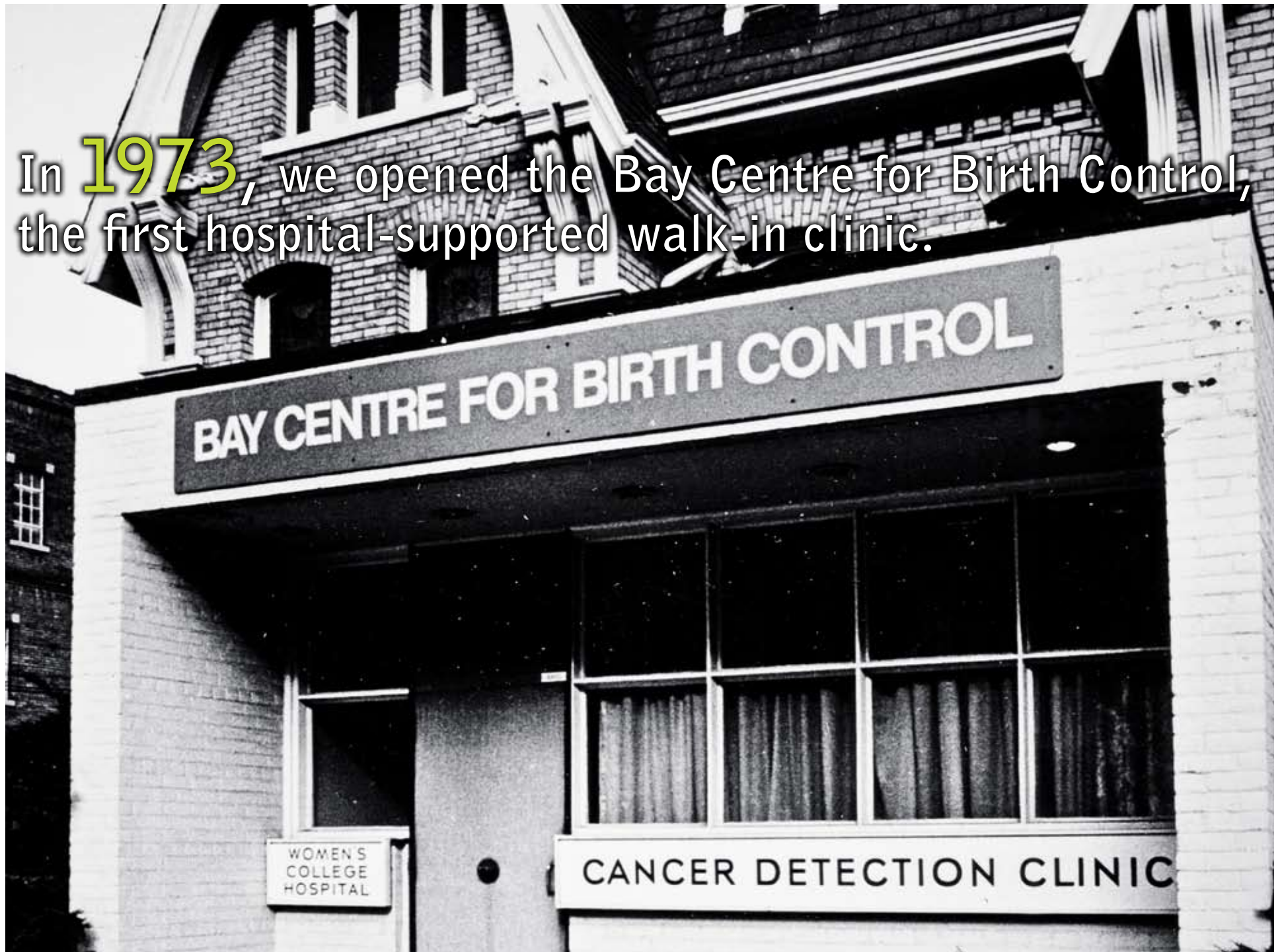


At the Women's College Hospital Diabetes Care Program, we have a Mid-Life Program that helps women with Type 2 diabetes manage the disease as their bodies change. We have a diabetes prevention program for women with polycystic ovary syndrome. And we have specialized treatment for pregnant women with Type 1 and Type 2 diabetes, including an education program for women with gestational diabetes. Because the statistics tell the story: almost 20 per cent of women who get diabetes while they're pregnant will go on to develop Type 2 diabetes.

Teaching women how to manage their diabetes can be just as important as how we treat it.

We're making sure we do both.

In **1973**, we opened the Bay Centre for Birth Control, the first hospital-supported walk-in clinic.



Today, we've empowered hundreds of thousands of women to take control over their reproductive health.

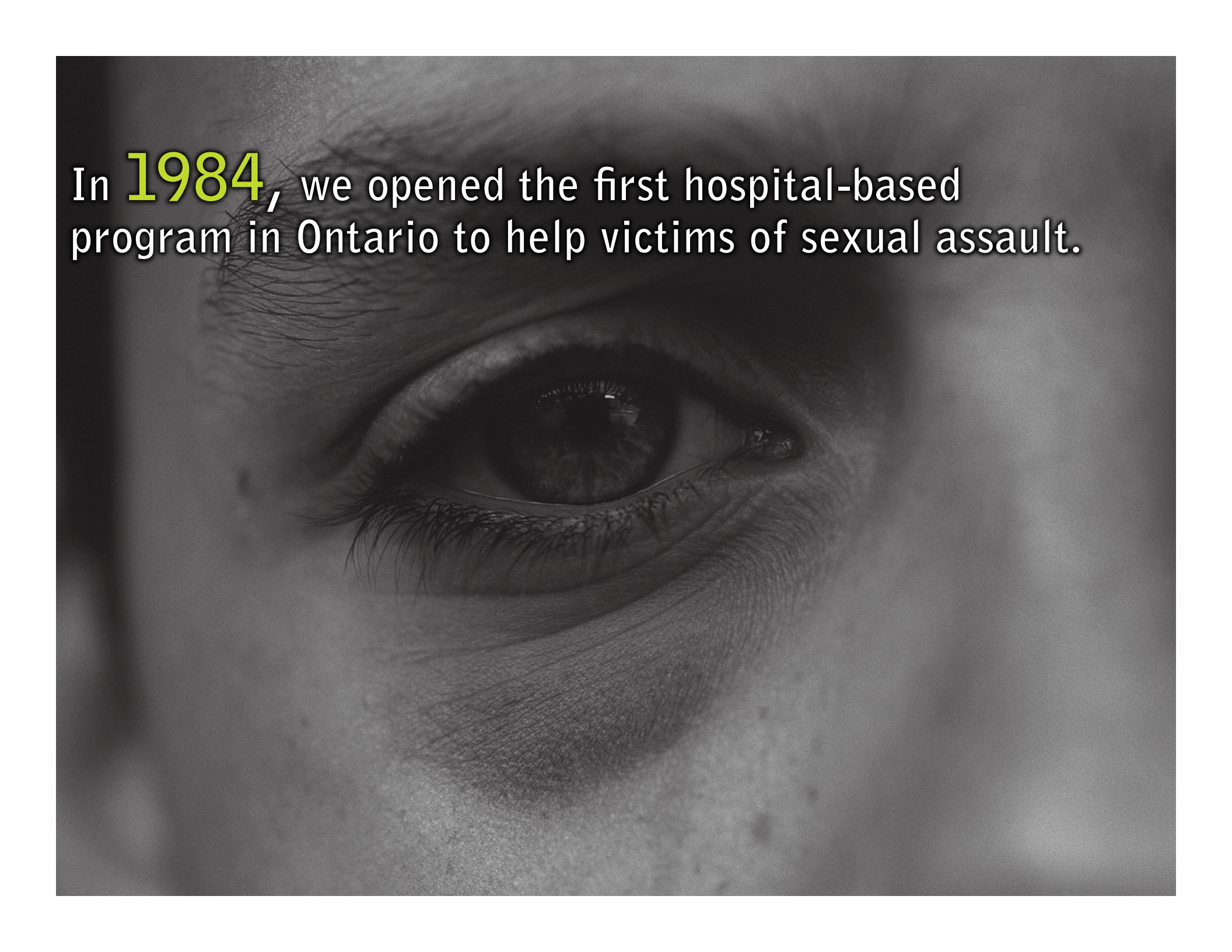


For more than three decades, the Bay Centre for Birth Control has been the go-to place for compassionate care around sexual and reproductive health.

For many years, the centre was headed by the late Dr. Marion Powell, Women's College Hospital physician and legendary activist. She was known as the "Mother of Birth Control" in Canada and raised the consciousness of a generation.

Today, our service to girls and women of all ages and backgrounds continues unabated. As does a research agenda around sexual health that's driven by technological and medical innovation.

But above all, our abiding commitment to a woman's right to information, access and service remains the cornerstone of our care.

A high-contrast, black and white close-up photograph of a person's eye. The eye is the central focus, looking slightly to the right. The eyelashes are dark and well-defined. The skin around the eye is textured and appears somewhat shadowed, giving it a somber and intense appearance. The background is a soft, out-of-focus grey.

In **1984**, we opened the first hospital-based program in Ontario to help victims of sexual assault.

Today, we're an international model for sexual assault treatment and research.



Every minute of every day, a woman or child in Canada is sexually assaulted.

Our Sexual Assault and Domestic Violence Care Centre is there, 24 hours a day, seven a days a week, to help victims of sexual assault and domestic abuse. Police and paramedics, rape crisis centres and other hospitals, know to bring victims of violence to Women's College Hospital.

It's no wonder.

We've developed a sexual assault care model that experts from around the world come to learn about. And scientists in our Violence and Health Research Program collaborate with clinicians to develop policy that is exported throughout the world.

In **1994**, we launched Canada's first
Multidisciplinary Osteoporosis Program.



Today, we're international experts in bone and joint disease.



One in four women over the age of 50 suffers from osteoporosis. But the disease can strike at any age.

Women's College Hospital is a leading expert in this condition.

Our cutting-edge treatment and education program helps women who want to reduce their chances of getting osteoporosis, and those who have it and need to slow down its progression.

The program is so successful it's become the model for chronic disease management as a whole. It is also the platform for our state-of-the-art Multidisciplinary Osteoarthritis Program for people living with advanced osteoarthritis, developed by Chief of Medicine Dr. Gillian Hawker, a world-leading authority on bone and joint disease.

In **1995**, we established Canada's largest research institute dedicated solely to generating knowledge about women's health.



**The Centre for Research
in Women's Health**

Today, we're poised to lead the world in women's health research and new models of care.



The Women's College Research Institute, led by renowned scientist and geriatrician Dr. Paula Rochon, is doing what no one else is: we are exploring health conditions that have unique implications for women throughout their lives – like arthritis, depression, diabetes and heart disease. At the same time, we are working to ensure that patients are treated at home and in the community through prevention and disease management.

Innovation in research is nothing new to us. In fact, thanks to our research, women at risk of genetic breast and ovarian cancers now have effective prevention and treatment options. The warning signs of osteoporosis can be detected far earlier. Rates of cervical cancer have decreased by 50 per cent since the development of the Pap smear, a Women's College collaboration. And the link between diabetes and breast cancer has been demonstrated.

Women's College Hospital is dedicated to helping women and their families live healthier and more independent lives. Our scientists are helping make that possible.



In **1996**, we established North America's first cardiac prevention and rehabilitation program designed exclusively for women.

Today, hospitals everywhere are looking to model their cardiac programs on ours.



Heart disease is the number one killer of women. And it's different for women than for men.

Our Women's Cardiovascular Health Initiative is a prevention program for women at high risk of heart disease, and a rehab program for women recovering from a heart problem who need to manage this chronic condition.

The program is a model for other health-care centres around the world. The numbers tell us why.

Our dropout rates are low – 11 per cent versus the 45 per cent in programs that include both men and women. Other outcomes are equally impressive – a decrease in waist circumference, blood pressure and cholesterol.

We think women should be treated differently than men when it comes to heart disease.

Our program has proven us right.



In **1996**, we established Sport CARE, the first clinic in North America to focus specifically on women and sport.

Today, we're creating a centre of excellence that's unparalleled in Canada.

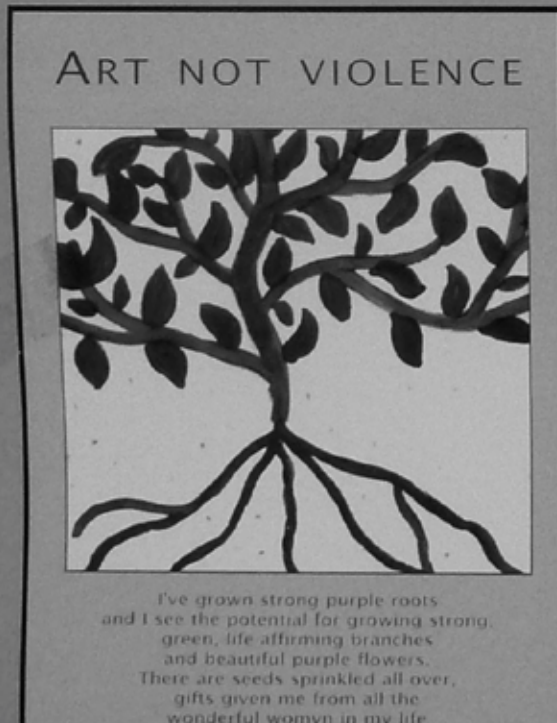
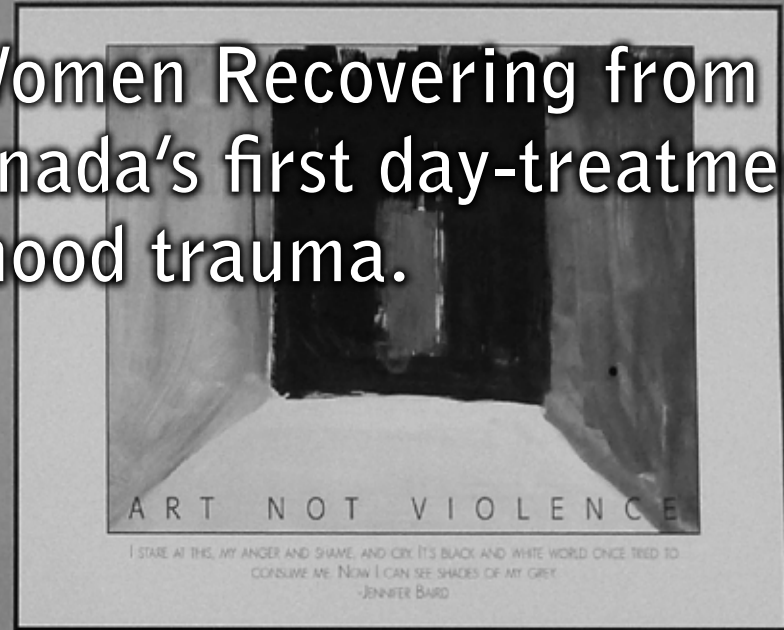


Over the past 15 years, experts at Sport CARE have created North America's first licensed program to prevent the female athlete triad (disordered eating, amenorrhea and osteoporosis), established Ontario's first university-based sport and exercise fellowship, and developed the first exercise and pregnancy helpline in the world.

What's more, the University of Toronto Orthopaedic Sports Medicine Program is based at Women's College Hospital. Its orthopedic surgeons specialize in sports-related injuries, and are developing innovative techniques in arthroscopy and soft tissue reconstruction.

This past year, all of our Sport CARE physicians were selected to treat athletes at the 2010 Winter Olympics. And in the not-too-distant future, we'll bring together all disciplines for surgical and non-surgical sports medicine in a centre of excellence that will serve as a model in Canada.

In **1998**, we created the Women Recovering from Abuse Program (WRAP), Canada's first day-treatment centre for women with childhood trauma.



Today, we're emerging as an international force in women's mental health.



Some mental health issues are specific to women. Others are different for women than men.

That's why a program dedicated to women's mental health is essential.

The Women's Mental Health Program at Women's College Hospital is unique in Canada. We help women who have depression and anxiety associated with menstruation, pregnancy, childbirth and menopause; women who have psychiatric and psychological issues that result from early life abuse or neglect; and women who have mental health issues associated with medical conditions (such as diabetes or heart disease) and their treatment.

And when it comes to postpartum depression, we've created a new kind of mother-baby program to help moms with parenting in the context of mental health challenges.

In **2006**, we became Ontario's only ambulatory hospital-focused on women's health – an entirely new model of care for women and their families.



Now, another century of groundbreaking advances in women's health has begun.



Invest in the next 100 years of milestones and innovations at Women's College Hospital.

Support *The Campaign for Women's College Hospital* and help build the hospital of future for women and their families.

Donate now at www.womenscollegethospitalfoundation.ca



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