



Canada

proudly presents

WOMEN'S HEALTH MATTERS

Forum & Expo 2007

Friday, January 19

9:30 am – 8:00 pm

Saturday, January 20

9:00 am – 6:00 pm

Metro Toronto Convention Centre (South Building)

\$ 15 per day. FREE to Seniors 65+ and Full-time Students



Women's College Hospital

Health Experts
Free Samples
150 Exhibits
50 Seminars

Featured Speakers:

Chantal Kreviazuk
Breaking new ground
on mood disorders

Peter Raymont
Outstanding documentary
filmmaker

Dr. Alice Domar
The crucial art of
self-nurturing

Dr. Karyn Gordon
Youth Expert,
Parent/Teen Coach

womenshealthmatters.ca

Information: 416.323.6000



Women's College
Health Research



WOMEN'S HEALTH MATTERS

Forum & Expo

The most important women's health event of the year!

The annual Women's Health Matters Forum & Expo is a great place to begin your healthy journey into 2007! Entering its 11th year, this two-day event for consumers and health providers welcomes women and men of all ages and walks of life. The Speaker Forum continues to offer more than 40 interactive presentations, which provide fresh perspectives, new facts and reliable information on hot issues in women's health and brings you face to face with medical professionals and practitioners. The Expo Hall features 150 exhibits demonstrating health-related services and organizations, products and valuable information. We invite you to take time to explore, listen, talk and learn about how to achieve optimal health in 2007!

Look for a Special Section on Women's Health in the *Toronto Star* on Thursday, January 11, 2007.

"GM Canada has been a proud sponsor of the Women's Health Matters Forum & Expo for more than 10 years. We continue to support this event because it brings awareness to some very serious health issues that women face in this country and all over the world," says Marc Comeau, Vice-President, General Motors of Canada Ltd. "We believe that supporting such initiatives is important as we work to improve the quality of life of both our employees and customers."

Sincerely,



Marc Comeau, Vice-President, General Motors of Canada Ltd.



FRIDAY, JANUARY 19, 2007

10:00 a.m. – 10:30 a.m.

OPENING – MAIN STAGE, HALL E

- Come see dancers from the **Butler-Fearon-O'Connor School of Irish Dance**, the top-ranked Irish dancing school in North America. All the dancers are university students and world medal holders!
- **Six Easy Steps to Eat Local – Now!** Madeleine Greey
Sponsor: Foodland Ontario

11:00 a.m. – 12:00 p.m.

MAIN STAGE, HALL E

- **Ultimate Foods for Ultimate Health – and Don't Forget the Chocolate!** Mairlyn Smith and Liz Pearson
- **Tofu Mania: 120 Easy Recipes for the Dishes You Love – With the Added Benefits of Tofu.** Brita Housez
- **Tai Chi.** University Settlement Recreation Centre Seniors

ROOMS 801A & B

Sex on the Couch

Come hang out with MTV host Jessi Cruickshank and chat about dating, school, sex and health. Jessi will be joined by a panel of female experts, who will share experiences and knowledge on the issues that matter most to young women. Come join the discussion!
Sponsor: Wyeth Canada
Speakers: Dr. Santina Andrighetti, obstetrician and gynecologist; **Stephanie Mitelman**, Montreal-based Certified Sexuality Educator; **Anu Sharma**, Toronto Public Health Sexual Health Educator

ROOM 803A

Skin Savvy: How Do You Care for Your Largest Organ?

Speaker: To be confirmed

ROOM 803B

What's the Latest Scoop on Party Drugs?

Speaker: To be confirmed

12:15 p.m. – 2:00 p.m.

ROOM 718 – LUNCHEON

Making a Difference: The Power of the Individual, the Necessity of Collective Responsibility

Peter Raymont has a mission: for 30 years,



he has travelled the world to expose injustices and incite change. As a documentary filmmaker, he has followed leaders and revealed hidden truths in politics, social and environmental disasters and even the cutthroat world of professional sport. Come for a greater understanding of the struggle for justice. Be inspired to take responsibility in concert with others and to make a difference.

Speaker: Peter Raymont, documentary and activist filmmaker
Tickets are \$85 each, sold separately in advance. For tickets, call: 416-323-6400 ext. 2105

12:30 p.m. – 1:30 p.m.

MAIN STAGE, HALL E

- **A Voice for Change: A Skit on Quality Daily Health and Physical Education.** OISE/UT Health and Physical Education student teachers
- **A Latin Beat for Tiny Feet.** Salsa Babies & Salsa Tots
- **Real Food for Real Kids.** Lulu Cohen-Farnell
- **Pedometer Power: Walk Your Way to Fitness.** Barb Gormley
Sponsor: Steps Count

ROOMS 801A & B

Spill Your Guts: Understanding the Power of Attitudes and Creating Authentic Relationships

A close-up look at the often confusing world of teenagers: Dr. Karyn Gordon will help you recognize the power of attitudes on motivation, dating, friendships, peer pressure and your body. Discover how to strive for a life of excellence and build a healthy self-image. For more details, visit: www.drkaryn.com.
Speaker: Dr. Karyn Gordon, youth expert, parent/teen coach, motivational speaker, media personality



ROOM 803A

HPV: Virus and Vaccine

In 2006, a vaccine was approved for use in young women ages 13 to 25. Find out more about how to protect yourself from HPV (human papilloma virus).

Sponsor: Ontario Women's Health Council
Speaker: Robbi Howlett, MSc, PhD (Candidate), Manager, Ontario Cervical Screening Program, Division of Preventive Oncology, Cancer Care Ontario

ROOM 803B

Osteoarthritis: A Multidisciplinary Approach to Management

This session will provide an overview of current osteoarthritis (OA) management strategies, using a multidisciplinary approach, including exercise and activity; maximizing function through joint protection techniques; the importance of weight management; and medications and supplements based on the latest evidence and research.

Speakers: Dr. Dana Jerome, rheumatologist; **Sonia Bibershtein**, PT; **Azeena Ratansi**, OT; **Helen Emanoilidis**, RD; **Elaine Beltjar**, Pharmacist. All from the Osteoarthritis Program, Women's College Hospital

2:00 p.m. – 3:00 p.m.

MAIN STAGE, HALL E

- **BLAST Off!** BLAST Sport and Fitness
- **In the Wind: Women and Motorcycling.** Pamela Murray
- **KimonoGirls Jiu-Jitsu & Self-Defence**

ROOM 801A

Healthy Moms Make Healthy Babies – Fetal and Newborn Health

A healthy lifestyle during pregnancy is very important in the development of healthy babies. Dr. Michelle Mottola will discuss how to be more active and include the Canadian guidelines for exercise during pregnancy. She will also discuss good food choices and how to be active – for pregnant women and their families.

Supported by: Lawson Health Research Institute

Speaker: Dr. Michelle Mottola, Director, R. Samuel McLaughlin Foundation – Exercise and Pregnancy Lab, The University of Western Ontario

ROOM 803A

The Sandwich Generation Caring for Elders: Practical Supports Through Life's Transitions

A discussion of services and resources in the community that give practical support to seniors and their caregivers.
Speakers: Panel members from Dignity Memorial, Elder Caring Inc., Premier Homecare Services and Red Coats Moving Solutions Inc.

ROOM 803B

Noise and Hearing Loss

Noise pollution is pervasive in our society, affecting our hearing, health, learning and behaviour. This session

discusses signs of hearing loss, why it occurs, how to prevent it and methods of communicating effectively with those who are hearing impaired.
Speaker: Rex Banks, Chief Audiologist, The Canadian Hearing Society

3:30 p.m. – 4:30 p.m.

MAIN STAGE, HALL E

- **GoodLife Fitness Clubs Demonstration Team**
- **A Voice for Change: A Skit on Quality Daily Health and Physical Education.** OISE/UT Health and Physical Education student teachers

ROOM 801A

Mood and Anxiety Disorders: Understanding the Experiences of Women

This session will review the basics of diagnosis, management and treatment options of various mood and anxiety disorders in women.

Speaker: Dr. Martin Katzman, Psychiatrist, START Clinic; Centre for Addiction and Mental Health

ROOM 801B

Menopause: Hot Flashes and News Flashes

Women experiencing menopause have to deal with conflicting news reports as they wrestle with changes that affect mood, energy, their sleep and their sex lives. This session will try to explain the changes and equip you with ways of understanding what you read.

Speaker: Dr. Jennifer Blake, Chief of Obstetrics and Gynaecology at Women's College Hospital and Sunnybrook Health Sciences Centre; Professor and Associate Chair, Department of Obstetrics and Gynaecology, University of Toronto

ROOM 803A

Supporting Your Spirituality as a Health Factor: Perspectives and Practices in Health Care

This presentation – for health care consumers and providers – will discuss spiritual well-being in health care settings, current health care perspectives on the importance of spirituality as a health factor, and the role of spirituality in health care.

Speaker: Marnie Roper, Chaplain Researcher, Women's College Hospital

ROOM 803B

Positively Women: Hot Issues in HIV/AIDS

Speakers: Members of Voices of Positive Women

5:00 p.m. – 6:00 p.m.

MAIN STAGE, HALL E

The Struggle Is Over – You Are Beautiful: A High-Energy Workout To Celebrate Your Body

Find courage and create positive change in your life, using humour and honesty. Experience the freedom of moving your body without judgment. Join in and find your own rhythm, using a fusion of dance, kick-boxing and high-energy cardio workout.
Speaker: Pino Rizzi, Director, DCF (Decide, Commit, Follow Through); fitness specialist, personal trainer

ROOM 801A

Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else

Women tend to put themselves last – taking care of everyone and everything else before they tend to their own emotional, physical or spiritual needs. When you sacrifice your time and energy, the inevitable result is feeling stressed and being overextended, which can lead to exhaustion. Dr. Alice Domar will share keys to the crucial art of self-nurturing.
Sponsor: Ontario Women's Health Council
Speaker: Dr. Alice Domar, MA, PhD, Director, Mind/Body Center for Women's Health at Boston IVF, Department of Obstetrics and Gynecology, Beth Israel Deaconess Medical Center; Assistant Professor, Harvard Medical School; author and columnist

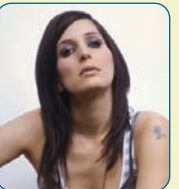


6:30 p.m. – 7:30 p.m.

MAIN STAGE, HALL E

Breaking New Ground on Mood Disorders: Up Close and Personal with Chantal Kreviazuk

Canadian singer-songwriter Chantal Kreviazuk discusses the subject of her film *Pretty Broken*, a powerful meditation on mental illness. She will cover the subjects of mood disorders, the misunderstandings and stigma associated with them, and the power of making a difference by encouraging tolerance in our society.
Speaker: Chantal Kreviazuk, singer-songwriter; producer, writer, cast, *Pretty Broken*



9:00 a.m. – 10:00 a.m.

Expo opens

10:00 a.m. – 11:00 a.m.

MAIN STAGE, HALL E

- **Get Fit With Your Baby.** Fit Moms
- **KimonoGirls Jiu-Jitsu & Self-Defence**
- **Nordic Walking: Make Your Walk a Full-Body Workout.** Barb Gormley
Sponsor: Urban Poling
- **The Supermom Super Myth.**
Kathy Buckworth

ROOM 801A

Embracing Midlife

Seize midlife as an opportunity to gain a renewed sense of who you are and where you want to go at this juncture in your life! In this one-hour session, you will hear a different perspective on this time of transition and discover ways to enhance your health and well-being.

Speakers: D'Arcy Farlow, MHSc; Ada VandenBerg, MSW, RSW

ROOM 801B

Freedom From Dieting: Healing Your Relationship with Food, Loving Your Body and Empowering Yourself

An overview of the process for stepping off the diet treadmill and getting real about losing weight for the rest of your life. Shift your thinking, be inspired and walk away with ideas that you can put to use immediately.

Speaker: Tzabia Siegel, BAPhEd, life coach, Certified Holistic Nutritionist, weight loss specialist

ROOM 803A

Probiotics: Their Role in Women's Health

Urinary and bladder infections afflict most women during their life. This incidence would be much higher but for the "beneficial bacteria" (*Lactobacillus* bacteria) naturally found in the vagina. Taking certain types of *Lactobacillus* probiotics can help to retain and restore balance in these areas.

Supported by: Lawson Health Research Institute

Speaker: Dr. Gregor Reid, Director, Canadian Research and Development Centre for Probiotics, Professor of Microbiology, Immunology and Surgery, University of Western Ontario

ROOM 803B

Understanding Thyroid Malfunction: Symptoms, Testing, Diagnosis, Treatment

Speaker: A leading specialist in the field dealing with thyroid disease

11:30 a.m. – 12:30 p.m.

MAIN STAGE, HALL E

- **Chicks That Kick: Thai Boxing for Women.** Sofia Ramirez and friends
- **Don't Panic – It's Organic!**
Andrea Buckett
Sponsor: The Big Carrot Natural Food Market

ROOM 801A

Lost in Translation: Five Keys to Understanding Parent/Teen Communication

Learning how to communicate effectively is an extremely important life skill, especially when it comes to talking to your teen. Dr. Karyn Gordon will explain many practical, relevant and solution-focused techniques to open up the dialogue with your teen. For more information, visit: www.drkaryn.com.
Speaker: Dr. Karyn Gordon, youth expert, parent/teen coach, motivational speaker

ROOM 801B

Women and Health: Ending Anxiety

Canadian women now live in a collective state of hypochondria. Increasingly, fear dictates how they view their bodies, perceive their health and seek treatment. Who's to blame? Are the media, direct-to-consumer drug advertisers, the Internet and physicians contributing to irrational health fears, overmedication and unnecessarily aggressive treatment plans? How can this cycle be broken?

Sponsor: Chatelaine

Speaker: Anna Sharratt, Health Editor, Chatelaine

ROOM 803A

What Helps Women Help Men with Prostate Cancer?

Speaker: To be confirmed

1:00 p.m. – 2:00 p.m.

MAIN STAGE, HALL E

Coffee, Tea and Reality

Sandra Bell-Lundy, creator of the syndicated cartoon strip *Between Friends*, mixes humour and candour to explore the essence and angst



of modern women today. Her humorous Power Point presentation highlights the sometimes poignant and often hilarious inspiration behind her cartoons.

Speaker: Sandra Bell-Lundy, Between Friends cartoonist

ROOM 801A

Keeping Up With the Kids: Power, Strength and Endurance for Role Models

Running around and driving the family taxi may not keep you in good shape. A balanced exercise program is good for the family domestic engineer and sets the right example for other family members.

Speaker: Dr. Jean Marmoreo, family physician, Women's College Hospital; lecturer, University of Toronto; founder, JeansMarines

ROOM 801B

When Will You Get Your Big Break? Taking Charge of Osteoporosis and Your Bone Health

A 50-year-old woman has a 40 percent lifetime risk of hip, spine or wrist fractures. This talk will empower women to take charge of their bone health with the most recent information about osteoporosis assessment, diagnosis, prevention and treatment, as well as practical information about how to get help and support.

Sponsor: The Alliance for Better Bone Health

Speaker: Dr. Heather McDonald-Blumer, Division of Rheumatology, Mount Sinai Hospital/University Health Network; Postgraduate Program Director for Rheumatology and Assistant Professor, University of Toronto; Osteoporosis Canada Scientific Advisory Council

ROOM 803A

Endometriosis: Treatment Options 2007

Endometriosis is an enigmatic disease. Although there are many theories, the real cause is still elusive. Treatment should always be individualized, depending upon the presenting symptoms and problems.

Speakers: Dr. Kay Lie, Associate Professor, University of Toronto, Department of Obstetrics and Gynaecology; Women's College Hospital & Sunnybrook Health Sciences Centre, Preceptor for Advanced Laparoscopic Laser Surgery; Jan Silverman, Support & Education Program for Infertility & Reproductive Issues, Regional Women's Health Centre, Women's College Hospital; Carolyn Bennett, writer and comedian

1:00 p.m. – 2:00 p.m.

ROOM 803B

Genetic Screening: Preconception to Newborn

This session will discuss the steps you should take when planning a pregnancy; prenatal genetic screening options that are available to learn about the health of a baby during pregnancy; as well as newborn screening tests that have recently become available.

Sponsor: Ontario Women's Health Council

Speakers: Dr. June Carroll, Associate Professor, Department of Family and Community Medicine, Mount Sinai Hospital, University of Toronto; Andrea L. Rideout, MS, CCGC, CGC, Genetic Counsellor/Project Manager, The Genetics Education Project, Mount Sinai Hospital; Clinical Genetics Service, Centre for Addiction & Mental Health

2:00 p.m. – 2:30 p.m.

MAIN STAGE, HALL E

- **NIA: An Expressive Fitness and Awareness Program**

2:30 p.m. – 3:30 p.m.

MAIN STAGE, HALL E

Women's Health & High Performance Sports

(Note: This session runs until 4:00 p.m.)

There are thousands of women playing ice hockey and loving it. Come and

hear the experiences of these high-performance players: Becky Kellar, Cheryl Pounder and Vicky Sunohara, all two-time Olympic gold medallists.



Sponsor: Glen Bernard Camp

Speakers: Becky Kellar, Cheryl Pounder and Vicky Sunohara

The first 300 student hockey players accompanied by an adult will receive a free mini hockey stick. The players have agreed to a short autograph session following the presentation.

ROOM 801A

Breaking New Ground on Mood Disorders: A Round-Table Discussion

Singer-songwriter Chantal Kreviazuk is one of Canada's most talented recording artists and performers. She recently produced *Pretty Broken*, a powerful new film on mental illness, in which Kreviazuk plays the role of a woman afflicted with a mood disorder. The film will be screened, followed by a panel discussion on various mood disorders, the stigma associated with them, and what can be done to encourage tolerance.

Speakers: A panel of experts on mental health/mood disorders

ROOM 803A

Hope and Help For Chronic Fatigue Syndrome and Fibromyalgia

Everything you want to know about Chronic Fatigue Syndrome and Fibromyalgia, but couldn't find anyone to ask. This session will help patients, family and health professionals learn how to cope better physically, emotionally and legally with these chronic illnesses.

Speakers: Dr. Alison C. Bested, Environmental Health Clinic, Women's College Hospital; Russ Howe, LLB, Partner, Boland Howe

ROOM 803B

Inconceivable! What You Need to Know About Infertility

Speaker: Dr. Clifford Librach, Women's College Hospital and Sunnybrook HSC Fertility Clinic

4:00 p.m. – 5:00 p.m.

MAIN STAGE, HALL E

- **Enjoy the Sweet Life – Without Sugar!**
Ricki Heller, Bake It Healthy, Inc. and Ricki's Kitchen Cooking Classes

ROOM 801A

Smooth Transitions: Naturopathic Approaches to Hormonal Changes Through the Years

An introduction to naturopathic approaches to hormonal imbalance. Learn about natural options for alleviating symptoms of PMS and menopause.

Speaker: Rishma Walji, BSc, ND, PhD (C), Eastside Chiropractic and Health Centre

ROOM 801B

Women's Sexual Health: What No One Tells Us

This presentation will cover what many women have never been told about sexual health issues, including medical conditions (such as cancers, chemotherapy, multiple sclerosis, diabetes, pelvic surgeries, etc.) that impact sexual functioning and health.
Speaker: Lisa Martinez, RN/JD, Executive Director, The Women's Sexual Health Foundation

EXHIBITORS

- 97.3 EZ Rock
- A Patient's Guide to Medical Information
- Amnesty International
- Apex Compounding Pharmacy
- Bay Centre for Birth Control
- Canadian Cancer Society
- Canadian Diabetes Association
- Canadian Health Network
- Canadian Hemophilia Society – Toronto Region
- Canadian Liver Foundation
- CheckUP Magazine
- Chiropractic & Naturopathic Clinic
- Choice in Health Clinic
- College of Medical Laboratory Technologists of Ontario
- College of Nurses of Ontario
- CReATe IVF Program & CReATe CordBlood Bank
- Environmental Health Clinic – Women's College Hospital
- Folic Acid Alliance and SB&H
- General Motors of Canada Ltd. Go-Natural
- Health Canada – Public Health Agency of Canada
- Holistic Health Research Foundation of Canada
- Immigrant Women's Health Centre
- JeansMarines
- Juvent
- LAM Canada (Lymphangioleiomyomatosis)
- Lawson Health Research Institute
- LifeQuest Centre for Reproductive Medicine
- Lupus Ontario
- Lymphedema Association of Ontario
- Marion Powell Women's Health Information Centre
- Markland Wood Country Club
- Miss Margaret Robins Archives of Women's College Hospital
- Movestrong Chiropractic & Wellness Studio

EXHIBITORS

National Eating Disorder Information Centre
Not To Kids! (TPH Tobacco Program)
OISE/UT Physical Education
Ontario Camping Association
Ontario Cervical Screening Program
Ontario Dental Hygienists' Association
Ontario Health Quality Council
Ontario Network of Sexual Assault/
Domestic Violence Treatment Centres
Ontario Physiotherapy Association
Ontario Securities Commission
Organon Canada Ltd.
Osteoporosis Canada
Osteoporosis Program – University
Health Network
Osteoporosis Program Women's College
Hospital
Our Sisters' Place
Plasma Innovation Cookware Inc.
Psoriasis Support Canada
Q-MED Inc.
Region of Peel Public Health
Reproductive Life Stages Program –
Women's College Hospital
Sexual Assault & Domestic Violence
Care Centre – Women's College Hospital
Solutions Magazine
Soy-n-Joy
Telus
The Asthma Society of Canada
The Canadian Hearing Society
The Jean Tweed Centre
The Kidney Foundation of Canada
The Sandwich Generation Resource Group
The Society of Obstetricians and
Gynaecologists of Canada
The Women's College Research Institute
Thyroid Foundation of Canada
(Greater Toronto Chapter)
Toronto School of Traditional
Chinese Medicine
Toronto Star
Toronto Vegetarian Association
Tri-Hospital Diabetes Education Centre
(TRIDEC)
Unidem Sales
USANA Health Sciences
Verve Naturals
Voices of Positive Women/ACAS/ACT
Wellspring Cancer Support Centres
Women's Cardiovascular Health Initiative
Women's Health Matters Bookstore
womenshealthmatters.ca
Wyeth Canada
XanGo
YWCA Camp Tapawingo

WHM BOOKSTORE


Visit the Women's Health Matters Bookstore in the Expo Hall. Developed by Joan Hill, who stocks books recommended by Women College Hospital experts and other health professionals, the bookstore features more than 600 titles. Topics include cancer, menopause, cookbooks, children's books, general well-being, parenting and more.

WHM FORUM & EXPO LOTTERY




Visit womenshealthmatters.ca for details on how to win this fabulous Saturn SKY from General Motors and other great prizes!

Lottery tickets: \$10 each, available at Women's College Hospital and at the Women's Health Matters Forum & Expo.



**There are two compelling reasons for
The New Women's College Hospital.
Mothers and daughters.**

As a leader and innovator in women's health, research and education, we are proud to present as important an initiative as the Women's Health Matters Forum and Expo.



To make a donation, please visit www.womenscollegehospital.ca

WEBSITE

Join us at
womenshealthmatters.ca

Be sure to drop by the womenshealthmatters.ca booth for a unique opportunity to meet the people behind this very popular consumer health website.

Now in its seventh year, womenshealthmatters.ca offers a supportive online environment to Canadian women of all ages through a virtual bilingual meeting place. Visitors find a wealth of frequently updated and reliable information about their health and lifestyle needs, all backed by health experts at Women's College Hospital.

Visit womenshealthmatters.ca:

- **Talk** to others in our discussion groups or pose questions to our health experts.
- **Read** current women's health news, in-depth features.
- **Search** our Resource Database of books, websites and audiovisual material.
- **Share** your stories in Le Club – our free virtual community.
- **Subscribe** to our bimonthly e-bulletin.

Note: womenshealthmatters.ca is proud to be the Women Affiliate for the Canadian Health Network www.canadian-health-network.ca.

SPECIAL THANKS TO:

- All our sponsors and exhibitors, both corporate and individual, who support **WOMEN'S HEALTH MATTERS**.
- All our speakers and leaders for sharing their expertise and perspectives.
- Our committee chairs and throng of volunteer supporters, each with special talents.

**Food may be purchased at the
cafeteria in the Expo.**

**WOMEN'S
HEALTH
MATTERS**
Forum & Expo