

Your Impact in Action

TRANSFORMING CARE
FOR WOMEN



Centre for Mature Women's Health
2023 Activity Report



Dr. Wendy Wolfman

Thank you.

On behalf of our patients and their families, thank you for your visionary support of the Carol Mitchell Chair in Menopause. It is only because of the momentum created by your generosity that Sinai Health was able to successfully launch an ambitious \$50-million campaign for a Centre for Mature Women's Health, with \$15 million raised in its first year.

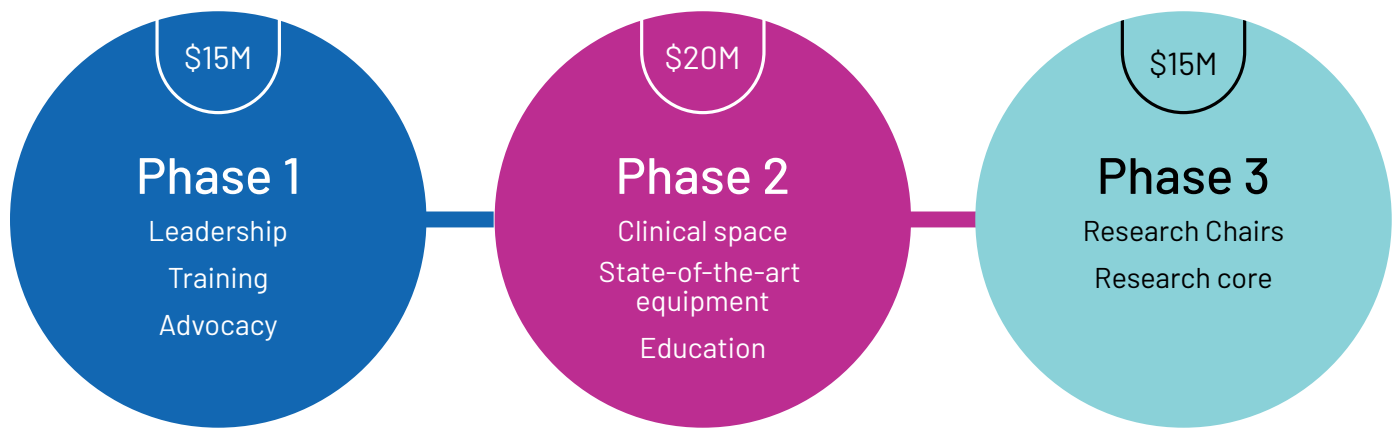
Your impact was profoundly felt throughout our inaugural year, as detailed in this report. For example, the OB/GYN fellowship program in Menopause and Mature Women's Health that was first launched with Chair funding has been expanded, with a dedicated endowed fund that will allow us to welcome more fellows each year in perpetuity.

With nearly 1 billion women expected to reach menopause by 2025, your support couldn't come

at a more important time. I've been amazed by the outpouring of generosity for this program and I am personally grateful. By supporting the Centre through the Carol Mitchell Chair in Menopause, you are championing the message that there is help — that solutions to the health challenges women face as they age do exist, and when the right people come together and support something they passionately believe in, they have the power to change lives.

Thank you so much. The Chair will be a key component of this game-changing Centre as it continues to evolve. I look forward to keeping you informed on the impact of your philanthropy.

*Dr. Wendy Wolfman, Director,
Centre for Mature Women's Health and
Carol Mitchell Chair in Menopause*



Campaign progress made possible thanks to you

Campaign update: phase one complete!

Less than a year after announcing an ambitious \$50-million campaign to establish a world-leading Centre for Mature Women’s Health (CMWH), Sinai Health Foundation was delighted to announce the completion of our initial \$15-million goal.

On World Menopause Day, October 18, 2023, we announced that phase one of the Centre’s three-phase fundraising goal was complete. It was a powerful message on a significant day, and it was made possible by you. With these funds in place, we are taking immediate steps to increase our clinical capacity and address the gaps in care that too many women currently face as they age.

These steps include hiring a world leader in the field to act as the Centre’s Director; expanding our fellowship program and clinical teams to build capacity at Sinai; and engaging in public education and advocacy initiatives to build capacity across the community, province and country.

Anchoring the creation of the Centre for Mature Women’s Health is the Campaign Cabinet, a group of committed supporters and volunteers. Launching phase two of the Centre less than one year after its creation was a milestone made possible because of the tireless effort of the Campaign Cabinet and the support of our community. This milestone also builds on the foundational support of the Carol Mitchell Chair in Menopause, North America’s first chair in this area.

Thank you to our donors, our Campaign Cabinet, and to our entire community for sharing our vision. Together we are going beyond just improving women’s health by ensuring they thrive while transitioning through each stage of life.

[Click here to learn more about the campaign.](#)



“ This health equity issue is a pressing one. Without better research, knowledge and advocacy, mature women will continue to have health-care needs that our system simply cannot address. For the benefit of everyone, this must change. I’m proud to be part of the Campaign Cabinet and support Sinai Health’s Centre for Mature Women’s Health, and excited to think that we are on the cutting edge of this global equity issue, helping to change the world for the better. ”

Janice O’Born, CMWH Campaign Cabinet member and donor



Building capacity in mature women's health

Because of the overwhelming support we've received from our community, the Centre has been able to make some key moves in terms of personnel. These include putting in place an inaugural Director, recruiting top-notch talent from across Canada to our fellowship training program, and hiring essential personnel to support the Centre's activities — both in clinical and administrative capacities. These initial steps put the Centre in an ideal position to expand the care we currently provide and build capacity across the country.

Announcing the Centre's inaugural Director

We are delighted to share that Dr. Wendy Wolfman, a trailblazer in mature women's health, was recently appointed as Centre Director.

Dr. Wolfman brings unmatched expertise in this space with decades of experience in clinical care, research, education and advocacy. Her depth of knowledge in the field and her passion for addressing health inequities and improving care for women make her the ideal inaugural Director.

Dr. Wolfman has dedicated her entire clinical and academic career to improving the lives of women. She is the Director of the Menopause Clinic and The Premature Ovarian Failure Clinic at Mount Sinai Hospital.



Left: Dr. Wendy Wolfman, the CMWH's inaugural Director.



Right: Dr. Marie Christakis, the CMWH's newest recruit.

She is also Professor of Obstetrics and Gynaecology at the University of Toronto, sits on the board of the International Menopause Society, serves as co-head of the Educational Committee of the International Menopause Society and is past president of the Canadian Menopause Society.

In her role as the inaugural Carol Mitchell Chair in Menopause, Dr. Wolfman has increased awareness and educated the medical community. To that end, she runs an annual course for up to 400 physicians and other health professionals and lectures throughout the community to family practitioners.

Please join us in congratulating Dr. Wolfman for her remarkable achievements, lifelong dedication to women's health, and who will spearhead this important initiative that will undoubtedly contribute to the advancement of mature women's health on a global scale.

Expanding the clinical team

With Dr. Wolfman's transition to Centre Director, the hospital has prioritized recruiting a world-class physician with expertise in mature women's health and a demonstrated commitment to advancing the field. We're very excited to

welcome Dr. Marie Christakis, a gynaecologist who comes to us from St. Michael's Hospital.

With a keen interest in understanding the intricate links between menopause and factors like obesity, metabolic syndrome and cardiovascular risk, Dr. Christakis aligns seamlessly with the CMWH's objective to better understand and treat the full spectrum of health issues that women face as they age. We are thrilled to welcome Dr. Christakis to this exceptional group, and we know she will be an invaluable asset as we continue to grow.

Sinai Health is putting its full weight behind the Centre for Mature Women's Health, dedicating additional staffing resources to supplement donor investment in the Centre, as part of its commitment to mature women's health as a key pillar in the hospital's long-term planning.

In addition to welcoming Dr. Christakis on board this year, the hospital is currently recruiting for some key positions that will contribute to our objective to treat more patients. These include nurses, nurse practitioners, administrative and clerical staff, and administrative support for research initiatives across the Centre.



Increasing capacity through education

Thanks to foundational donor support for our world-leading fellowship program, made possible through the Carol Mitchell Chair in Menopause, the Centre for Mature Women's Health is expanding its fellowship program by welcoming two to three clinical fellows to the team this year. Post-doctoral fellowships at Sinai Health are advanced training programs for select individuals who have demonstrated deep knowledge and potential in their areas of expertise.

Education is a crucial piece of the puzzle when it comes to making tangible improvements to mature women's health care, not just at Sinai but across the country. There is currently a massive canyon between demand for services in mature women's health and the nation's ability to provide it. Why? Because not enough care providers are versed in the subject matter. To meet rising demand for our clinical programs, we must train more people across all areas of the Centre's care.

Your support for phase one is helping create a game-changing fellowship program within the new Centre. The fund being created for the program will be endowed, meaning it will provide resources for two to three promising trainees each year, in perpetuity. This is new to Sinai Health and will exponentially increase the number of health practitioners in the field of mature women's health.

One fellow has already been recruited, with a search underway for the remaining one to two. Dr. Taylor Roebottom joins the Sinai Health team as a clinical fellow this year to develop her expertise in mature women's health and allow our busy clinics to see more patients. Currently a resident physician in obstetrics and gynaecology at London Health Sciences Centre, Dr. Roebottom specializes in women's sexual health and vulvar disease and is dedicated to advancing this field through care, education and research.



Looking ahead to a brighter future

Toward a new home for the Centre

Phase two of fundraising to establish the Centre for Mature Women's Health will focus on sustaining the momentum of the first phase by raising funds for a new home for the Centre.

With philanthropic investment we will create an integrated, patient-centred space at Mount Sinai Hospital that brings together all existing clinics providing care to mature women and adding new areas of focus, ensuring specialized care will be provided for a broad spectrum of health issues that affect women.

Planning is underway behind the scenes to make the Centre a reality once remaining funds are raised. The hospital is working with consultancy firms to develop several key guides: a clinical services review report, a functional program report and preliminary design documents.

Together, they will form a complete picture of the current state, future vision, programs, services, staffing and space requirements that ultimately lay the groundwork for the future of the Centre for Mature Women's Health. We expect to complete the clinical assessment and functional program in the coming months, with preliminary design work underway shortly thereafter.

Once open, the Centre will be a state-of-the-art space tailored to its target patient population of mature women, with features designed to ensure comfort and ease of patient experience and offering an unparalleled array of clinical services. It will be a space where women feel safe, cared for and heard, designed to deliver the very highest standards of care. It will also provide a home for our expanded international fellowship program, which is critical to our ability to foster knowledge and build capacity in mature women's health across the country.

While patients at the Centre will initially largely be GTA-based, our research initiatives will also inform national and international standards for care of mature women.

The hospital is on the verge of an exciting update as we continue raising funds to secure a new space for the Centre for Mature Women’s Health. Talks are underway and we anticipate making an announcement soon, marking a significant step toward enhancing the patient experience and providing specialized, integrated health care for mature women.

The continuation of phase two will not only include the development of a new, larger integrated physical space, but also investment in state-of-the-art equipment, mobilization of research efforts, promotion of menopause in medical education and cultivating future leaders. Finally, phase three will support core research operations, lay the foundation for long-term collaboration and establish first-of-their-kind Chairs in emerging fields related to mature women’s health.

Your impact

Your generous investment in the Centre for Mature Women’s Health at Sinai Health could not have come at a better time. By 2025, more than 1 billion women worldwide will experience menopause. However, health needs related to menopause continue to be underrepresented in care, education and research. Your generosity is helping advance our shared vision to close the gap in clinical research, education and care for mature women’s health.

More immediately, your support is helping bring relief to the hundreds of women in our community who have been wait-listed too long for expert care. Demand for Mount Sinai’s services in mature women’s health continues to grow, reflected in a 30-per-cent increase in our volumes in just five short years.

Your investment in the Centre for Mature Women’s Health will not only address the clinical

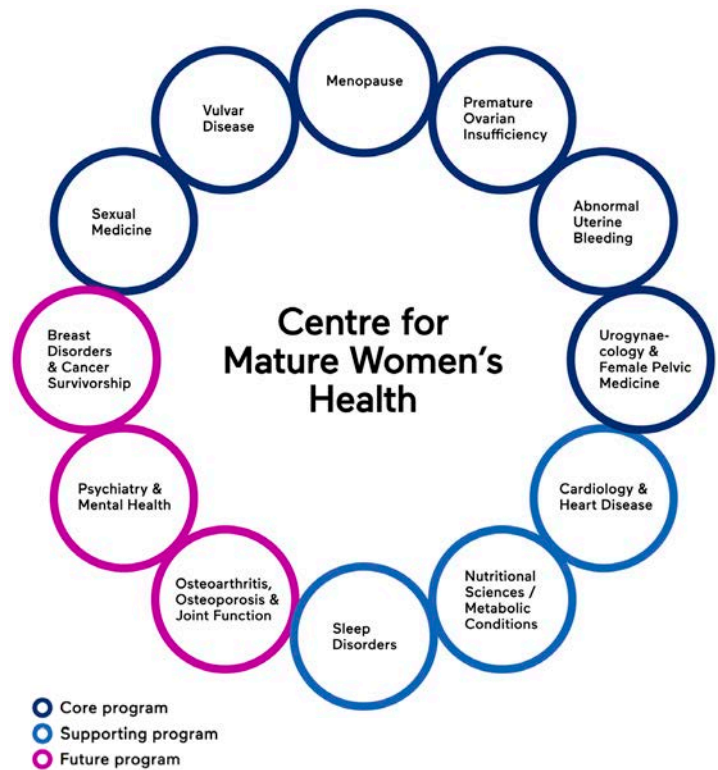


Fig. 1: The new Centre will be a powerhouse, integrating and amplifying all areas of clinical care, research and education.

backlogs at Mount Sinai and directly improve care in the short term, but it will have a much broader impact by addressing key systemic factors that contribute to the gaps in care that mature women currently face.

How? By increasing the number of people with expertise in the area through education and training; improving the way we understand and treat age-related health issues that women face through research; and challenging outdated notions about women’s health care through advocacy and knowledge sharing.

When medical care is conceptualized as a transaction rather than as a relationship between a patient and a sensitive and knowledgeable health professional and his or her team, then “care” may miss the mark. Mature women need timely access to care with an integrated health-care team. You are helping build that. Thank you.

Thank you

“We are just beginning to have open and honest conversations about the health challenges that many women encounter as they get older.

It is critical that we send the message that help is available for women with symptoms, but we must also build capacity and expertise in the health-care system. The need for this type of specialized, focused care is urgent, and Sinai Health’s commitment to addressing the health inequity mature women face demonstrates its leadership in supporting women’s health across the lifespan and the full continuum of care.”

– Dr. Wendy Wolfman, Director,
Centre for Mature Women’s Health



“The Centre for Mature Women’s Health will transform care for women into the next century. Thank you for your vision, generosity and friendship. ”

Dr. Gary Newton
President & CEO, Sinai Health



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