



THE SOCIETY OF  
OBSTETRICIANS AND  
GYNAECOLOGISTS  
— OF CANADA —

# What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)





## **NATIONAL OFFICE**

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## MISSION STATEMENT

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**To promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education.**

We believe that . . .

- women should have equitable access to optimal, comprehensive health care provided with integrity and compassion;
- women should have the information they need to make choices about their health;
- Society members have the right to practice in a safe and supportive environment;
- the practice of obstetrics and gynaecology must be based on the best scientific evidence available;
- the Society has a responsibility to facilitate change in relation to health system issues affecting the practice of obstetrics and gynaecology;
- the Society has a responsibility to continue promoting patient safety throughout health care systems;
- the Society has a responsibility to be visible through advocacy efforts in support of women's health globally.

## HISTORY

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Reflecting a need to promote physician education research and excellence in care, the Society of Obstetricians and Gynaecologists of Canada (SOGC) was founded in 1944. Since then, the Society has maintained an unwavering commitment to leadership and excellence through its Continuing Medical Education programs and its professional journal, the *Journal of Obstetrics and Gynaecology Canada* (JOGC). Moreover, the Society has grown substantially over the years, expanding in both reputation and in mandate.

The SOGC membership now includes health experts from a range of related fields, most notably those in nursing and midwifery. The Society's mandate has also grown, expanding to include public education initiatives and projects to improve the safety of childbirth for Aboriginal women and those living in low-resource countries. Committed to diversity, the SOGC ensures that representation on our committees and general membership includes health care professionals from a variety of disciplines.

## STRATEGIC DIRECTIONS 2006-2011

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After extensive consultation with SOGC members, stakeholders, Council and Executive, the SOGC produced the **2006-2011 Strategic Plan**. The Plan frames the Society's vision and strategic priorities until 2011, and evaluates the Society's progress, challenges and successes between 2000-2005.

The Strategic Plan highlights the Society's commitment to its seven strategic directions:

1. **Aboriginal health:** To advance culturally safe health and healing for Aboriginal women.
2. **Advocacy:** To increase the influence of the SOGC on the public policy agenda as it relates to women's health and the practice of obstetrics and gynaecology.
3. **Continuous Professional Learning (CPL):** To become the preferred provider of knowledge and continuous professional learning in obstetrics and gynaecology.
4. **Human Resources in Ob/Gyn:** To develop and implement human resources strategies for Ob/Gyn care.
5. **International Women's Health:** To collaborate internationally, focusing on capacity-building initiatives aimed at improving women's health, especially in low-income settings.
6. **Patient Safety:** To overcome the barriers to patient safety and to promote equitable access.
7. **Women's Health Issues:** To promote access for all women to obstetrical and gynaecological care, facilitate public education about women's health issues and highlight the determinants of health essential to women's health.

These strategic directions seek to address emerging issues where the SOGC can make a real difference. The SOGC is well-positioned to lead the women's health agenda in Canada and internationally. With a growing, robust membership, effective public education and communications initiatives, and renewed advocacy to ensure visibility at all levels of government, the SOGC will continue to focus on the health of all women, while at the same time, reaching out to address the unique challenges of traditionally underserved and disadvantaged women.

# What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

## CATEGORIES OF MEMBERSHIP

<b>Membership Type</b>	<b>Description</b>	<b>Duration</b>	<b>Price</b>
<b>Ob/Gyn member</b>	A person who has a specialist certificate in obstetrics and gynaecology whose specialty training in obstetrics and gynaecology is recognized by the Royal College of Physicians and Surgeons of Canada or the Collège des médecins du Québec.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$450.00
<b>Life member</b>	An Ob/Gyn member (see above category) who has reached the age of 65 and is no longer in practice or has been an Ob/Gyn member for 30 years or more.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$60.00
<b>International member</b>	A person who is licensed to practice medicine outside of Canada and the USA.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$100.00 or \$350.00 (based on country)
<b>Associate member– Family Physician</b>	A person who is licensed to practice medicine in a province or territory of Canada, or another jurisdiction.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$175.00
<b>Associate member– Registered Nurse / Nurse Practitioner</b>	A person who is licensed as a Registered Nurse or Nurse Practitioner in a province or territory of Canada, or another jurisdiction.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$100.00
<b>Associate member– Registered Midwife</b>	A person who is licensed to practice midwifery in a province or territory of Canada, or another jurisdiction.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$100.00
<b>Associate member– Researcher</b>	A person who is conducting medical research in obstetrics and gynaecology.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$100.00
<b>Associate member– Health care professional</b>	A person who is rendering a service in the field of obstetrics and gynaecology and who does not qualify to become an Associate member under any of the other Associate member categories, but can assist the Society in accomplishing its purposes.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$140.00
<b>Associate member– Allied Health care professional</b>	A corporate person, government entity or association who is rendering a service in the field of obstetrics and gynaecology and can assist the Society in accomplishing its purpose.	January 1 <sup>st</sup> – December 31 <sup>st</sup>	\$200.00

(Continued on next page)

# What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

## CATEGORIES OF MEMBERSHIP (Continued)

<b>Junior member</b>	A person who is enrolled in a postgraduate training program in obstetrics and gynaecology.	July 1 <sup>st</sup> – June 30 <sup>th</sup>	\$40.00
<b>Junior member–Family medicine resident</b>	A person who is enrolled in a family medicine residency program.	July 1 <sup>st</sup> – June 30 <sup>th</sup>	\$40.00
<b>Students in health care training / research</b>	A person who is enrolled in a training program in a Canadian medical, nursing or midwifery school.	July 1 <sup>st</sup> – June 30 <sup>th</sup>	\$20.00
<b>Honorary member</b>	Any member of the Society may propose to the Council a distinguished individual for honorary membership.		Waived

### NOTE:

- \* Taxes are not included in membership price.
- \* All US members fall in the same categories as Canadian members.
- \* All International members are classified as per their country of origin. (See membership application forms for more details.)

## BENEFITS OF MEMBERSHIP

The SOGC membership offers a wide range of member benefits, delivering tremendous value for both your professional development and personal well-being.

As a member of the SOGC, you benefit from:

- **Continuing Medical Education (CME) events and online courses:** reduced rates to all SOGC conferences/courses;
- **Subscriptions:** the *Journal of Obstetrics and Gynaecology Canada* (JOGC) and the *SOGC News*;
- **Clinical Practice Guidelines:** online access;
- **Email alerts:** *SOGC News* and *Obs/Gyn Scientific Review*;
- **Electronic Membership Directory:** exclusive online access;
- **Committees (over 50):** Volunteer opportunities. These committees provide a diverse range of important services, including the development of SOGC clinical practice guidelines, policy statements, and committee opinions for publication in the JOGC. By joining a committee, you will have the opportunity to participate in important work to advance sexual and reproductive health care and policy in Canada, while working alongside some of Canada's foremost experts in women's health.
- **Online practice tools:** MyObClinic.ca and SOGC podcasts;
- **Affinity Program - Benefits:** special discount rates with various affiliated partners;
- **Awards, Bursaries and Grants:** price given on a yearly basis exclusively to members.

## SOGC COMMITTEES

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The SOGC has over 50 committees dedicated to the improvement of obstetrical and gynaecologic care in Canada through research, professional education, and public outreach. These committees are made up of dedicated volunteers who develop, implement and produce clinical practice guidelines, committee opinions, working documents and policy statements to advance women's health and the practice of obstetrics and gynaecology.

Committee membership provides a unique opportunity for SOGC members to work alongside some of Canada's foremost experts, working collaboratively to advance the practice and understanding of women's health in this country.

Committees are composed of SOGC members who volunteer their leadership, expertise, time and services to benefit the field of obstetrics and gynaecology as well as the public in the following areas:

- Aboriginal Health Initiatives
- Associate RN/NP Advisory
- Clinical Practice - Gynaecology
- Clinical Practice - Obstetrics
- Diagnostic Imaging
- Ethics
- Family Physician Advisory
- Genetics
- Infectious Disease
- International Women's Health
- Junior member
- Medical Legal Issues
- Maternal Fetal Medicine
- Pediatric and Adolescent Gynaecology
- Reproductive Endocrinology Infertility
- RM Advisory
- Various regional committees

and many more.

These SOGC committees report on a yearly basis (and more often, as required) to the governing bodies of the Executive and Council committees.

Members interested in joining a committee can contact the SOGC main office at 1-800-561-2416, or by email at [helpdesk@sogc.com](mailto:helpdesk@sogc.com).

## CONTINUING MEDICAL EDUCATION (CME)

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The SOGC currently offers the following CME programs:

- Annual Clinical Meeting (ACM)
- International CME (ICME)
- West/Central CME
- Quebec CME
- Ontario CME
- Gynaecology Ontario CME
- Quebec CME Obstetrics

Attracting specialists of national and international reputation, these events provide SOGC members with a forum for the exchange of ideas, information, and views on all aspects of obstetrics/gynaecology and related specialties. With the exception of the Annual Clinical Meeting and the International CME, CME programs typically run as two or three-day events. For each CME, the format is complete with interactive plenaries, breakout sessions featuring case discussions on current topics and concurrent sessions. An ideal opportunity for professional development, CME events are also a great place to meet and network with obstetricians/gynaecologists and affiliated professionals.

For more information visit [www.sogc.org](http://www.sogc.org).

## ANNUAL CLINICAL MEETING

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The SOGC's Annual Clinical Meeting includes a five-day scientific program offering interactive presentations on current topics in obstetrics and gynaecology.

The Annual Clinical Meeting program includes the following:

- International symposia;
- Postgraduate courses;
- Half-day concurrent subspecialty programs;
- Workshops;
- Clinical updates;
- State of the art guest lectures;
- Scientific papers/posters/videos presented by members;
- Awards programs, Royal College Lecture;
- Resident Professional Development Program (RPDP);
- Medical Student Program;
- Gynaecologic Oncologists of Canada (GOC) program;
- Association of Professors of Obstetrics and Gynaecology of Canada (APOG) mid-year meeting;
- Exhibits;
- Social/cultural/youth programs.

## ACCREDITATION

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The SOGC is recognized by the Royal College of Physicians and Surgeons of Canada as a fully accredited provider of Continuing Professional Development credits within the College's Maintenance of Certification Program. The SOGC was granted accreditation status from 2010–2015.

Total CPD credits participants can claim:

- **Section 1:** total credit of 1 hour for each core content module.
- **Section 3:** 2 credits per hour for doing the pre-course self-assessment, for a maximum of 2 credits.
- **Section 4:** may be claimed if participant develops a personal learning project from attending the course.

## ADVANCES IN LABOUR AND RISK MANAGEMENT COURSES (ALARM)

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An intrapartum course produced by Canadians, the ALARM course is developed, maintained and taught by obstetricians, family physicians, midwives and nurses. It has had the administrative support and backing of the SOGC. The course material is based on the best evidence available on what works to improve care, and incorporates Canadian practice guidelines. This comprehensive two-day course offers case-based plenary sessions, hands-on workshops and an encompassing examination process. The primary goal of ALARM is to review, update and maintain competence in obstetrics for specialists, family physicians, midwives and nurses, enabling them to improve the outcome and process of intrapartum and immediate postpartum care.

## ONLINE COURSES

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The SOGC offers various online courses designed by experts and employing the most current medical knowledge. These accredited online courses combine premier medical education with the convenience of online study.

Online courses are available through the SOGC's website at [www.sogc.org](http://www.sogc.org).

## AWARDS, BURSARIES AND GRANTS

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### **President's Award**

The President's Award is the highest recognition awarded to a member for outstanding contributions and commitment to women's health and ongoing support to the specialty and the SOGC. The SOGC would like to recognize an outstanding physician in Canada for a contribution which best reflects the objectives of the Society. The individual must be in practice for a number of years and have demonstrated leadership qualities at the national and/or international level.

### **SOGC Regional Achievement Award**

The SOGC Regional Achievement Award recognizes the excellence of members who volunteer at the local, regional or provincial levels for women's health. An SOGC Regional Achievement Award with a cheque will be awarded to one recipient in the Central, Atlantic, Western, Ontario and Québec regions at the Annual Clinical Meeting's Awards Ceremony.

### **Bursary for Structured Learning Projects**

This bursary is designed to address the widespread need of clinicians to have an opportunity to develop a Structured Learning Project to meet the requirements to claim credits under section 4 of the Royal College CPD categories. This specific bursary applies to the "traineeship" which is defined as follows:

**Traineeships:** These are structured learning activities planned in collaboration with a mentor or supervisor to meet a defined need. The trainee defines the learning objectives to be accomplished, describes the learning activities to meet these objectives and documents the outcomes achieved for practice. A portion of the bursary may be given to the mentor. Up to 5 bursaries per year may be available to be granted.

### **Bursary for Nurses and Midwives**

The purpose of this bursary is to provide financial support to nurses or midwives to enable them to meet specific learning needs and those of their community. This clinical professional development opportunity may involve, but is not restricted to, the acquisition of technical knowledge or skills in the areas of obstetrics/gynaecology and/or sexual and reproductive health. The traineeship consists of an active, individualized, and practical experience related to clearly defined educational objectives. Funding is provided by the Foundation for the Promotion of Sexual and Reproductive Health (FPSRH) whose mission is to promote and support educational initiatives in the field of sexual and reproductive health. Recipients will be recognized at the Annual Clinical Meeting Awards Ceremony (June). Payment will be issued in two installments, the first upon bursary announcement and the second upon receipt of the final report, which is a detailed account of the traineeship.

## **Resident Elective Grant - International Women's Health**

The purpose of this grant is to assist residents wishing to pursue elective training in international women's health. The general objectives are to allow interested residents to develop a better understanding of women's health issues and the practice of obstetrics and gynaecology in a developing country, and the appreciation for the work conducted by fellow health professionals in those countries. The elective should provide the recipient of the grant with an active, individualized and practical experience in a developing country related to clearly defined education objectives. Funding is provided by the Foundation for the Promotion of Sexual and Reproductive Health (FPSRH) whose mission is to promote and support educational initiatives in the field of sexual and reproductive health. Grant recipients will be recognized at the Annual Clinical Meeting Awards Ceremony (June). Payment will be issued in two installments, the first upon grant announcement and the second upon receipt of the final report, which is a detailed account of the elective.

## **Resident Elective Grant**

The Resident Elective Grants are intended to assist residents in pursuing elective training in obstetrics and gynaecology during their residency program. These are awarded to the top elective proposals to help cover expenses incurred while participating in an elective program. A final report (with summary of expenses) is required within three months of the completion of the program to receive the final portion of the grant. Grant recipients will be recognized at the Annual Clinical Meeting Awards Ceremony (June).

**For complete details on deadline and application form, please visit the SOGC website at [www.sogc.org](http://www.sogc.org).**

## **PROGRAMS**

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Good health care is built upon many partnerships. These SOGC projects, developed through close collaboration with national and international partners, reflect the mutual understanding that improving health care requires a collaborative, holistic approach.

Whether it is through building capacity for health care internationally, exploring new and efficient models of health care delivery, or by providing the public with the information needed to make informed health decisions, all SOGC projects share the single common goal of removing the barriers to improved health.

# What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

## Aboriginal Health Initiatives

Since 1994, the SOGC has been working with Aboriginal stakeholders, and Aboriginal health organizations to develop guidelines and information that is specific to First Nations, Inuit and Métis people. As of 2006, the SOGC has made a commitment to continue on the previous developments and has established Aboriginal health as one of its main pillars in its Strategic Directions 2006-2011. Working with the Aboriginal Health Initiatives Committee, the SOGC aims to advocate and advance culturally safe health and healing for Aboriginal women, their families and communities.

## International Women's Health Program

Since 1998, the SOGC has been active at the international level. The Society is committed to promoting sexual and reproductive health and rights globally with a focus on safe motherhood and newborn health. It is our goal to ensure that every woman has the right to survive pregnancy and childbirth and has access to the care she needs to deliver a healthy baby through a safe pregnancy and childbirth.

## SOGC's International Initiatives and Activities

The SOGC is highly involved in the global efforts to reduce maternal and newborn mortality and morbidity. Our work includes advocacy, dialogue, training in emergency obstetric care, capacity building and institutional strengthening. The Society's participation in international forums include strong representation within the International Federation of Obstetrics and Gynaecology (FIGO) and the Partnership for Mothers, Newborn and Child Health (PMNCH).

### *At the bilateral level:*

The SOGC has a number of active partnerships with peer professional associations in lower resource countries. These partnerships aim to increase the institutional and organizational capacity of peer Ob/Gyn associations to promote, at both a policy and program level, sexual and reproductive health, and safe motherhood and newborn health.

### *Within Canada:*

The SOGC is active in international health through collaboration with other NGOs to engage in promotion and advocacy. This work aims to sensitize and engage members of the public and political representatives in the issues of safe motherhood and newborn health.

## PUBLICATIONS

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As part of the SOGC's commitment to keep its members connected and current with respect to women's health issues, the SOGC produces the following publications for its members:

**Clinical Practice Guidelines:** Based on the leading scientific knowledge available, the SOGC's guidelines are designed to advance the obstetric and gynaecology specialties and promote informed choices for women in Canada and around the world. These guidelines are published each month in the *Journal of Obstetrics and Gynaecology Canada* and are available on the SOGC website at [www.sogc.org](http://www.sogc.org).

**Journal of Obstetrics and Gynaecology Canada (JOGC):** Canada's peer-reviewed journal of obstetrics, gynaecology, and women's health. Each monthly issue contains original research articles, reviews, case reports, commentaries, and editorials on all aspects of reproductive health. The JOGC is included in the *National Library of Medicine's* MEDLINE database, and abstracts from the JOGC are accessible on PubMed. For active members of the SOGC, the cost of a yearly subscription is included in the cost of membership. The articles are printed in the official language of submission with an abstract in both official languages.

**SOGC News:** A bilingual publication issued 10 times a year, the newsletter contains articles on the work of the society, as well as coverage of events, achievements, legislation and developments of importance to health care professionals devoted to women's health.

**Sex Sense:** Written by medical experts at the SOGC, *Sex Sense* is the ultimate Canadian guide to contraception. By providing an in-depth look at each of the contraceptive methods available in Canada, this book arms readers with the information they need to make healthy and personalized contraceptive choices.

**Healthy Beginnings:** The ultimate step-by-step guide to pregnancy and childbirth. It is a uniquely Canadian resource developed by the SOGC. From preconception to early postnatal care, *Healthy Beginnings* is an indispensable resource for mothers, mothers-to-be and caregivers. This handbook is an accessible guide with up-to-date, expert information that helps readers better understand how a body prepares for birth and what a growing baby needs.

**Obs/Gyn Scientific Review:** This electronic service provides members with a fast and easy portal to recent developments in evidence-based research in the field of obstetrics and gynaecology. Noteworthy citations are categorized based on the SOGC's own clinical practice guidelines.

## PUBLIC EDUCATION

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The SOGC seeks to care for women through the various stages of their growth and development – from puberty to pregnancy, to menopause, and the various women's health issues that may be encountered along the way. To facilitate our members' efforts in counselling their patients about various sexual and reproductive health issues, the SOGC produces a number of resource materials to help provide patients with accurate, complete, unbiased, timely and evidence-based information. The SOGC produces a suite of print, audio-visual, and online resources based on the latest research in women's health to help women make informed decisions.

### Contraception Awareness Program

In 2001, the Foundation for the Promotion of Sexual and Reproductive Health (FPSRH), administered by the SOGC, launched the Contraception Awareness Program (CAP). CAP is a national sexual health public awareness and continuing medical education program which aims to increase public awareness, influence attitudes and change behaviours regarding contraception use, safer sexual practices and sexual well-being.

The program was implemented to develop an effective education vehicle to address the lack of public education on contraception and sexuality and to provide continuing medical education as the field of sexual and reproductive health in Canada evolves.

CAP's mandate includes:

- facilitating contraception counselling to patients;
- reducing the number of unplanned pregnancies and abortions;
- reducing the incidence and spread of sexually transmitted infections;
- improving sexual function; and
- preventing sexual coercion.

The various initiatives of the CAP program seek to:

- encourage the correct and consistent use of contraception;
- create, adapt and/or improve education tools;
- reach underserved and high-risk populations;
- improve sex education in schools; and
- better understand perceptions and behaviours of various target audiences with respect to contraception and sexuality.

A key component of the suite of CAP educational resources is the international award-winning website [www.sexualityandu.ca](http://www.sexualityandu.ca). It has become a household name in schools and health clinics across the country since its launch in 2001. This sexual health website offers teens, adults, parents, teachers, and health professionals the latest credible information and resources about contraception, sexually transmitted infections, relationships and safer sex. Made possible with the guidance and collaboration of a team of distinguished Canadian medical organizations and doctors, the

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website includes games and tools that make learning about sexuality (or teaching it to others) an entertaining and educational experience.

The suite of educational materials includes:

- www.**sexualityandu.ca** website including online interactive tools such as:
  - **Choosing Wisely**: an interactive module that helps patients compare contraception options and make informed decisions about the birth control method that best suits their lifestyle.
  - **Sex-Fu Challenge** and **Sex U Challenge**: interactive games that allow individuals to test their knowledge of sexuality.
  - **SOS – Stay on Schedule**: an interactive module that helps patients determine the most appropriate course of action if they have missed or extended the use of their chosen method of birth control.
  - **Video – My First Birth Control Visit and STI Check-Up**: a 5-minute audio-visual presentation that helps patients better understand what to expect during a consultation about birth control and what to expect if an STI exam is to be performed.
  - **Video – STIs**: a video presentation that provides an overview about various sexually transmitted infections.
- **Contraception flipchart – Choosing a contraceptive that’s right for U**: a counseling tool for health care professionals to help discuss contraception options – what they are, how they work as well as the advantages and disadvantages of each one.
- **Contraception comparative chart – Choosing a contraceptive that’s right for U**: an information tool for the general public that summarizes information about available contraception options.
- **Test your contraception IQ workshop**: a continuing medical education (CME) module on contraception
- **Sex Sense**: a comprehensive book about contraception
- **STI flipchart – Understanding Sexually Transmitted Infections**: a counseling tool for health care professionals to help discuss STIs – what they are, how they are transmitted, what the signs and symptoms are as well as the related considerations and possible complications for each one.
- **STI comparative chart – Understanding Sexually Transmitted Infections**: an information tool for the general public that summarizes information about various STIs.

## Compassionate Contraceptive Assistance Program

When a patient’s financial hardship becomes a barrier to obtaining contraceptives, health care providers can turn to the *Compassionate Contraceptive Assistance Program* to receive free prescriptions. Administered by the SOGC, the program ensures that access to contraception is not denied because of a lack of funds.

# What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

## HPV Awareness and Education Program

The SOGC's "Spread the Word, Not the Disease" public awareness campaign was unveiled in 2006 to educate Canadians about the human papillomavirus (HPV), the most common sexually transmitted infection (STI) in Canada.

The HPV program's mandate consists of:

- facilitating HPV counseling to patients; and
- reducing the number of patients who present with symptoms of HPV: genital warts, lesions and cancers (such as cervical cancer).

The various initiatives of the HPV program seek to:

- encourage women to receive the HPV vaccine and a regular Pap test;
- encourage safe sex practices, such the use of a condom for dual protection; and
- create, adapt and/or improve education tools.

A key component of the suite of HPV educational resources is the [www.hpvinfosite.ca](http://www.hpvinfosite.ca) website, a comprehensive site that provides teens, adults, parents, teachers and health professionals with information about HPV, what it is and what they can do about it. The site includes links to recommendations and guidelines for the prevention, management and treatment of the virus, as well as the latest news and research related to HPV.

The suite of educational materials includes:

- [www.hpvinfosite.ca](http://www.hpvinfosite.ca) website including online interactive tools such as:
  - **HPV Challenge:** an interactive game that allows individuals to test their knowledge of HPV.
  - **Video - My First Pelvic Exam (Pap Test):** a 5-minute audio-visual presentation that helps patients better understand what to expect during a pelvic exam and breast examination.
- **HPV Toolkit:** a collection of free counseling resources, fact sheets, and lesson plans developed with support from the Public Health Agency of Canada.
- **HPV brochures:** a series of three brochures intended for youth, young adults and parents.
- **HPV posters:** a series of three posters intended for teens, young adults and parents.
- **A "snapshot" of facts on HPV and Sexuality:** a booklet developed for youth, to be distributed in schools.

## Menopause Awareness and Education Program

Menopause is a natural part of aging, yet it can be a challenging, disorienting time for many women. The best way for a woman to take charge of her transition is by gathering accurate, complete information about symptoms, effects and available treatments. To this end, the SOGC created the *Menopause Awareness and Education Program* in 2006.

Based on the SOGC's comprehensive *Menopause Consensus Report*, education materials have been created by doctors for Canadian women approaching or in menopause or perimenopause.

The menopause program's goals consist of:

- facilitating menopause and osteoporosis counseling to patients; and
- empowering women to take charge of their menopause.

The various initiatives of the Menopause program seek to:

- encourage women to pursue positive lifestyle changes;
- encourage women to seek counseling and treatment options if necessary; and
- create, adapt and/or improve education tools.

A key component of the suite of menopause educational resources is the [www.menopauseandu.ca](http://www.menopauseandu.ca) website a comprehensive site that provides reliable information on the diagnosis and management of menopausal symptoms, as well as the most current information about the safety and effectiveness of hormone therapy.

The Menopause program is made up of five key elements:

- [www.menopauseandu.ca](http://www.menopauseandu.ca) website;
- a national Menopause Coalition;
- a menopause and osteoporosis continuing medical education (CME) module;
- a practitioner desk reference and treatment algorithm; and
- a menopause pamphlet.

## Endometriosis Awareness and Education Program

Endometriosis is a common cause of pain and infertility in women between the ages of 20 and 45. It is a difficult disease to diagnose because many of its symptoms – such as severe, painful menstrual cramps, painful intercourse, and gastrointestinal upsets such as diarrhea, constipation, and nausea – can also be symptoms for a wide variety of other conditions. For women who may be suffering with chronic pelvic pain and infertility, the SOGC wants to increase awareness that endometriosis may be the issue. While this condition cannot be cured, it is important to remember that it can be treated.

Created in 2009, the *Endometriosis Awareness and Education Program* currently consists of the [www.endometriosisinfo.ca](http://www.endometriosisinfo.ca) website. It is designed to let women know about the symptoms of endometriosis, the latest in treatment options, and how health care professionals can help.

## HELPFUL INFORMATION AND WEBSITES

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### National office mailing/courier address

780 Echo Drive  
Ottawa, ON  
K1S 5R7  
Telephone: (613) 730-4192 or 1-800-561-2416  
Fax: (613) 730-4314

### List of telephone extensions for specific inquiries:

- Membership: 233
- JOGC subscription (inquiries/missing issues/change of address): 233
- Contraception Awareness Program (CAP): 359
- Endometriosis Awareness and Education Program: 330
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### Interested in attending a CME event?

**Visit:** [www.sogc.org/cme](http://www.sogc.org/cme)

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