

Dr. Elizabeta Shprits

Menopause and Mature Women's Health, University of Toronto



Why did you choose this fellowship? I chose this fellowship because menopause and mature women's health are often underrepresented, yet they significantly impact women's quality of life. I wanted to gain specialized expertise to provide evidence-based care for women navigating this transition.

What are the strengths of/why did you choose your specific fellowship program? My fellowship program offers a comprehensive multidisciplinary approach, combining expertise in gynecology and endocrinology. It provides excellent clinical exposure and mentorship from leaders in the field, equipping me with the skills to

manage complex cases. This program also provides electives and learning opportunities in my fields of interest.

What advice would you give to residents interested in your fellowship program? I would encourage residents to gain experience in managing menopause-related conditions, seek mentors in women's health field as early as in residency and develop research opportunities in this field.

What do you hope your future practice will look like? I'm envisioning my practice as a place that integrates clinical care, education, and advocacy, ensuring that women receive personalized, evidence-based treatment for menopause and aging-related health concerns. I also hope to contribute to advancing research and public awareness on the unique health challenges faced by mature women.