

Mature Women's Health & Menopause

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Program Information

The Fellowship in Mature Women's Health & Menopause is a unique program nationally and internationally offered by the Department of Obstetrics & Gynaecology at the Mount Sinai and Women's College sites of the University of Toronto. Women spend 1/3-1/2 of their lives after menopause. The graying of Canada over the next 25 years will present special challenges for gynaecologists faced with the unique needs of this age group of women. The specific problems of perimenopausal women experiencing the ramifications of fluctuating levels of estrogen are also addressed by this fellowship.

The program is 1-2 years in length and up to 2 candidates (Canadian and foreign) are accepted every year. Applicants are required to provide FRCS(C) or Board Eligibility and completion of an accredited residency program in Obstetrics & Gynaecology as an admission requirement. Salary support is provided for Canadian graduates of residency programs. Successful applicants from foreign programs must provide at least partial support from their country or academic program of origin in discussion with the program director. A certificate from the Department of Obstetrics and Gynaecology at the University of Toronto is provided to fellows at the end of successful completion of the program.

The Menopause Program services over 2400 patients a year in several dedicated clinics including general menopause, the multidisciplinary premature ovarian insufficiency, general gynaecology with special perimenopausal emphasis, BRCA clinics and a once monthly Turner's clinics. Toronto is the largest metropolitan population in Canada with a diverse patient population from all over the world. As a tertiary referral centre for Southern Ontario, the Menopause Unit sees the most challenging patients referred by other health practitioners.

Other complicated patients are seen from oncology at Mount Sinai and Princess Margaret Hospitals as well as transplant patients from the large program at University Health Network and the graduates of the Hospital for Sick Children. The clinic is also affiliated with the endocrinology department and REI divisions of the University of Toronto.

Short outpatient surgical cases are performed on our onsite outpatient OR as well as our main Mt. Sinai Hospital OR. Opportunities for electives in urogynaecology, osteoporosis, psychiatry, and vulvar disease can be arranged based on the fellow's interest. As well the opportunity for study at the Masters Level in various programs at the University of Toronto can be arranged for a 2 year stay.

Objectives & Expectations

The goal of the fellowship is to develop expertise in the care of women with menopausal and perimenopausal issues through the transition as well as in the post-menopausal age group. Special expertise and familiarity will be developed with the prescription and alternatives for hormone therapies.

Responsibilities include clinical attendance at the various clinics offered weekly including an independent fellow's clinic, outpatient surgical attendance and the opportunity for general gynaecology call in a roster for the department.

The successful candidate will be expected to complete a clinical research project during the fellowship with development of skills including REB applications to data collection, writing, presentation at a national or international meeting and publication. The candidate will be expected to teach residents and medical students during their rotations through the same units. The candidate will attend a national or international meeting in menopause field with financial support and is encouraged to be certified as a NAMS clinician.