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Echo News - October 2011

Recommendations on improving cardiac
rehab uptake & referral for women



Cardiac rehabilitation (CR) is associated with a reduction in morbidity and mortality and an improvement in functional status and quality of life. Unfortunately, data shows that very few women are referred to cardiac rehabilitation after an acute cardiac event. Referral to CR is articulated in Canadian guidelines on cardiac and stroke rehabilitation. Toronto Rehab and the London Health Sciences Centre have put forward a recommendation on how to improve referral and uptake for women into cardiac rehabilitation.

[Read the Echo Advance to learn more](#)

Registry of the Canadian Stroke Network
Reflecting Women's Needs



The Canadian Stroke Network, The Ontario Stroke Network (OSN) and The Institute for Clinical Evaluative Sciences (ICES), released two reports, "Registry of the Canadian Stroke Network - Report on the 2008/09 Ontario Stroke Audit" and "The Ontario Stroke Evaluation Report", which aim to evaluate the characteristics, management and outcomes of stroke patients in Ontario. Echo supports the intent to bring focus to improving health service delivery to stroke patients in Ontario and we are providing a review highlighting ways

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- ▶ ONTARIO'S FIRST PROVINCIAL FRAMEWORK ADDRESSES WOMEN'S HEALTH NEEDS AND INEQUITIES
- ▶ 1 in 4 new HIV infections in Ontario are among women: study
- ▶ More than 1 in 4 babies in Ontario is delivered by C-section
- ▶ The human drama of abortion counselling

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that the report can better address the needs of women stroke patients.

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Echo's involvement at the 7th National Conference on Tobacco or Health



Echo's smoking cessation initiative will be featured in the 7th National Conference on Tobacco or Health, which runs from November 1-3, 2011. In partnership with the Centre for Community Based Research and community women from Peterborough and North Bay, Echo will present a pre-conference multi-level workshop on November 1, 2011, which includes a live theatre performance to illustrate the lived experiences and complexity of the issues related to tobacco smoking for pregnant and recently pregnant women. The theatre performance will be followed by a demonstration of a facilitation method that supports women to design their own evidence-based smoking cessation programs, and the opportunity for reflection and dialogue among all participants.

On the first day of the conference, Echo, North Bay Indian Friendship Centre, Peterborough County Public Health Unit and CAMH will be part of a panel presentation entitled " Pregnancy: Interventions and Program Design" .

[Learn more about the conference and register](#)

Care for Postpartum Depression - Moving Toward Standards of Practice for Ontario



Postpartum depression (PPD) is the most common complication of childbearing affecting anywhere from 10-20% of women during the first year after birth. PPD has been shown to be one of the three factors along with child maltreatment (abuse and neglect) and parental substance use that can have a profound, long lasting impact on a child's development. If treated, 70-80% of women will recover. Although PPD is so common, has serious implications, and is highly treatable in most cases, Ontario currently lacks a coordinated system of care to fully meet the needs of women suffering from PPD. Several promising initiatives have been developed across the province, and Echo and CAMH convened a roundtable of the thought/practice leaders to focus on moving forward the development of Ontario Practice Standards.

Login in to the [Health Professionals](#) section of Echo's website to read the

report: **Care for Postpartum Depression - Moving Toward Standards of Practice for Ontario.**

Supporting mid-life women with their menopause health care needs



Approximately 35% of Ontario women are between 40 to 64 years of age where there is an intersection of issues of aging (e.g., urinary incontinence, osteoporosis) with a normal transitional biological lifecycle event known as the menopausal transition.

Family physicians and nurse practitioners play a key role in providing health care to women in mid-life who are experiencing changes in their health related to menopause.

[Read Echo's recommendations on menopause health care for primary care providers.](#)

Halton's 21st Annual Take Back the Night Event



"Take Back the Night" is an annual international event that began in Europe in the 1970s as a response to a series of sexual assaults and murders affecting women.

On September 21st, 2011, over 200 Halton residents participated in Halton's 21st annual Take Back the Night to spread the message that women and children have a right to live free from violence. This inclusive, family friendly event included keynote speeches from two sexual violence survivors, singers, dancers, drummers, a martial arts self-defence demonstration, community information booths, and a women and children only anti-violence march through the streets of Burlington.

Halton's Take Back the Night was hosted by the Sexual Assault and Violence

Intervention Services of Halton (SAVIS), in partnership with Halton Children's Aid Society, Halton Community Legal Services, Halton Regional Police Services, Nina's Place, POSSE Project, The AIDS Network, The Women's Centre, and Womenatthecentre.

POWER Study launching Older Women's Health Report October 27th



Aging is an important women's health issue as women comprise the majority of the older population and have unique needs.

The Echo funded POWER Study (Project for an Ontario Women's Health Evidence-Based Report) - a joint project from [St. Michael's Hospital](#) and [ICES](#) will be launching this important report which provides an in depth look at older women, the most rapidly growing group of the older population, those 80 and older.

Please visit www.powerstudy.ca on October 27th to download the report.

The Older Women's Health report was led by Dr. Paula Rochon, senior scientist at [Women's College Research Institute](#). Dr. Arlene Bierman, Echo's OWHC Chair in Women's Health is the study's principal investigator. The POWER Study includes chapters on Musculoskeletal Disorders, Diabetes, Reproductive and Gynaecological Health and HIV Infection. This landmark project examines the gender differences in access to care, as well as quality of outcomes of care for leading causes of morbidity and mortality in Ontario. The study is being broadly used by policy makers, providers and consumers to help improve the health of and reduce inequities among Ontario women.

Echo and the Council of Universities celebrate this year's Women's Health Scholar Award recipients

Echo and the [Council of Universities](#) are pleased to announce the 2011-12 [Ontario Women's Health Scholars Award](#) recipients.

Marta Erlandson
University Health Network



"The unique way that strength, muscle mass and athleticism affect female physiology has intrigued me for many years both as an athlete and as a researcher. Receiving the Postdoctoral Ontario Women's Health Scholars Award means I will be able to explore important questions in women's musculoskeletal health from childhood through to old age. I am honoured to receive this award and excited about the opportunity to contribute to the future of women's health as a young Canadian researcher."

Caitlin Mulcahy
University of Waterloo



"When I first learned that I had been chosen as the recipient of the Women's Health Scholars Doctoral Award, I was overcome. To have the Ontario Council on Graduate Studies put such confidence in interdisciplinary health research that is concerned with the social, cultural, and familial dimensions of women's well-being is a validation not only of my own research but of the truly innovative and integrative work of the Council as well. I would like to thank the Ontario Council on Graduate Studies and the University of Waterloo for their invaluable support."

Anna Maeva
University of Toronto



"The Women's Health Scholars award is much more than a scholarship that helps me attain my academic goals by providing me with valuable time to focus on my studies. It is recognition from not only my peers but the public that the research I am currently pursuing has great potential and will one day aid women detect and manage cancer and disease. I am truly honoured to have been chosen for this year's group and hope that someday in the near future my research will have an impact on the health care system."

Sponsored by Echo: Improving Women's Health in Ontario, the Scholar Awards Program in Women's Health ensures that Ontario attracts and retains pre-eminent women's health scholars. The community of women's health scholars fostered by this Awards Program will excel, according to internationally accepted standards of scientific excellence, in the creation of new knowledge about women's health and its translation into improved health for women, more effective health services and products for women, and a strengthened health care system.

Minding Our Bodies

Seed funding available for healthy eating and physical activity programs



The Minding Our Bodies project is seeking expressions of interest from community mental health agencies, consumer/survivor initiatives and other organizations in Ontario serving people with serious mental illness, for seed funding of up to \$5,000 to start a healthy eating and/or physical activity program.

The expression of interest form is available on the Minding Our Bodies website at www.mindingourbodies.ca. The submission deadline is 4:00 p.m. on Friday, December 2, 2011. Successful applicants will be announced in late December.

Minding Our Bodies is an initiative of the Canadian Mental Health Association (CMHA Ontario) in partnership with Echo: Improving Women's Health in Ontario, Mood Disorders Association of Ontario, Nutrition Resource Centre, YMCA Ontario, and York University's Faculty of Health, with support from the Ministry of Health Promotion and Sport through the Healthy Communities Fund.

For more information about Minding Our Bodies, visit www.mindingourbodies.ca.

[Read more](#)

Care Partner/Caregiver Education and Supports Research Study

ECHO: Improving Women's Health in Ontario has funded a study to develop best practice indicators for programs and tools that provide education and support to family members and friends who care for others.

[Read more](#)

Observances

The [International Menopause Society](#), in collaboration with the [World Health Organization](#), has designated October 18 as World Menopause Day.

October is Breast Cancer Awareness month

Calendar



October 20-21, 2011
Women in Mind Women's Mental Health Conference
Organizer: Royal Ottawa Health Care Group
Venue: The Ottawa Convention Centre

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October 21-23, 2011
40th Annual Scientific and Educational Meeting Canadian Association on Gerontology: New Directions for Aging
Organizer: The Canadian Association on Gerontology
Venue: Ottawa, Ontario

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November 1-3, 2011
7th National Conference on Tobacco or Health
Organizer: Canadian Council for Tobacco Control
Venue: Toronto Marriott Downtown Eaton Centre
525 Bay Street, Toronto

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November 7-9, 2011
Health Achieve
Organizer: HealthAchieve
Venue: Metro Toronto Convention Centre

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November 10-12, 2011
2011 Annual Nurse Practitioners Association of Ontario Conference
Organizer: The Nurse Practitioners' Association of Ontario (NPAO)
Venue: Hamilton Convention Centre

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Now until January 20, 2012

Who's Drawing the Lines: The Journey of Judith Snow
Venue: Royal Ontario Museum
Paintings by Judith Snow, a quadriplegic artist and world leader on inclusion issues.

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