



The Chrysalis

Making Women's Health and Wellness a Priority

WOMEN'S HEALTH AT ST. MARY'S HOSPITAL CENTER (SMHC)

St. Mary's Hospital Center, founded by women and run almost exclusively by women for nearly a century, has always understood the unique role of women in our society, and appreciated both the subtle and overt differences in women's healthcare. Within St. Mary's mission to serve the community with the highest level of patient and family-focused care, is implicit the commitment to providing women, as the nucleus of the family, with a whole care that recognizes and respects her particular needs for physical health and psychosocial wellness.

St. Mary's, as the namesake of one of the most celebrated women in history, has always offered very specialized care to women through its Centres of Excellence, including the Community Cancer Care Centre, Birthing Centre, Women's Clinic, Family Medicine Centre, Mental Health Clinic, Clinical Research Department, as well as access to the finest and most dedicated gynaecologists, obstetricians and social work professionals. The hospital centre's unwavering commitment and success in providing an integrated health approach that focuses on the very specific needs and expectations of women is the foundation of **The Chrysalis** initiative which assembles, augments and enhances all of the hospital's vital services and ensures that Women's Health and Wellness is treated as a priority in the medical community.

THE CHRYSALIS INITIATIVE

Inaugurated in May 2007, **The Chrysalis** ensures the focus and availability of specialized healthcare for women of all ages, all walks of life. Supported by a group of strong and dedicated female business and community leaders, **The Chrysalis Endowment** was established to address the multitude of healthcare, educational and clinical research needs specific to women and family health. Taking a new integrative and interdisciplinary approach to women's health, the group will link concerned hospital teams, organizations and leaders through education, communication and research.

The Chrysalis already serves as a stimulating forum for dialogue and action where women join medical experts and specialists of complimentary fields at informal educational gatherings on a regular basis to discuss health-related issues that not only affect them personally, but which may extend to their families' wellbeing as well. Discussions have focused on topics such as Cardiac Disease, Cosmetic Surgery, Eating Disorders, Human Papilloma Virus (HPV), Sexual Health and Wellbeing, and the Evolution of Caregiving through Time.

These interdisciplinary educational seminars allow the current practices of complementary medicine to be shared with the internal medical McGill Réseau Universitaire Intégré de Santé



(RUIS) community. By leveraging this collective expertise, St. Mary's is consistently at the forefront of education in health promotion, prevention and standards of clinical care in women's health.

Recognizing the significant role that women play in the family and the community as a whole, [The Chrysalis](#) was instrumental in creating a McGill Research Chair in Family and Community Medicine at the St. Mary's Hospital Center. Supporting this initiative, a clinical research team which includes internationally acclaimed researchers is joining the Hospital.

THE CHRYSALIS VISION

[The Chrysalis](#) seeks to advance women and family health issues through funding the following initiatives:

- Design and deliver more effective health promotion, disease prevention and harm reduction programs
- Develop and refine clinical diagnostic and therapeutic protocols
- Support clinical research.

The dedicated champions and health professionals supporting [The Chrysalis Initiative](#) have already identified various programs to provide consistently superior medical services, continuity of care, complementary and alternative care services.

One of the key initiatives is the opening of a Breast Cancer Diagnostic Clinic that will focus on early detection and treatment for breast cancer and overall breast health. An Annual Symposium on Women's Health is also planned where accessible and progressive information on prevention and treatment options for women's healthcare issues will be disseminated.

[The Chrysalis Endowment](#) for Women's Health will provide the necessary funding for these programs which encourage the collaboration between physicians and allied health professionals as they identify the priorities of clinical research through analyzing interactions, reporting trends and findings, for the development of educational resources for women, their families and their healthcare providers.