

# MESSAGE FROM OUR PRESIDENT AND CEO



*Marilyn Emery,  
President & CEO,  
Women's College Hospital*

At Women's College Hospital (WCH) we know that women and men experience health, access healthcare, and respond to therapies and medications differently. For far too long women have been overlooked and underserved because healthcare has traditionally not considered the impact of sex and gender differences. In fact, it wasn't until the 1990s that the inclusion of women was made mandatory in health research studies. The implications of this omission have been far reaching and are still in many ways being felt today. Many researchers, policy makers and clinicians are seeking expert advice on how best to integrate sex and gender into their work.

As a world leader in health for women and girls, WCH is uniquely positioned to help close this research gap, so it is a natural fit that Women's Xchange found its roots at our hospital. Over the past five years Women's Xchange has made significant contributions to broadening the understanding of why research with a sex and gender lens is so vital to the future of healthcare. It has enabled scientists and students to explore theories that would have otherwise gone untested and deepened community involvement where the impact of this work is needed most.

Through its ongoing grassroots research work and community engagement Women's Xchange is advancing a sex and gender sensitive approach to improve the health and quality of life for women and girls across Ontario and Canada.

I am so proud of the contributions Women's Xchange has made to our hospital and the health of the diverse communities we serve and I congratulate the Women's Xchange team on the important impact they have had over their first five years.

# MESSAGE FROM THE LEAD OF WOMEN'S XCHANGE



*Dr. Paula Rochon,  
VP Research,  
Women's College Hospital  
& Lead, Women's Xchange*

Women's Xchange is a leader in the advancement of health for women and has elevated the importance of sex and gender considerations in research. Our scientists, community stakeholders and government partners have helped to reframe conversations about research and have supported research activities in community settings, hospitals, and universities. This work has touched the lives - and influenced the health - of thousands of individuals across both the country and province.

In our first five years, Women's Xchange has provided researchers and communities the opportunity to find answers to their questions and to put what they learn into practice. We are so proud of all that we have accomplished and look forward to building on our momentum, impacting greater change in the field of women's health research.