

American Medical Women's Association

Message from the President

In honor of September, Women in Medicine Month, we celebrated the opening of AMWA's Legacy Exhibit at Drexel University, Archives and Special Collections on Women in Medicine. The lobby of Drexel's new Legacy Center now houses an impressive display case filled with AMWA's historic documents and artifacts, dating back to 1915. Following the reception was a brief presentation by Mary Day Kent, Advocacy Field Director for CARE, and a special screening of the movie, *Half the Sky*, based on the best-selling book by Pulitzer-Prize winning journalists, Nicholas Kristof and Sheryl WuDunn.

At the Interim Board Meeting, our Board of Directors met to review AMWA's current initiatives and explore new ideas. The strategic planning session focused on AMWA's three-fold mission—to foster fellowship and networking among women in medicine, encourage professional development and leadership, and promote women's health. We have some exciting programs planned—coaching groups, a national mentoring database, a re-vamped Bed & Breakfast program, professional development webinars, and an online exhibition, Faces of AMWA. We will also be recruiting state liaisons to help advance AMWA's initiatives at the local level.

In October, I had the privilege of representing AMWA at the Annual Meeting of the American Academy of Ophthalmology and participate in a panel convened by the Women in Ophthalmology Group to discuss the impact of the aging Baby Boomer population and the women physicians' perspective. Later that month, AMWA participated in Vision 2020, an event which assembled women leaders from all over the country to discuss how our country can achieve gender equality by the year 2020. We had the honor of personally meeting actress Jane Seymour, whose character Dr. Quinn inspired a generation of young girls to study medicine and Dr. Mae Jemison, the first African-American woman in space—and a physician.

As I reflect on all these experiences, I am reminded again of the power of networking among women, and our ability to achieve success through collaboration. In many ways, our work in AMWA is just one part of a larger tapestry woven by women leaders, past and present.

I wish you all a restful holiday season—

Eliza Lo Chin, MD, MPH, AMWA President



AMWA Board of Directors at Legacy Exhibit Ribbon Cutting- Drexel University

In This Issue

Message from the President: page 1

AMWA's Legacy Exhibit Dedication..... page 2

Vision2020: Women and Leadershippage 3

AMWA Helps Advance Let's Movepage 3

AMWA News pages 4 & 5

Updates from AMWA Representatives . . .page 4

In Memorium: Dr. Nepomucenopage 5

AMWA's 96th Annual Meetingpage 6

AMWA's Legacy Exhibit

AMWA's Legacy Exhibit Dedication

September 24, 2010 – Drexel University School of Medicine, Philadelphia

In honor of AMWA's 95th Anniversary year and Women in Medicine month, we are here to commemorate the legacy that our AMWA foremothers bequeathed to us when they formed this organization 95 years ago. Today, we celebrate the vision of Dr. Bertha Van Hoosen who founded AMWA in 1915 - and the subsequent leaders of AMWA who led the organization for the next 95 years – Drs. Esther Pohl Lovejoy, Kate Hurd-Mead, Emily Dunning Baringer, Jessie Laird Brodie, and so many more...

These archives tell the story of the American Women's Hospitals Service which brought medical care to the war ravaged countries of Europe during World War I – and then stayed on for several more decades to deliver aid during times of religious persecution, subsequent wars, and natural disasters.

They tell the story of the Medical Women's International Association which, since 1919, has brought together physician leaders from all over the world to discuss global health issues while sharing medical and clinical expertise.

They tell the story of AMWA's fight for reproductive rights, public health initiatives, women's health education, and equality... stories of mentorship, networking, and friendship among women physicians from all different specialties and career paths.

Our gathering here today is also a testament to Drexel University's dedication to the Archives and Special Collections on Women in Medicine. Thanks to the vision of Lynn Yeakel, Director of the Women's Health and Leadership Institute and Joanne Murray, Legacy Center Director, and the support of AMWA leaders and members nationwide, this collaboration was made possible.

So now, on behalf of the AMWA Board of Directors, I'd like to dedicate this Legacy Exhibit to the pioneering women physicians who founded the American Medical Women's Association and to future generations of women physicians for years to come.

by Eliza Lo Chin, MD, MPH, AMWA President



AMWA's Legacy Exhibit

Special Thanks to the Following Donors

Gold Level Donors (\$5,000+): Claudia Morrissey, AMWA Student Division, AMWA Los Angeles Branch

Silver Level Donors (\$2,500+): Theresa Allen, Billie & Harold Bowman, Eliza & Doug Chin, Elinor Christiansen, Mary Guinan, Wendy McCurdy, Roberta Gail Rubin, Susan Stewart, Kay Williams

Bronze Level Donors (\$1,000+): AMWA Branch 30, Gayatri Devi, Diana Galindo, Susan Ivey, Jan Werbinski

Tax-deductible donations of \$1,000 and above will be recognized on a special plaque within the Legacy Exhibit. Please visit www.amwa-doc.org to donate online or send in your donation to AMWA, 100 North 20th Street, Suite 400, Philadelphia, PA 19103 by Dec. 31, 2010.

Vision 2020: An American Conversation about Women and Leadership



Left to Right: Dr. Elinor Christiansen, Dr. Roberta Gebhard, Actress Jane Seymour, Dr. Eliza Chin, Curator Page Talbott

AMWA leaders Dr. Doris Bartuska (Past President), Dr. Linda Brodsky (Gender Equity Co-Chair), Dr. Eliza Chin (President), Dr. Elinor Christiansen (Past President), and Dr. Roberta Gebhard (Gender Equity Co-Chair), were recent Ambassadors to Vision 2020: An American Conversation about Women and Leadership, Drexel University School of Medicine's extraordinary assembly of women leaders at the National Constitution Center in Philadelphia. A ten-year project, Vision 2020 aims to complete the unfinished business of women's equality by August 26, 2020, the centennial of the passage of the 19th Amendment, giving women the right to vote.

During the two-day period, 1400 attendees participated in a series of conversations: Business, Law, & Finance; Health; Engineering, Science, & Technology; Communications & Media; Education; Philanthropy, Faith, & Volunteerism; Arts & Culture; and Politics & Government.

Of the 102 state delegates, 8 were women physicians: Dr. Judith Peterson (South Dakota), Dr. Arti Prasad (New Mexico), Dr. Pascale Lane (Nebraska), Dr. Kathy Porter (Alabama), Dr. Elizabeth Mutisya (Georgia), Dr. Danna Grear (Arkansas), Dr. Ann Kimball (Washington), and Dr. Mary Boyd (West Virginia). Visionary delegates included Dr. Catherine de Angelis (Maryland), and Dr. Carolyn Mazure (Connecticut). Panelists included Dr. Nancy Dickey,

AMWA Helps Advance the First Lady's Let's Move Initiative.

On October 6, 2010, AMWA's Childhood Obesity Project Co-Chair, Ryan Smith, met with the Grand Strand Coastal Alliance to discuss the First Lady's Let's Move campaign. The Alliance is a strategic and financial partnership between five mayors in South Carolina—Mayor Allen Deaton (Surfside Beach), Mayor John Rhodes (Myrtle Beach), Mayor Ken Corbett (Briarcliffe Acres), Mayor Charlene Taylor (Atlantic Beach), Mayor Marilyn Hatley (North Myrtle Beach)—and other community leaders. A motion was passed for the city leaders to join AMWA in

President, Texas A&M Health Science Center and Vice Chancellor for Health Affairs.

Each conversation set the stage for an exchange of ideas, information, and experiences that culminated in the formation of a ten-year Vision 2020 Action Agenda for each delegate to take back to her home state. The symbolic signing of the Declaration of Equality marked their collective pledge to effect change over the coming decade.

The evening program, *Celebration of American Women*, featured actresses Geena Davis and Jane Seymour and astronaut Dr. Mae Jemison. The young hopeful voices of Lauren Hart and the Pennsylvania Girls' Choir gave inspiration to the theme, *Equality in Sight*.



Left to Right: Dr. Roberta Gebhard, Dr. Mae Jemison, Dr. Elinor Christiansen, Dr. Eliza Chin

AMWA was one of 33 National Allies who participated in Vision 2020, along with American Association of University Women (AAUW), American Bar Association, National Council of Women's Organizations, Society of Women Engineers, and Girl Scouts. Together, the national allies represent over 25 million women and girls.

Please join AMWA in spreading the word about the Vision 2020 agenda, to ensure full equality in this country by 2020. Visit www.Drexel.edu/Vision2020 to sign the Declaration of Equality, view the conversations, and find out how you can get involved.

the First Lady's childhood obesity initiative by designating each of their cities or towns as an official Let's Move city or town and creating a project timeline to achieve this goal. Join AMWA in the Let's Move campaign by asking your local leader to designate their city or town as an official Let's Move community. A "Mayors and Local Leaders Guide" is available at www.letsmove.gov. If you have ideas or suggestions, please contact Ryan Smith at amwahelper@gmail.com.

Grand Re-Launch of AMWA's Bed & Breakfast Program – Volunteer Hosts Needed

The Bed & Breakfast Program provides overnight hosting to AMWA members who are traveling out of town for interviews or meetings. This free program has particularly helped fourth year students who are interviewing for residency. We are looking to expand our pool of hosts to accommodate more members. To learn more about the program and sign up to be a host, please visit the Bed & Breakfast page on the AMWA website at <http://www.amwa-doc.org/articles1-25/BedandBreakfastProgram>.

2010 AWHS Travel Grant Recipients – Nepal Summer Project

Submitted by: Julie Taylor, Claire Clelland, and Kate Kolstad



With the staff of Citta Hospital, Simikot

With the support of the AWHS Overseas Assistance Grant, three 1st year UCLA medical students were given the opportunity to spend the summer of 2010 working in a rural health clinic in Nepal.

Claire Clelland, Kate Kolstad, and Julie Taylor traveled to the remote Humla district where they assisted at the Citta Organization's Christopher Barley (CB) Hospital. Working alongside CB Hospital staff, they helped diagnose and treat ailments ranging from infectious diseases (cholera, dysentery, typhoid, measles), to joint pain, gastritis, CHF, PID, and uterine prolapse. As part of a Village Outreach Program, the team hiked one day's distance from the Hospital and set up a medical camp. There, over the course of two days, the team treated over 800 patients. In addition to medical work, Claire, Kate, and Julie also began to address one of the pressing public health concerns of the Humla district: women's access to reproductive health care. They interviewed nearly 100 women from villages surrounding the Hospital to explore intimate questions of sexual and maternal health. The information collected will be used to improve the women's services

offered at CB Hospital. Looking back, the students describe their summer as both an unparalleled and humbling experience in medicine, culture, and humanity, and they have high hopes for returning to Humla one day to continue the work they started.

Former AWHS Travel Grant Recipient Publishes Research Findings

Former AWHS travel grant recipient, Rita Hamad, recently published the findings of her research in the *Journal of Epidemiology and Community Health*. She studied 1,593 female clients of a microcredit organization in Peru and collected data on age-adjusted body mass index, hemoglobin levels, and food insecurity. The study's results showed that microcredit participation correlated with improved nutritional status of female clients and suggested that further research explore the mechanisms by which these outcomes arise. Hamad, R, Fernald, LCH. *J Epidemiol Community Health* (2010). Doi:10.1136/jech.2010.108399.

Updates from AMWA Representatives

Commission to End Health Care Disparities

Dr. Susan L. Ivey, Past President (2006-2007) of AMWA, attended the Commission to End Health Care Disparities (CEHCD) meeting on behalf of AMWA in October, 2010. The CEHCD has a mission to eliminate disparities in health care and strengthen the US health care system. Dr. Ivey chaired the Research and Data Resource (RDR) Committee and attended the Commission strategic planning and educational meetings on behalf of AMWA. The Commission is still seeking member organizations with common interests. For more information, AMWA members are welcome to e-mail Dr. Ivey at susanivey@pol.net.

Pearl of Wisdom Campaign to Prevent Cervical Cancer

Ashley Styczynski, AMWA Student President, represented AMWA at a partners meeting for the Pearl of Wisdom campaign to prevent cervical cancer. This campaign has been at the forefront of cervical cancer prevention efforts in the U.S. AMWA was considered a key player because of our early efforts to develop a gender-sensitive medical school curriculum that would increase medical students' knowledge and awareness of cervical cancer and its prevention among other women's health issues. To get more involved with the Pearl of Wisdom campaign, contact Ashley at president@amwa-student.org. If you would like to help with the development of a gender-sensitive curriculum, contact Dr. Jan Werbinski at drweb@aol.com.

AMWA Speaker's Bureau

AMWA members are invited to submit their name, specialty, and area of expertise to be listed as part of AMWA's Speaker's Bureau. Please contact associatedirector@amwa-doc.org.

AMWA State Liaisons

Willing to help promote AMWA's initiatives in your local community? Sign up to be one of two AMWA liaisons from your state. Applications are available at www.amwa-doc.org. For more information, please e-mail amwaliaison@gmail.com.

November – National Alzheimer's Disease Awareness Month

Submitted by: Neelum T. Aggarwal, MD, Associate Professor of Neurological Sciences, Rush University Medical Center, AMWA Board member



Alzheimer's disease dementia—often referred to as the “silent epidemic affecting the elderly”—affects about 10% of persons over the age of 65. Here are some sobering statistics about why it is becoming increasingly recognized as a women's health issue.

1. Women live longer than men (80 years vs. 75 years), thus there will continue to be a higher proportion of women in these advanced ages over the next 10 years. Already, women make up 72% of the US population over age 85 years.
2. Cardiovascular risk factors (thought to be associated with increased risk in dementia and AD) are common in women. In fact, more women struggle with obesity, diabetes and hypertension than men.

People with Alzheimer's require accurate diagnosis, treatment and services for the different stages of the disease. The first step is recognizing the warning signs of Alzheimer's Disease: short term memory loss, difficulty performing familiar tasks, problems with language, disorientation as to time and place, and decreased judgment. Although there is no cure, medications can slow disease progression, and caregiver education can ease the management of difficult behaviors. Physicians can help by encouraging patients to participate in clinical trials that are asking vital questions such as: (1) What are the earliest signs of AD and can investigational medications delay the occurrence of these signs? (2) What populations—various ethnic groups—are at risk? and (3) What are some chemical

and structural (imaging) changes in the brain that cause memory loss?

To learn more about Alzheimer's disease, check out my monthly blog at the Alzheimer's Disease Cooperative Study Group (ADCS): www.adcs.org/blog, visit the Alzheimer's Association website, <http://www.alz.org/>, or read Maria Shriver's new book, *The Shriver Report: A Woman's Nation Takes On Alzheimer's*.

In Memoriam – Dr. Nepomuceno

Dear Fellow AMWA Members and Friends of Dr. Nelly Nepomuceno,

It is with sadness that Dr. Frances Conklin called to inform me of the death of our dear friend and ardent RIMWA (Rhode Island Medical Women's Association) supporter Dr. Nelly Nepomuceno this morning. Nelly was 86 years young but had been hospitalized, ultimately being diagnosed with ehrlichiosis. In spite of her having had a recurrence of lymphoma a couple of years ago and having had innumerable lower GI bleeds, these were not the cause of her ultimate demise. For those of us who had the privilege of knowing Nelly we will remember her for her unwavering dedication & generosity to patients, family and colleagues and her infinitely affable spirit.

Frances and Nelly have been close friends for almost three decades. They first met in 1981 as AMWA members. They traveled together internationally on many MWIA (Medical Women's International Association) trips and many trips in the US. We all know that Nelly's generosity has provided an amazing legacy for RIMWA. Frances, Alyson and I were fortunate enough to have had lunch at Nelly's home in Mansfield Center, CT a number of months ago. Her office attached to that home was once where Nelly provided pediatric care to generations of families in the area for many years. She also spearheaded one of the most active AMWA chapters in the Connecticut area.

I asked Fran about which organization she thought Nelly would want us to contribute to in her name. Fran assured me that Nelly would want us to keep our funds in her memory in RIMWA's treasury. Fran said we were the only ones to ever formally establish something in Nelly's name—a fact that pleased her greatly.

Nelly's legacy will live on in RIMWA's continued success. Nelly's spirit will live on in the hearts of many.

Marlene Cutitar, MD, AMWA and RIMWA Board Member
Please send remembrances of Dr. Nelly Nepomuceno to girlsurgeon@cox.net.



American Medical Women's Association
100 North 20th Street, Suite 400
Philadelphia, PA 19103-1462

Help AMWA conserve resources. Please send your email address to associatedirector@amwa-doc.org to receive this newsletter and other important member information by email.



American Medical Women's Association
The Vision and Voice of Women in Medicine since 1915

Connections is a publication of the
American Medical Women's Association

Helen Wang, MD	Editor – Publication Chair
Eliza Lo Chin, MD	Editor
Lindsay Groff	Executive Director lgroff@fernley.com
Sarah Hagy	Associate Director shagy@fernley.com
Jason Harbonic	Associate Director jharbonic@fernley.com

100 North 20th Street, Suite 400
Philadelphia, PA 19103-1462
Phone: (215) 320-3716
Toll Free (866) 564-2483
Fax: (215) 564-2175

AMWA's 96th Annual Meeting

Registration Now Open

The 96th Annual Meeting of AMWA, held in conjunction with Women's Health 2011: The 19th Annual Congress, will be held April 1-3, 2011 with Advocacy Day on March 31. Be sure to register today! AMWA members can take advantage of the discounted AMWA rate.

To **learn more about the conference**, visit: <http://www.bioconferences.com/CONFERENCES/WomensHealth/program.aspx>

To **register**, visit <http://www.bioconferences.com/CONFERENCES/WomensHealth/register.aspx>

Don't wait to book your accommodations at the Crystal Gateway Marriott in Washington, DC. Conference attendees enjoy a special room rate of \$129 per night.

Nominations Now Being Accepted for 2011 AMWA Awards

The AMWA Awards Committee is currently accepting nominations for the 2011 Awards to be presented during the gala at the 96th Annual Meeting. Over the past 150 years, women physicians have blazed new trails, opened closed minds, lifted down-cast spirits, and profoundly impacted medicine in countless ways. Through our awards and recognition programs, AMWA celebrates the contributions and accomplishments of these remarkable American Medical Women. Learn how to nominate someone here: <http://www.amwa-doc.org/page3-70/AwardsGrantsRecognitions>