

American Medical Women's Association

President's Message



Dear AMWA Members,

As I write the US Senate has just voted to kill the Blunt amendment that would have permitted employers and health insurance companies to deny coverage for contraceptives or coverage that they might object to on religious or moral grounds. It is unthinkable that employers and insurers because of their own religious beliefs could deny women birth control coverage. And yet, 45 Republican and three Democratic senators voted in favor of it. The amendment was beaten by only three votes. This is how fragile a women's right to contraception is in 2012! AMWA is standing firm on its position to ensure that all women have equal access to health care including contraception and in support of the Affordable Care Act. To amplify our voice AMWA is joining with other organizations advocating for women's health including the newly formed Coalition to Protect Women's Health Care. I urge each of you to tell your U.S. Senators and Representatives how you stand on these issues. The Blunt amendment might have passed if there hadn't been

such an outcry from women and especially from women physicians like those in AMWA. Keep up the good work. Your voice is needed now more than ever.

In this chaotic political environment little is said about the benefits of the Affordable Care Act. As the Act now reads all women will be covered for preventive services including mammograms, Pap smears and contraception without a co-pay and no one will be denied coverage because of a pre-existing medical condition. The Act is likely to be changed but let us be vigilant to ensure these current provisions stay intact. AMWA has advocated for decades for access to health care for all Americans. We are so close. I am optimistic we will achieve this soon and look forward to celebrating that achievement in Chicago with all of you at AMWA's 100th anniversary in 2015. Thank you for your support of and service to AMWA.

Sincerely,

Mary Guinan, PhD, MD
AMWA President 2011-2012

AMWA Joins the Coalition to Protect Women's Health Care amid New Concerns during an Election Year

AMWA joined the Coalition to Protect Women's Health Care, created in response to the challenges to provisions of the Affordable Care Act, in its first days. AMWA had previously congratulated President Barack Obama's decision to reject religious exemption on cost-free birth control coverage under the Affordable Care Act. "To prevent unintended pregnancies, all women of reproductive age should have access to safe and effective contraception," said Dr. Mary Guinan, AMWA President. Cost of contraception has been a major factor in limiting access

for uninsured and low-income women resulting in disproportionately high unintended pregnancy rates. Currently, even insured women can be denied contraceptive coverage. With this insurance provision under the Affordable Care Act, American women will have equal access to contraception for the first time in history.

Don't let opponents of birth control decide that only certain women deserve this important new health care benefit.

In This Issue

<i>President's Message</i>	page 1
<i>AMWA Joins the Coalition on Women's Health</i> ..	page 1
<i>AMWA Joins NWLC Campaign</i>	page 2
<i>Achieving Success as Women</i>	page 3
<i>Awards Winners</i>	pages 4 & 5
<i>Exceptional Mentors</i>	page 6
<i>Mentoring Breakfast</i>	page 7
<i>South Florida Branch</i>	page 7

<i>Title IX – Carnes AMA</i>	page 8
<i>New Innovations in Mammography</i>	page 9
<i>Dr. Linda C. Giudice, Honored by Top Science Association</i>	page 9
<i>Don't Get Mad. Get Elected</i>	page 10
<i>AMWA Book Review</i>	page 10
<i>AMWA Carter Fellow, Savitha Bonthala</i> ...	page 11
<i>In Memoriam – Marie Glanz</i>	page 11

AMWA Joins NWLC Campaign

AMWA Joins NWLC in the Launch of “I Will Not Be Denied”™ Campaign

Join the #NotDenied conversation on Twitter

AMWA joined with the National Women’s Law Center (NWLC) in launching its new I Will NOT Be Denied™ campaign designed to educate women about the benefits of the health care law and encourage them to fight to protect it from opponents who would take it away.

The Center and its allies kicked off the campaign during the week-long celebration of the two-year anniversary of the landmark Affordable Care Act (ACA). The campaign launched with an online video, http://www.youtube.com/watch?v=0j-CneONiGQ&feature=player_embedded, a website, www.IWillNotBeDenied.org, and an online petition, http://action.nwlc.org/site/PageServer?pagename=AMWA_I_Will_Not_Be_Denied, and will continue with events, social media and opportunities for women and men to show their support for the law. “With key insurance provisions under the Affordable Care Act, American women will have wider and better access to health care, including equal access to contraception, for the first time in history,” said AMWA President Dr. Mary Guinan.

As the Affordable Care Act is being discussed and debated, it’s important for women to know what the law is already doing to promote better health and lower costs. Now, millions more women can get preventive services

like mammograms, Pap smears, and colonoscopies without a co-pay. It is now illegal for insurance companies to deny children care because of a pre-existing condition, and young adults up to age 26 may remain on their parents’ insurance policies.

The law also includes provisions that stop insurance companies from classifying C-Sections and domestic abuse injuries as preexisting conditions, from charging women higher premiums than men, and from dropping anyone’s coverage because they’re sick.

But opponents of the law want to take these important benefits and common-sense protections away. Important new provisions of the law will continue to roll out through 2014 when the ACA is fully implemented. This summer, for example, well-woman exams and birth control will be available without a co-pay. Today, AMWA and the National Women’s Law Center are calling on supporters to learn more about the health care law and share the I Will NOT Be Denied™ video with their families, friends, and neighbors. In coming months, the campaign will continue the fight to protect the ACA and keep women and other supporters up-to-date on threats to the law in the courts and in Congress. Supporters can join the conversation on Twitter using the #notdenied hashtag.

**I WILL NOT
BE DENIED**
Protect Women’s Health Care™

AMWA 97th Annual Meeting

Achieving Success as Women – 97th Annual Meeting

AMWA's 97th Annual Meeting and the MWIA North America Region's Triennial Meeting, *Achieving Success as Women in Medicine*, is the leading strategic career and personal development conference for women physicians, medical students and residents. Session topics range from mentoring and breaking the glass ceiling to issues in global women's health such as stroke risk, cardiovascular disease, the human papilloma virus, and advances in imaging.

AMWA, MWIA North America Region, and the Federation of Medical Women of Canada (FMWC) invite women in medicine to attend this meeting and learn from pre-eminent women physician leaders of today and tomorrow.

Meet the distinguished faculty!

Sophie Delaunay

Executive Director
Medicins sans Frontiers (USA)

Lauryn Franzoni

President, Leadership IQ

Debra Judelson, MD, FACC

Director, Women's Heart Institute
Cardiovascular Medical Group of
Southern California

Sarah H. Lisanby, MD

Professor and Chair, Department of
Psychiatry
Duke University School of Medicine

Henry Lodge, MD, FACP

Founding Partner, New York
Physicians LLP
Associate Clinical Professor of
Medicine
Columbia University College of
Physicians and Surgeons

Hilit Mechaber, MD

Assistant Dean for Student Services
Miller School of Medicine, University
of Miami

Carolyn Meltzer, MD, FACR

William P. Timmie Professor and
Chair
Department of Radiology and
Imaging Sciences
Associate Dean for Research
Emory University School of Medicine

Lila Nachtigall, MD

Professor of Obstetrics and
Gynecology
New York School of Medicine
Past President, North American
Menopause Society

Randolph Nesse, MD

Professor, Department of Psychiatry
University of Michigan

Josephine Ojiambo, MD, MPH

Ambassador, Kenya Mission to the
United Nations

Rachel Naomi Remen, MD

Founding Director of the Institute for
the Study of Health and Illness
Clinical Professor of Family and
Community Medicine
University of California, San
Francisco

Ralph Sacco, MD, FAAN

Past President, American Heart
Association
Professor and Chair, Department of
Neurology
Miller School of Medicine, University
of Miami

Marcia Shew, MD, MPH

Associate Professor, Clinical
Pediatrics and Clinical Obstetrics
and Gynecology
Indiana University School of
Medicine

Gloria Steinem

American Feminist, Journalist, Author
and Activist
Founder, *Ms Magazine*

Kim Templeton, MD

President, US Bone and Joint
Decade
President, American College of
Women's Health Physicians
Professor of Orthopedic Surgery and
Health Policy and Management
University of Kansas Medical Center-
Kansas City

Luanne E. Thorndyke, MD, FACP

Vice Provost for Faculty Affairs
University of Massachusetts Medical
School

Janice Werbinski, MD

Past-President, American College of
Women's Health Physicians
Associate Clinical Professor of
Obstetrics & Gynecology
Michigan State University,
Kalamazoo Center for Medical
Studies

Joanna Wilson, DO

Associate Professor, Department of
Internal Medicine
Chief, Division of Women's Health
and Gender-Based Medicine

Abigail Zuger, MD

Medical Writer for the New York
Times
Associate Clinical Professor of
Medicine
Columbia University, College of
Physicians and Surgeons

AMWA Award Recipients

Dr. Luanne Thorndyke to Receive AMWA's 2012 Elizabeth Blackwell Award at the 97th Annual Meeting in Miami



AMWA is pleased to name Luanne Thorndyke, MD, Vice Provost for Faculty Affairs at the University of Massachusetts Medical School (UMMS), as the 2012 recipient of the Elizabeth Blackwell Award. The award presentation will be held at the Saturday evening Gala at AMWA's 97th Annual Meeting, April 13-15, 2012 in Miami, FL.

AMWA's Elizabeth Blackwell Award, initiated in 1949 by Elise S. L'Esperance, MD, is granted annually to a woman physician who has made the most outstanding contribution to the cause of women in the field of medicine. Among the criteria for AMWA's highest honor is a demonstrated commitment, originality, innovation, or creativity in her field of medicine.

In her role at UMMS, Luanne Thorndyke has led programs in faculty development, mentoring, leadership and advancement of women, and faculty competencies. She

has extensive experience in educational planning, program implementation, and facilitating initiatives in professional development and mentoring, women's leadership development, equity, and diversity. She established a junior faculty development program that has become a recognized model for faculty development, mentoring, and program evaluation. In her current role, she is responsible for all matters related to faculty, including professional and leadership development, academic affairs (promotion and tenure), recruitment/retention/satisfaction, and diversity/gender and equity issues.

Prior to joining UMMS, she was Associate Dean for Professional Development at the Penn State College of Medicine, and also served as Assistant Dean of Continuing Medical Education, responsible for post-graduate educational programming for physicians, nurses, and allied health personnel. A graduate of Duke University and the University of Nebraska College of Medicine, she is a board-certified internist and geriatrician, as well as Professor of Medicine at UMMS. Her clinical interests lie in the areas of menopausal health, osteoporosis, and geriatrics.

Dr. Pamela Lipsett to Receive AMWA's 2012 Woman in Science Award at the 97th Annual Meeting in Miami



AMWA has named Pamela Lipsett, MD, Professor of Surgery at Johns Hopkins University School of Medicine, as the 2012 recipient of the Woman in Science Award. The award presentation

will be held at the Saturday evening Gala in Miami.

The Woman in Science Award is presented to a woman physician who has made exceptional contributions to medical science, especially in women's health, through her basic and/or clinical research, publications, and leadership in her field. Among the criteria are evidence of top-quality scientific research, extensive publication record, and a high national leadership profile.

As a child, in spite of physical handicaps, Pamela Lipsett determined to become a surgeon. She received her medical degree from the University of Massachusetts School of Medicine. She was only the third woman to complete

the rigorous Halsted Surgery Residency at Johns Hopkins University. Under her leadership in diverse roles at the medical center, more women medical students now enter surgical residency training throughout the country. She became the first female Professor of Surgery at The Johns Hopkins University School of Medicine, and now also holds the Warfield M. Firor Chair of Surgery, and appointments in the Departments of Anesthesiology, Critical Care Medicine and in the School of Nursing.

Today, she concentrates on studying, preventing and treating infections in intensive care units and has made seminal contributions in fields ranging from biochemistry and clinical pharmacology to the economics of the intensive care unit to resident duty hours. Along with her work in critical care, she cares deeply about education and has received many teaching awards.

Dr. Lipsett is the immediate Past-President (as of February 2012) of the 15,000 member of Society of Critical Care Medicine (the largest critical care organization in the world) and the Surgical Infection Society. She is widely published and the author of more than 150 articles and chapters in the medical literature.

Ryan Smith to Receive AMWA's 2012 Camille Mermod Award

AMWA has named Ms. Ryan Smith, of Myrtle Beach, SC, as the 2012 recipient of the 2012 Camille Mermod Award. Ms. Smith is known to many AMWA members with her work on AMWA's social media, helping to link members and friends across the U.S. and the world.

AMWA Award Recipients

Dr. Nawal Nour to Receive AMWA's 2012 Lila Wallis Women's Health Award



AMWA announced that Nawal M. Nour, MD, MPH, Director of the Ambulatory Obstetrics Practice at the Harvard-affiliated Brigham and Women's Hospital in Boston and the African Women's Health Center, is the 2012 recipient of the Lila Wallis Women's Health Award. The award will be presented at the Annual Meeting in Miami.

This Lila Wallis Women's Health Award honors an individual whose lifetime achievements, accomplishments, motivations, mentorship, energy and enthusiasm for women's healthcare, education, and research reflect the trailblazing achievements and influence in women's health exemplified by past AMWA President Lila A. Wallis, MD, MACP.

Dr. Nour established the African Women's Health Center. It is devoted to the medical needs of African women who have undergone female genital cutting (FGC), also known as female circumcision. She helped develop a surgical procedure that can help alleviate some of the negative effects of FGC, such as urinary tract infections, painful menstrual periods, painful sexual intercourse, and difficulty conceiving and giving birth.

Born in Sudan and raised in Egypt and England, Dr. Nour attended Brown University. She received her medical degree from Harvard Medical School and completed a chief residency in Obstetrics and Gynecology at the Brigham and Women's Hospital, Boston, MA. She received the Commonwealth Fund/Harvard University Fellowship in Health Policy where she obtained her MPH at Harvard School of Public Health. She was also named a MacArthur Foundation Fellow in 2003.

Dr. Clarita Herrera to Receive AMWA's 2012 Bertha Van Hoosen Award

AMWA has named Clarita Herrera, MD, the 2012 recipient of the Bertha Van Hoosen Award.

The annual award honors a woman physician who has been an active member of the association for at least five years and who has demonstrated exceptional leadership and service to AMWA. The award is named in honor of Bertha Van Hoosen, MD who founded AMWA in 1915.

Dr. Herrera was AMWA president from 1998 -1999 and has been involved with nearly every aspect of AMWA leadership and governance. She founded AMWA's Woman in Science Award in 1993 in order to recognize the important contributions that women make to the science of medicine. She is the 2008 recipient of AMWA's President's Recognition Award, which recognizes the achievements and contributions of outstanding individuals and a

1994 and 1997 recipient of the AMWA Community Service Award. She has also served as an AMWA delegate to the American Medical Association's House of Delegates.

She has been a tireless advocate for women's health issues. She has highlighted the adverse effects of smoking by women and decried the tobacco industry's marketing targeted to women. She was an early proponent of examining gender differences in health issues, particularly cardiovascular disease in women, pointing out the disparities in treatment and health outcomes.

Dr. Herrera is a 1961 graduate of the University of the Philippines College of Medicine. She is an internist affiliated as a full attending physician with Lenox Hill Hospital in New York. She currently serves as a board member of The National Council on Women's Health.

Linda J. Wang to Receive AMWA's 2012 Anne C. Carter Student Leadership Award

AMWA is pleased to present Linda J. Wang, current Student President-Elect of AMWA, with the 2012 recipient of the Anne C. Carter Student Leadership Award.

The Anne C. Carter Student Leadership Award, which was first conferred in 2004 for outstanding AMWA student leadership, honors the memory of Anne C. Carter, MD. Selection criteria include demonstration of exceptional leadership skills through vision, inspiration, innovation, and coordination of local projects that further AMWA's mission of addressing both women's health issues and gender parity in medicine.

Linda Wang is enrolled in the joint MD/MBA Program at Harvard University and has been active in AMWA through various leadership roles. She became involved during her first year of medical school, serving as one of the directors of the Harvard AMWA student branch and then as Region

1 Student Coordinator. In addition to her position as National Student President-Elect, she also serves as the student liaison for both the National AMWA Membership Committee and the Women's Health Working Group. Through these committees she has helped design and implement new strategies for physician member recruitment and additionally has participated in projects that continue to push the discussion for the inclusion of gender- and sex-specific medicine into the medical school curricula.

During her tenure as AMWA National Student President-Elect, Linda has overseen contract negotiations and secured new membership recruitment incentives, including preparatory course discounts. Her no-nonsense approach to tackling administrative and teamwork issues has been particularly effective in moving the AMWA student division forward.

AMWA Exceptional Mentors, the Inaugural Class

Have you had a mentor who has helped you develop your career, supported your interest, helped you develop or meet your goals? This mentor may have been a colleague, advisor, friend, or boss and the relationship may have been formal or informal. AMWA recognizes members' mentors with the AMWA Exceptional Mentor Award, introduced in September 2011. Description of the first class of mentors is below. They will be named and applauded at AMWA's Annual Meeting. Plan to nominate your mentor. Nominations will open September 1, 2012!

- **Raghav Govindarajan, MD, the Cleveland Clinic Florida.** Nominated by his student Syeda Alqadri, who said of Dr. Govindarajan "I still remember how he emphasized that a good doctor is one who knows every aspect related to his or her patient, whether it's their disease, their medications, their history, or any social conflicts which may attribute to their lack of adequate healthcare. A good doctor is one who fights for his patients well being. Dr. Govindarajan, in my opinion, is the best example of a good doctor."

- **Stephanie Martin, a fourth year student at the Indiana University School of Medicine.** Fellow student Amy Hale says, "She offered me advice about the Step 1 USMLE exam and 3rd year rotations, and even answered panicked late night phone calls when I really needed to talk to someone who would understand. Stephanie also was the catalyst for my involvement in AMWA, as she herself served as President [of the branch] last year."

- **Julie Servoss, MD, of the Charles E. Schmidt College of Medicine, Florida Atlantic University.** Student Irene Chang states, "Dr. Servoss goes above and beyond her duties as a teacher to foster the personal growth of her students. As the advisor for multi-cultural and minority students, she listens non-judgmentally to students who are struggling academically or personally, and helps them formulate plans to overcome their hurdles. Despite being a full-time professor, clinician, and primary caretaker of young children, she actively follows up with these students on a regular basis until the resolution of their quandaries."

- **Marcia Shew, MD, of the Indiana University School of Medicine.** Of Dr. Shew, Laura Kester, MD says, "As a clinical mentor, Dr. Shew is an amazing role model for compassionate and

dedicated patient care. Dr. Shew has an excellent rapport with patients... As a research mentor, she has been strongly supportive in assisting me in developing my own understanding of research... As a personal mentor, Dr. Shew is devoted to assisting me in the growth of my work-life balance."

- **Kanani Titchen, a fourth year medical student at Jefferson Medical College.** Nominated by two first year medical students. Victoria Greenberg states, "Kanani revitalized Jefferson Medical College's AMWA branch and brought a new sense of need and determination to the female students of JMC. She leads fearlessly, often challenging tradition, and demanding to be heard." Malinda Wu stated, "More than just advice for classwork, she has practical advice to survive and thrive in medical school as a student and as a future health-care provider. Also, she leads by example, and I learn from what she does, not just what she says."

- **Erin Phipps, MD, of the Indiana University School of Medicine.** Dr. Theresa Rohr-Kirchgraber says of Dr. Phipps, "Though her patient skills are second to none, she excels in teaching. Whenever you see her, she always has a following. A med student, a resident, they all seemed to be attached at the hip to her! It is rare that she sees a patient without having a learner involved. It takes special dedication and enthusiasm to have this level of devotion from her learners."

- **Nathalie C. Zeitouni, MDCM, FRCPC, Roswell Park Cancer Institute.** Nominated by her student Preethi R. Raghu, who stated, "With her mentorship, I was completely immersed in the field of dermatology and took on several independent research projects. Her eye for perfection has cultivated a loyal group of patients – with excellent clinical outcomes – and created high standards for all her students...In an era where many dermatologists stray towards private practices and cosmetic procedures, Dr. Zeitouni has remained at University of Buffalo and Roswell Park Cancer Institute to perform medical dermatology procedures and to teach students. During times when the residency program was at risk of being abandoned, Dr. Zeitouni's role as interim chair played a pivotal role in re-establishing the residency program and maintaining educational continuity."

Mentoring Breakfast at 97th Annual Meeting in Miami

By Neelum T. Aggarwal, MD



AMWA always has been in the forefront of training women physicians for personal and professional leadership for years. In addition to the outstanding presentations during the conference this year, we will also sponsor a Mentoring Breakfast that will pair up AMWA student and resident members with Attending physicians, to discuss strategies on how to manage a successful career with family. Topics to be discussed include Career Building for Women in Medicine, Challenges of Working on Teams, Work / Life Management: Transitioning from Work to Home, and Vice Versa, and Work / Life Management: Relationships and Childbearing. The breakfast will take place on Saturday, April 14,

7:30 am to 9:00 am and follow the general format of a "Conversation Café."

Don't know what a Conversation Café is? Essentially it is a way to bring structure into a conversation by starting off with a *Big Question* that, through open discussion, will advance into new insights for individuals. Everyone in the group will have a chance to express her opinion or perspective, culminating in the physician sharing her insight and perspective on the topic. Knowing about each other's thoughts, concerns, beliefs, including the attending physician's "real life perspective" will allow the members of the group to develop a deeper understanding of the issue or question. We are excited to offer this highly interactive breakfast session, and if you would like to sign up for the breakfast as an Attending physician, or if you are student or resident and want to sign up, please contact AMWA headquarters at (215) 320-3716. Space is limited.

South Florida AMWA Chapter Takes on New Life

By Farzanna S. Haffizulla, M.D.



Left to right: Dr. Lyssette Cardona (member at large), Dr. Naushira Pandya (co-Secretary), Dr. Diana Galindo (Chapter Advisor), Dr. Szilvia Udvari Nagy (co-Treasurer), Dr. Farzanna Haffizulla (President), Dr. Heidi von Harscher (co-Treasurer), Dr. Dalia McCoy (Vice President), absent: Dr. Maria Diaz (member at large), Dr. Stacy Frankel (Secretary)

The atmosphere on the afternoon of Saturday February 4th at Dr. Diana Galindo's home was one of hope, happiness and warmth. Clinking our glasses of sweet tea as we walked around the sun-bathed patio with our pick of several treats, there was an air of excitement and joy. Re-connecting with our female physician colleagues, imparting lessons and wisdom to our blossoming medical students and just really having a grand social affair studded this momentous day. As we voted on our newly elected executive board, we all remembered the deep respect and firm foundation that was created back in 1999, when

we were just known as the Broward chapter. After being dormant for some time, we found not only our pulse but a drive that will allow us to blaze previously unexplored trails as the new South Florida AMWA chapter.

As President and having the privilege to work with the brilliant, diverse group of physicians on our executive board, I plan on not only encouraging leadership and improved camaraderie amongst female doctors but to empower each other while elevating our standards of care and practice within the community. We also plan on spearheading several community outreach programs including helping women and children in distress, providing scholarship funds, having local health fairs and educating our community on disease prevention and healthy living. As a group, it is important for us to set a community wide example of our efforts. Healthy living, achieving balance within our lives and promoting educational and leadership excellence will be a central thread amongst all members of our South Florida chapter.

As we forge ahead as a chapter in infant stages, I envision a fast development with improved community and national visibility. When women lead, others follow. We, as the South Florida chapter, hope to become exemplars and a resource for community professionals to draw upon. We envision success in empowering, educating, elevating and encouraging not just female medical professionals but the professional sisterhood of women in general.

Concussions in Sports-Changing the Playing Field

By Neelum T. Aggarwal, MD

Many of us may not be aware of Title IX, and its importance to female athletes. Essentially, the enactment of Title IX over 40 years ago not only allowed women to have more opportunities to participate in a wide range of sports, but also paved the way for flourishing women's sports departments in both high schools and colleges around the country. With this increase in participation of all types of sports among women athletes, some interesting statistics have emerged regarding sex and gender differences regarding injuries. Not only do women appear to have a higher risk of succumbing to an injury while playing sports, they also appear to have a higher risk of a concussion.

Of late, the sports world has been under scrutiny for allowing players in the NFL and NHL to play even when they had signs and symptoms of a concussion. The controversy over the role of the league in knowing about the medical seriousness of concussions while not disclosing this to its players has resulted in multiple lawsuits, specifically directed to the NFL.

It is estimated that each year 1.6 million to 3.8 million sports related concussions occur in the United States, according to the estimates from the Centers for Disease Control and Prevention. As mentioned before, although football has borne the brunt of the criticism, most competitive sport carries some risk for concussion and head injury. Leading the pack of sport-related head injuries that are treated at hospital emergency rooms are those that result from cycling, followed by football, baseball, hockey and softball. In a 2007 study published in the *Journal of Athletic Training*, female high school soccer players appeared to suffer a concussion 77% as often as high school football players. Other studies have shown that concussions also appear to be higher in female hockey players. The pathophysiologic mechanism of a concussion is thought to be due to an "acceleration /deceleration" force that acts on the brain and results in a metabolic cascade of events. The force from a concussion is thought to shear and stretch neurons, and this causes shifting of fluid across membranes, disrupting normal cerebral blood flow.

Though a concussion can be a mild injury, it does carry with it the possibility of becoming more complicated with more severe symptoms. Risk factors that could predispose an athlete to having concussion include the history of a concussion. Athletes who had a concussion are more

than 2x more likely to have a second concussion and may be more likely to have greater post concussive symptoms. The greatest vulnerability may come from 7-10 days after the concussion, and thus athletes must not engage in any activities that could "bring on another concussion."

The increased publicity surrounding concussion has helped push forward a number of new laws to protect high school athletes. Since 2009, many states have passed laws that require athletes who are suspected of suffering a concussion, be removed from play and not allowed to return until been seen by a healthcare provider trained in concussion management. On the professional level, the biggest changes have been seen in the NFL, which now does not allow players to return back to the game if a concussion is suspected, and in every locker room a poster that outlines the facts, symptoms of a concussion and course of action, must be displayed.

The role of the physician and parent cannot be overstressed when dealing with concussions. It is estimated that only 4% of concussions among high school student athletes are accompanied by a loss of consciousness, so many concussions can go unnoticed. However if an athlete is complaining about headaches, dizziness, nausea, sleep changes or sensitivity to light, they need to be evaluated by someone who is trained to diagnose a concussion.

Here are some signs and symptoms you need to remember if you suspect a concussion in a patient or a loved one:

- 1) Cognitive: Trouble thinking or remembering clearly, feeling in a "fog" or being in "slow motion" all the time. Other symptoms are having trouble concentrating or remembering new information.
- 2) Behavioral: Increased irritability, sadness, nervousness or anxiety.
- 3) Sleep: Sleeping more or less than usual or having trouble maintaining sleep.
- 4) Physical/motor: Headaches, fuzzy or blurry vision, nausea or vomiting, dizziness, feeling tired.

New Innovations in Mammography: Breast Tomosynthesis- A 3D Mammogram

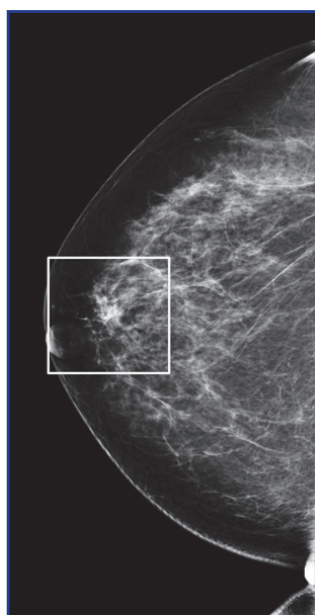
Breast Tomosynthesis Has Been Recently FDA Approved and Is Now Available

Breast tomosynthesis uses high-powered computing to convert digital breast images into a stack of very thin layers or “slices”—building what is essentially a “3-dimensional mammogram.” A breast tomosynthesis exam may be used as a screening tool in conjunction with a traditional digital mammogram or may be used by itself for a diagnostic mammogram.

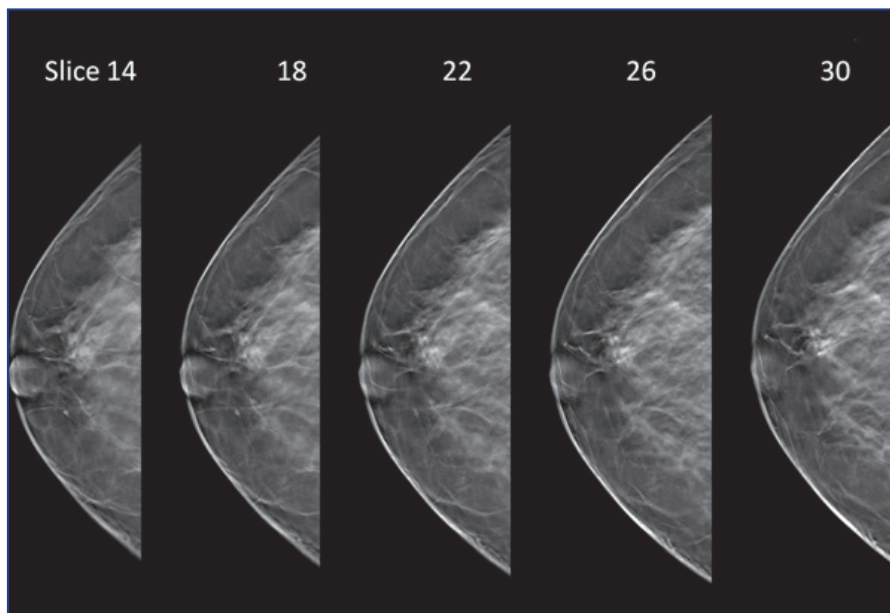
During the tomosynthesis part of the exam, the X-ray arm sweeps in a slight arc over the breast, taking multiple breast images in just seconds. A computer then produces a 3D image of the breast tissue in one millimeter layers. Instead of viewing all the complexities of breast tissue in a flat image, the radiologist can examine the tissue a millimeter at a time. Fine details are more clearly visible, no longer hidden by the tissue above and below.

For more information on breast tomosynthesis visit

http://www.massgeneral.org/imaging/services/3D_mammography_tomosynthesis.aspx



2D Image



3D Image Slices

Dr. Linda C. Giudice, 2008 Winner of Woman in Science Award, Honored by Top Science Association



Linda C. Giudice, MD, PhD, MSc, professor and chair of the University of California, San Francisco, Department of Obstetrics, Gynecology and Reproductive Sciences, and 2008 winner of the AMWA Woman in Science Award, was elected a fellow of the American Association for the Advancement of Science (AAAS) in November 2011. She was recognized for her scientific research in reproductive medicine, statistics and stem cells on February 18, 2012 during the induction ceremony at the 2012 AAAS Annual Meeting in Vancouver, B.C. The AAAS is the world's largest general scientific society and publisher of the journal *Science* as well as *Science Translational Medicine* and *Science Signaling*.

Don't Get Mad. Get Elected!

AMWA empowers women to improve healthcare from the unique perspective of women through leadership development, advocacy and education. Today, those opportunities extend to reforming healthcare policy.

As a leader in the healthcare field, you know that women make a difference in the public arena. You may also be familiar with the dismal data related to women in public office – that women hold just 17% of the seats in Congress and only 23% of state legislatures, where critical, life-altering decisions are made. Yet women are 51% of the population and bring distinctive perspectives, experiences and leadership styles to government, as they do in the healthcare field. Do you think the healthcare debate would be where it is today if women held 50%, or even 30% of the seats in Congress?

Women in medicine have a once-a-decade opportunity to shape public policy. New and competitive congressional and state legislative seats are up for grabs in 2012 as a result of reapportionment and redistricting. Women win open seats as often as men do; but not enough women are running. Now, more than ever, we need the best talent making vital policy decisions, especially in healthcare.

Interested? The 2012 Project can provide a roadmap to launching your candidacy. "2012" is a national, non-partisan campaign to elect women to state legislatures and Congress by identifying and engaging accomplished women in the private and public sectors to run in new and open seats. The 2012 Project will connect women who are interested in exploring a run for office with mentors, campaign training programs, leadership institutes, think tanks, and fundraising networks that will help launch a successful campaign.

Members of AMWA have a track record of success, know how to solve problems, care about their community, and have the skills and expertise to make a difference. AMWA's leaders and The 2012 Project are asking: Why not you? Will you run for public office?

You can help ensure that women participate and lead when critical decisions are made. Consider running yourself -- and help spread the word to your professional associations, colleagues, and other networks. Visit The 2012 Project website at www.the2012project.us and click "Take Action" or contact us at info@the2012project.us or 650.326.2216.



AMWA Book Review: *Good in a Crisis* by Margaret Overton

Submitted: Theresa Rohr-Kirchgraber, MD, FACP

When first hearing about this book written by a woman physician, I imagined it being about the pathway into medicine and the trials and tribulations of being a woman physician. But Margaret Overton's journey was less about medicine and more about finding your way as a person, who just happens to be a physician.

Some come to understand themselves as they travel through adolescence, others through young adulthood, while others don't really come to terms with who they are until a crisis hits in mid-life. This is Margaret Overton. An intelligent, strong woman, she chose the path of medicine and followed it along as expected. She married,

had a family, and continued going along a path that was increasingly less blissful. While her medical career was satisfying, her personal life faltered and in her mid-forties, her world crashed when she went through a messy divorce and had a major medical crisis.

This book follows her journey and is witty and well written. She unabashedly discusses her many falters and missteps as she attempts to reenter the world of dating, being a full time physician, and the fears of her mid-life crisis. Though not a Hollywood ending, her story is compelling, interesting, and actually fun to read!

AMWA Carter Fellow, Savitha Bonthala, with Sadat, Engeye Scholar



Recent visiting AMWA Carter Fellow, Savitha Bonthala, with Sadat, Engeye Scholar, at Sydney Paul Primary School. Sharing the wonder of a heart beating on Valentine's Day 2012. Savitha, and Nisha Viswanathan, also an AMWA Carter Fellow, visited all the schools where our scholars are enrolled (as well as other nearby schools) to present a video on malaria and malaria prevention. The video was made employing local residents and presented in Luganda. A Q&A in English followed.

In Memoriam -- Marie P. Glanz (1941-2012)

By Eileen McGrath

Marie Glanz, AMWA's Special Programs Director from 1988-2004, passed away on January 29, 2012 after a long illness. Marie devoted 14 years of her career to AMWA and administered the student loan application process, wrote the appeal letters for AWHS, coordinated the selection of AMWA awardees and oversaw the career development program. She directed the revision of *Medicine, a Woman's Career* which is currently on the AMWA web site. Marie was a recipient of AMWA's Camille Mermod Award in 1997.

Marie served as Acting Executive Director of AMWA in 2002 during which time she oversaw the development of an exhibit featuring the history of women physicians which was displayed at the National Library of Medicine.

Marie had great respect for Dr. Alma Morani. She discovered that her father and Dr. Morani's father had been friends in their youth. Marie visited Dr. Morani in Philadelphia and returned with a bust carved from wood by Dr. Morani which was displayed in the AMWA office. Marie played a vital part in securing Dr. Morani's bequest of one million dollars to the AMWA Foundation. Fourteen of AMWA's former staff attended Marie's funeral a full decade after we worked together which reflected the deep esteem in which she was held.

She is survived by her husband Daniel J. Glanz, Sr., Esquire, her son Daniel Jr., her daughter Patricia and grandson, Colin.



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

AMWA's 97th Annual Meeting

April 13-15, 2012

Sofitel Miami, Miami, FL

**Keynote speakers: Gloria Steinem
and Rachel Naomi Remen, MD**

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
Elizabeth Franks	Executive Director efranks@fernley.com
Gina Marinilli	Associate Director gmarinilli@fernley.com

Direct correspondence to
associatedirector@amwa-doc.org

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

Follow Us:



Facebook:

<https://www.facebook.com/pages/American-Medical-Womens-Association/85665171482>



Linked In:

http://www.linkedin.com/groups?home=&gid=2288755&trk=anet_ug_hm



Twitter:

<http://twitter.com/#!/AMWADoctors>



Flickr:

<http://www.flickr.com/photos/amwadoctors/>