

AMWA Connections

Newsletter of the
American Medical
Women's Association
Volume XXV, Number 2
May/June 2003

2003 Annual AMWA Awards *Presented at the 87th Annual Meeting, Atlanta, Georgia, January 2003*

AMWA's highest award, *The Elizabeth Blackwell Award*, commemorates the 100th anniversary of Blackwell's graduation from medical school and honors a woman physician who made outstanding contributions to the cause of women in medicine.



AMWA recognized **Joanne Lynn, MD**, for her achievements in improving end of life care. Dr. Lynn, a geriatrician, serves as the Director of the Washington Home Center for Palliative Care Studies. She co-

authored three books on palliative care and, as project director of the President's Commission for the Study of Ethical Problems in Medicine and Biomedical and Behavior Research, she authored a report on foregoing life-sustaining treatment.

The Bertha VanHoosen Award, established in honor of AMWA's founder, recognizes a woman physician who demonstrates exceptional leadership and service to the association.

Wendy Chavkin, MD, editor-in-chief of the *Journal of the American Medical Women's Association* from 1994-2002, received this award for her efforts in improving JAMWA. Dr. Chavkin is professor of clinical public health, and obstetrics and gynecology at Columbia University. She is also a board member of Physicians for Reproductive Choice and Health and associate editor for Women's Health Policy at the *American Journal of Public Health*.

The Camille Mermod Award, established in

presidents, acknowledges a non-physician who has rendered exceptional service to AMWA.

Since AMWA's Reproductive Health Initiative's inception in 1993, **Susan Eisendrath, MPH**, has served as director. The development and publication of the RHI Model Curriculum, used in one-third of U.S. medical schools,



is one of Ms. Eisendrath's major accomplishments. In the words of Clarita Herrera, MD, Ms. Eisendrath received this award for her "vision, dogged determination, and indefatigable effort that led to the present status of RHI...the flagship project in AMWA."

The Science Award honors a woman physician who has made exceptional contributions to medical science, especially women's health, through research, publishing, and leadership.



JoAnn E. Manson, MD, DrPH, was honored for her achievements in women's health research in the areas of lifestyle factors, micronutrient supplementation and hormone replacement therapy.

Dr. Manson is chief

of the division of preventive medicine, co-director of women's health, and director of

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**American
Medical
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Association, Inc.**



Celebrating Reproductive Health Activists at the MSFC and NAF Conferences

Margaret Terry, Development and Communications Associate, Reproductive Health Initiative, AMWA

On April 5th, AMWA's Reproductive Health Initiative (AMWA-RHI) held a reception for over 200 medical students and physicians, giving them the opportunity to meet, exchange ideas, and work to strengthen reproductive health medical education and improve access to reproductive health care. Featuring three speakers inspired by support from AMWA, RHI, and Medical Students for Choice (MSFC), the event celebrated activists and organizations working to improve reproductive health medical education.

Nassim Assefi, MD, our first guest speaker, is a specialist of Internal Medicine and Women's Health at the University of Washington's Departments of Medicine and Obstetrics and Gynecology, an AMWA-RHI's outstanding Medical Abortion Education Project (MAEP) faculty member and a Board Member of MSFC. Dr. Assefi spoke about the importance of MSFC and her experiences in Iran and Afghanistan, presenting a MAEP seminar to an abortion conference, visiting clinics and meeting with health policy makers throughout the region.

Paul Norris, MD, our second speaker, is an Assistant Professor in the Department of Obstetrics and Gynecology at the University of Miami School of Medicine, MSFC Faculty Advisor, and an AMWA-RHI's outstanding MAEP faculty member. Dr. Norris believes that medical students can profoundly affect their school's curriculum; he outlined the

urgent need to improve reproductive health medical education. Dr. Norris established 2nd, 3rd, and 4th year family planning courses at Miami and created a residency training course including rape and domestic violence in the context of providing reproductive health care to patients.

Wendy Lazenby, MSIV at Medical University of South Carolina, closed the event by talking about why she became a reproductive health activist and decided to pursue a career in medicine. After overcoming a conservative upbringing in rural South Carolina, Ms. Lazenby went on to pursue a career improving women's health. She spoke eloquently about the pressures of being a woman in a society in which reproductive health is both part of a woman's personal consciousness and part of the public's agenda. Recently named a member of the RHI Advisory Committee, she was also Chapter President for MSFC and Regional Student Coordinator for AMWA.

AMWA-RHI later recognized organizations supporting medical students and practicing clinicians interested in providing comprehensive reproductive health care and becoming activists for reproductive health, including: Physicians for Reproductive Choice and Health®, Kenneth J. Ryan Residency Training Program, the Association of Reproductive Health Professionals, and the National Abortion Federation. *For more information about AMWA-RHI and these organizations, visit the RHI Web site at: <http://www.amwa-doc.org/RHI.htm>.*

Obesity in Women

Recent results of the National Health and Nutrition Examination Survey (NHANES) 1999 indicate that an estimated 61% of U.S. adults are either overweight or obese (defined as having a Body Mass Index of 25 or more). The health consequences for overweight and obese individuals can range from hypertension to osteoarthritis to complications of pregnancy to psychological disorders including depression. Last year, the Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity announced that overweight and obesity have reached nationwide epidemic proportions. *JAMA* dedicated its April 9, 2003 issue to obesity research. Last month NPR reported on

how physicians are "ineffective in the battle over fat" due to their lack of ability to communicate effectively with patients about issues of weight loss. AMWA has responded to this by establishing an education initiative, *Obesity and Weight Management in Women*.

Supported by an unrestricted educational grant from Abbott Laboratories, AMWA composed a team of physicians, psychologists, and nutritionists to develop a CME program on obesity. Co-chairs, Jill Braverman-Panza, MD; Susan Spratt, MD and Madelyn Fernstrom, PhD, led this project which provides tools for primary care providers to better understand the diagnosis, treatment, and management of obesity in women.

The project, launched at AMWA's 87th Annual Meeting in January 2003, garnered excellent reviews. Attendees at the workshop said that the presentation was a "great session both personally and professionally" and that the "presentation of pharmaceuticals and surgery options were very helpful, clearly explained, and pertinent." We continue to look for venues to present this workshop. AMWA seeks funding to provide an online CME course.

Check for scheduled presentations on AMWA's website. For more information about the project, contact Upendo Jackson at 1-800-955-AMWA or by email at ujackson@amwa-doc.org.

Collaboration is a Win/Win Opportunity

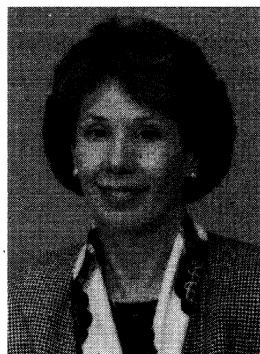
Lynn C. Epstein, MD, FAPA, FAACAP

The Girl Scouts define themselves in a few short words: "Helping every girl achieve her full potential." Can AMWA be summarized in such a phrase or a paragraph?

AMWA serves many roles: education, advocacy, recognition/promotion/leadership, and oversight/management/membership. Our members look to AMWA for assistance with personal and professional development, as well as for support, networking, and advocacy. Similarly, AMWA's vision is to bring the unique perspective of women to the improvement of health care for all, while acting as an advocate and voice for women's health.

What then, does AMWA mean? What is AMWA's *raison d'être*? In follow-up to the January 2003 meeting of the AMWA Board, a task force met in Chicago to answer these questions, reviewing and updating the language in the AMWA strategic plan. The group included Clair Callan, MD, (representing AMWA past-Presidents), Marilyn Castaldi (AMWA Foundation), Susan Stewart, MD, (women's health), Susan Sklar, MD, (career development), Linda Hallman (AMWA executive director), and myself.

At the AMWA Executive Committee conference call on April 21, the Executive Committee unanimously approved the task force's updated strategic plan and, in preparation for the Interim Meeting, presented it for comments and suggestions from the complete Board, as well as from AMWA's committee chairs and members. In addition, the Executive Committee unanimously approved a proposal to introduce pilot initiatives exploring models for new strategic alliances. One direction will explore possible collaboration between AMWA and other women's health professional groups, e.g. nurse practitioners and women health care executives. Another direction will team with patient advocacy groups. Why would AMWA want to join forces with others? The answer is simple – the whole is greater than the sum of its parts. AMWA cannot do it all alone and can be



Lynn C. Epstein, MD
AMWA President

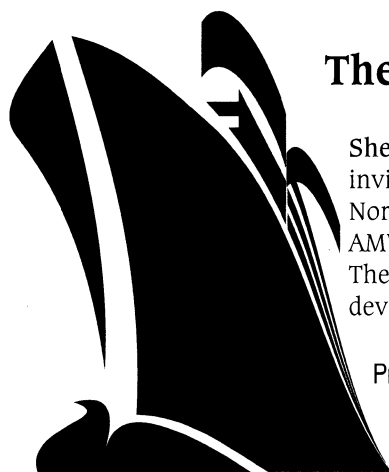
more effective by working with other groups.

Be sure to mark your calendar for the 2004 Annual Meeting in San Diego: *The AMWA Prescription: More Than Health... Well Being*, which will feature an outreach program in conjunction with local advocacy groups. Our aim is to broaden the perspective of the program by creating opportunities for patients/families and doctors to partner in support of health and well-being.

The team approach to advocacy and care is designed as a bi-directional learning experience. The program will also feature a "well-being" track, providing hands-on opportunities for participating in health maintenance/illness prevention programs, which are both enjoyable and promote healthy behaviors.

Have you noticed a theme? Of course, it is collaboration and togetherness, what I consider the ultimate AMWA win/win situation . . . women, working together for health and well-being.

I close with an invitation to join us for the combined AMWA President's trip, MWIA North American Regional Meeting, and the Federation of Medical Women of Canada on our cruise from Vancouver to Alaska, August 9-16, 2003. The theme of the CME meeting is "Women in Medicine: Meeting the Challenge." We invite you to network with colleagues from MWIA and their current president, Shelley Ross, MD, also an AMWA member. Get an international perspective. Learn. Enjoy. Renew. Bring your family and friends along for a program that reflects the balance that is too often anticipated but less often demonstrated...yet another win/win opportunity!



The AMWA President's Cruise: August 9 - 16, 2003

Shelley Ross, MD, president of the Medical Women's International Association (MWIA), invites you to her area of the world as the Federation of Medical Women of Canada, the North American Region of MWIA, and AMWA sail from Vancouver to Alaska. Join AMWA's president, Lynn Epstein, MD, for this 7-day cruise along the Alaskan coast. The conference, *Women in Medicine: Meeting the Challenge*, focuses on leadership development and clinical updates in women's health.

Program registration for AMWA members is \$275. To make your reservation, contact Sea Courses Cruises toll-free at 1-888-647-7327 or by e-mail: cruises@seacourses.com. Visit the Web site: www.seacourses.com

AMWA Awards *continued from Page 1*

endocrinology in the division of preventive medicine, Brigham and Women's Hospital, Harvard Medical School. She was principal investigator in six landmark women's health studies, has published more than 300 articles, and is editor-in-chief of the textbook, *Prevention of Myocardial Infarction*.

The Lila Wallis Women's Health Award praises a woman whose lifetime achievements, motivations, mentorship, and enthusiasm for women's health care, education, and research reflect the trailblazing influence exemplified by this past AMWA president.

AMWA recognized psychiatrist and teacher **Sheila B. Blume, MD**, for her work nationally and internationally in addictions affecting women, and in pathological gambling. She is a clinical professor at the State University of New York at Stony Brook and past commissioner for alcoholism for the State of New York. Among her many awards, she received a New York State Governor's Lifetime Service Award in 1999 and the Order of the Icelandic Falcon by the President of Iceland in 2002.

The Community Service Awards honor AMWA physicians who contribute distinguished service to their communities that is above the physicians' professional responsibilities. There were five honored recipients: **BetheAnne DeLuca-Verley, MD**, (Branch 26, Barrington, RI) co-founder of



AMWA Annual Meeting: (left to right) BetheAnne DeLuca-Verley, MD; Satty Keswani, MD; AMWA Past President Omega Silva, MD; Anila Jain, MD; and AMWA Region IX Regional Governor Laurel Waters, MD.

Waking Dreams & Warrior Women, dedicated to examining the healing relationship between the arts and medicine; **Lauren Goldman, MD**, and **Seema Jain, MD**, (Branch 30, San Francisco, CA) of the Women's Needle Exchange Clinic, which offers medical assistance to women intravenous drug users; **Anila Jain, MD**, (Branch 108, Bradenton, FL) co-founder of the FAN Club (Filling Area Needs), serving disadvantaged children and families; and, **Satty Gill Keswani, MD**, (Branch 04, Livingston, NJ), for volunteering numerous hours promoting awareness and conflict resolution in culturally diverse areas.

Wendy E. Braund, MD, MSED

AMWA Resident Representative to the AMWA Board

As a second year resident in neurosurgery at Pennsylvania State Hershey Medical Center, in Hershey (where the air DOES, amazingly, smell like chocolate), I am pleased to serve as AMWA resident representative to the AMWA board. I look forward to hearing your thoughts on ways in which AMWA can better meet your needs. You may contact me at wbraund@psu.edu.

By providing opportunities to network with other female physicians, AMWA plays an important function in my life as a female physician in a male-dominated field. There is a common

misconception that AMWA is only for physicians specializing in women's health care. However, *all* physicians who treat female patients need to know and understand the differences between men and women with respect to physiology, pharmacology, psychology, and disease presentation and processes. JAMWA and female-oriented health care seminars sponsored by AMWA are excellent medical resources. Furthermore, although reproductive rights and education remain a fundamental focus of the organization, AMWA is equally committed to professional and

personal development. We care about what is good for female doctors as well as what benefits our patients.



A reminder: Please correct your membership contact information at <http://www.amwa-doc.org/members.htm> or by calling the AMWA office at (800) 955-AMWA. Exciting AMWA programs are in store for 2003; be part of it!



Join your colleagues
at the
**3rd Annual
AMWA Hall of Fame Gala**

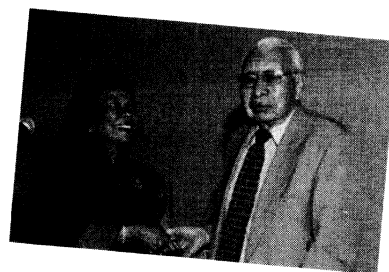
Friday, June 27, 2003

The Grand Hyatt

Washington, DC

Reception at 6:30 Dinner at 7:30

For reservations, contact AMWA at 800-995-AMWA or info@amwa-doc.org



The 2003 inductees

Elizabeth Ingram Adamson, MD Doris Bartuska, MD

Jane Desforges, MD Martha Mae Eliot, MD

Louise Larimore, MD Alma Dea Morani, MD

Barbara Stimson, MD



First Health Science Graduate Women's Interdisciplinary Forum

Francesca Cimino, University of Southern California MSII, AMWA Co-President

The ripples of change are undulating at USC. About 100 women from all areas of the health sciences – pharmacy, medicine, occupational therapy, nursing, psychology, social work, dentistry, PhD, MPH, and physician assistant programs – gathered on April 9, 2003 for the first-ever Health Science Graduate Women's Interdisciplinary Forum. It was a long name for a simple idea: to learn more about interdisciplinary teamwork in health care. Interdisciplinary work is the idea that people with distinct disciplinary training collaborate for a common purpose, as they make different, complementary contributions to

patient-focused care, thus sharing "borders" and responsibilities. It differs from the multi-disciplinary perspective with which the majority of medical teams operate, with each discipline making decisions about patients' care separately with a physician operating as team leader.

The excitement was palpable; we rarely see each other around campus, and know even less about each other's educations. Our facilitator that evening was Antonia Cusumano, an independent business consultant, who led us through "The Art and Science of Networking," during which we gained practical skills about social and professional networking mores. We

had the chance to "practice" as we introduced ourselves to our colleagues and began a discussion of how we could better collaborate, especially as students with disparate schedules. And thus a movement began. Students from all areas of health decided this type of interaction needed to happen more often. The administration needs to know interaction with other schools is important to us. We are scheduled to meet again – socially – at the end of April. We have created our own interdisciplinary team and will now look for ways to spread the enthusiasm. Perhaps we will inspire change in medicine. At the very least, we inspired change in each other.

Utah's AMWA Student Chapter Gender Equity Award

Region 8 Student Coordinator, Alicia Privette, MSII

The University of Utah AMWA student chapter hosted its 6th annual Gender Equity Award Luncheon on March 28th. The Gender Equity Award acknowledges the efforts of a physician, faculty member, or administrator in creating a gender-equitable educational environment and promoting awareness of gender equity in medical education. In addition to recognizing the efforts of amazing men and women at the University, the award serves the dual role of shining a light on the gender bias that still exists while encouraging other faculty members to acknowledge, work, and correct these discrepancies. This award is especially pertinent at the University of Utah, an institution that has relatively few women in leadership positions and consistently admits medical school classes with one of the lowest percentages of women in the country (usually 35-45%)

This year the Gender Equity Luncheon, supported monetarily by several departments, was one of the most successful to date: Approximately 90 faculty, staff, administrators, and medical students attended. AMWA was honored to recognize as the recipient this year, Elaine Weiss, Ed.D, adjunct professor in the Department of Family and Preventive Medicine and author of the book *Surviving Domestic Violence: Voices of Women Who Broke Free*. In addition to regularly educating University of Utah medical students and staff concerning the importance of recognizing and addressing domestic violence, Dr. Weiss travels throughout the country speaking at academic settings, as well as to civic audiences, religious groups, and private industries. In

everything she does, Dr. Weiss exemplifies the commitment and passion that the Gender Equity Award honors.

In addition, the University of Utah student branch was honored to have Joyce Braak, MD, as the keynote speaker. Dr. Braak is a long time AMWA member and the current chairperson of the AMWA International Outreach Task Force. Her accomplishments as a trauma surgeon and psychiatrist, as well as her work on several United Nations NGO committees, made her the perfect choice to speak on problems facing women in medicine and the importance of promoting gender equity. Dr. Braak's talk, "Gender Equity: Why It Matters," addressed challenges women face in medicine, such as assumptions about women's inability to pursue certain specialties because of family concerns, as well as more startling occurrences, including blatant sexual harassment and the propensity of institutions to ignore such situations. In addition, Dr. Braak emphasized the need for gender equity in the practice of medicine – conducting clinical and drug trials that include women, and more consistently screening for domestic violence.

The University of Utah AMWA student branch is honored to continue the tradition of recognizing the importance of working for gender equitable treatment and hopes to inspire other schools to promote AMWA's commitment to gender equality by honoring individuals who live those ideals on a daily basis and never back down from the challenge.

• WOMEN IN MEDICINE •

Clair M. Callan, MD, MBA, of Lake Forest, IL, Past President of AMWA, was awarded *Fellowship* by the American College of Physician Executives (ACPE), one of the ACPE's highest levels of achievement.

Roselyn Payne Epps, MD, Professor Emerita of Howard University and Past President of AMWA, was honored by Girls, Inc., in celebration of women who are preparing the way for the next generation of women leaders. Other honorees are: Senator Hillary Rodham Clinton, Marie Johns, President of

Verizon Washington, DC, Inc., and Bobbie Greene Kilberg, President, Northern Virginia Technology Council.

Christina Nicolaidis, MD, assistant professor at Oregon Health Sciences University, and Norma Jo Waxman, MD, assistant clinical professor at University of California, San Francisco, was featured in a Self magazine article about domestic abuse and the need for women to talk with their physicians.

Omega Silva, MD, FACP, an endocrinologist and Past President of

AMWA from Washington, DC, provided testimony to the FDA Advisory Committee for Pharmaceutical Science, regarding the current FDA standards for determining bioequivalence for levothyroxine sodium products and other endogenous hormonal drugs.

Have you recently been appointed or elected to an important office, received a promotion, won an award, published a book? Do you have a friend or colleague who has been honored in some way? Please send all news of Women in Medicine to: heylar@evms.edu.

Medical Abortion Education Project (MAEP) Presented in the Islamic Republic of Iran and Afghanistan

Nassim Assefi, MD, recently traveled to the Middle East to present the Medical Abortion Education Project (MAEP) at a medical conference in Kermanshah City in the Islamic Republic of Iran and to medical schools in Tehran, Iran, and Kabul, Afghanistan. Dr. Assefi is a specialist of Internal Medicine and Women's Health at the University of Washington's Departments of Medicine and Ob/Gyn and one of AMWA-RHI's outstanding faculty members.

The following are excerpts from Dr. Assefi's letter to AMWA, which offer a compelling picture of the progress Iran is making in medical education and reproductive health care, as well as a riveting description of the devastation in Kabul, Afghanistan, and the status of their health care system.

"The Islamic Republic of Iran, which a little over 20 years



ago effectively banned contraception or made it inaccessible, is now one of the most progressive countries in the developing world regarding family planning.

The conference I attended and addressed – "A Comprehensive Seminar on All Aspects of Abortion in Iran" – ...was the first of its kind in Iran, and the first step to legalizing abortion, which is now only legal to save the mother's life or for fetal anomaly. Sponsored by Kermanshah and Tehran medical schools, reproductive health "think tanks" and research organizations, the Ministry of Health, the Family Planning Association of Iran (Iran's International Planned Parenthood), and even the clergy, the 2-day conference was well attended (300) and jam-packed with excellent information.

I spent my remaining few days in Tehran as a visiting professor in the major medical schools. I gave talks on women's health topics, including two more on MAEP. I visited with the Ministry of Public Health, several women's hospitals, and met with international affairs' folk interested wanting to facilitate research and teaching exchanges with US organizations.

Iran has excellent reproductive health education for medical students and residents. Family planning is a required 40-hour course for every college student in Iran, and in order to get married, the couple must first attend a 2/3-hour family planning course offered by the government!"

After visiting Iran, Dr. Assefi traveled to Afghanistan. She describes Kabul and the health status of Afghanistan's citizens:

"...Bullet holes are everywhere, many people do not have electricity, heat, or running water, and there is very limited health care. Afghanistan's health status is among the worst in the world, on par with some of the poorest African countries (however not as many AIDS cases as in Afghanistan but much more opium addiction). Afghanistan's maternal mortality rate is also one of the worst in the world: 1200 per 100,000 live births (compared to 40 in Iran and 12 in the US). Some remote areas in Afghanistan (such as Badakhshan) have a maternal mortality rate of 7,000 – which means that every time a woman gets pregnant there, she has a 7% chance of dying. TB, malaria, cholera, typhoid, and malnutrition are substantial problems. During the time of the Taliban, women doctors who had the courage to practice illegally were beaten – or worse – if caught. Hospitals have been bombed, and health care was practically nonexistent during war.

Happily, there is foreign aid in Kabul right now – the UN, WHO, many NGOs, and quite a few Americans. However, President Bush's recent budget proposal has zero dollars promised to Afghanistan. I visited the International Planned Parenthood clinic, which recently opened and had a good supply of pills, condoms, and copper T IUDs. I also visited one of the best maternity hospitals in the city (and the only functioning one); it was scary – 16 women post C-Section in one room!" I met with the Ministry of Health (a woman!) and with several women NGO/health leaders, as well. I would like to return next winter to help update the country's



doctors on women's health subjects, of which a major part will be reproductive health..."

We are proud of Dr. Assefi and her tireless advocacy for women's health

both in the U.S. and overseas. AMWA-RHI MAEP faculty presents a number of programs internationally. In 2002, Eleanor Drey, MD, presented two MAEP programs in South Africa. *For information about the MAEP program, please visit the RHI Web site at <http://www.amwa-doc.org/RHI.htm>.*

AMWA Calendar

June 27, 2003

International Women in Medicine Hall of Fame Gala, Washington, DC

June 27 - 28, 2003

AMWA Interim Business Meeting, Washington, DC

June/July (Date TBA)

AMWA Obesity Workshop, Terrebonne General Medical Center, Houma, CA

August 5, 2003

Proposed AMWA bylaw changes deadline

August 9 - 16, 2003

President's Trip, *Women in Medicine: Meeting the Challenge*, Alaska

September 30, 2003

AMWA Community Service Awards Nomination Deadline

October 1 - 4, 2003

AMWA Obesity Workshop, Minneapolis National Advanced Practice Conference, Minneapolis, MN

November 5 - 8, 2003

AMWA Obesity Workshop, Boston National Advanced Practice Conference, Boston, MA

February 5 - 8, 2004

AMWA 88th Annual Meeting, *The AMWA Prescription: More than Health... Well-Being*, San Diego, CA

July 28 - August 1, 2004

MWIA 26th International Congress, *Medicine in a New Life Style - Education, Research and Practice*, Tokyo, Japan

February 2005

AMWA 89th Annual Meeting, Washington, DC

AMWA branches are encouraged to submit activities and meeting dates for the AMWA Calendar.

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