

WHAT'S HAPPENING IN

AMWA

Volume XVI, Number 3/June-July 1996

Annual
Meeting
Oct. 29-Nov. 3

AMWA's 81st Annual Meeting—Historic and Indepth Treatment of Women's Health Issues

Mark your calendars now for AMWA's 81st Annual Meeting to be held October 29-November 3 in Boston! Not only is the site of this year's annual meeting historic, but the content of the annual meeting is historic in that this 81st annual meeting of the American Medical Women's Association will inaugurate two new events: a consumer health session on Sunday, November 3, and juried poster exhibits open to all student branches, with prizes awarded to the best exhibits.

The theme of this year's meeting is "Women Empowering Women: World Population and Leadership." This meeting addresses issues faced by women physicians throughout the world. Women physicians and other health care practitioners will have the opportunity to network with leaders in women's health and learn about and discuss developments in women's health research, from the latest in contraceptive technology to clinical issues regarding domestic violence to gender discrimination issues.



Boston is the site of AMWA's 1996 Annual Meeting.
Photo courtesy of Greater Boston Convention & Visitors Bureau

The keynote speaker for the annual meeting, Pat Heim, PhD, a well-known author and management consultant in the area of gender differences, will provide insight and practical advice on issues faced by women in management. Dr. Heim authored several books on developing leader-

continued on p. 2

AMWA and the AMA: A Better Partnership in the Making

*Prerna Mona Khanna, MD, MPH, and Clair Callan, MD,
AMWA Representative to the Federation Study*

AMWA may be one of three non-specialty medical associations to receive a coveted slot in organized medicine's largest policymaking body—the AMA House of Delegates—if a landmark document is passed by that House. The Report of the Study of the Federation calls for the AMA House to adapt to the medical profession as it has evolved by seating more delegates from specialty organizations and offering structured involvement to women, international medical graduates, minority physicians, and physicians in different modes of practice. The other two associations being offered an "olive branch" are

the American Osteopathic Association and the National Medical Association. The report also suggests that local, state, and national medical associations streamline duplicative services and consider joint venture projects in order to increase efficiency and value.

The ultimate goal of this stepped-up collaborative effort is to increase physician unity and representativeness and set the stage for a better partnership among all medical societies so that external challenges to the medical profession can be addressed in a more cohesive fashion.

Late-Breaking News!!

The Report of the Study of the Federation was passed by the AMA House of Delegates. AMWA is pleased to announce that AMWA Past-President Diana Dell, MD, served as AMWA's delegate to the AMA.

PRESIDENT'S MESSAGE

The Environment, World Population, and You

Jean Fourcroy, MD, PhD, AMWA President
sjlfbehr@aol.com



Two recently published books raise many issues of concern for physicians and patients and for women's health as a whole. The books are *How Many People Can the Earth Support*¹ and *Our Stolen Future*². The books discuss issues of the utmost importance to AMWA and all of our futures. The world population

is currently approximately 5.7 billion men, women, and children. How many people will the world hold when AMWA reaches its 100th anniversary? Projections indicate that when AMWA is 100 years old in the year 2015, there will be approximately 7.8 billion people in the world. The question not answered is "How many people can the world hold?"

Relevant questions to ask include: what are the effects of "hormone disrupting chemicals" on our health, and how can we reduce the number of unintended pregnancies? Today, 60% of all pregnancies are considered "unwanted" or "unintended"; we know that the infants resulting from these pregnancies are already at risk for inadequate care, low birth weight, and abuse. If empowerment and education are the keys to achieving population stabilization, what have we as women physicians done to implement these goals in our communities?

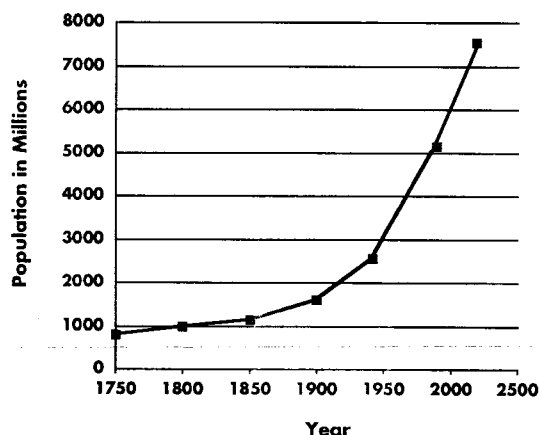
What role does increased environmental degradation, disruption, overutilization of space, and even poverty play in our health? These are factors that we usually do not address when treating our patients but should consistently identify in our assessment of women's health as a whole. AMWA leaders set the standards for occupational medicine and now we must set the standards for environmental medicine. Will these factors impact on our role as leaders in the field of health? In 1915, AMWA spoke of and practiced preventive medicine, diagnosing and treating typhoid carriers. Today, no greater preventable cause of illness lurks than the effects of environmental degradation, and we as physicians must address these problems for and with our patients. Perhaps this is one issue that our branches can include as a discussion topic and on which they can serve as experts. This issue could easily be added to the mission of our branches.

On Saturday at the annual meeting in Boston, many of

the environmental issues I have discussed will be addressed by the plenary speakers. The plenary speakers for the annual meeting include scientists from marine biology and space as well as population experts worldwide. I happen to believe that global changes and sustainable ecological systems greatly affect women, women's health, and women in leadership roles. As always, I look forward to your comments and encourage you to email me for some good websites that will allow you to learn more about environmental issues.

¹ Cohen, Joel E. *How Many People Can the Earth Support?* New York: W.W. Norton, 1995.

² Colborn, Theo, Domanoski, Dianne, and Myers, John Peterson. *Our Stolen Future*. New York: Dutton, 1996.



AMWA Annual Meeting continued from p. 1

ship skills and addressing gender discrimination, such as *Smashing the Glass Ceiling* and *Learning to Lead*. Among the plenary speakers for the meeting are Nitza Citron, MD, PhD, National Aeronautics and Space Administration and resident in internal medicine at the University of Texas at Galveston; Perri Klaas, MD, Assistant Professor of Pediatrics, Boston University School of Medicine; Jane Lubchenco, President, American Association for the Advancement of Science; Florence Manguyu, MD, President, Medical Women's International Association; and Felicia Stewart, MD, Deputy Assistant Secretary for Population Affairs, Public Health Service, U.S. Department of Health and Human Services (invited).

In addition to the opportunity to hear leaders in medicine, research, and business, attendees will be able to relax and enjoy the sights and sounds of Boston. Special events include a graveyard tour of Salem on Halloween, a tour of the lovely village of Concord—the site of the battle at the Old North Bridge—and the President's Banquet.

GRANT PROJECT UPDATE

Strategic Coalition Focuses Attention on Tobacco Control Issues

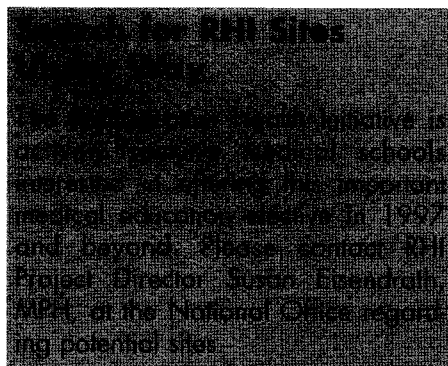
One goal of AMWA's Strategic Coalition of Girls and Women United Against Tobacco is to increase the number of physicians active in tobacco control and prevention efforts. AMWA encourages you to join other AMWA members already involved in tobacco control and prevention in their communities. Contact Felicia Bloom, MHS, Project Manager, or Liz Pejeau, Project Associate, in the National Office for more information on how you can serve as a community spokesperson, giving talks and presentations at the local level in hospitals, health departments, and community organizations.

AMWA would like to thank member Eden Kavanaugh, MD, for participating in a press conference on April 25, 1996, held by Florida Governor Lawton Chiles. Dr. Kavanaugh, an obstetrician/gynecologist in Daytona Beach, spoke on the effects of tobacco use on a woman's reproductive health, highlighting statistics presented in the January/April 1996 issue of *JAMWA*.

AMWA would also like to thank AMWA members Clarita Herrera, MD, and AMWA President Jean Fourcroy, MD, PhD, for providing talks in their communities that incorporated information on women, girls, and smoking. AMWA greatly appreciates the dedication of members to this issue and urges you to contact the National Office for more information on how you can get involved in your community.

Upcoming project activities include a women's leadership summit, which AMWA is currently planning in conjunction with the Campaign for Tobacco-Free Kids, to be held this summer. The summit will

bring together leaders from prominent women's and girls' organizations to prepare an action plan on women, girls and smoking. Please contact Felicia Bloom, MHS, or Liz Pejeau if you are currently working with any local affiliates of women's and girls' organizations (e.g., Girl Scouts, Girls Inc., etc.) and would like to incorporate tobacco-control programs into your efforts.



AMWA would like to thank long-time AMWA leader Marjorie Braude, MD, for her generous contribution of \$10,000 to the AMWA Foundation for the Reproductive Health Initiative. Gifts such as this demonstrate the commitment of AMWA members to ensuring that medical students receive appropriate training in reproductive health services.



Michelle Bloch, MD, PhD, exhorts medical students during an American Medical Student Association rally to join the fight against the tobacco industry's advertising and promotion efforts targeting minors.

WE NEED YOU...To Hold a CHD Workshop!!

Heart disease is the number-one cause of death in American women—500,000 women die from heart disease each year. In fact, more women die from heart disease than all cancers combined. And, while the incidence of heart disease is dropping in men, it's actually rising in women. Although further research is needed, enough solid data has been collected to indicate that heart disease in women is a very different disease than it is in men, requiring different approaches to prevention, detection, and management.

In light of these statistics, AMWA's Education Project on Coronary Heart Disease (CHD) in Women is looking for members to host a CME-credit workshop in their area. Are you looking for a speaker for a national meeting...the annual meeting of your local medical association...a dynamic dinner meeting for your AMWA branch...grand rounds for your hospital...a meeting of your county public health department...a training session for the staff of your managed care organization?

Not only will AMWA's CHD project provide you with experienced

continued on p. 4

ATTENTION...ALL AMWA MEMBERS

Announcing New Leadership Opportunities!

Did you know that you are AMWA's most valuable resource? Many new AMWA members decide to join because another member, such as yourself, took the time to share the benefits of AMWA membership. As a member, the influence that you have is most vital to the future of the Association.

AMWA needs your assistance in recruiting new members and encourages you to participate in the 1995-1996 Member-Get-A-Member Campaign.

Recruiting members is easy...

- The next time you meet with a colleague who is not a member of AMWA, pass along an AMWA membership application, or
- Send AMWA's Membership Department a list of colleagues and their addresses. Membership applications will be mailed for you listing your name on the referral line.

Receive a \$5 voucher that is redeemable for AMWA products and programs for each new member you recruit. Top recruiters win additional prizes. Call or email the Membership Department today for special Member-Get-A-Member Applications or for more information. Start today to build the future of AMWA!

Time is running out...the campaign ends September 30th.



Credentialing at the Annual Meeting

Physician and student branch presidents will soon receive information on how to credential branch members for the Annual House of Delegates Meeting in Boston. Branch presidents are encouraged to credential their branch members prior to the annual meeting.

Please note that the hours of operation for the credentialing table, soon to be announced, will be strictly enforced. Upon receipt of these dates and times, anyone having conflicts should contact the Membership Services Department prior to the annual meeting.

Attention Physician and Student Branch Presidents...

With branch development on the forefront and the annual meeting rapidly approaching, the Membership Department is updating its Physician and Student Branch President and Officer records. If you have not done so already, please contact the Membership Services Department with any Branch President/Officer updates.

The Membership Services Department can be reached at (703) 838-0500 or at email address amwaleg@aol.com.

CHD Workshop continued from p. 3

engaging speakers for your event, but hosting a CME workshop will benefit attendees who will learn the latest in the diagnosis and treatment of heart disease in women and gain valuable CME credits as well as ultimately benefit women in your communities. New information is being added to the program this summer to ensure that participants receive up-to-the-minute information on the very latest research.

The full program for the workshop, which can be tailored to meet time constraints and needs, consists of three modules:

- Risk factors and prevention
- Symptomatology and treatment
- Diagnostic evaluation

Don't wait...please contact Janie Darby, Project Assistant, at (703) 838-0500 or amwaleg@aol.com to host a program between September and December and help AMWA fulfill our commitment to complete an additional 30 workshops by the end of 1996. These workshops are designed to fit your needs—at your request, AMWA will provide the speaker, slide lecture, participant materials, and CME credit as well as structure the workshop to meet the format, timeframe, and audience of your event. The workshop can be presented as a full-day workshop, a 2.5-hour session, a 1-hour session, or several short sessions.

AMWA's CHD Project is now in its third year. To date, more than 140 of these valuable workshops have been held across the country, providing CME credit to physicians, improving the knowledge and skills of physicians and other health care practitioners, and making a difference in the health care community's efforts to reduce the number of deaths due to coronary heart disease among women.

This project is headed by AMWA President-Elect Debra Judelson, MD, Chair of AMWA's Cardiovascular Disease Subcommittee, with Nanette Wenger, MD, D. Douglas Miller, MD, and Cheryl Weinstein, MD. This project is made possible by an unrestricted educational grant from DuPont Radiopharmaceuticals, a division of the DuPont Merck Pharmaceutical Company.

GOVERNMENT AFFAIRS UPDATE

AMWA members continue to be politically active in key areas of women health. On March 15, 1996, Michelle Bloch, MD, PhD, Chair of AMWA's Tobacco Control and Prevention Committee, spoke at a rally for public health issues in front of the Capitol in Washington, DC. During the rally, sponsored by the American Medical Student Association, speakers called upon medical students and other health care practitioners to urge Congress to address AIDS, gun violence, tobacco control, and health insurance reform. Dr. Bloch rallied the students on the importance of getting involved in tobacco-control efforts and urging their legislators to support efforts to ban cigarette vending machines and the advertising and promotion of tobacco products to minors.

The Council of Presidents, of which AMWA is a member, has teamed with Lifetime Television to raise awareness of key women's issues and concerns through "The Women's Vote Project '96: The Deciding Vote." Lifetime has offered 1 hour of free air time to each of the presidential candidates and will air nightly campaign updates during primetime and public service announcements encouraging women to vote. In an effort to focus attention on the importance of the women's vote and to raise funds for its efforts, the project has declared September 7, 1996, "National Women's Vote Day." For more information, please call (202) 835-3875.

AMWA encourages members to get involved politically in this national election year. Implementing a voter registration drive in your community is one way AMWA physician and student branches can help get women involved politically. The next issue of the newsletter will include a brief listing of websites and other sources providing information on key political parties, politics, and election issues.



AMWA Endorses Smoking Cessation Guideline

AMWA has officially endorsed a smoking cessation guideline that the Agency for Health Care Policy and Research (AHCPR), U.S. Department of Health and Human Services, released in April. AMWA member, Sally Faith Dorfman, MD, MHSA, participated in the national panel to develop the guideline and is helping AMWA disseminate this important guideline.

The AHCPR guideline has two goals:

- To identify the most effective treatment available to clinicians
- To change the current approach for patients who smoke to ensure that a patient's tobacco use is documented and addressed on each visit to a clinician.

Copies are available free of charge from the AHCPR Publications Clearinghouse by calling toll-free 800-358-9295, or by contacting the website <http://www.ahcpr.gov> or AHCPR InstantFax at 301-594-2800.

Resolutions Reminder

Members are encouraged to submit resolutions for consideration by the 1996 House of Delegates at AMWA's 81st Annual Meeting. Proposed resolutions may focus on any medical, health, social, or political issues that you believe are important, affect women physicians and medical students, or relate to women's health issues.

The deadline for submitting resolutions for consideration in 1996 is August 30, 1996. Please submit resolutions with an Action/Fiscal Note (which may be obtained from the National Office) to Anne Pritchett at AMWA's National Office.

Raising the Visibility of Breast Cancer Awareness

Laura Morris, MD, Chair of AMWA's Breast Cancer Sub-Committee and clinical instructor at Michigan State University's Department of Surgery, spoke at a May 15 press conference in New York marking the 11th year of National Breast Cancer Awareness Month to be held October 1996. Dr. Morris spoke on major advances that have been made in breast cancer treatment in the past 20 years and discussed the discovery of inherited genetic mutations and the ethical, legal, and social issues the discovery raises. Dr. Morris discussed various aspects of clinical breast examinations.

AMWA member Jo-Ellyn Ryall, MD, greets President Clinton in Saint Louis.

DIRECTOR OF STUDENTS

What's Happening?

Lynn C. Epstein, MD, Associate Dean of Medicine, Brown University

Greetings from Rhode Island! As I write this, Brown University's campus is humming with preparations for graduation. Spring seems to just welcome life's changes: awarding of degrees, moves, preparation for new positions, studies, and venues, weddings, expansion of families, and so on. To all who are finishing a year of medical studies or training, my hearty congratulations on your personal and professional accomplishments and my best wishes as you move on to new challenges. Similarly, a reminder...keep in touch.

Along those lines, I want to share happy news about Jennifer Ann Schroeder, who has been active in AMWA for several years, serving as an intern in the National Office and as National Student Coordinator. At the May meeting of the Association of Women Psychiatrists in New York, I had the privilege of presenting Jennifer with the Association's Leah Dickstein, MD, award for student creativity and leadership. Jennifer, now completing her third year of medical school at Wright State University, was nominated by her Dean of Students for this national award, based in part on her extensive leadership activities at AMWA. This is the fifth year the Dickstein Award has been presented, and Jennifer is the second AMWA National Student Coordinator to be so honored. (Katherine Schneider, MD, received the award in 1994.) At the meeting, Jennifer received a plaque, a check for \$1,000, and the opportunity to serve on the selection committee for next year. Well-done Jennifer! Our congratulations also go to Anne-Corinne Beaver,

University of Tennessee; Deborah Allison Levine, Mt. Sinai School of Medicine, and Michelle Rosanne Wise, University of Toronto, all of whom received certificates of recognition. We salute the commitment and accomplishments of the awardees and all the other outstanding student nominees!

Please send me any eleventh-hour suggestions you may have for the annual meeting in Boston this fall. The latest update from the Program Committee highlights many offerings for student programs, networking, and mentoring. But there will still be time for us to have an informal reunion and catch-up session. I look forward to seeing you then!

STUDENT SENATE

Year's End or Just the Beginning

*National Student Coordinator
Elizabeth Skirm*

The summer is here and hopefully everyone is able to take some time off from research, clinic, class, etc., to enjoy the sun. For those of you who actually have a block of free time, we encourage you to stay active in women's health issues. There are many ways to do this including doing a preceptorship, volunteering at a local refugee/low-income clinic, helping an abortion provider by escorting or comforting patients, mentoring young women and men at a local YWCA or similar community center, putting AMWA's Gender Equity Award into place, setting up AMWA's Reproductive Health Initiative at your school, and starting a letter-writing campaign in support of AMWA's anti-tobacco campaign and other legislative

issues. Watch for the summer issue of *AMWAtch*, the student newsletter for great ideas on what some of the branches are doing.

I recently returned from a Leadership Conference for Women Physicians held in Denver. The conference was sponsored in part by the Region VIII physician branch. There were many wonderful speakers, but I was particularly impressed by a talk given by AMWA member Sharyn Lenhart, MD, entitled "Glass Ceilings." Dr. Lenhart is a clinical psychiatrist at Harvard whose research focuses on discrimination and gender bias. She addressed discrimination and gender bias and how they differed from sexual harassment—an issue that has received most of the media limelight. Dr. Lenhart diagrammed the many different responses to gender bias or discrimination and the resources available. Responses included directly confronting the offender, indirectly confronting the offender through a supportive authority figure or departmental memo, submitting formal complaints through internal channels or legal action, with each mode of response containing pluses and minuses for the person affected. Dr. Lenhart closed by reminding everyone of AMWA's Gender Equity Hotline, which handles calls regarding gender bias, discrimination, and sexual harassment. If you ever find yourself in such a situation, call the National Office and ask to be connected to the hotline. The hotline offers help, advice, and a sympathetic ear.

Dr. Lenhart will be just one of the fabulous speakers at this year's Annual Meeting in Boston. Start fundraising now and plan to meet your Resident Student Coordinators, National Student Coordinators, and physicians from around the country at the annual meeting.

Enjoy the Summer!

RESIDENT ROUNDS

My Name is Doctor....

Frieda Hulka, MD

National Resident Representative

By the time this newsletter is printed, many new physicians will have entered the ranks of internship. The first month or two of an internship can be overwhelming: answering all those pages, checking all the lab results, taking calls, and running your first code. Even having your name preceded by the word "doctor" can take you aback.

Following are a few recommendations for those of you who are just starting an internship (these have been flagrantly plagiarized from one of my co-residents with permission):

1. Work hard.—You are now responsible for a lot of patients. You will know these people better than anyone else on the service. You are the database. To do this carefully, accurately, and consistently, you must work hard.

2. Shut up.—This may sound harsh, but it applies to two situations. One, you must remember that you are the lowest person in the hierarchy. The purpose of an internship is to learn how to take care of patients, not to run the show. You should certainly ask questions if in doubt or when clarification is necessary, but as the old adage goes, "better to remain silent and be thought a fool than to open one's mouth and remove all doubt." Second, internships are hard (see item 1). You will be tired, short tempered, and often not in the greatest mood. Minimize complaining—all your residents and staff held internships. They know what you are going through—they do not need to be reminded what it was like.

3. Take a shower.—Internships are hard (see items 1 and 2). A shower is equal to 2-3 hours of sleep anytime. Taking a little time for yourself will

make you feel better and will improve your outlook considerably.

I hope I did not just discourage thousands of entering interns. The bottom line is that you have worked for 8 years (or more as in my case) to get to this point. You will learn more about your career in medicine over this year than you have in the last 8 years. You are finally a doctor. Your internship will make you a better physician, believe it or not.

BULLETIN BOARD

Electronic Pathways Task Force Update

Angela R.C. Tiberio, MD, Chair,
Electronic Media Pathways Task Force
atiberio@aol.com

Hello again from your AMWA cyberspace connection! Thanks to all of you who returned the survey from the last newsletter. Your input will help this task force better serve your needs.

Have You Checked Out the Official AMWA Website Yet?

If not, I suggest you do so soon. The URL (Internet address) is <http://www.amwa-doc.org>. After you have visited the site, feel free to send feedback, suggestions, etc., to me at atiberio@aol.com or via the "webmaster" link on the website. The site will be updated regularly and new features will be added based on your input, so please let us know what you think and what you would like to see on the website. In addition, I encourage you to send me the URL of interesting sites you have come across that you feel would be of value to our members. The task force will then evaluate the site and arrange links to approved sites.

Wanted: Members With HTML

Programming Experience

I would like to compile a list of people who have some experience with HTML (hypertext mark-up language) programming who would be willing to assist AMWA branches in developing their own websites. If you are interested in helping a branch design and implement a website, please send me an email. I am also looking for those interested in joining the task force. Please email me if you are interested, and I will provide you with more details on the task force and recent activities.

For Those Not Yet Plugged Into the Computer Age

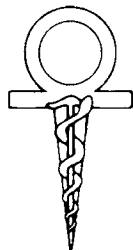
Now is the time to just do it! To help you get started, I have written a couple of SIMPLE and SHORT manuals on buying your first computer and getting on line. Just fax, email, or "snail" mail me a request for "A (Very Simple) Guide To Buying Your First Computer...JUST DO IT!" and/or "How To Get On Line the Easy Way." Please also indicate whether you would like to receive the manual(s) in email, fax, or "snail" mail form, and include the address to which the manual(s) should be sent.

These manuals are free, but you are encouraged to consider making a small donation to the AMWA Foundation in return. You can earmark your donation specifically for electronic media purposes or make a general donation. Thanks for your support.

In the next newsletter, I will provide information on some "just for fun websites" as well as sites from which you can earn continuing medical education credit. Until then....STAY WIRED!

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AMWA

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Upcoming Branch and Regional Meetings

AMWA branches and regions have been busy coordinating local meetings, hosting impressive speakers, and addressing topics vital to women's health. Contact your local branch for information on meetings in your area. Upcoming local AMWA meetings include the following:

- **Region IX** will hold its regional meeting on September 28, 1996, in San Francisco, CA
- **Branch 14, New York City**, will hold its fall meeting, entitled "Women's Health: Building a Multicultural Approach," on October 16, 1996.

Branches are encouraged to forward dates and topics of their meetings as soon as dates are set as well as highlights and photographs of their meetings to the National Office.

Member News

Congratulations to Lila A. Wallis, MD, Chair of AMWA's Women's Health Curriculum Task Force, who was recently elevated to Master of the American College of Physicians (ACP). This honor is accorded to a small proportion of ACP Fellows. As fewer than 5% of ACP Masters are women, this is quite an achievement. Dr. Wallis currently serves as AMWA Chair in the National Academy of Women's Health Medical Education, a joint program of the Medical College of Pennsylvania and the American Medical Women's Association.

AMWA President Jean L. Fourcroy, MD, PhD, congratulates Lila A. Wallis, MD, at a ceremony conducted during the American Academy of Physicians' 1996 Annual Meeting.

