

American Medical Women's Association

President's Message



Dear AMWA Members,

AMWA has partnerships with many organizations who share our interests. For example, we partner with Vision 2020 which is planning for the 100th anniversary of women's suffrage in 2020 with a systematic plan to examine areas where women's equality has not yet been realized.

I attended the Vision 2020 meeting in Chicago in October where delegates from 50 states and allies gathered to discuss how to move forward and reduce barriers to achieving equality. It was exhilarating and exciting to be with so many wonderful women leaders from all walks of life and to actually participate in deciding on next steps. Contact the delegates from your state if you want to participate. See website <http://drexel.edu/vision2020/>.

In November I had the honor of accepting the Women in Leadership Development award given to AMWA by the Group on Women and Science at the Association of American Medical Colleges annual meeting in Denver.

The award recognized AMWA's long history of training women physicians for leadership roles. And we continue this tradition at our annual meeting in Miami, April 13-15, entitled "Achieving Success as Women in Medicine." Be sure not to miss it. Register now at our website www.amwa-doc.org.

I ask you to remember AMWA in your charitable contributions plans. We need only \$20,000 to reach our Legacy Fund goal of \$100,000. This fund pays for the transfer of AMWA's Archives to Drexel University's Archives & Special Collections on Women in Medicine which includes a special AMWA display case.

I wish you all a wonderful new year filled with peace and joy.

Sincerely

Mary Guinan, PhD, MD
AMWA President

Featured Physician – Julie Welch, MD



AMWA Member Spotlights
Julie Welch, MD

It is the little touches that make an AMWA member special and Julie Welch, MD, Emergency Room physician and faculty at IU Health in Indianapolis, understands this.

In October, while working in the ER, she and her resident were focused

on a woman who had come in with her two children. They noticed that she was a hospice patient and that it was her birthday. Realizing that this may be her last birthday, they talked to their staff and soon a birthday cake arrived from Nutrition and Dietetics. With her resident singing, Dr. Welch, the nurses and the patient's two children presented the patient with her birthday cake.

It is the little things that matter most. Thank you, Dr. Welch, for being an example to your staff and residents.

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AMWA 97th Annual Meeting

Achieving Success as Women in Medicine

AMWA requests your support for the Annual Conference this year as we present an exciting program, "Achieving Success as Women in Medicine," on April 13-15, 2012, at



Gloria Steinem



Rachel Naomi Remen, MD

the Sofitel Miami, Miami, Florida. Gloria Steinem and Rachel Naomi Remen, MD are keynote speakers. World experts on women's health and women's advancement lead workshop sessions.

Your support is very important! We have a fabulous list of speakers and we want you to attend. Your attendance not only demonstrates your interest in the health of women, it serves to empower the women around you especially those currently in training. We expect this to be a groundbreaking meeting with many opportunities for leadership and networking. As the first stand-alone annual meeting for AMWA after many years, you won't want to miss it.

Please attend and bring a friend! To register go to:

<http://www.amwa-doc.org/page3-47/UpcomingEvents>

AAMC Award Accepted by Dr. Mary Guinan on AMWA's Behalf

AMWA President Mary Guinan, PhD, MD and AMWA Director Janice Werbinski, MD view the 2011 Women in Medicine Leadership Development Award given to AMWA from the Association of American Medical Colleges (AAMC). AMWA Directors Dr. Kim Templeton and Dr. Ana Maria Lopez also attended. The presentation took place on November 8, 2011 in Denver during the Women in Medicine and Science Luncheon at the AAMC 2011 Annual Meeting.



Election Results of Officers and Directors-at-large for the 2012 Board of Directors

Thank you to all the members who participated in the ballot at the end of the year in order to vote for officers and directors who will begin their terms at the 97th Annual Meeting in Miami.

AMWA particularly appreciates the interest and eagerness shown by the many members interested in serving the association in a leadership role. The results of the election are as follows:

President-Elect

Bonnie Hamilton, MD

Treasurer

Laurel A. Waters, MD

Directors

Neelum Aggarwal, MD (*Second two-year term*)

Theresa Rohr-Kirchgraber, MD (*Second two-year term*)

Kimberly Templeton, MD (*Second two-year term*)

Anne E. Burke, MD, MPH

Julie Welch, MD, FAAEM

South Bay Holiday Celebration

South Bay Chapter Holds First Annual Holiday Celebration

On December 7, 2011, the South Bay American Medical Women's Association (South Bay AMWA) held their first ever Holiday Celebration Gala at the Dynasty Seafood Restaurant in Cupertino, CA. More than 150 women physicians and their families and friends came and celebrated the holiday season at this festive event.



The National American Medical Women's Association (AMWA) was established in 1915. It is the only national medical organization solely dedicated to women physicians. Through the years, National AMWA and its local branches have provided fellowship and education to women physicians throughout the United States. National AMWA has also supported meaningful organizations, such as the American Women's Hospitals Services, and given women physicians a voice with legislators at the state and national levels.



The South Bay AMWA is a local branch of the National AMWA, with members from Santa Clara County, and other adjacent counties. Its 501(c)(3) status denotes it as a nonprofit charitable organization. Our previous president, Dr. Sian Lindsay, brought this organization to a new level, with quarterly educational meetings focusing on topics that are important to women physicians, such as asthma, hypertension, and domestic abuse.

In 2011, under the leadership of co-presidents Dr. Gloria Wu and Dr. Durga Madala, and board members Drs. An-

lin Xu, Maureen Khoo, Sheri Bortz, and Laurel Waters, the South Bay AMWA continued not only with its tradition of quarterly educational events, but also started membership surveys and spearheaded the development of special interest groups to further serve the needs of its members.

Dr. Susan Hansen, past Chief of Staff of El Camino Hospital (2001), and current trustee of the California Medical Association (CMA) was the keynote speaker at the event. Her speech was entitled "Updates in Recent



CMA Activity." Dr. Hansen reiterated the CMA's continuing effort to protect the sacred patient-physician relationship in addition to its firm stance on prohibiting corporate practice of medicine in California.

Dr. Hansen also addressed the issue of our country's increasing Medicare costs, and the difficulty Medicare has in withholding pay cuts to physicians in 2012. Dr. Hansen discussed different options for Medicare enrolled physicians to choose in this upcoming crisis. As Dr. Hansen pointed out, enrolling in Medicare, but choosing to be a "non-par" physician, or even not enrolling in Medicare may be viable alternatives to the standard, enrolled and "par" physician status that most of us fall into by default.



The South Bay AMWA's Holiday Celebration Gala was a great success. The members enjoyed great food, fellowship, and a very informative talk by Dr. Hansen. If you are interested in joining South Bay AMWA, please email our incoming 2012 co-presidents Dr. Anlin Xu at Anlin.xu@gmail.com, Dr. Maureen Khoo at mokhoo@gmail.com, or Treasurer Dr. Laurel Waters at lwatersmd@yahoo.com.

AMWA Membership Committee

Reflections on Membership and Recruitment

By Theresa Rohr-Kirchgraber, MD



The number of women in medicine continues to grow and for that we are all pleased. However, the membership in AMWA does not follow this trend. Pondering why, I have come up with a couple of reasons. Let us see if you agree.

As a medical student I was involved and enjoyed my time in AMWA and found the women members inspiring. Over the years, I drifted into other things and while I was always involved with my local medical students, I lost touch with the national group.

I was so busy raising a family and having a career that I hardly remembered which professional group fees I had paid from year to year. For some reason, AMWA found me and notified me about an upcoming election for a National Board position. Just so happened that I attended a Faculty Development Program for Women in Medicine at my institution, and at that meeting, I was told I needed a “national reputation” for promotion. “Would being on the national board for AMWA help with that?” I naively asked. So, without really knowing what I was getting into, with very little recent involvement in AMWA, and for purely selfish reasons, I ran and was elected.

I assumed that AMWA was the large organization it was when I was a student and was surprised in many ways that the membership had decreased while the number of women in medicine surged. So many of our students are in their local AMWA chapters, but do not belong to the national organization and though we all benefit from their association, we lose them later in their careers. On a quest to figure out why and in looking at my own career, I see there are a few reasons.

In years past, many of the medical societies did not admit women or grudgingly did so, those same organizations now have designated groups just for women physicians and go out of their way to promote women. Fabulous news, but that means fewer women will realize how im-

portant it is to have support from a national group of women, like AMWA.

This is the one group that does not care which specialty I am in or which disease I take care of, the mission remains the same, empowering women to lead in improving health for all within a model that reflects the unique perspective of women. It is fascinating to have women from all walks of life and in all types of positions be active members of AMWA and to hear their stories.

Being in your specialty organization is complimented by membership in AMWA. By joining forces whenever possible, we will work with other organizations and keep reminding all the members the benefits of being in a small, but vocal, active organization.

Our students need to be members of the national organization. The mentoring, the potential for housing with the bed and breakfast program, the potential for poster presentations at meetings, awards, and the list goes on.

To help make this happen locally, I offer to pay half of the AMWA fee. For the students that is \$37.50 and for the residents that is \$50. They get a letter about what AMWA has meant to me, a registration form, and a check made out to AMWA for the amount. When possible I include a copy of Eliza Chin's book: *This Side of Doctoring: Reflections from Women in Medicine*.

I do not want money to be an obstacle to joining. I believe in what they will get out of being a member. Therefore, I have made this commitment to them and to our future.

With my involvement in AMWA, I reaffirm my decision that medicine is not my career, but my passion. From the members, I depend on the dedication and determination of not only those women that have gone before me, and to whom I owe a huge debt of gratitude for paving the way, but also those who are my peers and who come after me.

Encourage your peers, your students, and your mentors to join. We need to support one another and look to the future.

Register Now! April 13-15, 2012

AMWA's 97th Annual Meeting
Sofitel Miami – Miami, Florida

AMWA and Vision 2020 Congress

AMWA Leaders Attend Vision 2020 Congress

By Eliza Chin, MD, MPH

AMWA Leaders Dr. Mary Guinan, Dr. Eliza Chin, and Dr. Roberta Gephard attended the Second Annual Congress of Vision 2020, Vision + Action = Equality in Motion, held in Chicago this past October. The Congress presented five goals to be achieved by 2020, the centennial of women's suffrage in America: (1) achieve pay equity, (2) increase the number of women in senior leadership positions, (3) educate employers on family friendly policies, (4) educate new generations of girls and boys on shared leadership principles, and (5) mobilize women in America to vote.

A program of Drexel University, Institute for Women's Health and Leadership, Vision 2020 is a consortium of State and Visionary Delegates, National Advisors, a Leadership Circle, and 46 National Allies, representing 20 million girls and women in this country. Of the 100 state delegates, seven are women physicians. Dr. Mary Boyd (West Virginia, Pediatrics), Dr. Judith Peterson (South Dakota, Physical Medicine and Rehabilitation), Dr. Kathy Porter

(Alabama, Obstetrics and Gynecology), Dr. Danna Grear (Arkansas, Radiology), Dr. Elizabeth Mutisya (Georgia, Neurosurgeon), Dr. Pascale Lane (Nebraska, Pediatric Nephrology), and Dr. Arti Prasad (New Mexico, Internal Medicine). Collectively, their initiatives will help promote women in academic leadership, women's health, family friendly work policies, and mentorship of young girls.



As a National Ally of Vision 2020, AMWA fully supports the mission of Vision 2020. To find out how you can get involved, please visit www.drexel.edu/vision2020.

History of AMWA and the AMA-Women's Physician Congress

In 1996 at an annual meeting of the American Medical Association (AMA), AMWA's status as 'Observer' was changed to delegate and Diana Dell was appointed by AMWA to represent AMWA to the House of Delegates (HOD) while Debra Judelson was listed as the alternate. The House of Delegates is the principal policy-making body of the American Medical Association.

This was a critical time as the 'partial birth abortion' controversy was ongoing. The AMA Board had made a decision to support the GOP led Congress, which had first passed a law banning "partial-birth abortion" in December 1995, (then and later in October 1997). The Congress supported laws were vetoed by President Bill Clinton. Since this was to be policy of the AMA and the House had not been allowed to weigh in, our delegates, and others crafted an emergency resolution proposing to overturn the AMA Board's decision to support this so-called 'partial birth abortion' ban. It was very controversial and this controversy gave AMWA an opportunity to speak, to raise awareness, and to promote AMWA.

In 1996, AMWA was contacted by the AMA Advisory Panel on Women Physician Issues, and asked to represent AMWA at their meeting. This group's charge was to increase the participation of women in the AMA as well as to develop programs that would benefit women physicians/students/residents. Debra Judelson was our representative to this group and was instrumental in the develop-

ment of the Women's Physician Congress (WPC) which consists of more than 67,000 female members of the AMA. The aim was to increase the number and influence of women physicians in leadership roles and to advocate for and advance the understanding of women's health issues. AMWA felt that we shared some common goals and that being a partner would be beneficial to both groups. Therefore, all women AMA members are now automatically members of the WPC.

AMWA has a reserved seat on the WPC Governing Council and Debra Judelson was our first AMWA delegate to the WPC and served as the Vice-Chair initially and became the Chair of the Governing Council for the WPC from 2000-2003. AMWA's issues were prominently promoted and we were successful in getting issues relevant for women in the limelight - an example was having a breast-feeding room adjacent to the house with a sound/video feed, so that women with infants could attend. Over the years, the AMWA delegate has been able to caucus with many women, and like-minded men, on a number of issues and along with the WPC council AMWA representative, has promoted women physicians and women's health both nationally and locally.

AMWA has continued to have special status in the AMA. Our current AMWA delegate to the House of Delegates is Nancy Church and our AMA-WPC Governing Council member is Theresa Rohr-Kirchgraber.

The Pelvic Exam: Less is More

By Theresa Rohr-Kirchgraber, MD

Recently, Stormor, et al., had a study published in the *Archives of Internal Medicine*¹ discussing the need, or lack thereof, for the pelvic exam as part of the “Well Woman Exam.” They reviewed the evidence on the use of the pelvic exam to screen for sexually transmitted illnesses (STI), ovarian cancer, other gynecologic cancers, and as a requirement for hormonal contraception. Interestingly, the use of pelvic examinations for these reasons is not supported or recommended by any US agency².

In their article they analyzed data collected from internists, family practice, and OBGYN physicians in the US. Though Papanicolaou tests are no longer recommended on an annual basis and the need for pelvic examination has also been called into question, most family practice and OB/GYN physicians reported performing them as screening for STI and as a requirement to starting hormonal contraception.

When pelvic exams are used to screen for ovarian cancer, 98 percent of positive screening results are false positive³.

The continued use of a pelvic exam as part of the “well-woman exam” is not evidence based and may lead to more harm than good.

- 1) Stromo, AR, Hawkins NA, Cooper CP, Saraiya M., *Less is More: The Pelvic Examination as a Screening Tool: Practices of US Physicians Arch Intn Med/vol 171 (no.22) Dec 12/26, 2011 2053-2054*
- 2) Westhoff CI, Jones HE, Guaihi M. *Do new guidelines and technology make the routine pelvic examination obsolete? J Womens Health 2011;20 (1): 5-10*
- 3) US Preventive Services Task Force. *Screening for ovarian cancer: recommendation statement. Am Fam Med. 2004;2(3): 260-262*

AMWA Congratulates Vivian Pinn MD on Her Retirement as Founding Director of NIH Office of Research on Women



AMWA congratulates AMWA member Dr. Vivian Pinn on her recent retirement as founding director of the Office of Research on Women's Health (ORWH) at the National Institutes of Health (NIH). During her 20 years of service, Dr. Pinn was pivotal in promoting gender-specific research and the inclusion of women and minorities in clinical trials.

She is a past recipient of AMWA's prestigious Elizabeth Blackwell Medal and the recipient of numerous honors, including membership in the Institute of Medicine, the Columbia University Foundation for Gender-Specific Medicine's Athena Award, the Tufts University School of Medicine Dean's Medal, and a scholarship and lecture-ship in her name. She has been a mentor and inspiration to countless women physicians over the years.

AMWA Networking Alliance Teleseminar - Tasteful Self-Promotion

In continuation of last year's webinars, AMWA's Networking Alliance is pleased to present another segment in its professional development series. Particularly geared towards women physicians, the teleseminar, *Tasteful Self-Promotion* – will provide useful information for women at all stages of their careers. Dr. Francine Gaillour is a healthcare technology leader and an executive coach and consultant. She is also the author of the book, *Physi-*

cian, Reinvent Thyself: A Transition Guide for Physicians Called to Leadership and Non-Clinical Careers. The teleseminar (February 8 at 8:00 p.m. ET) is free and open to all. Please register at <http://www.physicianleadership.com/amwa-feb2012-teleseminar/>. If you sign up for this seminar, you will be eligible for the next free seminar on *Negotiating Skills for Women Physicians*.

Thank you to AMWA's
generous donors of 2011!

One in Five Medical School Grads Report Mistreatment; AMA Taking Action

About 17 to 20 percent of medical students report that they have experienced mistreatment, according to the Graduation Questionnaire (GQ) of the Association of American Medical Colleges. The AMA is taking action to address this problem at its roots and to improve the medical education learning environment.

At its Annual Meeting in Chicago in June, the AMA reviewed an informational report on the medical education learning environment that calls for developing a working definition of medical student and resident mistreatment; identifying tools that can ascertain whether mistreatment is occurring; and developing strategies to prevent and address mistreatment.

In addition, during its June meeting the AMA held an education program, "Optimizing the Learning Environment: Exploring the Issue of Medical Student Mistreatment," that outlined the scope of the problem and suggested potential solutions. Cosponsored by the AMA Section on Medical Schools, Council on Medical Education, and Medical Student Section, the event brought together the perspectives of medical school deans, resident physicians, and medical students.

Key issues explored by the presenters included the difficulty of defining mistreatment and issues of reporting, confidentiality, and adjudication.

The 2011 GQ notes that mistreatment includes "sexual harassment; discrimination or harassment based on race, religion, ethnicity, gender, or sexual orientation; humilia-

tion, psychological or physical punishment and the use of grading and other forms of assessment in a punitive manner."

Data from the GQ over the last three years suggest that belittlement and humiliation are the most pervasive forms of mistreatment (85 percent of mistreated students), followed by requests for personal services (24 percent), offensive remarks of a sexual nature (22 percent), and lower evaluations (21 percent).

The most prevalent sources of mistreatment (reflecting data over the last 11 years) were residents (68 percent), clinical faculty (66 percent), nurses (39 percent), patients (28 percent), and even fellow students (17 percent).

It is clear that a culture in which mistreatment is ignored or implicitly condoned is toxic for learner, teacher, and patient alike. A recent Archives of Surgery commentary cites the epidemic levels of harassment, belittlement and abuse of students and trainees and suggests that surgeons are "trained to be rude."

In December, the AMA will hold a small invitational meeting to further discuss medical student mistreatment and ways to address the problem. This work is directly related to the AMA's Innovative Strategies for Transforming the Education of Physicians (ISTEP) program, which seeks to evaluate medical education processes and outcomes; develop physicians who are knowledgeable, competent and compassionate; and ultimately improve the care of patients.

In Memoriam – Mary-Jane Jensen, MD

Mary-Jane Jensen MD died in August in her home in Chicago IL, at the age of 87.

Mary-Jane earned her BS and MD degrees at Wayne State University in Detroit, Michigan, in 1944 and 1947, respectively. She followed that with internship and residency at Grace Hospital until 1949. At this point, Mary-Jane decided to focus on psychiatry and neurology, doing residencies until 1951 at Cook County Psychopathic Hospital in Chicago, and then the University of Chicago, where she held the position of Assistant Psychiatrist until 1953. She worked in private practice starting in 1953. In 1958 she earned her board certification in Psychoanalysis from the Institute for Psychoanalysis. She saw patients in her offices in downtown Chicago and didn't fully retire until around 2005.

Dr. Jensen was a past president of the Chicago Branch of the American Medical Women's Association and the Chi-

cago Medical Society (CMS - 3rd district), and also past chairman of the stress committee of the CMS. As part of her work with AMWA, she would drive to and attend national meetings with her colleague and good friend Anita Johnson, including in Washington DC, where she lobbied senators and congressmen on issues regarding women's health. She was especially interested in the challenges of combining family and career.

She was also an active member of multiple medical associations, including the American Medical Association and the Illinois State Medical Society, as well as a life member of the American Psychiatric Association and the American Psychoanalytic Association, and delegate to the Illinois State Medical Society.

Dr. Jensen is survived by her three children, Maja Ramirez, Frederick Wiesinger and Folmer Wiesinger.



American Medical Women's Association
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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

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