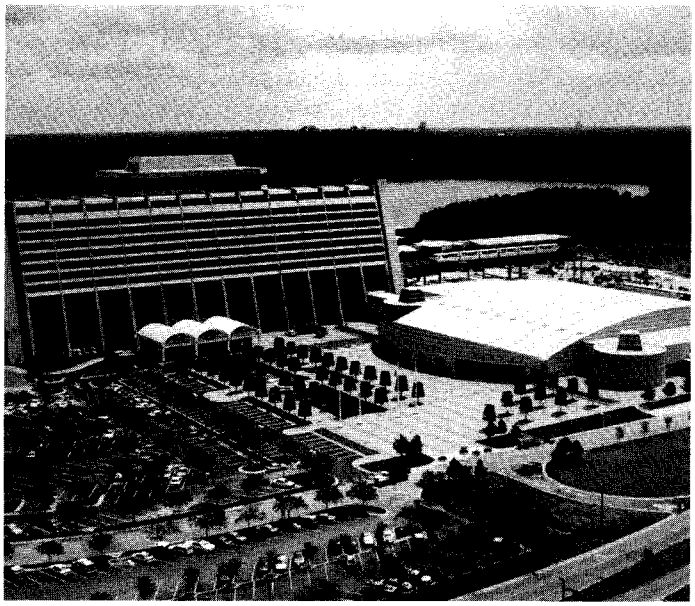
Annual Meeting Nov. 2-6

WHAT'S HAPPENING IN AMWA

Volume XIX, Number 4/October 1994



Disney's Contemporary Resort in Lake Buena Vista, Florida is the site of AMWA's 79th Annual Meeting, **Women Promoting Women's Health: Empowering Our Global Family,** *November 2-6, 1994.*

Annual Meeting Features Current Topics on Women's Health

Women's issues in health care reform, sexual harassment and gender bias in medicine, eating disorders, and women and heart disease are among the workshop topics to be featured during the American Medical Women's Association's (AMWA) **79th Annual Meeting,** *Women Promoting Women's Health: Empowering Our Global Family,* November 2-6, 1994, at Disney's Contemporary Resort in Lake Buena Vista, Florida.

"We have a very dynamic exciting program featuring issues addressing the most controversial topics in women's health, and impacting the careers of women physicians and medical students," said Kathryn C. Bemmann, MD, AMWA President.

The keynote speaker during the Opening Reception is best-selling author Naomi Wolf who wrote *The Beauty Myth* and more recently, *Fire with Fire.* Ms. Wolf will

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Advanced Curriculum on Women's Health Topics Announced

Detecting and addressing child abuse, occupational health concerns, sexually transmitted diseases and AIDS in women, and how gender affects the information exchange between physicians and patients are among the women's mental, sexual, reproductive and hormonal health issues to be addressed during Part II of the Advanced Curriculum on Women's Health, sponsored by AMWA, October 14-17, 1994, at the Adam's Mark Hotel in Philadelphia.

The Advanced Curriculum on Women's Health aims to improve the care practicing physicians offer their women patients. The objective of the three-day conference is to inform physicians how to better detect, diagnose and treat their women patients.

"More than half of all encounters with a physician are by a woman whether seeking care for herself or a family member," said Kathryn C. Bemmann, MD, AMWA President. "Physicians need to be equipped to meet the needs of their women patients and the Advanced

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AMWA Endorses Health Care Reform Proposals

In the waning days of the 103rd Congress, as legislators struggled over health care reform, AMWA endorsed two health care reform proposals: The American Health Security Program, a single-payer system introduced in the U.S. House of Representatives by Reps. Jim McDermott, MD, (D-WA) and George Miller (D-CA); and the House leadership compromise bill introduced by Majority Leader Richard Gephart (D-MO).

Historically, AMWA has supported the single-payer option of reform because it reflects the basic principles the organization supports. In November 1993, AMWA's House of Delegates passed a resolution supporting the single-payer plan. In March 1994, AMWA disseminated a health care reform questionnaire to its members. Seventy-four percent of the 200 respondents indicated their support for a single-payer system.

"AMWA has voiced its support for the principles of several health care reform proposals during the past year," said Kathryn C. Bemmann, MD, AMWA President. "And

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President's Message: A Year In Review

Kathryn C. Bemmann, MD, AMWA President

When I began my one-year term as AMWA president last November, I was anticipating an exciting year. Little did I realize just how much excitement there would be in one of the most eventful years in American medical history.

The general upsurge of policy and media attention on women's health care issues presented us with an unprecedented opportunity of having a voice in the health care reform debate. AMWA members testified before Congress, attended Administration briefings, and were included in White House information sessions. All of these activities presented AMWA with greater visibility and increased credibility. Our activity in the policy arena also gave us an opportunity to expand our legislative network. I hope that these network members will continue to increase our visibility and influence in the health care policy realm with regard to health care reform and other important legislative efforts.

In the area of education, this year also brought to fruition the efforts of several of our grant projects which are funded through corporate, foundation and individual gifts to The AMWA Foundation.

AMWA's Breast and Cervical Cancer Education Project and Education Project on Coronary Heart Disease in Women both have held Master Faculty training workshops this summer. The Foundation also funds AMWA's Reproductive Health Initiative (RHI), a project designed to fill the knowledge gap for physicians and medical students regarding reproductive health issues.

AMWA's newest grant project, supported by The Commonwealth Fund, is an undertaking which will make recommendations about the future development of a guide to assist women in making health care decisions for themselves and their families. (*Editor's Note*: These grant projects are detailed on page 6.)

All of these grant programs have been made possible through contributions to The AMWA Foundation. The Foundation has helped fund many innovative programs such as the Advanced Curriculum on Women's Health. It also has breathed new life into long-established projects such as the American Women's Hospitals Service and the Scholarship and Loan Fund.

As President of AMWA, I have experienced first-hand your commitment to AMWA and The AMWA Foundation. When asked to share the early vision of this organization, many of you joined in with your generous contributions. I urge you to continue your support of The AMWA Foundation and assure you that the Foundation can continue to improve the lives of women physicians and their patients for years to come. Remember the Foundation with your generous contributions now, and ensure the Foundation's future by remembering it in your estate plans.

There's still a few days left to register for AMWA's Advanced Curriculum on Women's Health, Part II, which is geared to provide additional training in women's health to practicing physicians and focuses on the phases of a woman's life. Part II concentrates on Early Years (birth-18), Young Adult Years (18-39) and Advanced Years (80+).

At AMWA's 79th Annual Meeting, I will turn over my gavel to AMWA's President-Elect, Diana L. Dell, MD. I look forward to seeing and meeting as many of you as possible.

Thank you for the privilege of serving as your president this most exciting year. It is a year I will not forget.

Annual Meeting Provides Professional Opportunities

Gerrie Gardner, DO, Chair, AMWA's Program Committee

As women physicians, we are often so busy attending to others that we neglect our own needs. The Program Committee has provided AMWA members with an opportunity to attend workshops that address their professional and personal needs through several special issue "tracks" or series of seminars throughout AMWA's 79th Annual Meeting.

The **Career Development Track** (November 3, 1:00 to 5:00 p.m.) includes seminars on levelling the playing field, women working with women, the next step after reaching career goals, careers in academic medicine, and women doctors and nurses working together.

To provide additional management training, the **Leadership Track** (November 4, 8:00 a.m. to noon) features workshops on effective leadership, media training and how to conduct effective meetings.

To keep up with the information technology, the **Computer-Related Workshop** series (November 4, 1:00 to 4:00 p.m.) includes seminars on computers in the workplace, how personal computers can increase effectiveness, and meeting physician information needs.

The **Student/Resident Track** (November 5, 1:00 to 5:00 p.m.) includes workshops on managing a practice, finding the perfect job, handling finances in early career, balancing personal and professional roles, and addressing the stresses of medical school and residency training.

Physicians of child-bearing age might take note of the **Maternity and Medicine Track** (November 6, 8:00 a.m. to 12 noon) which features seminars on maternity and medicine, perinatal loss and breastfeeding.

If you are interested in helping to shape AMWA's **policy agenda**, consider attending the health care reform and

legislative workshops (November 2, 3:00 to 5:00 p.m.), Bylaws Hearing (November 3, 7:00 to 8:00 a.m.), Resolutions Hearings (November 3, 8:00 to 10:00 a.m.), the parliamentary procedures seminar (November 3, 1:45 to 2:30 p.m.) and the policy agenda workshop (November 3, 4:00 to 5:00 p.m.). The policy workshops culminate in the **House of Delegates** session (November 3, 2:30 to 5:00 p.m.), where AMWA delegates and alternates vote on resolutions (and policy statements) which affect women physicians and women's health issues. To become a delegate or alternate, contact your Branch President immediately. While only delegates may vote or take the floor, these sessions are open to all AMWA members.

Other seminars to improve the professional development of women physicians include:

- improving writing and speaking skills (November 4, 8:00 to 9:00 a.m.)
- working with the media (November 6, 9:00 - 11:00 a.m.)
- managing when physicians and their families are sick (November 4, 8:00 to 10:00 a.m.)
- exploring leadership opportunities (November 4, 6:30 - 9:30 p.m.).

Physicians attending the Annual Meeting for the first time should be sure to mark their calendars for the **First Timers Orientation** (November 2, 7:45 - 8:00 p.m). All members are encouraged to attend this reception.

AMWA 1993 Annual Meeting attendees enjoy conference activities in New York City.

It has been an honor for me to serve as Program Chair for the past year with Vice Chair Suzanne Allen Widrow, MD, and the following dedicated committee members: Karen Anderson, MD, MPH; Jeanne F. Arnold, MD; Anne L. Barlow, MD; Kathryn C. Bemmann, MD; Mary E. Bongiovi, MD, PhD; Diana L. Dell, MD; Diane Helentjaris, MD; Debra R. Judelson, MD; Eden G. Kavanagh, MD; Katherine G. Keller, DO; Eileen A. Schweikert, DO; Estherina Shems, MD; Rose Baghdady, MSIV; and Shelley Ross, MD.

I hope you will take advantage of these seminars during the 79th Annual Meeting. I look forward to seeing you there.

NBCAM Celebrates 10th Anniversary

To celebrate its 10th Anniversary, National Breast Cancer Awareness Month (NBCAM) announces its annual national campaign.

As a member of the NBCAM Board of Sponsors, AMWA encourages its members to participate in NBCAM.

National Mammography Day

National Mammography Day (NMD) is designed to encourage women to obtain mammograms.

NBCAM anticipates more than 2,000 accredited radiologists will participate in this event on October 19, 1994, and throughout the month of October.

AMWA members can let patients know about this effort by posting a sign in your waiting room, encouraging colleagues to discuss mammography with their patients, providing presentations to inform women in your community about breast cancer, and talking to every woman patient about the importance of monthly breast self-exams and mammograms.

AMWA supports women obtaining mammograms every one to two years between the ages of 40 and 49; and every year after age 50.

Videoconference

Co-sponsored by PBS, the 1994 program will discuss how to design and launch early detection initiatives. The program will air on Monday, October 13, 1994 from 12 noon to 2 p.m. For the geographic location closest to you, contact PBS at 1-800-257-2578 (8:30 a.m. - 5:30 p.m. EST) and ask for "Breast Cancer: Early Detection Initiatives."

Awards

NBCAM includes three award programs as follows:

NBCAM Board of Sponsors Award recognizes an outstanding local program that increases the public's awareness of the importance of early detection.

Entry deadline is **December 31, 1994.** For more information, contact NBCAM, Board of Sponsors Award, Foresight Communications, 1233 20th St., NW, Washington, DC 20036.

Since AMWA is a member of NBCAM's Board of Sponsors, AMWA-sponsored programs are not eligible for this award. However, local and regional programs in which an AMWA member participates are eligible.

The **Rose Kushner Award for Writing Achievement in the Field of Breast Cancer** recognizes outstanding medical writers who through the print and visual media have made a significant contribution to the public and professional awareness of breast cancer.

Award categories include published articles, brochures, books and scripts.

Send submissions to Rose Kushner Award Committee, 9650 Rockville Pike, Bethesda, MD 20814-3998, Phone: 301/493-0003; Fax: 301/493-6384, by **May 15, 1995.**

Mammography Quality Standards Act Improved

By October 1, 1994, every facility that performs mammography will have to be certified by the Food and Drug Administration (FDA) to continue to operate legally according to an amendment to the 1992 Mammography Quality Standards Act, which was signed by President Clinton in December 1993.

The newly enacted FDA regulations establish quality control standards and a certification system for more than 10,000 U.S. medical facilities that perform and interpret mammography tests.

Even facilities that do not perform mammography but only interpret mammograms, will have to be certified that they meet FDA's standards.

The rules cover equipment, personnel and practices at mammography facilities. They also set standards for approval of accrediting bodies.

The recent regulations require that mammography facilities be certified by an accrediting body approved by the FDA. Nearly 60 percent of all mammography facilities are accredited currently by the American College of Radiology (ACR). ACR already has received FDA approval as an accrediting body.

The new accreditation and certification process is the first part of the plan to upgrade the nation's mammography system. The FDA has established a new advisory panel, The National Mammography Quality Assurance Advisory Committee, to help it develop final mammography standards.

In related news, AMWA members Judy Dean, MD, and Catherine Henry, MD, participated as peer reviewers of the Agency for Health Care Policy and Research Guideline on Quality Determinants for Mammography.

LEGISLATIVE UPDATE

As the possibility of agreement on health care reform diminishes for the current Congressional term, other policy issues affecting women's health grab the spotlight. Here are a few of them.

Minority Health Improvement Act

Having passed both houses, the Minority Health Improvement Act is now in conference committee. The House version of this legislation contains four women's health provisions: 1) establish in statute the Office of Women's Health within the Public Health Service headed by AMWA member, Susan Blumenthal, MD, MPA; 2) authorize a study on the adequacy of women's health curricula in medical schools; 3) establish policies at the National Institutes of Health regarding the employment of women scientists; and 4) authorize a study on the number of U.S. women who have undergone female genital mutilation. The Senate version of this legislation does not contain these amendments.

Action Needed: Call/write your members of Congress to ensure the conference report includes these critical women's health provisions. Encourage their support for the passage of the legislation.

Tobacco Advertising and Promotion Studies Act of 1994

Michele Bloch, MD, PhD, Chair of AMWA's Anti-Tobacco Subcommittee, helped draft the Tobacco Advertising and Promotion Studies Act of 1994 (HR 4279). This legislation requires the Federal Trade Commission (FTC) to investigate whether and how tobacco and alcoholic beverage companies target women, girls and minorities through their advertisements and promotions.

The FTC would conduct four studies: 1) to determine if targeted advertising messages cause women, girls and minorities to increase their use of tobacco and alcohol products; 2) to examine wording and imagery used in tobacco advertising; 3) to look into the use of messages concerning "low-yield" cigarettes as opposed to quitting smoking or smoking "non low-yield" cigarettes; and 4) to examine the demographics of audiences for cigarette advertising and promotions, including expenditures for advertising targeted toward different age, race, gender and socioeconomic groups.

AMWA is working to form a network of organizations involved in women's, minority and health issues to elicit support for this bill.

Action Needed: Call/write your members of Congress and urge them to sign-on as co-sponsors of HR 4279.

SUCCESS!

Violence Against Women Act

Initially before the House and Senate as part of the Crime Bill in July, this measure was defeated as was the total bill. After an all out blitz by the Administration, the Crime Bill was resuscitated in mid-August, passed and signed by the President. The Crime Bill includes the Violence Against Women Act (VAWA), and allocates $1.8 billion in funding for VAWA and includes the first-ever civil rights remedy for victims of felonies motivated by gender bias. It increases funds for battered women's shelters, rape education and prevention programs, and the training of police, prosecutors and judges. The bill also provides funding for a national family violence hotline and requires all states to honor restraining orders issued in other states.

Thanks to all AMWA members who worked hard for passage.

Call for 1995 Awards Nominations

It's not too early to submit your nominations for the 1995 Elizabeth Blackwell, Bertha Van Hoosen, Camille Mermod, and Nutrition Education Awards. Submit a statement indicating the basis for your nomination and the nominee's CV to Marcia Saumweber at AMWA. Deadline for receipt of nominations is **January 2, 1995**.

Curriculum *continued from page 1*

Curriculum will provide physicians with these vital skills."

Part II of the Advanced Curriculum focuses on the Early (birth-18), Young Adult (19-39) and Advanced Years (80+).

The Early Years workshops include childhood and pre-teen care, eating disorders, family planning and teenage pregnancy, and alcoholism in adolescents.

Young Adult Years seminars feature preconception and prenatal counseling, domestic violence, migraines, depression, common sexual concerns, arthritis, cardiovascular disease and hormone disorders and infertility.

The Advanced Years workshops focus on pharmacokinetics and drug use, comprehensive geriatric assessment and violence, and abuse of the elderly.

"Baby boomers are about to reach menopause," said Lila A. Wallis, MD, AMWA Past President and Course Director of the Curriculum, "and physicians caring for them must be knowledgeable about estrogen replacement, osteoporosis, breast cancer, as well as heart disease."

Round table group discussions will address these and other concerns informally.

In addition, there will be practical workshops for physicians on breast and pelvic exams, an introduction to colposcopy, and a session on reproductive technologies.

The Curriculum is being co-sponsored by Aetna Health Plans, Astra/Merck, Bristol-Myers Squibb Company, Burroughs Wellcome Company, Ocean Spray and The Upjohn Company.

To register, or for more information contact the program administrators at the Center for Continuing Education, University of Nebraska Medical Center, 600 South 42nd Street, Omaha, NE 68198-5651.

To request a brochure by phone, call 402/559-4152, or use the toll free MD ADVANTAGE number, 1-800-642-1095.

MEMBERSHIP NEWS

Mail Ballots Due

Mail ballots for the Nominating Committee, Regional Governors (of odd numbered regions), and resident member representatives to the Board of Directors (resident members only), are due to AMWA no later than **October 19, 1994**.

Make your vote count! Get your ballot in on time.

Disability Assistance

A solution to the threat of disability is the AMWA Disability Income Plan. Researched by AMWA for its members, the plan now offers up to $1,500 per month on a simplified acceptance basis for members and/or their spouses who suffer a disabling accident or illness. The benefits are unrestricted and can be paid in addition to any other disability plan, Workers' Compensation, and other insurance. Benefits are tax-free according to current IRS rulings.

Members and/or their spouses under the age of 60 are eligible to apply for $500, $1,000 or $1,500 in monthly benefits as long as they have been working for the past 90 days and have not been hospitalized in the last six months.

Benefits begin on the 31st day of disability and continue for up to five full years for a covered accident and up to one full year for a covered illness. Maternity is excluded.

Complete details will be in the mail soon. For information, contact Insurance Administrator, Albert H. Wohlers & Co., 1440 N. Northwest Highway, Park Ridge, IL 60068-1400, 1-800-323-2106.

Delegate Reminder

Physician Branch Presidents have until **October 13, 1994** to submit the names of the members who will be representing their branches when AMWA's House of Delegates convenes at the Annual Meeting in November.

Delegates and alternate delegates must be active members of national AMWA; branch only members are ineligible to serve as delegates.

Student Branch Presidents must submit delegates and alternate delegates by **October 20, 1994**.

Feeling Good About AMWA

Positive words paint positive pictures. If AMWA membership has made you a better physician, or if your involvement in AMWA activities has given you increased recognition in the medical profession, AMWA would like to hear from you.

AMWA plans to use written testimonials discussing the advantages of AMWA membership to build a database to be used for promotional purposes during 1995—AMWA's 80th Anniversary.

There are no guidelines regarding subject matter or length of the endorsements.

For more information or to submit a testimonial, contact AMWA's Membership Department.

Breast and Cervical Cancer Education Project Launched

Early detection and treatment are the keys to reduced mortality from both breast and cervical cancer. Yet screening mammography and Pap smears continue to be underutilized, particularly for low-income and minority women as well as women older than 65.

To address this serious threat to women's health, AMWA's Breast and Cervical Cancer Education Project for Primary Care Physicians will train 3,000 to 4,000 physicians through one-day continuing medical education (CME) workshops conducted by AMWA's Master Faculty.

The project was developed by AMWA under the leadership of Janet Rose Osuch, MD, FACS, Associate Professor of Surgery, Michigan State University and Chair of AMWA's Breast Cancer Subcommittee and Diana L. Dell, MD, FACOG, Assistant Professor of Ob-Gyn, Duke University and AMWA's President-Elect.

The workshops will be conducted nationwide by a Master Faculty of 19 women physicians recruited and trained by AMWA. Workshop topics include performing patient-sensitive clinical breast and cervical cancer exams, interpreting exam findings, determining the appropriate frequency for screening and identifying appropriate patient management and follow-up.

The project, funded in a three-year cooperative agreement by the Centers for Disease Control and Prevention (CDC), is part of the U.S. Public Health Service's National Strategic Plan for the Early Detection and Control of Breast and Cervical Cancer. This is a nationwide effort dedicated to ensuring that every woman, for whom it is appropriate, receives regular screening for breast and cervical cancer, prompt follow-up and certainty that the tests are performed in accordance with current recommendations for quality assurance.

Thus far in 1994, AMWA has received $150,000 for its participation in this project.

Heart Disease in Women Physician Training Held

Often, heart disease in women is undiagnosed and untreated. Because diagnosis and treatment protocols have been based on the male model, opportunities for early and accurate detection and management of the disease in women are frequently missed.

To address this public health problem, AMWA's Education Project on Coronary Heart Disease in Women was launched during August in Minneapolis. The project's goal is to train a Master Faculty of 20 internists and cardiologists to conduct continuing medical education (CME) workshops on the risk factors, prevention, diagnostic evaluation, symptomatology and treatment strategies of coronary heart disease in women.

Workshop presenters included Debra R. Judelson, MD, FACC, Project Leader for AMWA's Education Project on Coronary Heart Disease in Women, AMWA Vice President of Membership and Chair of AMWA's Subcommittee on Cardiovascular Disease in Women; D. Douglas Miller, MD, CM, FACC, Associate Professor of Medicine, Director of Nuclear Cardiology and Cardiovascular Biology, St. Louis University Medical Laboratory Center, Missouri; Nanette Wenger, MD, FACC, Professor of Medicine, Emory University School of Medicine, Atlanta, Georgia; and Cheryl E. Weinstein, MD, FACP, Cleveland Clinic Foundation, Ohio, and AMWA Director of Residents.

Debra R. Judelson, MD, Project Chair, addresses the Master Faculty members of AMWA's Education Project on Coronary Heart Disease in Women.

A presentation skills workshop was presented by Sheri Singer, AMWA's Director of Public Affairs. Kelly Trippe, AMWA's Director of Training and Education, provided logistical information.

Following the Master Faculty training, physicians will present the workshop to groups of physicians in their geographic areas using supporting materials developed by AMWA.

These workshops will be arranged by AMWA staff working cooperatively with Master Faculty members. For more information about workshops held in your area, contact Jennifer Butera at AMWA.

This project has been made possible by an unrestricted educational grant from DuPont Radiopharmaceuticals, a division of the DuPont Merck Pharmaceutical Company, as part of *The Difference in a Woman's Heart,* ^{SM} a national action campaign to educate physicians and patients about heart disease in women.

Thus far in 1994, AMWA has received $80,000 for its participation in this project.

RHI Plans for the Future

AMWA's Reproductive Health Initiative (RHI) goals include curriculum development, the medical student seminar, the student elective, and reproductive health awards.

Thus far in 1994, the AMWA Foundation has received $235,000 for its participation in this project.

The funds will be used over the next three years.

RHI Curriculum Development

Kathryn C. Bemmann, MD, AMWA President, joined RHI Chair, Sally Faith Dorfman, MD, MSHSA, Project Leaders and AMWA staff in May for a meeting to discuss RHI's seminar and elective.

Before this meeting, the Project Leaders reviewed medical school curricula and prepared presentations for the development of educational modules for the one-month elective. The group also outlined the one-day RHI seminar and discussed implementing the curriculum.

The RHI Project Leaders include: Maria Bustillo, MD (primary care infertility); Mary Guinan, MD, (sexually transmitted diseases); Elizabeth Karlin, MD, and Kaaren Nichols, MD, (abortion); Deborah Smith, MD, committee member; Felicia Stewart, MD, (contraception); and Carolyn Westhoff, MD, (communication).

RHI Seminar

RHI Advisory Committee members are finalizing the selection of 20 AMWA physicians for the Master Faculty. The Master Faculty Training will be held next year. RHI seminars led by Master Faculty members, will occur at medical schools during 1995 and 1996.

RHI Elective

An announcement aimed at enticing fourth year medical students to apply for the RHI elective was distributed in March to medical schools, AMWA student members, and Medical Students for Choice. RHI Advisory Committee members selected a total of nine medical students: six medical students from schools other than the site schools and three from the elective site schools.

Elective sites have been established at Columbia University in New York City for July 1995, and the University of Iowa, Iowa City, for September 1995.

RHI Advisory Committee member Felicia Stewart, MD, discusses AMWA's Reproductive Health Initiative project goals at a meeting of the Advisory Committee last May in Washington, DC.

Reproductive Health Awards

Nomination materials for 25 national and 13 local candidates have been reviewed and award recipients will be acknowledged at AMWA's Annual Meeting.

AMWA Conducts Research to Help Women Make Health Care Decisions

AMWA is hard at work researching the possibility of developing a user-friendly guide to assist women in their health care decision-making. The ultimate goal of the project, made possible by The Commonwealth Fund, is to determine which type(s) of user-friendly guide(s) will provide women with strategies for becoming more knowledgeable decision-makers and more active participants in their health care and the care they seek for their families.

During the current six-month planning phase of the project, AMWA will use literature reviews, physician/women patient focus groups, and meetings with experts in reaching specific groups of minority women to thoroughly investigate the issue of improving physician-patient communication.

Based on the results of these activities, AMWA will make recommendations about the guide's format, content, production and dissemination. Development of these recommendations will be guided by an advisory committee chaired by Willa Brown, MD, MPH, AMWA Regional Governor, Region III.

The second phase of the project, which has not been awarded yet, will be to develop the guide.

Thus far in 1994, AMWA has received $23,500 for its participation in this project.

Newsletter Expands

To bring you more news about AMWA activities and members, the Board of Directors voted to increase *What's Happening in AMWA?* from eight up to 12 pages. This will result in no additional costs since Managing Editor, Sheri Singer, is producing the newsletter on a home desktop publishing system.

DIRECTOR OF STUDENTS

Starting A Mentor Program

Carolyn A. Webber, MD, Director of Students

Welcome back to school/work!

With the recent start of classes, my thoughts have turned to mentor programs.

Does your school or AMWA branch have an organized, ongoing mentoring program? Did you ask about a mentor program during your admission interview?

If your school does not have an organized program, there are many ways you can help start one. First, ask the dean of the medical school, dean of students, or an academic development official about establishing such a program for all students.

In my experience as a medical student at Howard University (Washington, DC), we had faculty and student advisors already assigned to us when we arrived on campus. I want to provide you with examples of various mentor programs.

You can read about the mentoring program organized by women at Columbia Presbyterian Medical Center's Women's Resource Center (WRC) for all women working on the Health Science campus in the fall 1994 WRC newsletter, The Common Voice (CPMC, WRC, P&S, Box A-A, 630 W. 168 St. New York, NY 10032).

AMWA National Student Coordinator, Kristen Savola, was one of the founders of WRC. Claire Holderness, MD, 1993-94 Branch President, and Anne E. Bernstein, MD, AMWA member, faculty sponsor and clinical professor of psychiatry, are co-directors of WRC which is scheduled to open October 19, 1994.

An article in the WRC newsletter describes how a video titled "A Day in the Life of a Female Physician," was a mentoring tool for girls and young women in New York City. The video, which was shown at the AMWA Annual Meeting in New York, November 1993, features a woman physician at work. This is another way to mentor.

Another good example of mentoring occurred at SUNY Health Science Center at Brooklyn last year. AMWA second year medical students provided mentoring for first year students by lending books and exams, providing advice and sharing information about international electives.

Consider ways to incorporate faculty members, other physicians and alumni in your mentoring program. This year at SUNY Brooklyn, alumni re-instituted a mentoring program for all entering medical students. This program was coordinated by the academic development office.

Let me share my experience as a mentor with you. I am proudest of my mentoring of AMWA Past President, Leah J. Dickstein, MD, to encourage her before she went to medical school. Now she mentors me and many other people in her role as professor of psychiatry and associate dean for faculty and student advocacy at the University of Louisville. Of which of your mentees are you proudest? Let me know.

AMWA strongly encourages mentoring programs and annually awards its Janet E. Glasgow Essay Award to a woman physician who has been an outstanding role model. The award is open to all AMWA medical student members and the recipient is chosen by members of AMWA's Professional Development Committee. The 1994 honoree is Leah J. Dickstein, MD. Dr. Dickstein's mentee, AMWA medical student member Susan Yussman, submitted the winning essay. For a 1995 application, contact Marie Glanz at AMWA.

Send information about your experiences to Carolyn A. Webber, MD, Kings County Hospital, Department of Pathology, Code 20, 451 Clarkson Ave., Brooklyn, NY 11203. Fax: 718/245-4168. I look forward to hearing from you.

RESIDENT ROUNDS

Reflections on the First Year of Practice

Kathy G. Keller, DO, Resident Rep.

During my residency, I had frequent fantasies concerning finally completing my training and getting out into the "real world." Every minor frustration caused me to think, "This won't happen when I have my own practice!"

I was tired of being told where to go and what to do; often I felt like an indentured servant. I could not wait to be free of the constraints of residency.

Now that I have been out a year, I am still glad to be done with residency, but I must admit there were days I wanted to crawl back to that structured, rigid and relatively safe situation. No more do I have to discuss cases with an attending [physician] or ask permission to admit someone to the hospital. No one reads my charts. I am not being evaluated once a month.

This has been a very frightening situation to be in — I am on the high wire without a safety net.

Now I am the person who is ultimately responsible for the care of my patients, and there is no one immediately double-checking my care to make sure I am not missing something.

I have had feelings of great insecurity, which have affected my fellow graduates in varying degrees.

How have I coped? I read a lot, even while in clinic. My most frequent statement to a patient is: "Just a minute, let me check on something." I even take the test into the patient's room and read with them, or show them the diagram.

I do not hesitate to say "I don't know," when that is the case. I confer with my partners frequently.

Specialists I rotated with as a resident frequently get phone calls from me for "curbside" consults. My chart notes are quite lengthy and thorough

— thank heaven for dictation!

It is getting better with time. I do feel more confident and secure than I did a year ago. Still, I am not yet the physician I will be in 15 or 20 years.

The key is to be flexible and willing to continue to learn and grow throughout your life as a physician, and realize your training does not end on June 30 or your last year as a resident. Good luck!

Editor's Note: This is Dr. Keller's last column as Resident Representative. AMWA thanks Dr. Keller for her contributions to the newsletter.

STUDENT SENATE

What is a National Student Coordinator of AMWA?

Rose Baghdady and Kristen Savola, National Student Coordinators

What is a National Student Coordinator (NSC) of AMWA? Many of you may have asked yourselves this question when receiving correspondence in the mail from us or when being introduced to us at an AMWA meeting.

In preparation of the NSC elections to be held during AMWA's Annual Meeting, we thought it would be helpful to describe to you what it means to be an NSC. This article will help you to decide whether you would like to be a candidate for the position, and enable you to vote for the best candidates.

Two NSCs are elected at each Annual Meeting from among the active student members by the delegates in the Student Senate. Working together, the newly-elected NSCs decide how to divide their responsibilities for the next year.

NSCs represent students in the House of Delegates and on the Board of Directors. At each of the three national meetings (Annual Meeting in November; President's Retreat, Washington, DC, in January; and Interim Meeting, Washington, DC, in June), the NSCs deliver a report on the activities of student membership and actively represent student interests.

This can be intimidating at first, but after several meetings, you feel more comfortable. It's a great way to prepare for residency interviews and presentations you will make as a physician.

In addition, NSCs are responsible for planning the Student Senate and other student activities (social and scientific) for the Annual and Interim Meetings in coordination with student members of AMWA's national Program Committee. This includes:

- scheduling time for students to meet
- securing low-cost housing
- arranging a student evening activity during the Annual Meeting (a highlight of the meeting)
- conducting Student Senate meetings, including elections.

It is the responsibility of the NSCs to frequently communicate with the Director of Students to keep her informed of student activities as well as to consult her before undertaking major projects.

NSCs maintain close contact with the Regional Student Coordinators (RSCs) and talk about activities or concerns.

NSCs also communicate with AMWA student members through newsletters such as this one and the student newsletter *AMWAtch!*

Overall, the NSCs work toward promoting student membership, branch development and branch maintenance.

The NSCs promote liaisons with other medical student organizations such as the Consortium of Medical Student Organizations (CMSO).

As an NSC, you are expected to attend the quarterly CMSO meetings which are great if you like to travel and meet students from other organizations.

Being an NSC is truly a rewarding experience, and we encourage all of you who are interested to submit a candidate's statement to AMWA's national office before the Annual Meeting (no later than **October 31**).

If you have any questions about the role and responsibilities of an NSC, please contact Kristen Savola, 100 Haven Ave., Apt. 10A, New York, NY 10032, Phone: 212/740-0378; or Rose Baghdady, 245 Union Blvd., St. Louis, MO 63108; Phone: 314/367-0837. We encourage you to consider becoming an NSC.

Now the words National Student Coordinator should no longer be a mystery!

Editor's Note: This is Ms. Baghdady and Ms. Savola's last column as NSCs. AMWA thanks them for their contributions to this newsletter.

Kathryn C. Bemmann, MD, AMWA President, shows her support for AMWA medical students at Region VIII's Regional Conference in Colorado last June. Students are Elizabeth Skirm and Catherine Blish.

Annual Meeting *continued from page 1*

speak about the new female power and how it will change the 21st century, the topic of her most recent book, *Fire with Fire.*

The four-day conference also includes a focus on violence against women highlighted during the Plenary Session (November 5, 1994, 8:00 to 11:00 a.m.) and during the Clinical and Practical Aspects of Violence Against Women Mini-Symposium (November 5, 1994, 2:00 to 5:00 p.m.).

In addition to the seminars mentioned above, the Annual Meeting, which is expected to attract approximately 800 women physicians, residents and medical students, will feature workshops on the following subjects:

- controversies in breast cancer
- migraine headaches
- new options in contraceptives
- management of hormone replacement
- women and aging
- governmental regulations and drug development as they relate to women's health
- global human rights for women.

"As women physicians, we can make a difference and influence the direction of health care for all women," said Gerrie Gardner, DO, AMWA Program Chair. "AMWA's Annual Meeting program reflects our important role as an association of women physicians dedicated to promoting women's health issues."

The meeting is being sponsored by AMWA in conjunction with the Federation of Medical Women of Canada. It also is the First North American Regional Meeting of the Medical Women's International Association (MWIA).

For the first time, the meeting also features a presentation of international papers on topics of global interest to women physicians on women's health issues.

For a registration form, contact AMWA.

NEWS ROUND-UP

Women Outnumber Men as Young ACOG Fellows

For the first time in the 43-year history of the American College of Obstetricians and Gynecologists (ACOG), the number of ACOG female Junior Fellows exceeds the number of male Junior Fellows.

As of July 1994, there were 4,404 female Junior Fellows and 4,397 male Junior Fellows representing 25 percent of the total ACOG membership of 34,518. Junior Fellows are physicians in residency training or in the early years of ob/gyn practice who must become board certified and meet other requirements before becoming Fellows of ACOG. More than 90 percent of all board certified ob/gyns in the U.S. are ACOG Fellows.

ACOG officials expect the influx of young women physicians to impact all areas of the specialty. Although women still make up only 18 percent of all ACOG Fellows, that proportion is likely to change as young women advance in the profession.

Other data indicate that women will continue to be well-represented within the specialty. In 1994, 54 percent of all residents in ob/gyn are women, one of the highest percentages of all medical specialties.

In 1993, women represented 19 percent of all physicians in the U.S.

Reproductive Choice Voters Guide Available

The Religious Coalition for Reproductive Choice, along with the Women of Color Partnership, is producing a voters' guide that provides voters with questions to ask of candidates about health care reform, welfare reform, sex education, family planning and abortion. The publication is titled *Pro-Faith, Pro-Family, Pro-Choice: A Religious, Pro-Choice Voters' Guide* and is available by contacting the Religious Coalition, 1025 Vermont Avenue, NW, Suite 1130, Washington, DC 20005, Phone: 202/628-7700.

FACE Pamphlet Explains Patient Rights

To enhance your understanding of patient rights under the Freedom of Access to Clinic Entrances Act (FACE), the NOW Legal Defense Fund has published a guide. The question-and-answer format provides advice and information on what activities violate FACE, how to gather and log evidence and how to contact a state attorney general. It also discusses how to use FACE to address a harassment situation. For a copy, contact the NOW Legal Defense Fund, 99 Hudson Street, New York, NY 10013, 212/925-6635.

MEMBERS IN THE NEWS

Emily E. Lutz, MD, received an alumni achievement award during the Ohio State University College of Medicine Alumni Reunion in September for excelling in her field. A leader in the development of sports medicine for female athletes, Dr. Lutz was the first female Olympic physician and was responsible for the medical care of Olympic Athletes in 1984.

Lila Stein Kroser, MD, FAAFP, received the Alumni Association Service Award from the Medical College of Pennsylvania for her years of commitment, leadership and dedication. Dr. Kroser is President of the Board of Trustees of the Family Health Foundation of Pennsylvania and Director of the Pennsylvania Academy of Family Physicians. She is an AMWA Past President and running for President-Elect of MWIA.

Lila A. Wallis, MD, AMWA Past President, received the *Georgeanna Seegar Jones, MD, Lifetime Achievement Award* from the Society for the Advancement of Women's Health Research and the Warner-Lambert Company, in cooperation with the National Health Council for her lifetime work on behalf of women's health. Dr. Wallis received the prestigious honor in June at the Second Annual Congress on Women's Health awards gala.

Dorothy B. Gaither-Randolph, MD, an AMWA member for 16 years, was killed in a car accident near Oxon Hill, Maryland, in July. Dr. Gaither-Randolph, an obstetrician-gynecologist, had been practicing in Washington since 1975 and was the Director of the Annandale Women's Center. Dr. Gaither-Randolph, a native of Knoxville, TN, attended Howard University Medical School where she later served as a clinical instructor.

REGISTRATION

Annual Meeting

To register for **AMWA's 79th Annual Meeting,** *Women Promoting Women's Health: Empowering Our Global Family,* contact AMWA for a program brochure and registration form at 703/838-0500.

Advanced Curriculum on Women's Health

To register for the **Advanced Curriculum on Women's Health,** *Part II, Early, Young Adult and Advanced Years,* contact the conference administrators at the Center for Continuing Education, University of Nebraska Medical Center, 600 South 42nd Street, Omaha, NE 68198-5651, Phone: 402/559-4152.

BULLETIN BOARD

Understanding Menopause

To provide women with information about the hormonal changes and risks associated with menopause, AMWA members are participating in *Understanding Menopause.*

AMWA physician volunteers are matched with chapters of the Federation of Business and Professional Women, a national organization that promotes economic self-sufficiency and equity for women. Since the introduction of this project in 1993, more than 450 programs have been presented. Currently there are about 800 AMWA physician volunteers for this patient education project.

This fall, *Understanding Menopause* will be expanded and offered to more than 2,000 corporations nationwide through the Wellness Councils of America (WELCOA), a nonprofit organization that promotes healthier lifestyles and provides employee education programs.

This project has been made possible by a 1994 $25,000 educational grant from Wyeth-Ayerst Laboratories. For more information, contact the project administrator, Kimberly Schlarsky, Burson-Marstellar at 212/614-4001 or Sheri Singer at AMWA.

Reform *continued from page 1*

we will continue to support plans which embody these principles."

In addition to universal access, AMWA favors a basic benefits package with a strong emphasis on primary care and preventive services. AMWA considers the free choice of physicians by the patient and the continuity of the doctor-patient relationship extremely important.

Furthermore, AMWA believes that medical decisions should be made by physicians, not managed care plans.

AMWA wants responsible financing mechanisms that distribute the cost burden fairly and realistically.

In addition, AMWA favors simplifying payment mechanisms and decreasing administrative costs, so that the greatest portion of the health care dollar goes into services and programs (including medical education) that are devoted directly to patient care.

AMWA does not want medical criteria for covered benefits set in bureaucratic concrete, but revised in a timely manner to reflect medical progress including scientific research and evolving technology.

In the single-payer system, emphasis is placed on primary care and prevention, including incentives to train more primary care practitioners. Community-based primary care clinics are expanded to provide increased service to underserved rural and urban populations.

Additional funding is provided for public health programs including primary care, prevention, training of primary care providers, state public health formula grants and lock grants for core functions, and outcomes research. Consumer input is insured through federal, state and local administrative structures.

The House leadership health care reform bill aimed to provide universal coverage through an employer mandate and by creating a new federal program, Medicare Part C, which would provide insurance for those without full-time work force connections.

AMWA decided not to endorse the Senate leadership bill introduced by Sen. George Mitchell (D-ME) because the Executive Committee felt it did not go far enough to ensure the principles of real reform.

With each vote, AMWA's Executive Committee recognized that no single bill introduced in Congress encompassed each one of the complex and diverse issues of concern to AMWA, to our members and to our patients.

But these two bills were significant proposals that represented to a large extent, the principles and positions expressed consistently by AMWA members responding to inquiries on health care reform.

Calendar

October 14-17, 1994
Advanced Curriculum on Women's Health
Part II: Early Years, Young Adult Years and Advanced Years
Adam's Mark Hotel
Philadelphia, Pennsylvania

November 2-6, 1994
79th Annual Meeting
Women Promoting Women's Health: Empowering Our Global Family
Disney's Contemporary Resort
Lake Buena Vista, Florida

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LIBRARIES PLEASE NOTE: The correct volume number for 1994 appears on the cover of this issue as XIX. Please note change.

AMWA Thanks Members

AMWA wishes to thank the following individuals who have recruited new members since the August 1994 newsletter was published for the 1993-1994 Leah J. Dickstein, MD, Recruitment Campaign:

Doris G. Bartuska, MD
Jodi Bayley
Kathryn C. Bemmann, MD
Sheila L. Butler, MD
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Rheydene Ferguson
Jean L. Fourcroy, MD
Stephanie Geller, MD
Lillian G.Pardo, MD
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Susan M. List
Katherine A. Martin, DO
Margaret M. Mullins, MD
Kaaren A. Nichols, MD
Kathryn Sowell
Jennifer Tash
Angela R.C. Tiberio, MD
Lyn Weiss

Special thanks to the following members who have put extraordinary effort into recruiting and retaining members by submitting names of incoming medical school freshmen and/or names of new residents:

Vivian Aguilar
Audrey Cheung
Cynthia Chuang
Pamela Petersen-Crair
Jenny Libien
Emmekunla Nylander
Sue Zimmerman

Call for Delegates to MWIA Congress

AMWA is seeking 10 additional physician members to serve either as delegates or alternates at their own expense to MWIA's International Congress to be held at The Hague in the Netherlands, May 7-12, 1995. If you wish to serve or want a final brochure, including a registration form, contact Marie Glanz at AMWA.

WHAT'S HAPPENING IN AMWA

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