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## Join AMWA Today!

AMWA's Donor Members include contributors who believe in AMWA's mission and goals through advocacy and our charitable programs. Donation categories are variable and affordable. To Donate Now, [Click HERE](#). For those interested in Voting Membership categories, annual dues are as follows: Member, \$225; Discounted & Non-Physician Member, \$150; Resident Member, \$100; Medical Students, \$75 (one time fee); and Undergraduate Students, \$25 (one time fee).

## Donate to AWHs

## American Medical Women's Association

This message contains graphics. If you do not see the graphics, [Click here to view](#)



## Save the Dates- 2010 Annual Meeting, Friday, March 26 through Sunday, March 28 celebrating AMWA's 95th Annual Meeting!

AMWA will again team up with the Institute for Women's Health for the 2010 meeting, held at The Crystal Gateway Marriott in Crystal City, VA.

## Preparation for AMWA Day on the Hill 2010

Make your voices heard in health reform and other legislative matters. Join us Thursday March 25, 2010 for Advocacy Day immediately before the Women's Health Congress/ 95th year Anniversary AMWA Meeting. There will be a panel discussion in the morning and we will meet with our Legislators and/or their Health Legislative Assistants in the afternoon. If you are interested please RSVP to [lwatersMD@yahoo.com](mailto:lwatersMD@yahoo.com).

### Reform Matters Toolkit

An important part of AMWA's advocacy activities is to ensure that women's specific needs and the challenges are addressed within the health care system. The National Women's Law Center whose work focuses on women's health and health care coverage has a great advocacy and lobbying resource called the **Reform Matters Toolkit**. This Toolkit provides the resources women's advocates need to be full participants in the health care reform movement and policy debates at the state and national levels. The toolkit explores various health care reform proposals and their impact on women's access to comprehensive, affordable, quality care.

### 2010 Award Nominations

Nominations for the 2010 AMWA Awards are now being accepted for the awards below.

#### Elizabeth Blackwell Award

This award, initiated in 1949 by Elise S. L'Esperance, M.D., is granted annually to a woman physician who has made the most outstanding contribution to the cause of women in the field of medicine.

#### Bertha Van Hoosen Award

This award is named in honor of the Founder and first President of AMWA, and honors a woman physician who has demonstrated exceptional leadership and

Help AMWA maintain and expand vital programs by supporting the American Women's Hospitals Service. AWHS supports medical clinics for the under served and international travel grants for young women physicians and medical students. Your gift to AWHS is fully tax deductible, and you will have the comfort of knowing that each AWHS-supported clinic's service and quality of care is monitored by AMWA physicians. You can see the stories of our clinics and read stories told by students who have received our travel grants posted on our website, [www.amwa-doc.org](http://www.amwa-doc.org). To order AWHS logo note cards, [click here for an AWHS Note card Order Form](#)

**AMWA thanks our Corporate Partners for their continued generous support:**








service to AMWA, and has been an active member for at least five years.

#### Lila Wallis Women's Health

This award is given in the name of one of AMWA's most beloved Past Presidents. Each year, the award is given to an individual whose lifetime achievements, accomplishments, motivation, mentorship, energy and enthusiasm for women's health, education, and research reflect the trailblazing achievements and influences in women's health exemplified by Dr. Lila A. Wallis.

#### Woman in Science Award

This award is given to a woman physician who has made exceptional contributions to medical science, especially in women's health, through her basic and/or clinical research, her publications and through leadership in her field.

#### Anne C. Carter Leadership Award

This award honors the memory of Anne C. Carter, MD, and is in recognition of a national student leader in AMWA. *The award honors Dr. Carter's dedication to the welfare and success of all women medical students. Dr. Carter's life was a celebration of what women can achieve and contribute to others. For many years, Dr. Carter was Trustee of the Financial Aid Fund of AMWA's New York Branch 14, served as Chair of the Student Loan and Scholarship Committee, and on the AMWA Foundation Board.*

Email nomination and CV to [associatedirector@amwa-doc.org](mailto:associatedirector@amwa-doc.org) by January 15, 2010.

#### Consider AMWA's Legacy Fund for Year End Donations

Construction on AMWA's permanent lobby exhibit at the Archives & Special Collections on Women in Medicine--the largest collection of material pertaining to the history of women in medicine in the US, is almost complete! Located in Philadelphia, Pennsylvania, the Archives will be part of Drexel University's new building for the Institute for Women's Health and Leadership. To secure this permanent exhibit space in the new building, AMWA will need to raise \$100,000 over the next year. Please consider a contribution to this worthy cause. Any amount will help us reach the goal. Donations of \$2,500 and above will be individually recognized in the lobby's The Wall of Fame display.

**[Click here to donate now!](#)**

#### AMWA News

#### Call for Physicians Interested in Global Health and Leadership

*Engeye Health Clinic, Uganda Seeks Resident Medical Director*

Passionate about providing healthcare abroad? Interested in applying your medical degree where it will make a difference? The **Engeye Health Clinic** in Ddegeya Village, Uganda is seeking a Resident Medical Director to partner with Ugandan clinic staff in operating the clinic and directing healthcare policy in the Ddegeya catchment area.

We are interested in bringing a seasoned physician onto our team who will be able to:

1. Review and update our current healthcare diagnosis and treatment protocols
2. Collaborate with Ugandan clinic staff in management of daily operations
3. Maintain a list of medical action items to be addressed and effectively communicate needs to the U.S. team
4. Practice medicine in Ddegeya Village for a minimum of 9 months

Previous international experience preferred.

If you are interested in this amazing opportunity, please contact [misty.richards@engeye.org](mailto:misty.richards@engeye.org). Additionally, for more information on Engeye's current operations and past achievements, please visit [www.engeye.org](http://www.engeye.org).

Engeye's mission is to improve living conditions and reduce unnecessary suffering in rural Africa through education and compassionate health care. Implicit in every project that we undertake is the understanding that it will ultimately be sustainable with little or no outside assistance. The Engeye Health Clinic is a non-

profit organization built from the ground up in 2006 to provide healthcare for a village in desperate need. Since the first medical mission in 2007, over 15,000 patients have been treated. The clinic functions due to equal partnership between Ugandans and Americans who share a common goal of making the world a better place through practicing compassionate medicine.

### **Are you involved in a local AMWA branch?**

AMWA headquarters is updating the branch listings, so please email your branch name and contact information to [associatedirector@amwa-doc.org](mailto:associatedirector@amwa-doc.org).

### **Reminder to AMWA Student and Resident Members**

A reminder about one time fees for Students and Residents:

- Undergraduate students- onetime fee of \$25
- Graduate/medical students- onetime fee of \$75
- Residents- onetime fee of \$100

If you are currently a Student or Resident member, please email your anticipated completion year to [associatedirector@amwa-doc.org](mailto:associatedirector@amwa-doc.org) so we can extend your

### **Take a Stand for Women around the World with CARE**

In honor of the International Day for the Eradication of Poverty on October 17, here are two simple ways that AMWA members can stand in solidarity with poor and marginalized women around the world:

--Read, learn and act! Encourage your book club, colleagues or members of your local AMWA branch to read the new book, "Half the Sky", by Nicholas D. Kristof and Sheryl WuDunn. This moving book takes you on a journey through Africa and Asia to meet an extraordinary array of women who struggle and triumph in the face of poverty and oppression, including a woman in Burundi who becomes an empowered entrepreneur with the support of a CARE village savings and loan program. After reading the book, gather together at your next meeting, or at a local coffee house or living room, to start a conversation about the challenges and opportunities women and girls face around the world, and then take action together! For a discussion guide and more information visit [click here](#).

--Speak out! Providing economic opportunity for women is key to the fight against global poverty. Tell your member of Congress to support the **GROWTH Act** to help women around the world get the tools and resources they need to lift themselves and their families out of poverty. The act promotes microfinance tools like village savings and loan programs, enhanced land and property rights, and business training for women in developing countries.

Together, we have the power to help women around the world build a better future for all!

### **Count Down to Universal Access**

AMWA has put together a list of organizations that are working hard to ensure health care reform. Keep up to date with the latest from Congress and how to take action to make your voice heard.

#### **Physicians for a National Health Program**

*To receive e-alerts go to the 'Sign up for PNHP's E Alerts' box on the homepage. Enter in your email address and state.*

#### **Healthcare-NOW!**

*To receive e-alerts click on 'Healthcare-NOW! Updates' on the homepage. Click 'Sign Up' button under 'Sign up to receive monthly Healthcare-NOW! Email updates and/or action alerts'. Fill in and submit the form.*

#### **Progressive Democrats of America**

*To receive e-alerts enter your email address and zip code in the 'Join Our Email List' box on the homepage.*

#### **Association of Women's Surgeons**

*To receive e-alerts enter your email address in the 'Stay Informed' box on the homepage.*

#### **Center for Policy Analysis**

To join listserve, send blank email to: [join-equal@list.equalhealth.info](mailto:join-equal@list.equalhealth.info).

## Universal Health Care Action Network (UHCAN)

### League of Women Voters

### National Physicians Alliance

### Health Care for All Colorado

### Doctors for America

### Raising Women's Voices

## Secure Health Care for All

This past July, we gathered **over a 1,000 prescriptions for health reform** from physicians across the country and delivered them to Congress. **Response to that treatment plan was very positive!** It's three months later, and so naturally a **refill is needed** on those prescriptions.

The Senate leadership is now working on merging the HELP Committee and Finance Committee bills. Similar work is proceeding on the House side. This is a critical time to send your members of Congress a new prescription for health reform, encouraging them to **include a robust public option** in the legislation.

**On prescription pads, write simple letters to your members of Congress.** Handwritten letters, especially from physicians, are more powerful than e-mail, and the message can be as simple as:

*"Hello Senator/Representative \_\_\_\_\_, as one of your constituents and as a (physician, medical student, nurse, etc.), I agree with over 500,000 doctors who support health reform this year because our patients can't wait. For health reform to be meaningful in my patients' lives, it must include a robust public option, which 73% of doctors think is a good idea. Please support the public option and make health reform help patients, not insurance companies."*

These prescriptions can be **faxed** to your members of Congress at their offices in DC. Here's a helpful directory to look up the fax numbers: <http://www.congressmerge.com/onlinedb/index.htm>

**Your messages are making an impact!** The medical community has the trust and respect of the American people and Congress. Our collaboration can make equitable, high quality, affordable health care for all a reality!

Thanks for your time,

Sanjeev K. Sriram, MD MPH

## Policy, Legislation & Oversight

### Public Option is Next Big Hurdle in Health Debate

By Sherly Gay Stolberg

**WASHINGTON** — As the White House and Congressional leaders turned in earnest on Wednesday to working out big differences in the five health care bills, perhaps no issue loomed as a greater obstacle than whether to establish a government-run competitor to the insurance industry.

One day after the Senate Finance Committee approved a measure without a **"public option,"** the question on Capitol Hill was how **President Obama** could reconcile the deep divisions within his party on the issue. All eyes were on Senator **Olympia J. Snowe**, the Maine Republican whose call for a "trigger" that would establish a government plan as a fallback is one of the leading compromise ideas.

Two senior administration officials, speaking on condition of anonymity, said the White House looked favorably on the Snowe plan. But liberal Democrats were maneuvering against it Wednesday, arguing that Ms. Snowe, the lone Republican to vote in favor of the Finance Committee's bill, was gaining undue influence over the

talks.

**[Read the full story at nytimes.com](#)**

## **Democrats Weigh Wider Coverage**

*By Greg Hitt*

WASHINGTON -- Senate Democrats may widen insurance coverage in sweeping health legislation, Finance Committee Chairman Max Baucus said Thursday, but they face a struggle to come up with ways to pay for the extra spending.

Liberal lawmakers and some others say the 10-year, \$829 billion package approved by the Senate Finance Committee this week doesn't go far enough to expand health coverage and puts too great a burden on lower- and middle-income families to buy insurance.

According to the nonpartisan Congressional Budget Office, the bill would ensure that 94% of nonelderly Americans are covered by health insurance in 2019, up from 83% in 2010.

Senate Democrats may add to subsidies for lower-income families to push that percentage to 95% or 96%, people familiar with the discussions said. If more people sign up for insurance, fewer would face the penalties that the bill proposes for those who choose to go without coverage.

Democratic leaders in the House are also debating how to expand coverage. One option: further widening eligibility for Medicaid, said people familiar with the closed-door negotiations.

**[Read full story at wallstreet journalonline.com](#)**

## **Health & Wellness**

### **Tylenol May Weaken Effectiveness of Kids' Vaccines**

*By Steven Reinberg*

THURSDAY, Oct. 15 (HealthDay News) -- Fever after a vaccination is a normal and essential part of building an immune response, and giving children acetaminophen - - best known in the U.S. as Tylenol -- after a shot could dampen that response, a new study finds.

With some vaccines, transient fever means that a child's immune system is processing the immunization, providing them with the best protection, explained Dr. Robert T. Chen, a blood safety specialist at the U.S. Centers for Disease Control and Prevention.

Therefore, "unless your doctor specifically recommends it, do not administer fever-reducing medicines at the same time as vaccination to prevent your child from developing a fever," said Chen, who wrote an editorial accompanying a report in the Oct. 17 issue of *The Lancet*.

"It is still okay to use antipyretics [acetaminophen or ibuprofen] to treat a fever, but just not recommended to prevent fever," he added. "High fevers can be serious, especially in infants. It is important to work with your doctor to provide the best care for your child."

For the study, a research team led by Dr. Roman Prymula, from the University of Defence in Hradec Kralove, Czech Republic, did two studies, one when children received their first vaccination and another when they received their booster shot.

**[Read the full story at healthday.com](#)**

### **Making Sense of High-Deductible Health Plans**

*By Walecia Konrad*

And now comes the pitch: What can *you* do to reduce health care costs?

During the open enrollment season for employee benefits, now under way for next year, you are likely to hear a whole lot about Consumer-Directed Health Plans. You, of course, are the consumer. And you're being directed to save your employer a lot

of money — so much so that many employers are offering workers lucrative incentives to make the switch into a consumer-directed plan.

Should you bite? And if you don't have a choice — **General Electric**, for example, is forcing 75,000 of its salaried employees in the United States to choose one of three consumer-driven options — how can you best navigate this new landscape? In this column we'll offer the latest expert advice. But first, some background.

Consumer-directed health plans, in essence, are high-deductible **health insurance**. The plans charge a high annual deductible — starting at \$1,200 for single employees and \$2,400 for families in 2010 — in exchange for lower monthly premiums. And in many cases, there is also a tax break.

[Read the full story on nytimes.com](#)

### **In One Study, a Heart Benefit for Chocolate**

If you've been feeling guilty about your chocolate obsession, there may be good news: researchers in Sweden recently found that people who eat chocolate have increased survival rates after a heart attack. Furthermore, they found that the more chocolate a person consumed, the greater their survival rate was. The study followed 1169 nondiabetic men and women who had been hospitalized for a first heart attack. The patients were quizzed about their health, and reported on their chocolate consumption over the previous 12 months. They were then followed by researchers for the next 8 years. After controlling for age, sex, obesity, physical inactivity, smoking, education, and other factors, it was determined that the more chocolate a person consumes, the greater their chance of survival after a heart attack. Researchers believe that flavonoid antioxidants that are found in chocolate have beneficial cardiovascular side effects. However, before you run off to buy chocolate bars in bulk, this was an observational study, not a randomized trial, so cause and effect can not be definitively established.

[Read the full story on nytimes.com](#)

### **Professional Development**



### **ACI'S WOMEN'S HEALTH CENTERS OF EXCELLENCE DECEMBER 7-9, 2009 NEW ORLEANS**

#### **LEARN ABOUT:**

- Unique clinical and business strategies that compose Women's Center Care
- Learning how to develop an infrastructure to promote multidisciplinary care for women
- Designing, executing and sustaining a brand promise etc

To learn more or register, visit our conference site [here!](#)

### **Gynecologic Cancer Awareness Month**



Want to help save women's lives – and be eligible to win some great prizes, at the same time? As a partner in the Pearl of Wisdom Campaign to Prevent Cervical Cancer, AMWA encourages you to join in the campaign's "Wear Your Pearl!" promotion, launched this month during Gynecologic Cancer Awareness Month. Help us get the word out to women that cervical cancer is preventable – using the Pap test, the HPV test and the HPV vaccine. To help get the conversation started, the campaign is asking women to wear their Pearl of Wisdom and submit to the campaign a photo of themselves wearing it. Photos can be fun or serious. Everyone who submits a photo will be eligible to win a fabulous prize when the promotion ends on **October 31**. And, if you don't have a Pearl of Wisdom already, what are you waiting for? You can purchase one at [www.PearlofWisdom.us](http://www.PearlofWisdom.us). All proceeds go to the U.S. Pearl of Wisdom Campaign Fund to support cervical cancer prevention activities. For more information, visit [www.PearlofWisdom.us](http://www.PearlofWisdom.us).

**The Women's Alliance 2009 National Conference  
Celebrating Ten Years of Service**

**November 5 - 7**

**Chicago Marriott O'Hare Hotel**

**Sponsored by**

**Heartland Human Care Services and Bridge to Success**

Preparation for the November Conference is in full swing and it will be jam packed with vital information for surviving the current economy. We are running out of presentation time slots!

**When making your Thursday travel plans, make sure you arrive early enough to participate in a fabulous pre-conference session planned for Thursday night, November 5th, from 6:00 to 7:30.** This hilarious session, presented by Beyond the Good Life, will warm everyone up for the conference, helping to create a sense of connection and community. While having fun, you will discover how to create agreements that serve you, your partners & the organization; learn some strategies to stay grounded and calm in the times of chaos & challenge; and ways to identify early signs of common areas of burnout, fatigue & being overwhelmed.

**FRIDAY NIGHT: Special Evening Reception at Bridge to Success from 6:00 to 7:30 - Pre-registration needed!**

KEYNOTE SPEAKERS:

**Edith Crigler**, not only carried the Olympic Torch, but serves as Associate Executive Director of the Chicago Area Project and President of the Board of Directors for the Chicago Jobs Council. Edith not only talks the talk, she has walked the walk.

**Teri Goudie**, international media consultant and a former ABC News journalist, is considered one of the world's top trainers. Goudie teaches a simple five step method that is designed to turn words into action. Her method can be used in media interviews, presentations, meetings and email.

We also have **Angie Blumel**, Manager for Volunteer Services for the Chicago Architectural Foundation; **Cheyenne Brinson MBA, CPA**, TWA Board Treasurer and consultant with Karen Zupko and Associates; **Julie McClure** of New York Life Insurance; **Kacie Walters**, Knowledge Leader with Hewitt & Associates; **Colleen Pogany**, free lance web designer; **Jeanne Flint**, Executive Director WHW and TWA Board Vice President. And, more speakers are being lined up!

**CONFERENCE REGISTRATION FEES:**

**Members - \$150.00**

**Non-Members - \$199.00**

**One-Day Member - \$75.00**

**One-Day Non-Member - \$100.00**

**Registration fee includes: conference materials, one reception, two continental breakfasts, & two luncheons**

**FOR A CONFERENCE REGISTRATION FORM PLEASE EMAIL:**

**[svanveen@heartlandalliance.org](mailto:svanveen@heartlandalliance.org)**

**University of Arizona April and July 2010 Global Health Course**

APRIL 1-23 and JULY 12-30, 2010: GLOBAL HEALTH: CLINICAL AND COMMUNITY CARE (FCM 896A) at the University of Arizona is a full-time (80 class hours) interactive, practical course preparing fourth-year North American clinical medical students, residents and other clinicians for health care experience abroad. Visiting participants receive 3-4 weeks' elective credit at their home institution (which must arrange the actual overseas preceptorship). The class is limited to 24, selected by February 15 for the April session and May 15 for the July session. For information and application forms, **[click here](#)**.

or contact:

Ronald Pust, MD or Tracy Carroll, MPH, PT

University of Arizona College of Medicine  
Dept. of Family and Community Medicine  
P.O. Box 245052

Arleen Heimann, program coordinator  
Phone: (520) 626-1992  
Email: [aheimann@email.arizona.edu](mailto:aheimann@email.arizona.edu)  
Tucson AZ 85724

## Membership Updates

### The STAR Doctor Medical Professional Liability Insurance Program for Women in Medicine



The Star Doctor Insurance Program provides Preferred Medical Professional Liability Insurance for Women Physicians. Coverage is available for most specialties.

The Star Doctor Insurance Program product is backed by an insurer who has provided Medical Professional Liability Insurance for over 35 years and is rated "A XIII" (Excellent) by A.M. Best Company.

Our program for Women in Medicine combines the value of competitive premiums with preferred and specialized features for Women Physicians who need to balance their personal and professional lives. (Some states are not eligible).

#### STAR Doctor Medical Professional Liability Insurance Highlights

- "Nose" or Prior Acts Coverage is available
- Affordable, part-time rates
- Free, automatic coverage for your locum tenens physician for up to 45 days
- Free, Unlimited Tail protection in the event of death, disability, or retirement (certain conditions may apply)
- Unlimited Tail available
- Legal Defense protection
- No deductible
- Defense expense paid in addition to the limit of liability
- Leave of absence features designed for new parents, illness, continuing education, and caring for family members
- Outstanding claim services

**For more information, please contact:** Jodie Cole, Senior Vice President, Ext. 222 [jodiec@woodinsurancegroup.com](mailto:jodiec@woodinsurancegroup.com).

#### Medpedia.com

In order to raise the professional profiles of our members, facilitate group dialogue and increase the networking potential of the AMWA, we've joined Medpedia, the new technology platform for the global health community.

Medpedia is a long-term project, launched last week that includes three features: a collaborative knowledge base, a professional network and directory for health professionals and organizations, and communities of interest in which medical professionals and non-professionals can share information about conditions, treatments and lifestyle choices.

By joining Medpedia, physicians and PhDs will have the opportunity to create and edit medical articles, or opt to oversee content on a specialized topic and receive credit for it. Each member of our group can set up their own professional profile, viewable by the public, and participate in the AMWA discussion forum. We hope that this will open dialogue within our organization, and that you'll post questions or comments to the community on Medpedia.

Follow this link to join the group: <http://www.medpedia.com/groups/99-AMWA>

**Journal of Women's Health** is expanding its monthly Bulletin Board section to include more information on the following topics. Kindly put [JWH@liebertpub.com](mailto:JWH@liebertpub.com) on your news alerts and/or let us know when there is news

or new projects or programs that the women's health community should be aware of, such as:

- Centers of Excellence activities
- Fellowship announcements
- New women's health programs
- New funding opportunities
- Special events
- Advocacy activities

**If you are an AMWA member, and you are not taking advantage of your FREE online Journal Subscription, email [info@amwa-doc.org](mailto:info@amwa-doc.org) and we will send you the instructions on how to receive this great membership benefit!**

### **Doctor's Digest**

**NOW...Doctor's Digest ON THE IPHONE/IPOD TOUCH!!!** iPhone/iPod Touch users can download the Doctor's Digest "Essential Practice Tip" App from the "Medical" category in the Apple® App Store or from the iTunes store. HCPs receive a new tip downloaded twice per week to their iPhone/iPod Touch. **Click here for more info.**

ALSO...FOLLOW Doctor's Digest on Facebook ([www.facebook.com](http://www.facebook.com)) and on Twitter ([www.twitter.com/DoctorsDigest](http://www.twitter.com/DoctorsDigest))

#### **Doctor's Digest: May/June 2009 Primary Care and the Medical Home**

The idea of the primary care medical home is gaining support from payors and physicians alike. This issue talks about the technology and other tools you'll need to transform your practice, and how to get paid for practicing this type of patient-centered care.

#### **Doctor's Digest: March/April 2009 Accurate Billing and Coding**

As claims data is used for quality improvement projects and other purposes beyond reimbursement, getting coding right is more important than ever.

#### **Doctor's Digest: January/February 2009 Time Management**

Effective time management can make practices more efficient and profitable *and* improve the quality of physician's lives. This issue will offer practical tips and real-life examples for managing a busy schedule at work and at home.

#### **Doctor's Digest: Free E-Subscription, Podcasts and Vodcasts on Demand**

AMWA members and subscribers receive a free e-subscription to *Doctor's Digest*, access to all back issues and practice management podcasts and vodcasts on demand 24/7. Getting your free 2009 e-subscription and accessing the back issues is easy: just go to the ***Doctor's Digest*** page on AMWA's website and click on the link provided. Follow the links on [www.doctorsdigest.net](http://www.doctorsdigest.net) for access to the podcast and vodcast series.

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AMWA invites you to participate in our continued E-volution by giving us feedback about what you like or don't like about our weekly news and information e-mail. If you have suggestions regarding readability, content, timeliness, etc. send them to [amwa@fernley.com](mailto:amwa@fernley.com).

If you have been forwarded this message and would like to subscribe, please email [amwa@fernley.com](mailto:amwa@fernley.com) with your name and "subscribe to e-newsletter" in the subject line.

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