



NEWSFlash!



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American Medical Women's Association: The Vision and Voice of Women in Medicine since 1915.



Past, Present and Future Presidents Celebrate AMWA's 95th Anniversary.

AMWA's 95th Anniversary Meeting a Success!

March 25-28, 2010

Held in Conjunction with The Women's Health Congress with 1,000 attendees

Crystal Gateway Marriott, Arlington, VA

Read More [here!](#)

A Commemoration of AMWA's 95th Anniversary is now in the Congressional Record

March 10, 2010, Vol 156, No. 34.

View the Congressional Record Statement [here](#).

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AMWA Offers Special New Member Rate!

In honor of AMWA's 95th Anniversary, new Physician Members can now join AMWA for just \$95, normally an annual fee of \$225! This is a perfect time to join AMWA and [learn what membership](#) can do for you! Offer expires on July 31, 2010. Already a member?

Forward this offer to your friends and colleagues.

Donate
now >

Donate Today! Help AMWA continue work with its various programs including American Women's Hospital Service (AWHS), The Legacy Fund, or support the Student Members

National Women's Health Week – May 9-15

In celebration of National Women's Health Week, AMWA partners with the Pearl of Wisdom campaign to raise awareness of Cervical Cancer prevention.

Read more about the campaign [here](#).

AMWA Supports Lung Cancer Alliance Joint Statement and Report

Lung Cancer Alliance (LCA) hailed today's release of "Out of the Shadows: Women and Lung Cancer," a groundbreaking report issued by the Mary Horrigan Connors Center at Brigham and Women's Hospital, a teaching affiliate of Harvard Medical School. Read the full report, executive summary and more [here](#).

National Spotlight- First Lady's Launch: Let's Move: America's Move to Raise a Healthier Generation of Kids

AMWA invited to the White House for the First Lady's Initiative. Read the full store [here](#).

Resident Membership Launches!

of AMWA.



Linda Brodsky

**Featured AMWA Member
Linda Brodsky, MD**

**[Gender Discrimination In
Medicine: One Doctor's
Charge Against SUNY AB](#)**

As the Resident Presidents of the American Medical Women's Association (AMWA), it is our great honor to announce the newest addition to the 95 year old AMWA lineage! Read the full story [here!](#)

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Have a media event coming up and want to know how to succeed? Our network connects physicians to resources in health, education, research, communications and media. AMWA members receive a complimentary media training session with an opportunity to be interviewed on our show, "Doctors Need to Know". [Sign up today!](#)

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National Women's Health Week – May 9-15

In celebration of National Women's Health Week (May 9-15), AMWA partners with the Pearl of Wisdom campaign to raise awareness of Cervical Cancer prevention. Take the Pearl of Wisdom pledge and receive a free Pearl Pin from AMWA by sending a SASE to:

AMWA / Pearl of Wisdom Campaign, 100 N. 20th Street, 4th Floor, Philadelphia, PA 19103

More Than 11,000 Women in the U.S. Are Diagnosed with Cervical Cancer Each Year; Tell Mom What She Means to You, and How She Can Help Protect Herself and Others From This Preventable Disease

This Mother's Day, want to make sure Mom knows how much she means to you? The Pearl of Wisdom Campaign to Prevent Cervical Cancer wants to help you show Mom how much you care with its "Pearl Tribute to Mom" initiative. The Pearl of Wisdom campaign is a global effort to educate women about cervical cancer and how to prevent it. In the United States, the campaign is led by the national nonprofit Tamika & Friends and includes more than 20 national women's health and advocacy organizations, such as the Association of Reproductive Health Professionals, the National Association of Nurse Practitioners in Women's Health and the National Council of Women's Organizations, as partners.

With its Pearl Tribute to Mom, the Pearl of Wisdom campaign will send a complimentary Pearl of Wisdom pin to the first 500 moms – or any woman you want to honor – entered into the promotion. To earn a pearl, participants must explain in 350 characters or less why their mom or special woman in their life should receive a Pearl of Wisdom, the global symbol for cervical cancer prevention. The first 500 women who are honored will receive the free Pearl of Wisdom pin along with a Mother's Day card that informs her whom the pin is from and contains important cervical cancer prevention information. The card will also include a link so she can view her personal online tribute.

Participants can submit a Pearl Tribute at www.PearlofWisdom.us/MothersDay. Submissions will be accepted from April 8 to May 4, 2010. All submitted Pearl Tributes will be displayed on the Pearl of Wisdom campaign's website.

"More than 11,000 women in the United States will be diagnosed with cervical cancer this year, and more than 4,000 women will die of this disease," said Tamika Felder, cervical cancer survivor and founder of the nonprofit organization, Tamika & Friends. "No one, however, should suffer or die from cervical cancer because it is now almost completely preventable. With our Pearl Tribute to Mom, we hope to help people recognize special women in their lives in a different way this Mother's Day and empower them to start the conversation that can protect them from cervical cancer."

According to the Pearl of Wisdom campaign, following is what women should know to protect themselves:

Girls and young women ages 9 to 26: Ask your healthcare provider about the HPV vaccine, which protects against the two types of HPV that cause about 70% of cervical cancers. The vaccines are recommended for girls ages 11 and 12, and are approved for girls and young women up to age 26. Women who have been vaccinated will still need to be screened for cervical cancer.

AMWA Supports Lung Cancer Alliance Joint Statement and Report

LEADING WOMEN'S ORGANIZATIONS APPLAUD RELEASE OF NEW REPORT ON WOMEN AND LUNG CANCER

Call for appropriate resources to combat the leading cancer killer of women

For decades, our organizations have stood together to protect the rights of women, including the health and well being of ourselves and our families. As we have done -- and will continue to do -- for the millions of women who have died from breast, ovarian, cervical, uterine and other gynecological cancers, we stand today in support of those women who have been diagnosed with lung cancer.

We commend Brigham and Women's Hospital's Women's Health Policy and Advocacy Program at the Connors Center for Women's Health and Gender Biology and the Lung Cancer Alliance on the release of the report *Out of Shadows: Women and Lung Cancer*. This report indeed brings this disease out of the shadows by providing the most current and comprehensive overview of women's biggest unmet public health challenge: lung cancer.

Lung cancer is the leading cause of cancer death in women, killing more women each year than breast and all gynecological cancers combined. Lung cancer surpassed breast cancer as the leading cause of cancer death in women in the US over twenty years ago. Every day nearly 300 women will be diagnosed with lung cancer and about 200 women will die of it. Lung cancer incidence in women has increased six-fold over the past 30 years. Many women diagnosed with lung cancer are smokers or former smokers who were lured to tobacco use by tobacco industry advertising that glorified smoking as a symbol of women's independence. We may have "come a long way" but tragically, for too many women, the path traveled ended with lung cancer.

But lung cancer in women cannot be attributed to smoking alone. As the report points out, twenty percent of women diagnosed with lung cancer today have *never* smoked. Among non-smokers with lung cancer, women appear to be two to three times more likely than men to develop the disease. There also appears to be a rising trend in lung cancer among younger women who have never smoked.

While second-hand smoke is often blamed for lung cancer in non-smoking women, the Report points out that a growing body of evidence suggests that genetic, hormonal, behavioral and environmental factors contribute to differences in lung cancer between women and men. Unfortunately, because lung cancer receives fewer research dollars than any other major cancer, we cannot know the source of these differences.

This striking gap in research funding for a disease that impacts women so heavily is not new. We have long recognized the role of politics in health research funding. With lung cancer, these politics have been complicated by the stigma associated with the disease. Patients blame themselves for their diagnosis; so do their loved ones; and so does the public at large. Add lung cancer's dismal survival rate to this mix, and you understand why there are so few advocates calling for an end to this disease.

We are lending our collective voice to the call to end this deadly disease. Along with every other disease that devastates women, we call upon researchers and the public health

community to devote appropriate resources to combat lung cancer. No one deserves to die of lung cancer. No one.

Respectfully,
American Medical Women's Association
Black Women's Health Imperative
Center for Women's Policy Studies
Feminist Majority Foundation
General Federation of Women's Clubs
Mautner Project: The National Lesbian Health Organization
National Council of Women's Organizations
National Partnership for Women and Families
National Women's Health Network
National Women's Law Center
Society for Women's Health Research

AMWA invited to the White House for the First Lady's Initiative, *Let's Move: America's Move to Raise a Healthier Generation of Kids*.

Eliza Chin (AMWA President-elect) and Elena Ong represented AMWA at the First Lady's launch to combat childhood obesity on February 9, 2010 at the White House. The initiative, "Let's Move," aims to solve the childhood obesity problem in America within a generation. Excerpts from the First Lady's speech can be found below. Other key speakers included Dr. Judith Halpers, President of the American Academy of Pediatrics; Tiki Barber, NBC Correspondent and former NFL Player; Mayors Chip Johnson (Hernando, Mississippi) and Joseph Curtatone (Somerville, Massachusetts); Will Allen, Founder and CEO of Growing Power; and Tammy Nguyen, a former student from Bancroft Elementary school. Also in attendance were key members of the President's Cabinet, Surgeon General Regina Benjamin, members of Congress, and representatives from medical, public health, food service, media, and community groups. Dr. Chin and Ms. Ong were able to speak with Dr. Regina Benjamin, Dr. Judith Halpers, and Dr. Shale Wong (Robert Wood Johnson Health Policy Fellow working with the First Lady) as well as many other leaders of medical and community organizations.

Highlights of the "Let's Move" Initiative (www.letsmove.com):

The Facts:

"Nearly one third of children in America are overweight or obese -- a rate that has tripled in adolescents and more than doubled in younger children since 1980."

"One third of all individuals born in the year 2000 or later will eventually suffer from diabetes over the course of their lifetime, while too many others will face chronic obesity-related health problems such as heart disease, high blood pressure, cancer, and asthma."

The Agenda:

“Over the next 90 days, a task force will be assembled by the White House to address the following objectives: (a) ensuring access to healthy, affordable food; (b) increasing physical activity in schools and communities; (c) providing healthier food in schools; and (d) empowering parents with information and tools to make good choices for themselves and their families.”

The Participants:

Healthcare Providers: “The American Academy of Pediatrics, in collaboration with the broader medical community, will educate doctors and nurses across the country about obesity, ensure they regularly monitor children’s BMI, provide counseling for healthy eating early on, and, for the first time ever, will even write a prescription for parents laying out the simple things they can do to increase healthy eating and active play.” *Media:* “Major media companies – including the Walt Disney Company, NBC, Universal and Viacom – have committed to join the First Lady’s effort and increase public awareness of the need to combat obesity through public service announcements (PSAs), special programming, and marketing. The Ad Council, Warner Brothers and Scholastic Media have also partnered with the U.S. Department of Health and Human Services (HHS) to run PSAs featuring top professional athletes, Scholastic Media’s Maya & Miguel, and Warner Brothers’ legendary Looney Tunes characters.”

School Food Suppliers: “Major school food suppliers including Sodexo, Chartwells School Dining Services, and Aramark have voluntarily committed to meet the Institute of Medicine’s recommendations within five years to decrease the amount of sugar, fat and salt in school meals; increase whole grains; and double the amount of produce they serve within 10 years.”

Public-Private Partnerships to promote Physical Fitness: “Children need 60 minutes of active play each day. Yet, the average American child spends more than 7.5 hours a day watching TV and movies, using cell phones and computers, and playing video games, and only a third of high school students get the recommended levels of physical activity. Through public-private partnerships, and reforms of existing federal programs, the Administration: [1] will address this imbalance by Expanding and Modernizing the President’s Physical Fitness Challenge... [2] will challenge both children and adults to commit to physical activity five days a week, for six weeks ... [3] will double the number of children in the 2010-2011 school year who earn a “Presidential Active Lifestyle Award”...[4] will support schools with comprehensive strategies to improve their school environment, including efforts to get children physically active in and outside of school...[and 5] [with the help of] professional athletes from twelve leagues including the NFL, MLB, WNBA, and MLS ... will promote „60 Minutes of Play a Day” through sports clinics, public service announcements, and more to help reach the national goal of solving the problem of childhood obesity in a generation.”

AMWA’s Participation: AMWA is committed to partnering with other organizations to make this initiative successful. As healthcare providers, we are in a unique position to affect change in the lives of our patients. As advocates of women’s health, we realize that women are key determinants in the overall health of their families, and in particular, their children. Over the next few weeks leading up to the AMWA Annual Meeting, AMWA leaders will be discussing

strategies in which AMWA will participate in The First Lady's campaign to eradicate childhood obesity within a generation. To join this task force, please e-mail AMWA headquarters at info@amwa-doc.org.

Excerpts from the First Lady's speech:

"It wasn't that long ago that I was a working Mom, struggling to balance meetings and deadlines with soccer and ballet. And there were some nights when everyone was tired and hungry, and we just went to the drive-thru because it was quick and cheap, or went with one of the less healthy microwave options, because it was easy. And one day, my pediatrician pulled me aside and told me, "You might want to think about doing things a little bit differently." That was a moment of truth for me. It was a wakeup call that I was the one in charge, even if it didn't always feel that way. And today, it's time for a moment of truth for our country; it's time we all had a wakeup call. It's time for us to be honest with ourselves about how we got here. Our kids didn't do this to themselves. Our kids don't decide what's served to them at school or whether there's time for gym class or recess. Our kids don't choose to make food products with tons of sugar and sodium in super-sized portions, and then to have those products marketed to them everywhere they turn. And no matter how much they beg for pizza, fries and candy, ultimately, they are not, and should not, be the ones calling the shots at dinnertime. We're in charge. We make these decisions. But that's actually the good news here. If we're the ones who make the decisions, then we can decide to solve this problem. And when I say "we," I'm not just talking about folks here in Washington. This isn't about politics. There's nothing Democratic or Republican, liberal or conservative, about doing what's best for our kids. And I've spoken with many experts about this issue, and not a single one has said that the solution is to have government tell people what to do. Instead, I'm talking about what we can do. I'm talking about commonsense steps we can take in our families and communities to help our kids lead active, healthy lives. This isn't about trying to turn the clock back to when we were kids, or preparing five course meals from scratch every night. No one has time for that. And it's not about being 100 percent perfect 100 percent of the time. Lord knows I'm not. There's a place for cookies and ice cream, burgers and fries - that's part of the fun of childhood. Often, it's just about balance. It's about small changes that add up - like walking to school, replacing soda with water or skim milk, trimming those portion sizes a little - things like this can mean the difference between being healthy and fit or not. There's no one-size-fits-all solution here. Instead, it's about families making manageable changes that fit with their schedules, their budgets, and their needs and tastes.

And it's about communities working to support these efforts. Mayors like Mayors Johnson and Curtatone, who are building sidewalks, parks and community gardens. Athletes and role models like Tiki Barber, who are building playgrounds to help kids stay active. Community leaders like Will Allen who are bringing farmers markets to underserved areas. Companies like the food industry leaders who came together last fall and acknowledged their responsibility to be part of the solution. But there's so much more to do. And that's the mission of Let's Move - to create a wave of efforts across this country that get us to our goal of solving childhood obesity in a generation.

...We're also working with the American Academy of Pediatrics, supporting their groundbreaking efforts to ensure that doctors not only regularly measure children's BMI, but

actually write out a prescription detailing steps parents can take to keep their kids healthy and fit.

...In the end, we know that solving our obesity challenge won't be easy - and it certainly won't be quick. But make no mistake about it, this problem can be solved. This isn't like a disease where we're still waiting for the cure to be discovered - we know the cure for this. This isn't like putting a man on the moon or inventing the Internet - it doesn't take some stroke of genius or feat of technology. We have everything we need, right now, to help our kids lead healthy lives. Rarely in the history of this country have we encountered a problem of such magnitude and consequence that is so eminently solvable. So let's move to solve it.

...As President Franklin Roosevelt once put it: "We cannot always build the future for our youth, but we can build our youth for the future." That is our obligation, not just as parents who love our kids, but as citizens who love this country. So let's move. Let's get this done. Let's give our kids what they need to have the future they deserve."

Resident Membership Launches!

As the Resident Presidents of the American Medical Women's Association (AMWA), it is our great honor to announce the newest addition to the 95 year old AMWA lineage! In March of 2010, the Resident Division (RD) of the AMWA was founded! The AMWA RD recognizes that the years of a resident's education, training and early career are those of excitement, challenge and anxiety. The AMWA RD hopes to **empower women resident physicians** to lead in improving health for all within a model that reflects the unique perspective of women while advancing academically and personally during their training years.

We would like to graduating medical students to become a resident member of the oldest and largest women's multispecialty organization of the healthcare professionals worldwide. With physician AMWA branches throughout the United States and student branches in schools of medicine and osteopathy throughout the country, AMWA, *the Vision and Voice of Women in Medicine since 1915*, presents a distinctive opportunity to celebrate the achievements of women in medicine whilst taking an active role in our future.

We hope you will join in this illustrious tradition and become part of an AMWA community that spans decades. The AMWA RD will provide Resident Members with **professional support, friendship and collegiality, access to mentoring, professional recognition, career and leadership development, and a highly respected Annual Meeting**. The AMWA RD will also be offering "AMWA Resident Monthly" as a way to keep physician-in-training members up-to-date with the advocacy, medical advances and opportunities that interest women in medicine and their families. One of our prized incentives within this publication will be a "Dear Mentor" article written by accomplished mentors to specifically address issues pertaining to concerns of resident members. In addition, the AMWA RD seeks to support its resident physicians by **providing opportunities to access** the unique knowledge and experiences of other female physicians, who can offer advice on education, future career and networking opportunities across the country. Not only does the AMWA RD seek to **support our physician-in-training members** by providing publication, leadership and career advancement opportunities, but also provides access to advice on the unique social issues facing women in

medicine such as: pregnancy, motherhood and family life. We will be catering these topics in our "Women in Medicine Resident Guide."

The AMWA RD membership fee is one-time \$100 fee for all years of training. Unlike other national organizations, you will not pay more if you are pursuing a longer residency. Additionally, your AMWA membership fee/donation is tax deductible as a charitable gift or business expense. For more information, please visit our website at: <http://www.amwa-doc.org/membership/>

AMWA is a multispecialty organization that brings women together from all fields to share their experiences and provides leadership opportunities to assist women physicians to excel in future endeavors. This has been invaluable to us, and we believe it will be for you as well.

For 95 years, the real benefit of AMWA membership has always been our programs and the personal and professional support AMWA provides to members. We look forward to you joining us as we continue this legacy.

Kindest regards,

Ellie S. Basaly Lauren Sparber Dani M.H. Barnes

Elmira S. Basaly, MD Lauren Sparber , MD Dani M.H. Barnes, MD

AMWA Resident Co-President AMWA Resident Co-President AMWA Resident President-Elect
PGY1, Department of Internal Medicine PGY1, Department of Surgery PGY1, Department of
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