

September 10, 2009

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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);

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
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.

AMWA News

Donate to AMWA's Legacy Fund Today!

Help preserve AMWA's legacy for future generations. Funds are needed to support AMWA's permanent exhibit in the lobby of Drexel University's new building for the Institute for Women's Health and Leadership (Philadelphia, PA). The institute is also the home for the Archives Special Collections on Women in Medicine, the largest collection of material pertaining to the history of women in medicine, including AMWA's historical documents and photos from the founding meeting in 1915 to the present day. Donations of \$2,500 and above will be individually recognized in the lobby's "Wall of Fame" display. [Click here to donate now!](#)

Preparation for AMWA Day on the Hill 2010

Make your voices heard in health reform and other legislative matters. Join us Thursday March 26, 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

and Undergraduate Students, \$25 (one time fee).

Donate to AWHs

Help AMWA maintain and expand vital programs by supporting the American Women's Hospitals Service. AWHs supports medical clinics for the underserved 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.

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:









Heath Legislative Assistants in the afternoon. If you are interested please RSVP to 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.

Join us! - Call for Committee Members

Interested in getting more involved with your AMWA membership? Join one of our **14** committees, and donate your time and enthusiasm to grow AMWA as an association.

Choose one or more: American Women's Hospitals Service, Awards and Nominations, Annual Meeting/Program, Communications, Fundraising, Global Outreach, Membership, Physician Branch Affairs, Policy and Advocacy, Resolutions/Position Papers, Senior Physicians, Student Affairs, Women's Health, and Career Development.

Email your interest in a committee or questions to associatedirector@amwa-doc.org.

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.

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 so we can extend your membership.

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>

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 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 by December 31, 2009.

Policy, Legislation & Oversight

Many Ripples Build the Tide...

Physician energy behind health reform is at an unprecedented high and the media is finally taking notice, getting past its sensational coverage of disrupted town halls and digging into the issues. Bottom line: American families want the security of affordable, guaranteed health care and so do doctors.



Thanks to everyone for working hard to make physician voices heard! Enjoy the wonderful pictures and media coverage below. It is very important that the public keep hearing our support for health care reform, including support of the public option. Keep up the strong work!

[Read the full story on npalliance.org](http://npalliance.org)

Strengthening the Health Insurance System: How Health Insurance Reform Will Help America's Older and Senior Women

While all Americans shoulder the burden of rising health care costs and increasingly inadequate health insurance, the 17 million older women (ages 55-64) and 21 million senior women (ages 65 and older) in America have unique situations and health care needs that make them particularly susceptible to rising costs – at a time in their lives when access to affordable health care is increasingly important. Health insurance reform will remove these hurdles to ensure that older and senior women, along with all other Americans, get the quality, affordable health care they deserve.

[Read the full story on healthreform.gov](#)

Help Paying for Cobra

By Jonnelle Marte

Laid-off workers might consider extending their former employer's health plan while a government subsidy is still available. As part of the stimulus package, the U.S. government is temporarily reducing health-care premiums by 65% for some people continuing group health coverage under the Consolidated Omnibus Budget Reconciliation Act, or Cobra. Individuals have 60 days from the time they're notified of their eligibility to accept Cobra. It can make sense to accept the subsidized coverage while weighing other insurance options, says Karyn Schwartz, senior policy analyst for the Kaiser Family Foundation, a nonprofit that focuses on health-care issues. The Cobra subsidy can lower an individual's monthly premium to about \$140 from about \$400, according to Kaiser.

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

Health & Wellness

Strong Thighs May Mean Less Knee Pain for Women

Nearly 27 million adults in the US suffer from osteoarthritis, with 16% of cases in people ages 45 and older affecting the knee. Nineteen percent of knee osteoarthritis patients are women (13.5% are men), but there may be a way for women to protect themselves from the pain of arthritic knees. A new study that followed more than 3000 men and women between the ages of 50 and 79 found that stronger quadriceps (thigh) muscles may protect older adults from developing the combinations of osteoarthritis and daily knee pain or stiffness. Men with strong thigh muscles had only a slight edge over men with weaker muscles in preventing knee pain, but the women with the strongest thigh muscles had a lower incidence of painful knee osteoarthritis. For those looking to strengthen their thigh muscles, the researchers suggest climbing up and down stairs slowly, either one or two stairs at a time. Stair climbing improves the leg muscles, which, according to this study, reduces the risk of painful arthritis in the knees, and also helps older individuals preserve their independence.

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

Diet Can Help Avoid Diabetes Drugs

A long-term study compared a low-fat American Heart Association-style diet and a carb-controlled Mediterranean diet, each combined with regular physical activity, in a population of 215 overweight patients newly diagnosed with Type 2 diabetes. They found that a Mediterranean diet was more successful at helping patients maintain lower blood-sugar levels for longer periods of time than a low-fat diet. In the study conclusions, researchers noted that the correct diet and exercise regime may serve as a substitute for blood-sugar-lowering medications for some Type 2 diabetics. Patients in the low-fat diet group of the study ate a diet rich in whole grains, fruits, and vegetables and low in additional fats, sweets, and high-fat snacks, with no more than 30% of daily calories coming from fat and no more than 10% from saturated fat. Diabetics assigned to the Mediterranean-style diet ate lots of fruits, vegetables, whole grains, and healthy fats such as olive oil, with an emphasis on lean protein sources like fish, chicken, and nuts. This group was told to limit their carbohydrate intake to less than 50% of their daily calories. Regular nutrition counseling was provided to all of the dieters, and they were all instructed to exercise regularly. By the end of the study, 56% of the diabetic patients following the Mediterranean-style diet were able to control their blood sugar without medication, while only 30% of those on the low-fat diet could do the same.

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

Splits Form Over How to Address Bone Loss

As people age, their bones lose density and they grow ever more vulnerable to **osteoporosis**, with its attendant risk of a disabling **fracture**. But how do you

know just how vulnerable you are? The question has been complicated by a relatively new diagnosis: osteopenia, or bone density that is below what is considered normal but not low enough to be considered osteoporosis. Millions of people worldwide, most of them women, have been told they have osteopenia and should take drugs to inhibit bone loss. But the drugs carry risks, so many public-health experts say the diagnosis often does more harm than good.

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

Professional Development

THROUGH OUR OWN EYES RETREAT (TOOER) Version 8.0: TOWARD MORE WHOLE LIVES: AN AUTUMN SANCTUARY BY AND FOR WOMEN PHYSICIANS

**September 27 - October 2, 2009 Mount Madonna Center
Watsonville, California
Explore, Rejuvenate, Breathe, Stretch, Heal!**

This is our eighth TOOER, and another great opportunity for women physicians to reflect on our careers, our work-life balance, and our personal health. SEPTEMBER 2009 TOPICS include:

- wellness assessment
- stress management skills
- medical malpractice prevention
- personal and career evolution over a 5/10/20 year timeline
- successful aging and gerotranscendence

Each day we will have:

- FACILITATED SMALL GROUP DISCUSSIONS and exercises based on the specific interests and needs of our participants.
- DAILY YOGA SESSIONS
- OPEN TIME for you to pursue activities that renew your energy and creativity. Bring your journal, your watercolors, hiking boots, meditation pillow, your sunglasses, and a great book! We also encourage you to consider attending with a colleague, a friend from medical school, residency or your community.

MOUNT MADONNA CENTER is a conference and retreat center located on 355 acres of mountain-top redwood forest and grassland over-looking Monterey Bay, between Santa Cruz and Monterey, in Northern California.

FOR REGISTRATION INFORMATION PLEASE CONTACT:

Chiara Associates, c/o Charlea Massion, MD.
3235 Cunnison Lane, Soquel, CA 95073
Phone: 831.421.2476 Fax: 831.462.9098
Email: chiarasantacruz@gmail.com

Register Today for Reproductive Health 2009

Registration is now open for *Reproductive Health 2009*. This is the cornerstone conference in reproductive health hosted annually by the Association of Reproductive Health Professionals, the Planned Parenthood Federation of America National Medical Committee, and the Society of Family Planning.

Make plans to join us for networking with committed colleagues and cutting-edge sessions on reproductive health research and clinical practice. Many distinguished speakers are already confirmed, including Jacqueline Darroch, senior fellow at the Guttmacher Institute; Henry Gabelnick, executive director of CONRAD; Scott Gilbert, professor at Swarthmore College; Joseph Speidel, Bixby Center director and professor at UCSF; and Beverly Winikoff, president of Gynuity Health Projects.

Reproductive Health 2009 will be held September 30 – October 3 in Los Angeles. Register early for discounted conference rates and first choice of breakout sessions. For more information, visit www.ReproductiveHealth2009.org.

Psychiatric Aspects of Women's Health Care- Saturday, September 26, 2009

Accredited for 4.0 CME/CEU by the Indiana University School of Medicine

Saturday, September 26, 2009

Hyatt Regency, downtown Indianapolis

7:45 am Onsite registration & continental breakfast

8:30 am - 1:00 pm Programming

Featured topics will include common psychiatric disorders in women with comorbid medical conditions, the impact of trauma on women's health, and a review of the rational use of hormonal and nutritional therapies in addressing women's health issues.

To register, visit www.pdallc.com/fall.html

Questions, contact Sara at 888.477.9119 or sara.stramel@pdallc.com

Compassion & Choices is proud to present DIGNITY & CHOICES, a Symposium on End-of-Life Advocacy, October 13-14, 2009.



Conveniently held at the **National Press Club in Washington, DC**, the symposium promises to be a must-attend event for policymakers and opinion leaders engaged in health care reform. Plenary and break-out sessions will cover topics in areas of policy, politics, medicine and ethics.

Dr. Elmer Huerta, former President of American Cancer Society, America's favorite ballet dancer Jacques D'Amboise, and New York Times Columnist Jane Brody will make plenary presentations. [Learn more here.](#)

Who Should Attend?

Policymakers, opinion leaders and philanthropists interested in health care policy and reform. Medical, legal and religious leaders. Journalists, editors and professional medical writers. Advocates and supporters of the end-of-life care movement, including executive directors, board members, national and international leaders, medical directors, clinical managers, advocacy and outreach staff.

Why Should You Attend?

Under new leadership, the nation has finally turned seriously to health care reform. End-of-life care has emerged as the most potent element of that reform. It is in end-of-life care that the current system most tragically fails patients and the people who love them. Too many people suffer needlessly in their dying, and we as a nation must do better. This symposium will alert us to aspects of the problem rarely discussed and illuminate the way forward.

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

Call for Submissions: "Accidental Crusader" for Equal Rights- Dr. Linda Brodsky Launches Multi-Author Book Project

Dr. Linda Brodsky, one of the most respected names in pediatric otolaryngology and Quality Assurance in Healthcare, is launching a multi-author book project to be published early in 2010. Linda, who has been awarded the Association of Women ³Distinguished Member Award² and the Sylvan Stool Award for Teaching and Service, is looking for stories about how the challenges facing women physicians, surgeons, and healthcare workers affect the way healthcare is delivered in our country. The project was conceived after the conclusion of Linda's nearly ten year legal battle based on her claims of gender discrimination in the hospital and university in which she worked. Instead of shrinking into the role of a gender discrimination victim, Linda instead became an advocate for equal rights, and is now out to help others tell their stories. Though Linda continues her work as one of the country's top otolaryngologists, her ³accidental crusade² for gender equality in healthcare has come to define a big part of her life's mission. The book project comes on the heels of the successful launch of Linda's site, www.LindaBrodskyMD.com, and her blog, <http://thebrodskyblog.com/>. For more information on the project or to submit your story, please visit the **website**.

Membership Updates

Medelita - Dedicated Shopping Page for AMWA Members

Medelita continues to make it easy for AMWA members to purchase lab coats and scrubs tailored for female physicians. Check out the **AMWA** page to easily take advantage of your discount through Medelita. Be sure to tell your AMWA colleagues of this great member benefit!

Medelita proudly supports AMWA in its mission to advance women in medicine and improve women's health. AMWA members receive a 15% discount orders. Medelita will also donate 10% of all member sales directly to the American Medical Women's Association.

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.

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 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 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 AppleÆ 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) and on Twitter (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 for access to the podcast and vodcast series.

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.

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

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