

July 16, 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); 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

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

AMWA's Day on the Hill- Update from Beatrice Desper, MD



In preparation for our day to lobby in D.C. on Friday, June 12, we met with members of PRCH (Physicians for Reproductive Choice and Health) on the 11th for dinner and a briefing.

Several AMWA members and students were included. The preparation included written materials, lobbying tips, and role playing. We were also told to stress that an initial 600+ page bill did not mention women's reproductive health anywhere. By Friday afternoon we were very appreciative of our briefing.

On Friday we spread out in small groups of four plus a staff person from PRCH. Each group had a hectic schedule with 30 minute meetings generally with staff from Senators offices who were involved with drafting health related bills. Most seemed happy to hear from constituents that were supportive of reform. By the end of a long day, we were very tired but quite pleased with all that we had accomplished.

We are hopeful that we will be able to do more of the same before the annual meeting in March. Stay tuned!

More on AMWA's Day on the Hill...

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:










AMWA & PRCH Go to Capitol Hill for Health Care and Reproductive Health Reform

Physicians and Students Visit with Legislatures at the First Annual Advocacy Day Co-Sponsored by AMWA & PRCH

PRLog (Press Release) – Jul 04, 2009 – Washington D.C., June 12, 2009 – A group of National AMWA Students joined AMWA physicians and PRCH (Physicians for Reproductive Choice and Health) in a co-sponsored advocacy day on Capitol Hill from June 11-12, 2009. Over 30 physicians and four medical students took part in the first annual "Conversations on the Hill" Advocacy Day. **For the full article, follow this link.**

AMWA Board of Directors Nominations- Final Call

Interested in becoming more involved with AMWA? We have several leadership roles open for the 2010/2011 AMWA Board of Directors

- President-Elect
- Treasurer
- Director (3)

Required for nominations:

- **Completed Profile Questionnaire**
- CV (resume)

Email completed Profile Questionnaire and CV to associatedirector@amwa-doc.org. Deadline for nominations is July 31, 2009.

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 AWMA Foundation Board.*

Email nomination and CV to associatedirector@amwa-doc.org by December 31, 2009.

AMWA Legacy Fund

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!**

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.

AMWA Interim Board Meeting

AMWA's Board of Directors is preparing to make their way to the Philadelphia Headquarters Office for their Interim Meeting, September 12-13. If you are interested in attending this board meeting, please email associatedirector@amwa-doc.org for more information regarding the agenda and hotel information.

Policy, Legislation & Oversight

Obama Nominates Francis Collins to Lead NIH

Jacquelyn K. Beals, PhD

July 9, 2009 (Staunton, Virginia) (**UPDATED July 10, 2009**) — People here in Francis Collins' home town had reason to be proud today, as local and national headlines announced Collins' nomination by President Obama to lead the National Institutes of Health (NIH). The NIH has operated with an acting director since the departure of Elias Zerhouni, MD, in 2008. **Full article available.**

Hoyer gets earful on health reform: Women's group promotes changes

Friday, July 10, 2009

By ALAN BRODY

Staff writer

While Congress deliberates several versions of a comprehensive health care reform bill, a local women's group gave House Majority Leader Steny H. Hoyer an earful to take back to Capitol Hill.

President Barack Obama has directed congressional leaders to approve a health care reform bill before the August recess, but several complex sticking points could jeopardize its passage.

One of the biggest challenges is cobbling together a compromise plan agreed upon by medical professionals and insurance companies, both of whom have powerful lobbies in Washington, as well as the dozens of advocacy groups, small business associations and individual citizens who have a stake in the measure's outcome.

Full article available.

Limits Are Urged on Painkillers Containing Acetaminophen

Bloomberg News - Wednesday, July 1, 2009

The prescription painkillers Percocet and Vicodin should be banned, and Tylenol, sold over the counter, should be taken in reduced doses, because one of the three medications' ingredients, acetaminophen, is linked to liver damage, federal

advisers said. Outside advisers to the Food and Drug Administration voted 20 to 17 yesterday for a ban on the pain drugs. The panel agreed earlier that Johnson & Johnson's Tylenol should be given in lower doses than recommended and that the extra-strength version should be sold by prescription only.

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

Health & Wellness

A Culprit in Infertility, Overlooked Yet Treatable

Fertility treatments can be expensive, exhausting, and time-consuming, but there is one common cause of infertility, often overlooked, that once diagnosed can be treated easily and inexpensively. Nonclassical congenital adrenal hyperplasia, or CAH, is a hormone deficiency that leads to excess production of androgens. It affects both men and women—in women, it can interfere with ovulation, and in men, it can cause a low sperm count. Other symptoms of CAH include short stature, irregular menstruation, acne, body odor, and excessive hair growth. In a study of New Yorkers, researchers estimated that 1 in 100 people have CAH, but certain populations are particularly affected: 1 in 40 Hispanics and 1 in 27 Ashkenazi Jews are estimated to have CAH. Many people with CAH do not experience symptoms and will never require treatment. For those who are having fertility problems, however, CAH may be the reason, but many doctors and even fertility centers don't know to test for the condition. Diagnosis of CAH is made based on a blood test for excess levels of a hormone called 17-hydroxyprogesterone. Treatment involves small doses of the steroid dexamethasone, and can reverse many of the symptoms in as little as 3 months.

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

Seeking Natural Remedies for Hot Flashes

An estimated 70% of women experience hot flashes, weight gain, loss of libido, and other symptoms as they make their way through menopause. While many women opt to just "tough it out," many others seek some sort of treatment for their menopausal symptoms, which can be debilitating for some women. About a third of women seeking treatment end up on conventional prescription hormones, and another third are on prescription bio-identical hormone therapy (synthesized compounds that mimic the molecular structure of human hormones but are derived from plants). The rest of women either forego treatment or seek over-the-counter remedies, such as natural supplements and topical creams. The dietary supplement market in the US for menopausal symptoms has grown to \$337 million in 2007 as more women try to avoid prescription hormones (hormone replacement therapy has been potentially linked to heart disease, cancer, stroke and blood clotting in various studies). Natural alternatives are now seen everywhere, but there is often confusion surrounding what products do what, how effective they are, and how safe they are. Many women rely on word of mouth to choose which supplements they take, trying products that friends or family members have had success with. Because dietary supplements aren't regulated by the FDA, it is hard to verify the claims that natural menopausal treatments make, but many women swear by their effectiveness. Many women report turning to the internet and message boards to hear about other women's experiences with different products, while others rely on trial and error. A healthcare practitioner is always a good resource as well—just because the product doesn't require a prescription from your doctor doesn't mean they can't advise you on what to take.

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

Professional Development

Comprehensive Breast Centers of Excellence September 30-October 2, 2009, Baltimore, Maryland

Breast cancer is the most common form of cancer in women in the United States and the leading single cause of death overall in women between the ages of 40

and 55. According to the American Cancer Society, nationwide there is a new diagnosis every 3 minutes and a death from breast cancer every 14 minutes. Due to the most recent advances in technology, shrinking reimbursements, economic pressures of managed care and increasing number of baby boomers, most hospitals, physicians and healthcare facilities are starting to see the benefits of defining themselves by comprehensive breast center of excellence. As a healthcare executive, it will be imperative for you to develop the planning and investment strategy to succeed in this highly competitive field and capture the consumer market. Join us for this 3 day strategic business meeting with distinguished speakers covering topics such as:

- Creating a state of the art comprehensive breast center to improve patient care, enhance workflow and efficiency
- New models for achieving operational excellence
- Accreditation programs for breast centers
- Maximizing the competitive advantage by providing innovative, integrated, high-quality and cost-effective care

To learn more, call 414-221-1700 x130 or gbosch@acius.net

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.

Membership Updates

Medelita Launches 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 new page** to easily take advantage of your AMWA 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 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.**

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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.

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