

May 21, 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

American Medical Women's Association

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



Dr. Claudia Morrissey presenting the President's Award to Dr. Janice Werbinski for her work with the Women's Health Working Group at the 2009 AMWA Annual Awards Banquet.

Photos from the 2009 Annual Meeting can be viewed here: [AMWA 2009 Annual Meeting Photos](#)

If you would like to order prints, contact Lisa Cumming at lwcphoto@cox.net with the file number, what size and how many you would like. Prints must be paid for by check.

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Countdown to Access

Most Women Struggle With Rising Health Care Costs

A survey of over 2500 adults aged 19 to 64 found that more than half of the women surveyed had trouble accessing healthcare due to cost issues. The women reported skipping necessary medical tests, prescription medications, or other medical treatments. These results pre-date the current economic slump, and are not tied to the recession. The women surveyed cited rising healthcare costs as the cause. Women felt the sting of healthcare costs much more than men; 525% of working-age women had problems affording healthcare, while only 39% of men faced this issue. Women tend to have higher out-of-pocket health costs than men, and use the healthcare system more often. While universal

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:



health coverage still seems a long way off, experts urge that prohibitive healthcare costs will lead to increasing numbers of adults forgoing the care they need, which in turn will lead to higher rates of disease.

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

Policy, Legislation & Oversight

Medicare Fracture Prevention and Osteoporosis Testing Act of 2009 - Protect Patient Access to Osteoporosis Testing

Osteoporosis is a *preventable* disease that remains under-diagnosed and under-treated. Currently, 44 million people in the U.S. have osteoporosis or low bone mass, and the disease causes more than 2.2 million fractures annually. As many U.S. women die each year from osteoporosis-related hip fractures as die from breast cancer.

Osteoporosis testing is performed by measuring bone mass using a dual energy x-ray absorptiometry machine (DXA). DXA is the best method for determining bone density, which is critical to prevention, diagnosis and treatment of osteoporosis. While DXA scans are recognized by the World Health Organization, the U.S. Surgeon General, and CMS as the gold standard for testing for osteoporosis, only about 1 in 4 Medicare women get scanned every two years.

A recent study by Kaiser Southern California's Healthy Bones Program found that increased utilization of DXA testing and subsequent treatment resulted in a 37% decrease in hip fracture rates and \$30.8 million savings among its 3.1 million members in one year alone. Without early diagnosis and treatment, osteoporosis can lead to debilitating fractures, loss of mobility, costly nursing home stays and death.

The Issue

Passage of the "Medicare Fracture Prevention and Osteoporosis Testing Act" will improve access to bone density testing under Medicare. This legislation will restore the Medicare funding that was drastically cut for DXA scans of the hip and spine. Reimbursement has been reduced by 50% since 2006 and is scheduled to be cut again in 2010. Patient access to DXA testing is threatened as the inadequate reimbursement forces more physicians to stop providing this critical preventative service.

Congressional Sponsors and Endorsements

"Medicare Fracture Prevention and Osteoporosis Testing Act of 2009" (HR 1894 and S 769) currently has over 85 sponsors in the House and Senate. The legislation is endorsed by the National Osteoporosis Foundation, The American Association of Clinical Endocrinologists, the International Society for Clinical Densitometry and over 20 other non-profit organizations representing patients and providers.

What Can You Do?

Send a letter to your Congressional members asking them to support the **Medicare Fracture Prevention and Osteoporosis Testing Act.**

Use this quick link to send a letter.

Recession's Impact on Women's Health

The economy continues to find new ways to impact women's lives, and their health. Feelings of anxiety, depression, stress, frustration, and anger are up amongst women, although on the bright side, widespread distress tends to make it easier for women to cope with depression, as they get a boost from peers suffering along with them. 1 in 7 women were found to have postponed her annual ob-gyn exam due to costs, meaning that many women are not getting their annual Pap smears or breast exams. While preventive medicine may seem expensive at the time, its cost is nothing compared to the medical bills that can result from not detecting a cellular abnormality early on. The economy is also affecting women's decisions to have children—a growing number of women are putting off pregnancy, and are more worried than in years past about an unintended pregnancy. The silver lining? Some women are turning to stress-relieving activities such as exercise, prayer, and time with friends and family to

negate the stress brought on by the recession.

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

Health & Wellness

Why Antidepressants Don't Live Up to the Hype

The 1990s saw a meteoric rise in the number of Americans taking antidepressants. Prozac became one of the most popular drugs, along with a handful of other selective serotonin reuptake inhibitors (SSRIs) such as Paxil, Celexa, and Effexor that were prescribed to hundreds of millions of patients worldwide. In the past few years, however, researchers have begun challenging the effectiveness of SSRIs. In several studies, SSRIs were shown to have no clinically significant benefit over placebos for patients with moderate to severe depression, while pharmaceutical companies continue to produce data showing that antidepressants do work. The most recent research seems to prove that both sides are correct—SSRIs do work—for some patients. Patients with a limited range of psychological problems tend to get relief from SSRIs, while those who suffer from depression as well as other issues, such as substance abuse or a personality disorder, are less likely to find relief with SSRIs. Unfortunately, 45-60% of patients in the US that have been diagnosed with depression also fit the criteria for at least one other psychological disorder. This explains why similar studies have arrived at disparate conclusions, and why antidepressants haven't lived up to their hype. Future generations of antidepressant drugs will need to focus more on comorbidities to depression in order to better treat the whole patient, and be effective for a larger patient population.

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

Folic Acid Might Be Losing its Sheen

Since folic acid was introduced to Americans' diets—through supplements and the fortification of cereal grains and other foods—the rate of certain birth defects has fallen dramatically. In the 1980s researchers also discovered that folic acid can prevent some types of cancer, elevating the supplement to the level of a wonder vitamin. However, with such a strong push to include more folic acid in Americans' diets, experts are beginning to worry that some people are getting much more than the recommended 400 micrograms a day. Too much folic acid may actually fuel the development of certain cancers, so researchers are now trying to figure out maximums, in addition to minimums, to include in their folic acid recommendations. While the rate of some birth defects dropped by up to 50% after the US mandated the fortification of flour and other grains with folic acid, the rate of colorectal cancer went up in the US. Similar scenarios have been found in other countries who began fortifying their grains. Folic acid is certainly important to fetal development, and women of childbearing age should still have a healthy intake of the supplement. However, researchers are still working to uncover how much is too much when it comes to folic acid.

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

AMWA News

AMWA Resident Members- New Rate

AMWA Resident Members- the rate for our members in residency is now \$100 for the duration of your residency. If you are currently a Resident member, please email your anticipated completion year to associatedirector@amwa-doc.org so we can extend your membership. If you are a Medical Student about to graduate, or have already graduated, don't forget to renew your membership at the new level

Save the Date!

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

dates will be Friday, March 26 through Sunday, March 28.

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.

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!**

Take Action with CARE to Prevent Child Marriage

Imagine a young girl with her whole life ahead of her. She has dreams of an education, a career and eventually, a happy family. Instead, she soon will be getting married — likely to a man more than twice her age or older. Approximately 60 million girls around the world are married by the age of 17. By forcing a girl into premature adulthood, early marriage thwarts her chances to get an education, endangers her health and cuts short her personal growth and development.

CARE, which works with families and communities to reduce the prevalence of child marriage throughout the developing world, is encouraging the United States to do its part to prevent child marriage by passing the International Protecting Girls by Preventing Child Marriage Act of 2009. This legislation recognizes child marriage as a human rights violation and requires the United States to develop a comprehensive strategy to prevent these marriages and empower young girls.

At CARE's recent National Conference and Celebration [<http://www.careconference.org/>] in Washington, D.C., advocates from around the country helped raise awareness about this issue by meeting directly with their members of Congress and asking for their support of this important bill. Now you have the opportunity to help by sending a message to your legislators asking them to do the same. **Learn more and take action here.**

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.

Professional Development

The Association of Reproductive Health Professionals (ARHP)

The Association of Reproductive Health Professionals (ARHP) is proud to offer two powerful, free web tools for students, faculty, and professionals who frequently present on reproductive health topics.

The Global Opportunities Tool (GO Tool)

www.arhp.org/GOtool

Discover unique educational and training experiences in reproductive health settings around the world.

Any healthcare student interested in broadening their reproductive health training may search the GO Tool for clinical and non-clinical opportunities using an interactive flash map. Users can share sites via e-mail, write an online review of their experience, and access supplementary travel and funding resources. Organizations can recruit students by listing program information online.

Curricula Organizer for Reproductive Health Education (CORE)

www.arhp.org/CORE

Access reproductive health teaching materials or build your own dynamic curricula for learners.

CORE is an open access tool featuring peer-reviewed, evidence-based teaching materials on a variety of reproductive health topics. It is a collaborative effort of organizations working to improve the quality and quantity of reproductive health information included in health professions education. Users can search and download thousands of individual PowerPoint slides, complete presentation sets, case studies, and learning activities to develop comprehensive educational presentations.

Online Certificate Program

The University of Illinois at Chicago School of Public Health offers a unique entirely online opportunity to prepare health professionals to conduct multi-disciplinary clinical research. UIC's Clinical Research Methods (CRM) online certificate program is taught by experienced faculty and is designed to provide easily accessible training in research skills to these clinicians. This entirely online program is taught by experienced faculty and is designed to provide clinicians with accessible training in research methodologies. With no required campus visits, this online program allows busy clinicians and residents to obtain the education they need without sacrificing time during their work schedules.

The CRM certificate consists of five courses:

- Contexts for Clinical Research
- Clinical Research Methods I
- Data Collection and Management for Clinical Research
- Clinical Research Methods II
- Evaluating Clinical Interventions

Students will receive graduate credit for certificate courses.

The fall 2009 application deadline is July 1, 2009. Learn more about the program, view course descriptions, read faculty profiles and more at: **www.clinicalresearch.uic.edu**.

MWIA Conferences

All AMWA members are also members of MWIA (Medical Women's International Association).

The Medical Women's International Association (MWIA) wants to remind AMWA members that by virtue of their membership in AMWA that they are automatically members of MWIA. MWIA is divided into eight regions—Northern, Central and Southern Europe, North and Latin America, Central Asia, Near East and Africa and Western Pacific. Each region is represented by a Vice President and Dr. Shirley Hovan from Red Deer, Alberta, is the current Vice President for North America.

The executive of MWIA is elected for a three year period and this took place at the International Congress in Accra, Ghana, in August, 2007. Dr. Atsuko Heshiki from Japan is the current President, Dr. Afua Hesse from Ghana is the President-elect, Dr. Gabrielle Casper from Australia is the Past President, Dr. Shelley Ross of Canada is the Secretary-General (secretariat@mwia.net) and Dr. Gail Beck from Canada is the Treasurer.

Each triennium, each region has a regional meeting. In the past few months, Latin America's meeting was held in Puerto Rico and Northern Europe's meeting in Malmo, Sweden. In 2009, MWIA looks forward to three regional meetings: Central Europe in Vienna in May, Near East and Africa in Dar-Es-Salaam, Tanzania, in July and our very own North American meeting on board ship sailing from Boston through the Canadian Maritimes and Quebec City to Montreal from September 19-26, 2009.

Let me take this opportunity to invite all AMWA colleagues to attend the North American meeting. Let us make it truly international as both Canadians and Americans meet to discuss the theme of ***Taking Care of the Caregiver***, aimed at the health and well-being of physicians. For further information and booking before the early bird deadline of November 30, 2008, please e-mail cruises@seacourses.com. All bookings must be made through this agency.

Membership Updates

New AMWA Members Only section

Please be sure to check out the new AMWA Members Only page of the AMWA website. An email was sent out in early April with your user ID and password, so please be sure to test out the new features. You can now update your profile online, renew your dues, and browse the member directory. If you have any questions, or need a user ID and password, please email 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.

Finally – Scrubs & Lab Coats for Female Clinicians

Lara Manchik, PA-C

Graduating from PA school in 1999, almost a decade of wearing frumpy scrubs and lab coats became a twisted comedy of getting "ready" for work in a pajama-like uniform. I've always been somewhat into fashion and style. At one point, I calculated that I was spending 30% of my week wearing scrubs. I was so used to it, but why?? Surely there must be a better option for female clinicians. And when I couldn't find one - I was fueled with motivation to change that.

The goal was simple – to source the highest quality fabrics and trim, with a focus on comfort and quality. More difficult of a task – was to maintain the traditional features of unisex style scrubs and lab coats, yet to introduce professionally appropriate feminization and modern functionality. "Finally!" seems to be the most common, welcomed response. This gives me tremendous pride – to be able to offer my colleagues scrubs and lab coats with abundant upgrades and a flattering, professional appearance. We all deserve that.

Medelita proudly supports AMWA in its mission to advance women in medicine and improve women's health. AMWA members will receive free shipping and embroidery on their www.medelita.com orders by entering the coupon code

AMWA at check out. Medelita will donate 10% of all AMWA sales 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

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.

- Tips for Correct Coding
- Expediting Payment
- Dealing with Private Payers
- Special Medicare Procedures
- Technology that Can Help

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.

- Best Practices for Time Management
- What's the Right Scheduling Philosophy for Your Practice?
- Making the Most of a 15-minute Appointment
- Supporting Staff to Work Efficiently
- Making the Most of Your Off-Hours

Doctor's Digest: Free E-Subscription, Podcasts and Vodcasts on Demand
Doctor's Digest provides information and expert advice written by thought leaders and experts on topics that really matter to us, such as Personal and Professional Growth, Consumer-Driven Healthcare and Small Practice Survival. 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 23/7. 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. And now—Doctor's Digest "Essential Practice Tips" App on the iPhone/iPod Touch!!

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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