

April 9, 2009

## In This Issue!

- [AMWA Annual Meeting](#)
- [Conservative opponent to health overhaul seen as counterproductive to compromise](#)
- [FDA Approves New Female Condom](#)
- [Book Review](#)
- [Newly Pregnant Smokers Have a 15-Week Window to Quit](#)
- [Scientists Identify More Breast Cancer Genes](#)
- [Near-Term Babies May Face a Higher Risk of Problems](#)
- [AMWA, in partnership with Physicians for Reproductive Choice and Health, invites you to participate](#)
- [AMWA Board of Directors](#)
- [Join Us! Call for Committee Members](#)
- [AMWA Legacy Fund](#)
- [Medpedia.com](#)
- [Make a Difference at CARE's Annual National Conference & Celebration](#)
- [MWIA Conferences](#)
- [Finally-Scrubs & Lab Coats for Female Clinicians](#)
- [The Star Doctor Medical Professional Liability Insurance Program for Women in Medicine](#)
- [Journal of Women's Health](#)
- [Bridging the gap between the business of medicine and the practice of medicine](#)

**Join AMWA Today!**

## American Medical Women's Association

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



Dr. Jean Fourcroy, Dr. Karen Poirer-Brode, Dr. Estherina Shems, Dr. Elinor Christiansen, and Dr. Bea Desper networking at the AMWA Annual Meeting

## AMWA Annual Meeting The Williamsburg Lodge, Williamsburg, VA

This year's AMWA Annual meeting was held in collaboration with Journal of Women's Health and VCU Institute for Women's Health in Williamsburg, Virginia. AMWA medical students held their own track at the Woodlands Conference center, and welcomed approximately 50 students. AMWA hosted a hospitality suite, where t-shirts, books, and AMWA scarves were sold, and 30 new members joined on site! During the AMWA Annual Awards Banquet, the following people were honored: Elizabeth Blackwell Award presented to Nancy Nielson, MD, Bertha Van Hoosen Award presented to Roberta Gail Rubin, md, Lila Wallis Women's Health presented to Holly Thacker, Woman in Science Award presented to Mary Guinan, md, Anne C. Carter Leadership Award presented to Misty Richards, The Young Women in Science Award went to: 1st place - Rachel Frank, 2nd place - Dani Barnes and Amanda Rose, 3rd place - Wittika Roy, and the Presidential Recognition Award was presented to Janice Werbinski, MD.

The Award Banquet attendees also listened to a presentation from Joia Mukherjee, MD, MPH, entitled *Women's Lives: The Cost of Institutionalized Violence*. More information on the event activities and photos will be available in the next issue of *Connections*, AMWA's quarterly e-newsletter.

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). AMWA Moves to Philadelphia

## 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](http://www.amwa-doc.org).

To order AWHS logo note cards, [click here for an AWHS Note card Order Form](#)

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## Countdown to Universal Access

### Conservative opponent to health overhaul seen as counterproductive to compromise.

In a front-page story, the **New York Times** (4/2, A1, Rutenberg) reports that Richard L. Scott, "a rich, conservative investor willing to spend freely on a political cause," is now "starring in his own rotation of advertisements against the broad outlines of President Obama's healthcare plans." According to Scott, his "sole policy interest is to see to it" that Obama's "overhaul...does not move the country toward a socialized system." In response, "liberal groups" are "planning to defend the administration's healthcare plan" by "seizing on [his] background." In 1997, Scott "was ousted by his own board of directors" at Columbia/HCA "amid the nation's biggest healthcare fraud scandal" that resulted in "the company's guilty plea and payment of \$1.7 billion to settle charges including the overbilling of state and federal health programs." Meanwhile, "conservative healthcare activists...are not fully embracing Mr. Scott" either, arguing that "some form of change is necessary and inevitable." In fact, "some former allies are more hostile," saying Scott is "counterproductive to their efforts for compromise."

To read more visit: [www.endo-society.org](http://www.endo-society.org)

## Policy, Legislation & Oversight

### FDA Approved New Female Condom

A new version of the female condom has been approved by the US FDA. Although a previous version existed, it was expensive and inadequately marketed, and use of the female condom never really caught on. The new version is made out of synthetic rubber instead of polyurethane, and is being sold for approximately 30% less than before. A female condom is a long, lubricated sheath that is anchored at either end by a flexible ring. It is highly effective both at preventing pregnancy and preventing transmission of sexually transmitted diseases. It is the only FDA-approved contraceptive measure that women can use on their own initiative and prevent STDs. Rather than relying on her partner to practice safe sex, with a female condom, the woman can take control. Advocates are hoping better marketing efforts will popularize the female condom as a form of contraception and STD prevention.

Read the full story on [chicagotribune.com](http://chicagotribune.com)

## Health & Wellness

### Book Review

#### ***Stop the Stress Habit-Change your perceptions and improve your health***

**Leslie Torburn, DPT**

Giving up stress for her 40th birthday was the best thing she ever did. After observing how stress impacted her patients, physical therapist Leslie Torburn was determined to not allow stress to rule her life anymore. She has now compiled her techniques into a quick, easy-to-read manual, *Stop the Stress Habit: change your perceptions and improve your health*.

*Dr. Torburn* provides innovative concepts and practical exercises that teach

**DISTILLED  
SPIRITS  
COUNCIL  
OF THE  
UNITED  
STATES**

**HOLOGIC**



**NOVARTIS**

**Abbott**  
A Promise for Life

readers how to shift the habitual thought processes or constant "mind chatter" in order to reduce stress and lead healthier lives. This book is a wonderful resource for health care providers and their patients.

20% discount for AMWA members – only \$11. E-mail [stopthstresshabit@gmail.com](mailto:stopthstresshabit@gmail.com) and mention AMWA. For more information, visit [www.stopthstresshabit.com](http://www.stopthstresshabit.com).

"I love the carpe diem approach and the way it calls a spade, a spade: feeling stressed is a breakable habit. The book is an eye-opener and spirits-lifter with its quotations and highlights. Leslie Torburn has put her professional experience and personal wisdom to good use."

Linda Hawes Clever, MD, MACP  
President, RENEW, [www.renewnow.org](http://www.renewnow.org)

"Leslie Torburn gives us practical everyday strategies peppered with insight and wit. Stop the Stress Habit is not about fixing problems—but about changing perspectives...it's a liberating vision that will change your life."

Eliza Lo Chin, MD, MPH  
Editor, This Side of Doctoring: Reflections from Women in Medicine

### **Newly Pregnant Smokers Have a 15-Week Window to Quit**

Smoking cigarettes while pregnant can lead to complications such as miscarriage, ectopic pregnancy, premature birth, delivering small babies, stillbirth, and neonatal death. However, new research shows the female smokers who discover they are pregnant have a small window of opportunity to quit smoking before some of these harmful effects occur. According to a study that involved over 2500 pregnant women, smokers who quit in the first 15 weeks of pregnancy had no higher risk of pre-term labor or small babies than non-smokers. Women who continued to smoke beyond their 15th week of pregnancy significantly raised their risk for these complications. Women who have smoked through their first few months of pregnancy should be advised that it is not too late to quit and prevent damage to their developing fetus. Smoking after giving birth is also harmful to a women's newborn, as exposure to second-hand smoke can lead to asthma, pneumonia, and Sudden Infant Death Syndrome (SIDS).

Read the full story on [healthday.com](http://healthday.com)

### **Scientists Identify More Breast Cancer Genes**

US researchers have discovered new gene variations that can boost the risk of sporadic breast cancer. The two genetic variations are located on chromosomes 1 and 14. This finding is part of ongoing research to learn more about what causes breast cancer. Six other genomic regions were previously found to be associated with breast cancer. By developing a greater understanding of the contributions of such genetic variations to the development of breast cancer, researchers hope to be able to develop novel approaches for breast cancer treatment, and ways to prevent the disease.

Read the full story on [healthday.com](http://healthday.com)

### **Near-Term Babies May Face a Higher Risk of Problems**

According to a recent study, babies born 3 to 6 weeks before their due dates have a higher risk of disabilities or developmental delays than full-term babies. While babies born after 34-35 weeks of gestation have typically been considered as healthy as babies carried fully to term, this study followed the development of these babies to discover they are not always developing at the same rate. In a study comparing over 7000 babies born between 34 and 37 weeks of pregnancy with 150,000 babies born after 37 weeks, researchers found that late-preterm

babies had a 36% higher risk for developmental delays or disabilities than full-term babies. The late-preterm babies were also at a higher risk for being suspended in kindergarten, requiring special education services, or being kept back in kindergarten. Although preterm birth is sometime unavoidable, the growing trend of Caesarean sections being performed slightly preterm may be contributing to the rising number of young children with developmental delays. Obstetricians should encourage their patients to carry their baby fully to term, even if they are planning a scheduled Caesarean.

Read the full story on [nytimes.com](http://nytimes.com)

## AMWA News

### AMWA, in partnership with Physicians for Reproductive Choice and Health, invites you to participate in Conversations on the Hill!

AMWA is excited to team up with Physicians for Reproductive Choice and Health (PRCH) on June 11-12 in Washington, DC, to engage our Congressional representatives on healthcare reform issues. With the urgent need to cure our ailing healthcare system and the opportunity for real change, AMWA and PRCH will bring a unique perspective to Capitol Hill. Together, physicians can ensure that comprehensive reproductive healthcare remains a part of all reform efforts in Washington.

The event will begin on the evening of June 11 when AMWA and PRCH physicians will participate in a training event that will cover advocacy techniques, the legislative process, messaging on healthcare reform, and the importance of storytelling to convey your message. On Friday, June 12, physicians will hit the Hill! We will meet with our legislators and key policy staff to educate them on the importance of improving access to sexual and reproductive health education, counseling and care within the context of ensuring high-quality healthcare for all Americans.

**Come join us in Washington, DC, on June 11-12.**

**SAVE THE DATE!**

Please contact AMWA Associate Director, Rebecca Mathis, [associatedirector@amwa-doc.org](mailto:associatedirector@amwa-doc.org), for more information and to RSVP.

**The 2009-2010 AMWA Board of Directors met for the first time onsite at the Annual Meeting. Below is the new listing.**

AMERICAN MEDICAL WOMEN'S ASSOCIATION BOARD OF DIRECTORS March 2009 through February 2010	
<b>Executive Committee</b>	
Beatrice S. Desper, MD <i>President</i>	Janice Werbinski, MD <i>Secretary</i>
Eliza C. Lo Chin, MD, MPH <i>President Elect</i>	Mary Fitzsimmons, MD <i>Treasurer</i>
Claudia S. Morrissey, MD, MPH <i>Immediate Past President</i>	
<b>Directors</b>	

Anne L. Barlow Ramsay, MD	Katherine Neely, MD
Elinor T. Christiansen, MD	Ashley Styczynski
Marlene Cutitar, MD	Misty Richards
Roberta Gebhard, DO	Laurel A. Waters, MD

## 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](mailto: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!**

## 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.**

## Make a Difference at CARE's Annual National Conference & Celebration

AMWA members and branches are invited to participate in the CARE National

Conference & Celebration on May 5 and 6 in Washington, D.C., for two days of political action, learning and inspiration.

You will hear from top activists, lawmakers and speakers, including Wolf Blitzer and Gwen Ifill, and join other members of women's organizations from across the country at special events highlighting the importance of connecting the world's women in the fight against global poverty. You also will receive hands-on training for promoting the issues you care about on Capitol Hill, and then meet in person with your own U.S. Senators and Representatives to educate them about why women's empowerment is important to you and our organization.

When you register through this link ([www.care.org/women](http://www.care.org/women)), and enter AMWA as the group you are affiliated with, you will receive an extension of the early registration rate through mid April and an invitation to special conference programs. Also, currently enrolled students may receive a special student rate by registering at <http://www.carenationalconference.org/individual.asp>.

## Professional Development

### 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](mailto: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](mailto:cruises@seacourses.com). All bookings must be made through this agency.

## Membership Updates

### 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.

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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](http://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](mailto: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](mailto:JWH@liebertpub.com) on your news alerts and/or let us know when there is news or new projects or programs that the women’s health community should be aware of, such as:

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

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

### **Bridging the gap between the business of medicine and the practice of medicine**

Publisher of: Doctor's Digest, Doctor's Digest for the Oncologist, Clinician's Digest, Pharmacist's Digest, Patient's Digest, Patient Data Pads, MEMO-Snap Medical Memo & Coding Management Pads, MEMO-Snap Message Mate and Front Desk Digest

Doctor's Digest and The Doctor's Channel ([www.thedoctorschannel.com](http://www.thedoctorschannel.com)) have partnered to provide physicians with practice management content from Doctor's Digest. A series of 2-minute videos created from this content appear on this popular doctor-to-doctor website in the Business of Medicine section.

We invite doctors and other healthcare professionals to access free e-subscriptions to Doctor's Digest by visiting our website [www.doctorsdigest.net](http://www.doctorsdigest.net) or through The Doctor's Channel.

Doctor's Digest has been recognized by many major medical schools, universities and physician organizations for its cutting edge practice management information and is now included in curricula and disseminated on a regular basis to practicing physicians, students and associations.

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

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