

April 23, 2009

In This Issue!

- Conservative opponent to health overhaul seen as counterproductive to compromise
- Rising to the challenge: NIH will use \$60 million in recovery act funds
- Bill would expand health care for female veterans
- A Possible Step Toward Setting Biological Clock
- Acupuncture May Not Help Hot Flashes
- Skin Care Now Top Cancer Among Young Women in UK
- How Much Fish to Eat While Pregnant?
- AMWA, in partnership with Physicians for Reproductive Choice and Health, invites you to participate
- AMWA Branch 30 participates in the Annual Legislative Leadership Conference
- 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*
- *Doctor's Digest*

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

American Medical Women's Association

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



Dr. Claudia Morrissey, Dr. Satty Gill Keswani, Dr. Wendy McCurdy and Baby Benjamin McCurdy networking at the 2009 AMWA Annual Meeting

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

Policy, Legislation & Oversight

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:










Rising to the challenge: NIH will use \$60 million in recovery act funds

The National Institutes of Health (NIH) will commit roughly \$60 million from the American Recovery and Reinvestment Act (ARRA) to support autism research and meet objectives set forth earlier this year by a federal advisory committee. The Request for Applications is the largest funding opportunity for research on autism spectrum disorders (ASD) to date and, combined with other ARRA initiatives, represents a surge in NIH's commitment to finding the causes and treatments for autism. For a full listing of possible study topics, see the [grant announcement listing](#) in the NIH Guide.

Bill would expand health care for female veterans

The Women Veterans Health Care Improvement Act of 2009 was introduced by Sen. Patty Murray, D-Wash., and would require counseling, improve women's health care programs and provide a pilot program for child care services. According to Sen. Murray, there are approximately 1.8 million female veterans who, according to VA data, are receiving "lower quality care" than men receive. For more information about the bill, [click here](#).

Health & Wellness

A Possible Step Toward Setting the Biological Clock

Until now, scientists have always operated under the assumption that all female mammals, including human women, are born with all of the eggs that they will ever have, and their stock slowly depletes with age. However, Chinese researchers have now produced evidence suggesting that this assumption may be false, by showing that an adult mammal can harbor primitive cells in her ovaries that can become new eggs and produce healthy offspring. The research was conducted in mice, and is causing a wave of excitement in the scientific world. Researchers are hopeful that this finding will one day lead to new ways to fight a woman's biological clock, either by stockpiling her egg-producing cells, or by stimulating those cells to produce more eggs. Scientists are continuing to research this finding, and plan to replicate it both in mice and in other species.

Read the full story on washingtonpost.com

Acupuncture May Not Help Fight Hot Flashes

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 woman'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

Skin Cancer Now Top Cancer Among Young Women in UK

Melanoma, a potentially fatal type of skin cancer, is typically associated with people over the age of 75. Largely blamed on overexposure to ultraviolet rays, skin cancer has historically been found in individuals exposed to a lifetime of sun. Now with the popularity of tanning, both under the sun and in tanning beds, melanoma is striking people at a much younger age. In the UK, melanoma recently overtook cervical cancer as the top cancer to strike women in the 20s.

Nearly a third of all melanoma cancers in Britain are diagnosed in patients under the age of 50. Researchers estimate that melanoma will become the 4th most common cancer in the UK for men and women of all ages by the year 2023. Tanning beds are particularly harmful because they expose people to UV rays up to 10 times stronger than the rays of the midday sun, but people are less likely to wear protective sunscreen in a tanning bed than while laying out on the beach. In the US, 29 states have regulations governing minors' use of tanning salons. The World Health Organization has recommended worldwide regulation of tanning beds due to their potential to damage DNA in the skin. Without proper public safety education and tanning bed regulation, melanoma rates are expected to continue to rise.

Read the full story on time.com

How Much Fish to Eat While Pregnant?

Fish is an important part of a pregnant woman's diet, delivering high doses of omega-3 fatty acids that are important for a fetus' neural development. No other food is as packed with omega-3s as fish is which is why most clinicians advise their pregnant patients to eat fish several times a week. However, some types of fish are also high in mercury, which can be toxic at very high levels. The US FDA currently advises women to cap their fish consumption at 12 ounces a week, but many experts believe this is not enough fish for pregnant women to ensure proper fetal development. In a study of over 25,000 children in Denmark, those who were born to mothers who ate more fish during pregnancy scored higher on motor and cognitive tests than those whose mothers ate little to no fish. Pregnant women can decrease the risk of high mercury levels by avoiding fish notoriously high in mercury, such as shark, swordfish, king mackerel, tilefish, and tuna.

Read the full story on healthday.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, for more information and to RSVP.

AMWA Brach 30 participates in the Annual Legislative Leadership Conference

AMWA Branch 30 members joined the California Medical Association for the Annual Legislative Leadership Conference on April 14, 2009 in Sacramento, California. After a morning of advocacy training, they met with legislative staff to discuss their views on current senate and house bills, including two initiatives by Representative Mark Leno, one which proposes a single payer healthcare plan and another which would eliminate toxic chemicals in baby products. There they met and recruited a new AMWA member, Evelyn Li, MD, President of Patient Advocate Organization and medical consultant for the movie, *Life for Sale*. They also met with Jessica Nunez de Ybarra, MD, MPH, a Public Health Medical Officer, to discuss her work in the Division of Communicable Disease Control.

Pictured to the right in front of Governor Arnold Schwarzenegger's office are (left to right) Evelyn Li MD, Kay Williams MD, Eliza Chin MD, Laurel Waters MD, and Rose Lewis MD.

We would love to hear from other AMWA branches. Please send updates to associatedirector@amwa-doc.org and let us know what you are doing.



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!**

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), 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) 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

.

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.

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.

To be removed from our distribution list, please do **NOT** reply to this email. Please follow instructions below.

To be removed, simply [CLICK HERE](#) to send a prepopulated unsubscribe request.