

March 12, 2009

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American Medical Women's Association

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



Dear AMWA Members,

I know many of you are frustrated at not being able to attend the AMWA Annual Meeting this year in Williamsburg. We are getting a flood of email and phone messages from members who wish to participate but are unable to register due to the meeting being sold out.

This situation has arisen due to the overwhelming interest in the conference. The hotel where the event is being held can only accommodate 600 attendees due to fire codes and occupancy regulations. We had no idea that we would reach that maximum number so quickly--truly an unprecedented event. This is a cautionary tale for all of us; next year we will see if we can pre-register AMWA members.

I am sorry that some of you will not be able to join us in Williamsburg, but mark your calendars now for the next AMWA Annual Meeting to be held the end of March 2010.

Best regards,
Claudia
AMWA President

AMWA Annual Meeting
In conjunction with
Women's Health 2009:
The 17th Annual Congress

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.

[amwa-doc.org](http://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:







March 27-29, 2009
The Williamsburg Lodge, Williamsburg, VA
In collaboration with Journal of Women's Health and VCU Institute for Women's Health
The Conference has SOLD OUT
[Click here to view the AMWA events.](#)

Countdown to Universal Access

Portsmouth doctor: Obama hears my views on health care reform

By Michael Mccord | *Portsmouth Herald*

Though he didn't attend President Barack Obama's health care forum in Washington on Thursday, Dr. Thomas Clairmont felt that he was heard -- after fearing the health care reform proposal he supports would not be part of the discussion.

[Click here to read more.](#)

Single-payer isn't socialism

B. Jason MacLurg, M.D. | *Letter to the Editor* | *Seattle Post-Intelligencer*

As a long-time Seattle physician, I was pleased that the P-I supports health care reform toward a single-payer system (Opinion, Wednesday). Most Americans now fully understand that our health care delivery system is too expensive, too complex, too fragmented and overwhelmingly frustrating. Although some still believe that America has the best health care in the world, the truth is that our reimbursement system is killing us.

[Click here to read more.](#)

Policy, Legislation & Oversight

Health Workers' 'Conscience' Rule Set to Be Voided

Passed in the final days of the Bush Administration, the "provider conscience" rule indemnifies health care providers that receive federal financing from assisting with medical services they find objectionable on moral or religious grounds. Among the ramifications of the rule are that health care providers are exercising their right to refuse to perform an abortion, a sterilization procedure, or to provide contraception. While many religious organization lauded the rule, women's health advocates and other experts have derided the rule for blocking access to care and reproductive knowledge for many women. President Obama's administration quietly announced this week that they are rescinding the rule, which has prompted reactions from critics and proponents of the rule. Abortion has long been a divisive political issue, and the reversal of the previous' administration rule is sure to draw up debates once more.

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

Health & Wellness

Uncertainty Over New Health Safety Net For Jobless

The recently-passed economic stimulus plan has a provision in to help workers that have been laid off from their jobs to retain access to health insurance.



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COBRA, a program that has been in place for many years, allows workers to keep their company's health insurance plan for 18 months after they leave their job. However, COBRA premiums are prohibitively high, and most laid-off workers can't afford the coverage. Now the stimulus plan has set aside \$25 billion to help workers pay the cost of COBRA by covering 65% of the price. Workers have 60 days from their termination to apply, and benefits are available for up to 9 months. The program extends to workers who were laid off as early as September 1, 2008. The problem is that both employers and employees are not entirely clear on how the program works, which is blocking access to many Americans. Congressional experts estimate that approximately 7 million Americans will take advantage of the stimulus program, but only if the legislation is more clearly defined. So far, most laid-off workers are still struggling to work with former employers to gain access to the COBRA coverage.

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

The Barriers Fell, One Year, One Step at a Time

Up until around the 1970s women in the US were generally discouraged from participating in competitive sports, and from running in particular. Although in the years since women have claimed their spots in many sports' halls of fame, there is still a generation of women who are now beginning to realize that they too can be athletes, and that it is not too late to take up sports. Running is a sport that women came particularly late to—the Boston Marathon did not allow for female entrants until 1972—but is also well-suited for older women who are just starting to get to know their inner athlete. Whether it is jogging around the block or training for a marathon, women report that running clears their minds, provides them with much-needed alone time, and gives them a sense of accomplishment. Running is also a sport that lends itself to all ages. One woman, who took up running at the age of 47, is now, at age 72, an avid marathoner who still dominates races in her age group.

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

With the Economy Down, Sleeplessness Is Up

The failing economy is affecting all aspects of Americans' lives, including their health. Insurance woes, lack of access to care, and insomnia are all major health problems being faced by a large percentage of the population. Lack of sleep has far-reaching effects on a person's health, and can also cause social disruptions and mood swings. A recent poll found that almost a third of Americans are being kept up at night worrying about the economy, losing their job, or being able to pay their bills. Those who reported a lack of sleep were twice as likely to miss family, work, or leisure events. To avoid sleep disruptions and get a healthy night's sleep, avoid caffeine for at least 8 hours before bedtime, keep the bedroom cool, dark, and comfortable, and keep work, computers, and TVs out of the bedroom.

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

AMWA News

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!**

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**.

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.

The Medical Women's International Association (MWIA) in collaboration with – American Medical Women's Association (AMWA) & National Council of Women USA,

Invites you to attend a panel discussion commemorating the 53rd CSW at the UN

"Gender Equality and Male Responsibility and the Women Doctors of the World."

Date: 5th-March -2009

Time: 10:00 AM - 11:30 AM

Venue: Drew Room 777, Church Center, 44 and 1st Avenue United Nations, NY

Invocation: Pastor Leslie Martin Federated Church of Livingston, NJ

Introduction and Moderator: Dr. Satty Gill Keswani MD- 10AM- 10.05 AM

(Reproductive Endocrinology--- Main NGO Representative of MWIA to the UN.)

History and role of MWIA in Women's Health:

Dr. Shelley Ross MD 10 .05- 10.15 AM ((Secretary- General MWIA)

Key Note address:

(Father and son team) Dr. Leon Smith (sr) MD 10.15 -10.25 AM (Prof Infectious Diseases UMNDJ)Male responsibility in Prevention of AIDS & Steven Smith MD (Infectious disease Specialist) 10.25 -10.45 AM
The Use of Estrogen to Block HIV Vaginal Transmission

Media, Women and Health:

Dr Donnica L. Moore MD 10.45-.11.00AM (President, Sapphire Women's Health Group LLC)

The Rockefeller Foundation and NGOs: Linda Marston-Reid – 11.00- 11.10 AM
(**Bellagio Center Coordinator**, the Rockefeller Foundation)

Question and Answer session moderated by Satty Gill Keswani MD 11.10- 11.25 AM

Concluding Remarks: Women AIDS and Public Health Challenge: Dr. Mini Murthy MD, MPH 11. 25-11.30 AM (NYMC School of Public Health, Alt. NGO Rep of MWIA to the U.N.)

12 noon: Luncheon by invitation only

For more information visit: [http://www.mwia.net./](http://www.mwia.net/)

Professional Development

Balance for Women Physicians

AUGUST 6-9, Breckenridge, CO

CME conference: QUALITY OF LIFE: NOT JUST FOR PATIENTS

Life-Altering Solutions to Burnout for Women Physicians and their Patients

Contact: Mary Fletcher 303-632-9255 (tel/fax) info.balance@comcast.net

Details: www.balanceconference.org

The Foundation for the History of Women in Medicine is currently accepting nominations for the **2009 Alma Dea Morani, M.D. Renaissance Woman Award**. This Award will honor an outstanding woman physician or scientist in North America who has advanced the practice and understanding of medicine in our lifetime and made significant contributions outside of medicine, for example, in the humanities, arts or social sciences, whose determination and spirit have carried her beyond traditional pathways in medicine and science; and who challenges the status quo with a passion for learning. Deadline for submission of nominations is **April 15, 2009**. More information including guidelines, nomination forms, and past recipient information can be found on our website at www.fhwim.org or through the office at 484-945-2106

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.

CardioCareLive

"Improving Cardiometabolic Patient Outcomes"
Cardiometabolic conference online and free CME (13 AMA, AAFP credits)

Tuesday, Mar 03 & Wednesday Mar 04, 9:30AM - 7:00PM

REGISTER For FREE: www.CardioCareLive.com

Hosted by PlatformQ and produced under the auspices of the Johns Hopkins Office of Continuing Education

CardioCareLive (www.CardioCareLive.com) is a free cardiometabolic conference held online March 3rd & 4th, 2009. This conference, produced under the auspices of the Johns Hopkins Office of Continuing Education, brings the benefits of a traditional medical conference to the convenience of a computer: live keynote presentations, peer networking and a separate exhibit area.

Learn how to improve patient outcomes at a conference that fits your busy schedule. Questions addressed live via video by women leaders in cardiovascular care:

1. Dr. Lori Mosca, Professor of Medicine, Director of Preventive Cardiology, New York Presbyterian Hospital, Columbia University Medical Center
2. Barbara Fletcher, RN Clinical Associate Professor, College of Health Department of Nursing, University of North Florida
3. Nancy Houston Miller, RN, BSN, Associate Director of the Stanford Cardiac Rehabilitation Program, Adjunct Clinical Assistant Professor, UCSF School of Nursing
4. Dr. Alice (Ali) Domar Executive Director, Domar Center for Mind/Body Health Assistant Professor of Obstetrics, Gynecology, and Reproductive Biology, Harvard Medical School
5. Dr. Carol A. Locke, Chief Executive Officer OmegaBrite, Inc.

. . . and many more leaders in cardiometabolic care AND Patch Adams, MD, the

man behind the movie starring Robin Williams.

Register for free at www.CardioCareLive.com. To view a complete list of speakers, agenda, or to register now for free, visit CardioCareLive (www.CardioCareLive.com).

Presentations will be available on-demand for ninety days post-event.

For more information, contact:
CardioCareLive
info@cardiocarelive.com
617 938-6000

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!

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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 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. 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.

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