

February 26, 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). 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

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
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

Our Mission: Single-Payer National Health Insurance

Greg Silver, MD

The U.S. spends twice as much as other industrialized nations on health care, \$7,129 per capita. Yet our system performs poorly in comparison and still leaves

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:










47 million without health coverage and millions more inadequately covered.

This is because private insurance bureaucracy and paperwork consume one-third (31 percent) of every health care dollar. Streamlining payment through a single nonprofit payer would save more than \$350 billion per year, enough to provide comprehensive, high-quality coverage for all Americans.

[Click here to learn more about single-payer national health insurance](#)

Time for Universal Care

By Pat LaMarche | Bangor Daily News

It's because this year, as he has for many years, Michigan Rep. John Conyers has introduced HR 676, which already has garnered nearly 50 co-sponsors -- a bill that restructures our health care system much like the rest of the civilized world and guarantees health care for all Americans. And it's because poll after poll, like the October 2008 ABC News poll, shows that two-thirds of Americans support changing our current system to a universal system.

[Click here to read more](#)

Health Insurance Is Not Synonymous With Health Care

Rachel Nardin, M.D.

In April 2006, Massachusetts enacted a health care reform law with the stated goal of providing near-universal coverage of the Massachusetts population. Nearly three years into the reform, we know a lot about what has worked and what hasn't. Examining this data critically is vitally important as the Obama administration considers elements of Massachusetts' plan as a model for national health care reform.

[Click here to read more](#)

Policy, Legislation & Oversight

Stimulus Offers Hope For Electronic Records

The \$787 billion economic stimulus bill signed into law this week has allocated \$19 billion toward bringing all health care records in America into the digital age. In order to digitize health records, standards will have to be set for secure collection and handling of medical information, insuring Americans' privacy. Many healthcare practitioners and hospital systems have shied away from adopting electronic health record systems that are currently available due to a lack of standardization in the industry, as well as prohibitive costs. Much of the stimulus money will be used to provide financial incentives to individual practitioners and hospitals to use electronic systems. There will also be penalties for practices that fail to convert to paperless systems within 5 years. Beyond convincing practitioners to embrace new technology, industry leaders will also have to convince consumers that their privacy will be protected.

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

Health & Wellness

Exercise Boosts Quality of Life in Postmenopausal Women

Postmenopausal can improve their quality of life through exercise, regardless of their weight. In a study of 430 sedentary postmenopausal women with an average age of 57.4, researchers assigned women to an exercise routine representing 0%, 50%, 100%, or 150% of the current public health physical activity recommendations. The women who exercised, even at 50% of the recommended levels, reported an improved quality of life and a significantly improved general health perception. All of the exercise groups had significantly improved social functioning compared to the control group as well. Weight loss was not needed for the women to report an improved quality of life.

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

FDA Finds 'Natural' Diet Pills Laced With Drugs

A popular brand of weight-loss capsules also contained a potent pharmaceutical drug called bumetanide which can have potentially serious side effects. Starcaps, which were promoted as a natural dietary supplement with papaya that stimulates weight loss, were sold in several national retail chains, and touted by several celebrity endorsers. In addition to StarCaps, the FDA has found that dozens of weight-loss supplements, mostly imported from China, contain hidden and possible harmful drugs. StarCaps were manufactured in Peru and sold in America by Balanced Health Products. The FDA's list of 69 tainted weight-loss supplements also cites Sliminate, Superslim, and Slim Up as containing questionable ingredients. Dietary supplements are not regulated by the FDA as tightly as prescribed drugs, and this case, along with others, has called the law on supplement regulation into question. Terms such as "natural" and "herbal" often falsely lead consumers to believe a supplement is safe and will not interact with other medications, but that is not always the case. Some experts question whether current laws adequately protect consumer health.

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

Birth of Octuplets Puts Focus on Fertility Clinics

After the recent birth of octuplets to a California women who already had 6 other children, all conceived through in vitro fertilization, fertility clinics are under renewed scrutiny. Nearly a third of in vitro births involve twins or more, but multiple births come with many potential health consequences, including infant mortality, low birth weights, and long-term disabilities. The increasing number of large number multiple births in the country has the government wondering if the fertility industry has had a breakdown in the system. In 2008 the American Society for Reproductive Medicine adopted guidelines that encourage the transfer of only one embryo for women under the age of 35, and no more than 2 embryos except in extraordinary circumstances. The mother of the recently born octuplets had 6 embryos implanted, at the age of 33. In the decade since the CDC began collecting data on the fertility industry, it has doubled in size. Now more than 50,000 children are born each year as a result of in vitro fertilization, which has become a billion dollar business. Many experts say that the responsibility lays with the doctor to protect the patient, and not let them make choices that will result in unsafe pregnancies. However, competition within the fertility industry may be having a negative impact on patients, as clinics are putting more effort into yielding to patients' requests in order to not lose their business.

[Read the full story on nytimes.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.

Professional Development

2009 Alma Dea Morani, MD Renaissance Woman Award

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!!

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