

#AMWA103 WORDS OF WISDOM

This is an organization that I drew so much inspiration and encouragement. I forever indebted any of my achievements to this society. Welcome! – WEI WANG MD

Amazing opportunity for learning, networking, mentoring and international social connectedness. Honored to be part of this dynamic process. - Dr. Vivien Brown

AMWA is a great place to meet powerful, intelligent women. It is a great time to network. Take advantage of the opportunity to get close! -Robyn B Faye, MD, FACOG, NCMP, IF, CSC

As a lifetime member of AMWA, I have found it to be a very effective 'home' for women physicians in a medical world that traditionally has catered to male physicians interests and needs.

Always know that you ARE enough and you can overcome any obstacle! Be the best version of yourself that you can be! - Lauren Ford

AMWA has been a significant part of my success in medicine. -Theresa Rohr-Kirchgraber, MD, FACP, FAMWA

Be active and have fun. This is your chance to talk to and get advice from record setters, rule breakers, mavens, chiefs, chairs and everyone in between. Don't miss your chance! -Stacey Watt, MD, FASA, FAMWA

I have made some lifelong friends and met like-minded colleagues. The Annual Meeting is something that I have looked forward to over my 40 years of being a physician. -Jan Werbinski, MD

AMWA is a formidable force. Keep up the good work. -Sam Zakhari, Ph.D.

Ask for what you need....they can always say no....but you may be surprised and either way you learn something. -Stephanie Abbuhl MD

Build up and encourage those around you always. -Leslie R Miller

Being a good doctor means being a good detective and good with people. - Evelyn Somogyi

Continue to keep up the good work, do not forget all the hard work you've done even when it gets difficult. -Layla Barrera DO, MS

Be kind. Stay grounded. Maintain humility. -Suzanne Harrison, MD

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Don't be afraid to be bold!
-Garen Wolff, MD, MSc

Don't be afraid to introduce yourself to other members! People are very receptive to building connections, all it takes is a hello. -Anne Drolet

If you do not have a seat at the dinner table, you will part of the menu. -Diana Galindo MD FACP AGSF

James Taylor tells us, 'The secret of life is enjoying the passage of time, any fool can do it, there ain't nothin' to it'. Every woman deserves to enjoy the passage of time. At every stage of life, every woman physician should remind herself to nurture and explore her greatest sources of enjoyment.
Eileen Michaels

Empower yourself and others by being a force for change in your communities. Take advantage of the myriad of opportunities that AMWA offers us to affect change. Never hesitate to ask questions. And, always say yes to opportunities that will help you grow into the woman, leader, and physician you are meant to be! -Diana Zarowin, BS

Network, discuss and mingle!!! -
PADMINI MURTHY MD, MPH

Follow your own path.
-Leah Dlugolecki

It is difficult to predict your future, and your path may not be straight. If you encounter obstacles, remember that they often lead to new opportunities. Embrace change, find mentors for guidance, and please do not give up.
-Connie Newman, MD, FACP, FAMWA

'Let's shoot for the stars knowing that if we miss, we may still land on the moon.'
-Ora Pescovitz, MD

Go to all of the talks! Chat with people at your table! Everyone is excited about being there and you really feed off of that energy.
-Heather Chen

Keep leading with your heart as you move fearlessly towards achieving your goals! -Farzanna Haffizulla MD FACP FAMWA

I have enjoyed being the 'First Gentleman 2015-2016'. Working with the students and residents has been fun. Enjoy mentoring.
-Paul Kirchgraber, MD, MBA

Enjoy your career and focus on the things that are important to you. -Phyllis L. Carr, MD, FACP

Network! Stay engaged. Make connections/friendships/share advice to advance each other's medical school and career experience. -MerryJean Losso

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Network, network, network!! -Chemen M. Neal MD, FAMWA

Never stop never stopping.
-Adolfo Baez

The pathway to a fulfilling career in medicine can be tortuous and unclear but no one said you can't take a detour or blaze your own trail. -Fatima Fahs, MD

This is a powerful meeting, enjoy.
-Dana Hardin, MD

No matter where you come from, what you look like, or what you believe, you can accomplish anything you set your mind to! I'm a first-generation high school graduate and a minority woman, and I never believed that I could pursue my dreams of becoming a physician, yet here I am. Learn from the strong women ahead of you, and never forget to mentor the next generation of girls and women. -Aryana Sharrak

PREMED STUDENTS- you are doing amazing sweetie, no matter that grade, you're going to look good in that white coat.
-Vanessa Von Horn

The theme of National President of the Federation of Medical Women of Canada year is 'Connected, Courageous and Compassionate'- we strive to be connected with other medical women, we are courageous in our professional and personal lives and we live each day with compassion to our selves and others.
-Dr. Bev Johnson

To get the most out of the meeting, network and get involved in a committee (more than one if interested!) You will make life-long friends. -ROBERTA GEBHARD D.O.

The AMWA annual meeting is a fantastic opportunity to network with old friends and make new ones. AMWA physician members mentored me as a student and resident over 30 years ago which was critical to my success. Now I am thankful to be able to be a mentor to students/residents in return. -- Allison J. Batchelor, MD, FAMWA

Wherever you are, be there. -Sara Urquhart, RN

The future is female. -Kristen Mueller, MD

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Women may have come a long way since Elizabeth Blackwell graduated from an accredited medical school in 1849, but without the persistent voice and activism of AMWA we would still be much further behind. Disparities of salary, promotion, political access and health care still reflect the persistent misogyny of the real world. The pendulum of progress swings back and forth, and today, as we swing toward regressive policies and reality, the voice of AMWA is more important than ever.

-Jane Petro MD FACS FAACS

You can do anything you put your mind to! -Ediana Hoxhallari

You can do anything you set your mind to do. -Nancy Church, MD

Dear AMWA members,

We have the difficult responsibility of creating a balance between our work and our families. During this hard and complex process, we tend to forget about ourselves; in the long list of priorities, we are never the first ones.

Please, take some time off and recharge the batteries that need to keep on going.

In wellness,

Erika Landau