Summer is in full swing and hopefully you are enjoying some vacation time! Time away from the office is needed so you return more productive and enthused. Even planning for your vacation can give happiness for up to eight weeks, noted a study from the journal Applied Research in Quality of Life. So why is it that even though the U.S. has fewer paid vacation days than most other industrialized nations, we still leave over 169 million days of paid time off? We in effect are “providing free labor for their employers, at an average of $504 per employee,” according to “All Work and No Pay: The Impact of Forfeited Time Off,” a study by Oxford Economics for the U.S. Travel Association’s Travel Effect Initiative.

Don’t let this be you! You need a break from work to recharge, to connect with family and friends, and yes, to come up with new ideas. It seems that during a break from work is when some come up with their best ideas. “The break will allow you to refresh your brain cells,” says psychologist Robert Butterworth.

Catherine McCarty, PhD noted in a 2005 study published in the Wisconsin Medical Journal that women who take more than two or more vacations a year are less likely to be depressed, tired or unhappy with their marriage. So at the least, take the time you have been allotted and use every vacation day. Doing so gives you the freedom of just having fun and not having to wake up at a certain time or be on a schedule. Whether you spend your vacation near home or far away, you need the relaxation to recharge both your body and your mind. In fact, when you go on vacation, you actually save your workplace money! Those who have been on vacation have fewer sick days over the next year and are more productive says Christine Hohlbaum, author of The Power of Slow: 101 Ways to Save Time in Our 24/7 World. When you use your vacation time, you let others and your family know that you are important and that you have earned and deserve this time off. It also shows your family that they matter and allows you time to reconnect with them.

So as you think of all the things you still need to do before you go away, the patients that call, the landscaping that is not being done, the paper that still needs to be finished, put it down and go. It will be there when you get back, and you will come back happier and more enthusiastic. Go forth, prevent depression, work on your relationships, and get some well-deserved rest. See you in the fall!

Theresa Rohr-Kirchgraber, MD, FACP, FAMWA
AMWA President
Dear AMWA Student members,

We kicked off an action-packed year at the Centennial conference and hit the ground running. I was delighted to meet so many of you and hear all of your inspiring ideas for this upcoming year.

Since the Centennial meeting, we have wasted little time. We now have student co-chairs on every single AMWA committee, representing our voice. We have already added on new partnerships and secured discounts for our members to benefit from. We have boosted our scholarship/award funds and will continue to do so, as I believe our organization should celebrate our academic and extracurricular achievements.

Sincerely,

Fatima Fahs
AMWA Student Division President
president@amwa-student.org

The Residency Division has taken many strides in the past two months!

We are increasing our membership base: we have joined with the student division to offer student-resident combination memberships that will provide a better transition into our organization upon graduating.

We have focused our efforts in creating local chapters: we completed our new branch handouts that outline the process our members can take to become local leaders and relay national efforts to their institution.

AMWA Residency Division President

We have created a member-only resident resource page: we are at the start of archiving articles and webinars that will enhance your residency training. Please let us know if there are any resources you would like to see provided on this page. Find the resource page and branch starting material at: https://www.amwa-doc.org/residents/resident-resources/ On the part of myself and your newly elected Resident Division leaders, we look forward to serving you this coming year.

Heather Leisy, MD
AMWA Residency Division President
President@amwa-resident.org

Dear AMWA Pre-Med members,

We are now at the start of what will be AMWA’s second centennial, and what better way to jumpstart our division’s growth than by having our first pre-med meeting at the centennial conference! It was truly a remarkable experience to meet other premeds as we are all preparing ourselves physically and mentally for the future years to come. I am incredibly honored to have the opportunity to lead our division as this year’s first pre-med President. Right after our meeting in Chicago, I was astounded by those who took initiative to join our new executive board. With so many hands and passionate hearts, I am confident that we can double our national membership, establish new chapters, and formulate new ongoing initiatives. For the past few years, the pre-med division has been under the medical student division’s wings, and as we take off as a separate division for the first time with great momentum, I wanted to thank you all of you who have been a part of our journey. I am looking forward to our next conference, where I know we will celebrate our division’s many accomplishments.

Sincerely,

Jennie Luu
AMWA Pre-Med Division President
premedpresident@amwa-student.org
Centennial Meeting a Resounding Success

With over 500 attendees, AMWA’s Centennial Meeting drew physicians, residents, and students from all over the world from destinations as far as South Korea and Nigeria. The meeting began with a visit to the home of AMWA founder, Dr. Bertha Van Hoosen in Michigan where visitors learned more about the history of this fascinating pioneer woman physician and her family. In Chicago, a Career Development Pre-course provided practical strategies and hands-on advice for women at all stages of their careers.

Meeting highlights included inspiring keynotes by Surgeon General Dr. Vivek Murthy, Dr. Mae Jemison, Dr. Nancy Snyderman, and a host of distinguished speakers including best-selling author Nicholas Kristof, past or current presidents of Planned Parenthood (Cecile Richards), American College of Physicians (Dr. Molly Cooke), American College of Surgeons, (Dr. Patricia Numann), and American Bar Association (Laura Bellows), Dr. Janine Clayton (Director of the NIH Office of Women’s Health Research), breast surgeon advocate Dr. Susan Love, and three time Olympic medalist Katie Hoff. Leaders in academia included four women medical school deans — Dr. Deborah German, Dr. Debra Schwinn, Dr. Cynda Ann Johnson, and Dr. Linda Brubaker and a host of senior ranking medical professionals. Overarching themes of women’s empowerment, leadership, innovation and health were woven throughout the weekend along with a call to action to aid victims of human trafficking. There was something for everyone – from the pre-medical student to the retired physician and a blending of different specialties, backgrounds, and ages that make up the fabric of AMWA. Networking and mentoring sessions provided opportunities for collaboration; old friends reunited and new friendships were made. The sense of fellowship among those present was palpable as was the energy and vitality to launch AMWA’s next 100 years of history.

AMWA 2015 Award Winners

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<tr>
<th>Category</th>
<th>Award</th>
<th>Winner</th>
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<tr>
<td>Presidential Recognition Award</td>
<td>Laurel Bellows, Deborah C. German, MD, Nicholas Krisof, Sheryl WuDunn, Vivek Murthy, MD, MBA, Cecile Richards, Elizabeth Blackwell Award, Mae Jemison, MD, Women in Science Award, Myra Hunt, PhD</td>
<td>Lila Wallis Women’s Health Award, Janine Clayton, MD, Bertha Van Hoosen Award, Roberta E. Gebhard, DO, Camille Mermod Award, Stuart Hyson Culpepper, Exceptional Mentor Awards, Lynn Cleary, MD, Linda K. Han, MD, FACS, Suzanne Harrison, MD, Angela Nuzzarello, MD, Manveen Saluja, MD, Kathy Schlecht, DO, Heller Outstanding Branch Award, Northeast Ohio Medical University, Anne C. Carter Leadership Award, Amanda Xi, Linda Brodsky MD Essay Award, Julie (Yajie) An, Sharon VanNostran, DO</td>
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<tr>
<td>AMWA Resident Division</td>
<td>Susan L. Ivey Courage to Lead Award, Vanessa al Rashida, MD, Elinor T. Christiansen Altruism Award, Mariya E. Skube, MD, Charlotte Edwards Maguire Outstanding Resident Mentor Award, Ricki Carroll, MD, Susan Love Resident Writing Competition, 1st Place: Preethi Raghu, MD, 2nd Place: Regina Toto, MD, Resident Poster Presentation, 1st Place: Kathryn Meyer, 2nd Place: Dani Barnes, 3rd Place: Tara Lynch, Resident Oral Presentation Winner: Busayo Irojah</td>
<td>Susan L. Ivey Courage to Lead Award, Vanessa al Rashida, MD, Elinor T. Christiansen Altruism Award, Mariya E. Skube, MD, Charlotte Edwards Maguire Outstanding Resident Mentor Award, Ricki Carroll, MD, Susan Love Resident Writing Competition, 1st Place: Preethi Raghu, MD, 2nd Place: Regina Toto, MD, Resident Poster Presentation, 1st Place: Kathryn Meyer, 2nd Place: Dani Barnes, 3rd Place: Tara Lynch, Resident Oral Presentation Winner: Busayo Irojah</td>
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<td>AMWA Student Division</td>
<td>Eliza Lo Chin Unsung Hero Awards: Meera Thakkar, Analise Peleggi, Kaitlyn Mayer, Young Women in Science Research Poster Awards: Original Research, 1st Place: Kathleen Thill, 2nd Place: Johanna Kreekle, 3rd Place: Dena Abuelroos</td>
<td>Case Report, 1st place: Emily Mindrebo Miner, Harini Gurram, 2nd place: Brooke Watanabe, Jendayi Olabisi, Annalise Almdale, 3rd place: Irene Tsung, Bharathi Muthusamy</td>
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<td>AMWA Premedical Division</td>
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AMWA Updates

Report of Medical Women’s International Association (MWIA) Representatives to the United Nations

MWIA and AMWA were well represented by members during the Commission on the Status of Women in March 2015 at the United Nations. Drs. Murthy and Keswani have been following the various UN activities with regard to Post 2015, Beijing Plus 20 and the Sustainable Development Goals.

Dr. Murthy worked on behalf of MWIA and AMWA with Zonta International and Afya foundation to send 900 Birthing Kits to Nepal in May 2015. She has also been working with her medical students at NY Medical College and Afya foundation in June 2015 to send 38 bags of warm clothing and other supplies.

In May 2015, Dr. Murthy was invited to speak representing MWIA and AMWA at the 9th Annual Women’s Symposium at Sias International University in China, on maternal and child health and Post 2015. She was named “Millennium Maker awardee” at this symposium.

In June 2015, Dr. Murthy represented MWIA and AMWA and moderated a high level panel discussion on Cervical Cancer which was co-sponsored by Permanent Mission of Grenada under the My Sisters Health Watch Initiative. She was invited to present at a panel commemorating the UN 1st International Day of Yoga which was co-sponsored by the UNFPA and UN staff Recreation Council Enlightenment society.

Dr. Murthy has been reelected to the executive committee of the NGO CSW NY for a 2-year term and will continue to represent MWIA.

AMWA and the NEJM Group Career Center Partner to Discuss Women in Medicine

AMWA partnered with The NEJM Group Career Center to have six weeks of discussions focused on important issues for women in medicine. These were held online in the interactive NEJM Group Open Forum powered by Medstro, which allowed AMWA members and others to meet and connect with others. The topics covered included leadership, burnout, mentorship, women transforming the culture of medicine, flexible work schedules and leaves of absence. AMWA members were invited to contribute and lead their voices to discussing these meaningful issues and to meet other AMWA members. You may view the discussions here.

Women Physicians in Leadership Roles:
https://medstro.com/groups/nejm-group-open-forum/discussions/80
Identifying and Preventing Occupational Burnout:
https://medstro.com/groups/nejm-group-open-forum/discussions/94
Extracting the Benefits of a Mentorship:
https://medstro.com/groups/nejm-group-open-forum/discussions/95
Women Transforming the Culture of Medicine:
https://medstro.com/groups/nejm-group-open-forum/discussions/96
The Pros and Cons of Flexible Work Schedules:
https://medstro.com/groups/nejm-group-open-forum/discussions/97
Leave of Absence:
https://medstro.com/groups/nejm-group-open-forum/discussions/98

New Video about AMWA’s History

The American Medical Women’s Association: Empowering Women and Improving Healthcare Since 1915. View the video here or at www.amwa-doc.org.

AMWA Executive Directors – Past and Present

AMWA Executive Director, Dr. Eliza Chin had a chance to meet and exchange notes with past AMWA Executive Director Carol Davis-Grossman who led the organization from 1982-1988 when it was based in New York City. Ms. Davis-Grossman is now Managing Partner of The Charles Group.

AMWA Nutrition and Fitness Manual is Now Available

The AMWA Resident Division and the Preventive Medicine Task Force have collaborated to create the AMWA Nutrition and Fitness Manual. The manual has been tailored to fit the many busy schedules of our members and supporters and have provided suggestions to what available apps can be used to help improve your health.

Please click here to download and read the manual:
https://www.amwa-doc.org/residents/nutrition-and-fitness-manual/

AMWA Inaugural Fellows

The American Medical Women’s Association Fellowship Program serves to recognize distinguished members of AMWA who have accomplished outstanding achievements in science, medicine or academia. The first class of fellows was inducted at AMWA’s Centennial Gala on April 25, 2015. To learn more about the fellowship program, click here or visit www.amwa-doc.org.
AMWA’s 101st Anniversary Meeting - Clinical Hot Topics Call for Proposals

The upcoming AMWA 101st Annual Meeting March 10-13, 2016 in Florida is incorporating a new format for “Clinical Hot Topics Affecting the Health of Women and Girls” and we are soliciting possible topics. These “Clinical Hot Topics” will be presented in about 10-15 minutes and should be concise clinical discussions. We are looking for presenters and are asking for your submission.

You do not need to be an AMWA member to apply, but AMWA members will receive preference in the selection process. Students and residents are not eligible to submit a proposal - we encourage students and residents to focus their efforts on submitting a poster presentation.

The deadline to submit this form is by 5:00PM EST on August 21, 2015. Please note that no funding (e.g. registration, travel, lodging) will be provided if you are selected to present.

Decisions will be sent via email by late-September 2015. Questions? Email Program@amwa-doc.org

The link is below:
SUBMISSION FORM:
https://www.amwa-doc.org/amwa101-clinical-hot-topics-proposal-submission/

Student Division Recruitment Initiative

AMWA’s National Student Division will be kicking off the recruitment season by offering a slash in our student membership rate from $75 to $50! In addition, local branches can earn $10 back for every new national student member and $100 back for every five physicians recruited during the months of August and September! Branch leaders are encouraged to have new members forward a copy of their membership confirmation to their branch leadership, to allow for easier compilation of new member information. To apply for this award complete this form. For questions or more details about this initiative, contact treasurer@amwa-student.org.

Glasgow-Rubin Certificates

AMWA awarded over 310 Glasgow-Rubin Certificates of Commendation for Academic Achievement to women who graduated in the top ten percent of their medical school class. A separate Certificate of Commendation was awarded for any woman who graduated first in her medical school class. Over 40 medical schools participated in this program.

Sex and Gender Medical Education Summit

The Sex and Gender Medical Education (SGME) Summit: A Roadmap for Curricular Innovation, will take place on October 18-19, 2015 at Mayo Clinic, Rochester, Minnesota. The program will be delivered by leaders in medical education, research and sex and gender medicine.

Summit participants will network with fellow curricular stakeholders in a dynamic and engaging conference to create a roadmap for integration of sex and gender specific medicine into the medical education curriculum and create the framework for national SGBM student competencies.

The Summit will fund lodging, meals, and registration for a designated representative from each institution. Poster applications are now being accepted. Information is available at www.sgmeducationsummit.com.
Diversity and Inclusion Section Cultural Cookbook

The Diversity and Inclusion Section (D&I) Cultural Cookbook cookbook has over 100 cultural recipes as well as informative food articles on the history of traditional foods and ways to maintain a healthy, balanced diet. All the recipes and articles have been submitted by AMWA members and partners and MWIA members. Purchase a delicious piece of AMWA history or give it as a gift. This cookbook is something that everyone can enjoy! Purchase at https://www.amwa-doc.org/product/di-cookbook/

AMWA Advocacy

AMWA has supported the following:

Cooper, Lummis Reintroduce Research for All Act which would require the inclusion and separate analysis of male and female animals, tissues and cells in research conducted and funded by the National Institutes of Health (NIH).

USPSTF Draft Breast Cancer Screening Recommendations - AMWA supports the position that women ages 40-49 should have the option to pursue screening mammograms when clinically indicated and ordered by their provider. Women ages 40-49 should have this as a no cost covered benefit under the Affordable Care Act (ACA) preventive service provision.

Coalition Letter supporting the Pregnancy Workers Fairness Act promoted by the National Partnership for Women and Families. Follow this link to read the letter and add your name: http://go.nationalpartnership.org/site/Survey?ACTION_REQUIRED=URL_ACTION_USER_REQUESTS&SURVEY_ID=7920

AMWA has agreed to partner with the STOP Obesity Alliance, The Obesity Society and the Obesity Action Coalition in National Obesity Care Week, a campaign to educate health care professionals and the community about obesity as a complex disease requiring comprehensive treatment. In June, AMWA signed on to a letter to Senators Johnny Isakson and Mark Warner which urges the Finance Committee chronic care working group to address obesity in its recommendations about policies for chronic disease care.

For more information about discussing obesity and health with your patients, please see the Why Weight? guide, which can be found at http://www.whyweightguide.org/tool-content.php and on the AMWA Preventive Medicine Task Force webpage. AMWA’s Preventive Medicine Task Force has also developed a mobile app, AMWA Preventive Services, for both health care professionals and patients, which provides easy access to health information and preventive health care programs.

Advocacy Committee seeking aid for Death with Dignity Bill

The Advocacy Committee is looking for an additional person to help the legislative counsel for Councilmember Mary Cheh who introduced the Death with Dignity Act in DC a few months ago. AMWA has supported California’s Death with Dignity bill, and we are interested in working with Councilmember Cheh on her bill which is modeled after legislation on Oregon’s and Washington’s long-standing Death with Dignity Acts. If interested, contact president@amwa-doc.org.

New Task Forces on gun control prevention and on maternity leave policies

AMWA is forming two new task forces to address gun control prevention and maternity leave policies. If you are interested in being on one of these task forces, please e-mail associatedirector@amwa-doc.org.

American Women’s Hospitals Service (AWHS)

In the wake of the earthquake in Nepal, AWHS raised several thousand dollars to send to Clinic Nepal who will be working on the long-term rebuilding of areas damaged by the earthquake. Thanks to the generous donations of AMWA members past and present, AWHS has been able to continue its charitable and humanitarian work for 98 years.
AMWA Branch News

UC Berkeley AMWA Pre-Med Branch hosts Pre-Health Symposium

On April 11, 2015, UC Berkeley’s AMWA Pre-Med Branch hosted a pre-health symposium. The event included a Women in Medicine speaker panel with physicians who have a broad range of medical interests and life experiences.

AMWA Member News

AMWA Global Health CoChair, Dr. Padmini Murthy receives the Millennium Milestone Maker Award

Dr. Padmini Murthy is being recognized for multiple contributions, including her service to the United Nations Medical Women’s International Association and the Committee on the Status of Women, and her work for the Council on Women’s Right of the American Public Health Association. In addition Dr. Murthy has spearheaded “Safe Motherhood campaigns and [co-published] Women’s Global Health and Human Rights, a publication to improve the lives of girl children around the world.”

Suzanne Harrison, MD elected to the Gold Humanism Honor Society

Dr. Harrison was one of two faculty members chosen from 20 outstanding faculty at Florida State University elected to the Gold Humanism Honor Society. She was nominated by all students in the Class of 2015 and was then selected by the GHHS Students in the class.

New resident member Dr. Avika Dixit recently had an article published in the Journal of Human Lactation. “Frustrated, Depressed, and Devastated Pediatric Trainees: US Academic Medical Centers Fail to Provide Adequate Workplace Breastfeeding Support”

Dr. Amanda Xi, AMWA Resident Division Treasurer, served as editor of the July 2015 issue of the AMA Journal of Ethics, covering “Patient Care in the ACA Era.” http://journalofethics.ama-assn.org/site/current.html

Fatima Fahs, AMWA Student Division President received honorable mention in the Humanism in Medicine essay contest. http://humanism-in-medicine.org/programs/student-opportunities/essay-contest/

In-Memorium: Dr. Lieselotte Suskind

Lieselotte (Lilo) Suskind, M.D. (93) of Cambridge and Rockport, MA passed on April 4, 2014. She came to Cambridge in the 1950’s, where she worked part time as a child psychiatrist at the Guidance Center in Cambridge. From July 1964 to June 1965, Dr. Suskind trained as a clinical instructor at the Floating Hospital for Children in Boston, since known as the Tufts New England Medical Center. Dr. Suskind left a generous bequest of $93,000 to AMWA. We are deeply grateful for this donation which will allow AMWA to continue working for the advancement of women in medicine and women’s health.

Artist-in-Residence 2015-2016 – Kathryn Ko, MD, MFA

Dr. Ko, a self taught Ambidexter, completed Neurosurgery training at Mt. Sinai Medical Center in New York City and earned a MFA from the Academy of Art University. During residency she also launched her complementary career in art by using the pulsed ruby laser to create medical holograms of the human brain in collaboration with Holographics, Inc. Ko regards art as a necessary continuation of her surgical practice. The operating theater is her studio; the treatment of the subject begins with the scalpel and ends with the brush.

Dr. Ko was recently featured in The New York Times. [http://www.nytimes.com/2014/12/12/nyregion/a-surgeon-as-comfortable-with-a-paintbrush-as-she-is-with-a-scalpel.html?_r=0]

Dr. Ko recently had artwork featured on the cover of World Neurosurgery [Image at: www.amwa-doc.org/wp-content/uploads/2015/06/cover_tif.jpg]

Please visit Studio AMWA for more information. Questions? email studioamwa@amwa-doc.org
American Medical Women's Association
The Vision and Voice of Women in Medicine since 1815

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Toll Free: (866) 564-2483

Faces of AMWA
An on-line exhibition celebrating AMWA leaders
www.amwa-doc.org

Help AMWA conserve resources!
Please send your email address to associatedirector@amwa-doc.org to receive this newsletter and other important member information by email.

Special AMWA Member Discounts
Medelita: AMWA members receive 15% off Medelita's professional lab coats and performance scrubs. (Discount code: AMWA). Medelita’s unique lab coats are fluid resistant, featuring Advanced Dual Action Teflon®.

Pocket Medicine Discount: AMWA members receive 30% off of Pocket Medicine when ordered with the AMWA discount code through the Lippincott Website.


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Flickr: http://www.flickr.com/photos/amwadoctors/

AMWA Connections Summer 2015