1987 Interim Meeting Report: AMWA Flourishing

It's business first at AMWA Interim Meetings and the reports at the 1987 gathering in Seattle were decidedly upbeat. The tone for the rest of the session was set by the Finance Committee at its meeting Thursday night. When the books were closed for 1986, they showed an all funds increase of more than $100,000, and the budget proposed (and accepted) for 1988 approaches $1 million.

The financial stability and growth reported by the Finance Committee has been made possible largely by increases in membership figures as well as support from outside organizations. Membership Committee Chair Suzanne Widrow, MD, reported on the direct mail efforts, poster campaign, and special student outreach that have resulted in an increase in projected membership growth for 1987: up to 15% from the original 10%.

In addition to marked membership and financial growth, AMWA has also taken a big step in national visibility. The Interim Meeting coincided with the public announcement of the Product Acceptance Program and the launching of the first products to receive the AMWA seal of approval—Citrus Hill Plus Calcium orange juice and grapefruit juice beverage. The Executive Board opened its meeting with a viewing of the two video news releases that had been sent to television stations nationwide. The videos set forth AMWA as a leading advocate for women's health and briefly described the Product Acceptance Program. It was exciting and gratifying to see that the hard work put in on so many fronts has really paid off.

In its two meetings, the Executive Board heard reports from committees, officers, councilors, and the executive director. News from the Program Committee focused on future meetings: the 1988 Interim will be held June 16-18 in Nashville and the CME session at the 1988 Annual in Chicago will focus on leadership and on women and AIDS. AMWA will celebrate its 75th birthday in 1990 and the Archives Committee is already making plans. Projects in the works so far include a commemorative publication and historical tours at the 1990 Annual Meeting in Boston.

The Medical Education and Research and Publications Committees reported progress on the second volume of Career Choices and Director of Members-in-Training Anne Bernstein, MD, reported on phase two of the maternity leave project. A panel of experts will be convened to advise specialty boards on an appropriate length of leave. AMWA's four-year CME accreditation review will take place in October, coordinated by CME Director Constance U. Battle, MD.

For a report on student activities in Seattle, see the centerfold section of this issue. And for news of the CME program on women's health in the workplace, antismoking and leadership workshops, and other activities, see the "AMWA News" column in the July/August JAMWA.

Annual Meeting Approaches

It's time to register for the 1987 AMWA Annual Meeting and to block out October 27 to November 1 in your datebook. Plan now to join the hundreds of other AMWA members who will gather at the Buena Vista Palace Hotel at Walt Disney World in Orlando, Florida.

The scientific program "Women in Medicine: Putting Prevention Before Intervention" will give you the latest thinking on preventive medicine, and a comprehensive session on Saturday will focus on AMWA's major concern: the health hazards of cigarette addiction. This antismoking program will feature numerous experts and activists, including Representative Patricia Schroeder, (D-CO).

Leadership workshops will address another aspect of AMWA's strategic agenda. If you're concerned about your career and where it's headed, come to Orlando for insight into the politics of organized medicine, strategies on academic promotion, and advice from women physicians who have made it to the top.

Dozens of other workshops will cover everything from choosing a specialty to planning for retirement. Two special sessions have been planned, one a comprehensive update on osteoporosis, the other a look at how the professional woman copes with motherhood.

We've given you a quick overview of the whole schedule on page 2 and you'll find a registration form on the insert. Now all you need is a postage stamp! See you in Orlando.
Task Forces Implement AMWA’s Strategic Plan

AMWA’s Anti-Smoking Task Force is busy extending its reach. In addition to appointing a liaison in every branch, the Task Force has organized regional training conferences to help local AMWA leaders sharpen their skills and broaden their resources.

The daylong training programs, supported by a grant from Lakeside Pharmaceuticals (a Division of Merrell Dow Pharmaceuticals Inc.), "will not be didactic, but will be practice sessions," according to Mary Ann Cromer, MD, chair of the Task Force. "They’ll be like nothing we’ve ever done before and will give AMWA members hands on preparation to implement all parts of our three-pronged antismoking campaign," explained Dr. Cromer. Nationally known speakers, including Dr. Cromer herself, Rita Addison, MA, of Rita Addison Associates, and Judith K. Ockene, PhD, of the University of Massachusetts Medical School, will present workshops on primary prevention of cigarette addiction, cessation techniques, and working for a smoke-free environment.

The training sessions are planned for the following times and places: Region VIII—September 19-20, Omaha, Nebraska; Region VI—October 10, Chicago, Illinois; Region III—November 21, Norfolk, Virginia.

The educational thrust of the regional conferences will be continued in a somewhat different format at the Annual Meeting in Orlando, where the entire program on Saturday will be devoted to AMWA’s antismoking agenda. “This will be the most comprehensive program we’ve ever offered,” said Dr. Cromer. In addition to prevention, cessation, and promotion of smoke-free policies, the Annual Meeting session will focus on the health hazards of passive smoke and the move to ban cigarette advertising. And a multispecialty panel of physicians will work with participants on intervention strategies. Physicians will break into small groups by specialty and then report the best ideas back to the whole group. This workshop will provide a rare opportunity to share strategies across specialties.

Also in the works are plans to bring AMWA’s antismoking campaign to the public via posters and public service announcements on television and radio. Timed to coincide with the Annual Meeting, the campaigns will be aimed at preteen girls and will attempt to turn the glamorous woman image of cigarette advertisements on its head.

The Leadership Task Force, chaired by Asha Wallace, MD, set goals and made action plans early in 1987. Now, its three subcommittees have begun to implement those plans. The Subcommittee on Multi-Specialty Organizations, for example, has issued preliminary findings from its survey of state and county medical societies. The Subcommittee looked at two aspects of women physicians’ participation in the AMA federation: their representation as members and as leaders. Based on data from 20 states, the report concludes that women are more fully mainstreamed as members at the state level than they are in the AMA.
"The extent to which women are mainstreamed in leadership positions is much more difficult to quantify," according to Linda Brzustowicz, MD, author of the report and co-chair, with Clair Callan, MD, of the Subcommittee. Using the "imperfect data" produced by the survey, it would seem that 7% to 8% of leadership positions are held by women, somewhat less than their 11% representation as members.

The Subcommittee on Specialty Societies, chaired by Marylou Buyse, MD, has selected eight organizations from among the several hundred existing societies; a liaison has been appointed and initial contact has been made with each one. The eight liaisons and the executive directors of the societies they represent have been invited to a special network luncheon during the Annual Meeting in Orlando.

This Subcommittee has also begun to gather information about the organizations on which it hopes to have an impact. More than half of the societies reporting (20 surveys returned out of 40) have an official or ad hoc women's group or committee and 60% say they actively nominate and promote women members for leadership positions. Yet fewer than half indicated an interest in such programs as a leadership data bank, workshop, or reception for women members.

Subcommittee on Academia Chair Anne Bernstein, MD, reported on a workshop that had its "debut" at the Interim Meeting in Seattle. Advising women physicians who want to rise in medical academia, Dr. Bernstein stressed the importance of making a ten-year plan—and making it early. "The beginning of residency is not too soon," said Dr. Bernstein.

A key part of planning a strategy for academic advancement is assessing your assets and liabilities and that is what participants in Dr. Bernstein's workshop did. As the group worked it became clear that one woman's pro could be another's con. "Being attractive, for example, may be an asset for a married woman and mother," said Dr. Bernstein, "while it may act as a liability for the single woman by raising questions of potential sexual involvement." Every woman is different and so is every institution, so it is important to objectively assess your strengths and weaknesses in order to capitalize on your good points and minimize the bad ones.

Watch future issues of the newsletter for progress reports on the activities and new directions of both Task Forces.

Membership Growth Exceeds Goals

AMWA membership is definitely on the way up. Just look at these figures:

- **Physician members:** First quarter expectations for growth in physician membership were exceeded, and a 15% increase for 1987 is now projected.
- **Members-in-Training:** The 1987 residents dues year, which ended in April, showed a 20% increase over 1986.
- **Student members:** The first major direct mail promotion for student membership was sent to all first- and second-year students this spring. Response to the letter was the best we've ever received from any direct mail effort, bring-

ing in nearly 400 new student members. Current projections indicate a net increase for 1987 of 12%.

How did all of this happen? Careful planning, creative thinking, and hard work. But most important to this membership campaign—and to its continued success—is the personal touch of peer to peer recruitment. Let your colleagues know what AMWA means to you. Invite them to join and discover the value of an AMWA membership for themselves.

**AMWA Elections**

AMWA has a number of national and regional offices and positions that are filled by election, each one slightly different. In order to clarify the various processes, we explain here who is elected by whom, when, and how.

- **National Officers:** A slate of national officers is selected by the Nominating Committee each year at the Interim Meeting. (Nominations may also be made from the floor.) The slate is voted on by the House of Delegates at the Annual Meeting. Watch the September/October *JAMWA* for statements of the 1987 candidates.
- **Nominating Committee:** A five-member Nominating Committee is elected by the entire membership from a slate of nominees submitted by each Regional Board. The election is by mail ballot.
- **Regional Governors:** Regional governors are elected by all AMWA members in each region (see map) by mail ballot. This year, there will be elections in even-numbered regions only.
- **State Directors:** State directors represent their states' at-large members in the House of Delegates and are elected by them. Nominations are made by branch presidents or, in states that have no branches, by the members-at-large. The election is by mail ballot.
- **Delegates:** Any AMWA member attending an Annual Meeting who wishes to be considered as a voting delegate must present credentials certified by an officer of her branch or qualify as a national delegate.

A single combined mail ballot will be sent to all AMWA members in early September. If you do not receive your ballot by September 15, call the national office.
Students Participate Fully in 1987 Interim Meeting

Students attending the 1987 Interim Meeting, held May 28-30 at the Four Seasons Hotel in Seattle, represented branches in California, Kansas, New York, Michigan, Minnesota, and our host state, Washington. Characteristically smaller and more intimate, the Interim Meeting offers the opportunity to attend committee meetings and learn more about how AMWA operates. In Seattle, students were able to get to know one another quickly and found ample time for networking with AMWA physician members.

Student activities got underway on Friday with a spectacular continental breakfast and orientation meeting. Discussion focused on the opportunities for full student participation in strategic planning and the Anti-Smoking and Leadership Task Forces. Maintaining student branch membership and activities from year to year, competition for membership from AMSA, and the difficulty of obtaining funding for programs were just some of the tough issues students tackled. Region II Coordinator Tien-Bao Chao distributed copies of a fundraising letter that other student branches could use as a model. And other students recommended planning and announcing topics for the entire year’s programs at the beginning of the year as the key to maintaining interest and participation.

Networking was next on the agenda and students described a number of activities, including an AMWA sponsored big sister program for entering students, a reception for graduating women students, and programs offered by third- and fourth-year students to acquaint first- and second-year students with clinical rotations and applying for residency. On the subjects of membership and branch development, differences between the returning student and the student just out of college were discussed.

Finally, the establishment of an “academic” category of membership, for PhD medical school faculty members, was raised at the Executive Board. At many schools there is neither a local physician branch nor a physician member able to sponsor a student branch. In many cases, a basic science faculty member is willing to serve, but is ineligible for AMWA membership. Students will work on a resolution and bylaws change proposal to be considered at the Annual Meeting in Orlando.

Without a doubt, the student sessions in Seattle were creative and productive.

—Lisa Benson
National Student Coordinator

A Voice for Students

In the last AMWA newsletter, we reported on the efforts of the Consortium of Medical Student Organizations to ensure medical student representation on the governmental Council on Graduate Medical Education. The Council was originally supposed to include medical student representation, but this was somehow overlooked in the final appointments to the Council, and one resident physician was appointed to act as advocate for residents and students. His term expires in September. The Consortium has made the Council aware of the need for student representation, and a student member will be appointed in the fall. The Consortium is submitting nominations from among its member organizations.

The Consortium of Medical Student Organizations was formed from repre-

Points of Order...

Running for Office

- If you are interested in running for National Student Coordinator (NSC) or Regional Student Coordinator (RSC), write to Celia Rea at the national office for a copy of the position description.
- You may submit a statement of interest and a curriculum vitae for distribution at the Student Senate. Send it to the national office by October 1.
- Candidates may also declare themselves at the Annual Meeting, anytime prior to the second session of the Student Senate. A statement of interest and curriculum vitae may be given to a current NSC to be copied and distributed at the Student Senate.
- Candidates for NSC will have five minutes to address the Student Senate at its second meeting. The election of NSCs will follow the candidates’ presentations.
- NSCs will be elected by students who are delegates to the AMWA House of Delegates.
- Following the election of the NSCs, the Student Senate will break up by region for election of the RSCs. Candidates for RSC will have the opportunity to address the members of their region. Student delegates from each region will elect the RSCs for their regions.

Branch Delegates

- To qualify for one delegate, your branch must have at least 8 members in good standing. You are allowed one delegate for the first 8 to 30 members.
- For each additional 30 members or major fraction of that (16+), you are entitled to an additional delegate (eg, a 46-member branch has two delegates).
- The branch president must appoint delegates and inform the national office in writing prior to the Annual Meeting. Forms will be sent to branch presidents. (Be sure the national office has the name and correct address of your current president.)
- If you are unsure of how many members you have, request a branch printout from the national office. Do it now so you will be ready.
Message from the Director of Students
The Annual Meeting is early this year, October 27 to November 1, so it is most important for the student branch presidents to count up their membership now and recruit vigorously in order to have proper delegate representation (see instructions for delegate eligibility below). To help you in recruitment, the national office sent AMWA information packets for first-year students to every dean of student affairs in early August. Be prepared to answer the first-year students’ questions and sign them up. Delegates to the Annual Meeting vote for national officers and bylaws changes, and student delegates elect the National Student Coordinators (NSCs) and Regional Student Coordinators (RSCs). If you are interested in a leadership position, now is the time to prepare your CV and campaign. (See instructions below.)

At the Executive Board meeting in Seattle, the NSCs and I presented an important change for student membership, which will be voted on by the House of Delegates in October. The current Student Life Membership is $35, but includes only one year of JAMWA. We proposed a Student Life Membership at a fee of $40 that would include a JAMWA subscription every year. There are many benefits to this proposal. A student life member will always be in the branch membership total, even when she goes into her (often) less active third and fourth years. She will be able to take advantage of the Bed and Breakfast program at any time during medical school without having to worry whether or not her membership is up to date.

The NSCs have also requested closer cooperation between themselves and the national student reporter. Because of the number of outstanding candidates for the position, several reporters have been appointed. This should insure broader student participation in JAMWA.

Appoint your representatives and come to Orlando. We need your participation and your ideas. Our goal is to enrich your life as a student member and make AMWA an organization that is supportive and relevant to you as you deal with your medical school experience.

— Susan C. Stewart, MD

Regional Coordinators

I Jackie Barner
207-284-5890

II Tien-Bao Chao
212-927-0844

III Barrie Gussman
215-849-3450

IV Renee Domanico
216-499-8141

V Andrea J. Rosenthal
919-777-8427

VI Nancy Church
312-295-1951

VII Karen Shepherd
501-227-0863

VIII Jan Merfeld
402-551-2371

IX Jackie Bickham
915-833-7660

X Alexandra Hope
206-364-3909

XI Position open

XII Isabelle Ryan
916-753-0260

Join an AMWA Committee
It’s time to start thinking about Orlando and about running for national and regional student positions. AMWA is a unique organization in that its student members have great influence in the formation of programs and the strategic plan. One of the ways students can influence AMWA’s national policies is by serving as student members of committees. Student members serve for one year, and attend committee meetings.

To eliminate problems we’ve had with the application process in past years, it will be somewhat different this year. If you are interested in serv-
LEGISLATIVE ALERT

Update
AMWA members will be pleased to learn that our efforts have paid off in one area. The federal budget, which was approved May 6, included funds for education that the Reagan Administration had attempted to cut and that AMWA supported. Those inclined to send thank you notes should write and express their appreciation to Senators Lawton Chiles (D-FL), Ernest Hollings (D-SC), and John Danforth (R-MO).

The Family and Medical Leave Act (HR 925 and S 249), which we reported on in the last issue of What's Happening in AMWA, is now in full committee in the House. The Senate is holding regional hearings on its bill, including a session planned for September 14 in Chicago. AMWA members in the Chicago area who want to organize to testify should contact the local offices of Senators Dixon or Simon. Or watch local newspapers for notices, since public advertising of hearings is required by law.

On the Docket
The Civil Rights Restoration Act (HR 1214 and S 557), which AMWA supported in a resolution at its 1986 Annual Meeting, is awaiting a vote in the Senate. It is urgent that AMWA members write their Senators urging passage of the CRRA without amendments. Letters should also go to the bill's major sponsors, Senators Edward Kennedy (D-MA), John Danforth (R-MO), Ernest Hollings (D-SC), and Lawton Chiles (D-FL).

This important bill, originally introduced in 1984, would clarify the coverage and application of the four major federal nondiscrimination statutes: Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975.

Such clarification was made necessary by a 1984 Supreme Court decision. In its ruling on Grove City College v Bell, the Court held that federal antidiscrimination regulations apply only to the specific programs receiving federal funds and not to the entire parent institution. In the Grove City case, the laws were deemed to apply only to the financial aid office since student loans were the only federal monies the College received. Previously, if any part of a corporation or educational institution received federal funds, the entire entity was held liable for compliance.

Supporters of this bill consider its passage crucial to maintaining the status of these four laws, which symbolize the federal government's commitment to leading the fight against discrimination and its insistence that federal funds not be used to further unjust practices.

Whoever said that politics makes for strange bedfellows was certainly right. AMWA finds itself in the unusual position of wholeheartedly supporting legislation introduced by conservative Senator Orrin Hatch (R-UT). His bill, S 51, would prohibit smoking in public conveyances, including airplanes, trains, boats, and buses. The legislation would also prohibit smoking in the waiting rooms and restrooms of airports and terminals and directs station managers to create physically separate smoking areas if smoking is to be allowed. Violations will be punishable by fines of up to $500.

In a statement made to his colleagues while introducing S 51, Senator Hatch emphasized the health hazards of passive smoke as demonstrated by the National Academy of Science and the Surgeon General, saying, "the bottom line is that every nonsmoker steps onto a plane, train, or other public conveyance with smokers, they are shrinking their lives." Cigarette smoke in public conveyances is especially noxious since the nonsmoker is essentially trapped and usually cannot even open a window.

AMWA's Legislative Committee has already written Senator Hatch in support of his bill and AMWA members are urged to write their own Senators expressing the strongest support possible.

When you write
It is AMWA's goal to put at least one letter on these critical issues into the hands of every member of Congress. But an ill-informed, impolite, or inaccurate letter won't help and could do more harm than good. The following guidelines will help you put forth your best effort.

1. Take up only one subject per letter.
2. Be brief. One page is best, more than two may not be read.
3. State your purpose in the first paragraph.
4. Stick to the facts, legislators are rarely moved by philosophical or emotional arguments.
5. Don't expect every Congressperson to be as well informed as you are—let your expertise show.
6. Include both the number and subject of every bill.
7. Be polite and positive.
8. Include your name and address on both letter and envelope.
9. Legislators are titled "Honorable" on envelope and letter addresses. In the salutation, address Senators as "Senator" and Representatives as "Mr.," "Ms." or "Mrs."

10. The addresses are:
    U.S. Senate
    Washington, DC 20510
    U.S. House of Representatives
    Washington, DC 20515
First Product Accepted

An orange that moos? It may sound strange, but it’s a clever way to express the idea behind Procter and Gamble’s Citrus Hill Plus Calcium, the first product to earn the AMWA seal of approval.

After exhaustive review, AMWA’s Scientific Evaluation Council decided that the orange juice and grapefruit juice beverage fortified with calcium do just what Procter and Gamble claim: that, ounce for ounce, they contain calcium equivalent to cow’s milk and that more of the calcium in Citrus Hill is absorbed by the body. For adults concerned about their weight and cardiovascular health, orange and grapefruit juice have the additional advantage of their low fat content.

AMWA’s acceptance of Citrus Hill Plus Calcium was announced to the national and medical media at the end of May and the products are available in supermarkets nationwide.

“Citrus Hill Plus Calcium has been shown to be a well-absorbed source of dietary calcium which, as part of a balanced diet, and accompanied by regular exercise, can help build and maintain strong bones.”

—American Medical Women’s Association

Bed and Breakfast

AMWA members can participate in the Bed and Breakfast program in two ways: by volunteering to house women physicians or by staying in the homes of others when travelling. More hostesses are needed, so if you can accommodate an overnight guest from time to time, send your name and address to Freddie Sprayregen, the program coordinator (435 East 79th St., New York, NY 10021; 212-570-6749).

If you are travelling for a job or residency interview, for business or professional reasons and want to use the Bed and Breakfast program, call or write Freddie. She will check her file for an AMWA hostess in the city you’re headed for. When a placement is made, you pay a $5 administration fee—and, of course, you must be a dues-paying member of AMWA.

There have been some areas of confusion that we'd like to clear up. You don't have to "join" the program to use it, and the $5 is not "dues" but a contribution toward administration. The $5 is payable per placement, however, so if you visit several cities in one trip, you will owe $5 times the number of AMWA homes you stay in. There is no charge for the lodging—AMWA members provide it voluntarily. Finally, no list of AMWA hostesses is available; placements must be made through Freddie Sprayregen.

The service is a real boon for student and resident members because of the expense it saves. But most AMWA members find the Bed and Breakfast program offers advantages that money can’t buy: friendship, networking, and the personal touch of a home away from home.

Pedal for Health

On June 1, 200 cyclists left Seattle Washington on a bicycle trip across the country to benefit the American Lung Association. Two of those riders were sporting AMWA T-shirts the whole way. Ted and Terry Clancy were supported by AMWA’s Anti-Smoking Task Force.

The “Clancy Cousins,” who share AMWA’s concern for the health hazards of cigarette smoking, reached Atlantic City on July 16 after 46 days and nearly 3,400 miles in the saddle—and raised at least $5,000 each for the American Lung Association.

CME for Branch Programs

AMWA branches are encouraged to submit applications for CME accreditation of their programs. The process has been made as simple as possible to encourage applications and to assure eligibility for credit. Call CME Administrator Lea Scialo at the national office (212-477-3788) to request the necessary forms and instructions.

Branch members who want help developing CME activity should be sure to attend the workshop planned for the 1987 Annual Meeting in Orlando. CME Director Constance U. Battle, MD, has pulled together a panel of experienced people who will give you all the basics: needs assessment, planning and use of planning forms, ACCME essentials and guidelines, establishing learning objectives, and educational formats.

Call for Papers, Posters

The Program Committee is now calling for paper abstracts, posters, exhibits, and videotapes for the 1988 Interim Meeting to be held in Nashville, Tennessee, June 16–18 and for the Annual Meeting to be held in Chicago, Illinois, November 1–6. The topics are AIDS, leadership, women’s health, and smoking.

Send proposals for posters and exhibits to Kathryn Bemmann, MD, 251 West Broadway, Waukesha, WI 53186; videotapes to Betty Mathieu, MD, 255 Waterman St., Providence, RI 02906; and paper abstracts to Leah J. Dickstein, MD, University of Louisville School of Medicine, 500 South Preston, Louisville, KY 40292. All proposals should be sent to the appropriate committee members by October 15, 1987.
## AMWA 72nd Annual Meeting

**Registration Form**

October 27-November 1, 1987 • Walt Disney World, Florida

### Member

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### Special Events

These events **ARE NOT** included in your registration fees.

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