Annual Meeting Highlights
Innovations in Women's Health

Offers Career Development Opportunities for all Women Physicians

The keynote address during AMWA's 80th Annual Meeting: Women Empowering Women, Planning Our Global Family, to be held November 1 to November 5, 1995, at the Westin Hotel Seattle, in Seattle, Washington, will be delivered by U.S. Senator Patty Murray (D-WA, invited) during the Opening Session Thursday, November 2, 10:00 a.m.-12 noon. (See article on p. 4 for detailed information about Sen. Murray.)

In addition, the Plenary Session (Saturday, November 4, 8:00-11:00 a.m.) will highlight individuals who have made significant contributions in the area of reproductive health, specifically abortion services. (The four Plenary speakers were featured in the June 1995 newsletter.)

In another track designed to enhance the careers of women physicians, AMWA features the following seminar

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Interim Meeting Highlights

The resounding message AMWA members heard during the Interim Meeting is that women's health and other equity issues are in grave danger of being lost or compromised.

"The most disturbing thing about this message," said Diana L. Dell, MD, AMWA President, "is that it is coming from both Democrats and Republicans."

During AMWA's Interim Meeting, Elaina Goldstein, Senior Legislative Assistant for Health to Sen. Jim Jeffords (R-VT), told 50 AMWA leaders that policies addressing women's rights and women's health are being chipped away. According to Ms. Goldstein, this activity is happening on a fast track and behind the scenes so that women's organizations have been shut out.

Immediately following AMWA's Interim Meeting, First Lady Hillary Rodham Clinton addressed the attendees of a dinner held during the Third Annual Congress on Women's Health, and reinforced these ideas. Mrs. Clinton said that those women who have made such a difference in women's health and women's issues in general, need to work harder to ensure that those rights are not compro-

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Highlights of the Third Annual Congress On Women's Health

Several AMWA physician members served as section leaders and speakers at the AMWA co-sponsored Third Annual Congress On Women's Health held June 27-28, 1995 at The Washington Hilton & Towers in Washington, DC.

Many of the women's health topics explored were discussed from a research perspective. One keynote luncheon speaker addressed how to recruit women into clinical trials and used her experience in Hawaii as an example.

Another session that was focused on research, discussed some clinical trial results such as stroke and prevention in the WEST Trial; heart disease in the PEPI Trial; and new hormone replacement therapies.

New issues affecting women such as Adult Attention Deficit Disorder, Seasonal Affected Disorder, and Alternative Medicine, were featured along with discussions about osteoporosis, nutrition, exercise, lung, breast, ovarian and uterine cancer, new options in contraceptives, and women and HIV.

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Mid-Career Musings

Diana L. Dell, MD
AMWA President

At the time of this writing, I have spent the last five days in an orientation process that marks the beginning of my formal training in psychiatry. The packet of instructions said that we each needed two ID's on the first day. Even as I handed them my passport and driver's license, I chuckled privately about a more abstract interpretation internally contrasting my two identities: gynecologist and psychiatrist, seasoned physician and green trainee, Duke faculty member and University of North Carolina-Chapel Hill resident. What an interesting place to be in the middle of one's life...

When I last began a residency, I was a different person. I was a "surgical type" by every measurable mark — quick to assess, quick to move, and quick to cut. And those skills served me well as a young physician.

But as I matured, both in medicine and in life, I came to know that a joyful heart is also good medicine. And that a surgeon's knife could never cure without a willingness to heal.

When the pain in my own hands made me less able to reach for the surgeon's knife, it also made me more able to find a healing spirit inside a wounded one.

Cross-training in psychiatry reflects my infatuation with that healing spirit and with the "mind-body connection" that defies CT scanners and electron microscopy.

When I began my gynecological surgery training, I was sometimes afraid, but seldom in doubt. As I begin my psychiatric training, both doubt and fear are resolving.

What an interesting place to be in the middle of one's...
Negotiating A Successful Contract

Karen Sarpolis, MD, MBA
Member, AMWA’s Professional Development Committee, and President, Gennex Corp.

There are three things necessary to successfully negotiate a contract: information, information and information.

The first step is to gather information on the organization’s history of trustworthiness in honoring contracts and its treatment of women physicians. Technically, contracts provide legal rights to enforce the terms. But for practical purposes, it is difficult to prove a breach.

In addition, it is common for the other party to attack the plaintiff to avoid the consequences of breaking a contract. In this case, they will attack your competence as a physician. In reality, contracts are only as good as the individuals signing them. Talk to as many people as possible who have been, or are, affiliated with the organization. Investigate your predecessor and why s/he left.

Check with organizations such as the Center for Women in Medicine and Health Care (Paramus, NJ) or the Feminist Majority (Arlington, VA) who track such issues.

If you are considering a pregnancy, ask about the firm’s policy. Talk to women who have gone through a pregnancy while working with the firm. If 12 weeks of leave is in all the contracts, but new mothers have returned to work after six weeks, the organization may be pressuring women into giving up their benefits. Even if you are not planning a pregnancy, this information can add to your knowledge.

If you are a consultant or subcontractor, propose to include a clause that states Equal Employment laws will govern the terms of your contract. Watch the reaction, it may relay some important information about the firm’s true policies.

Once you have gathered some initial information and you are still interested, begin to draft a contract. The initial contract should be a document drafted by you and your attorney. This puts you in control.

Be as specific as possible to clearly describe the duties of the position. Some items you may wish to consider: clinical duties and your freedom to practice, the amount and spacing of call, the regular hours, any extra duties like teaching, administration and research.

Extra responsibilities may be especially crucial if you are working part-time. Do not be a victim of “job creep” -- when your job expands due to the accumulated effects of agreeing to take on “one more little thing” that was not in the original deal.

After the contract has been generally agreed upon, think about salary. Research the salary and compensation averages of your specialty, geographic region and situation type (HMO, group practice, etc.). This information is available from your specialty organization, head hunters and professional journals. To obtain more specific information, ask individuals employed at the firm or nearby. In actually negotiating salary, start between 10 and 33 percent higher than your target. Justify it with logical reasons. These reasons are extra ways in which your qualifications and skills will add to the organization’s bottom line. Reciprocating the other party’s counter-offer usually moves you toward a mutually acceptable agreement.

The most important information you can have is about other opportunities. Your strength in negotiations is based on your ability to say “No” and walk away. Use your network and mentors for this information.

While going through this process, remember to rely on your colleagues and mentors at AMWA. AMWA members can be critical sources of information about potential places of employment and sources of support when faced with difficult decisions. This is especially important if you move to another city. Do not be shy about getting this important information — your future may depend on it.

AMWA Nominates 1995-1996 Candidates for Office

Susan Cobb Stewart, MD, Chair of AMWA’s Nominating Committee announced that the following AMWA members have been nominated as officers for 1995-1996. These candidates will be elected during AMWA’s Annual Meeting. Credentialing delegates will vote for the following candidates:

President-Elect
Debra Judelson, MD, Beverly Hills, CA

Vice President of Career Development
Beatrice Desper, MD, Plainville, CT
Donnica Moore, MD, Neshanic Station, NJ

Vice President of Program
Willa Brown, MD, Washington, DC

Vice President of Communication
Diane Helenjara, MD, Leesburg, VA
Nancy R. G. Church, MD, Chicago, IL

Director of Students
Nancy Binder, MD, Portland, OR
Lynn Epstein, MD, Providence, RI

Speaker of the House of Delegates
Jo-Ellyn M. Ryall, MD, St. Louis, MO

Vice Speaker of the House of Delegates
Christine M. Mueller, MD, West Dundee, IL

The Resident Representative will be elected via a mail ballot. The nominee for Resident Representative is: Frieda Hulka, MD, Portland, OR
U.S. Senator to Deliver Keynote Address at Annual Meeting

Senator Patty Murray (D-WA), an outspoken advocate for those who face everyday challenges in America today, is the keynote speaker (invited) during AMWA’s Annual Meeting. In the 1980s, Senator Murray realized that to truly make a difference, she needed to be a legislator. In 1988, she ran for the State Senate in Washington and unseated a two-term Republican incumbent. Before long, she was viewed as a formidable force, serving as the Democratic Whip in the state Senate from 1990 to 1992.

It was the offensive grilling of Anita Hill by the all-male Judiciary Committee during the Clarence Thomas confirmation hearings that persuaded Sen. Murray to announce her candidacy for the U.S. Senate.

Considered an underdog by the press and her own party, Sen. Murray worked her way to a Democratic primary victory, eventually vanquishing a five-term incumbent in the general election.

Sen. Murray is a member of the powerful Senate Appropriations Committee, as well as the Budget and Banking, and Housing and Urban Affairs Committees.

Seattle Highlights

An interesting mix of rugged terrain and sophistication, Seattle is the place to be November 1 - November 5, 1995 for AMWA’s 80th Annual Meeting, Women Empowering Women: Planning Our Global Family. Here are a few things to do and see in Seattle:

The Space Needle - Take the Seattle Center Monorail at the Westin Hotel to the 605-foot Space Needle. It offers a panoramic view of the region, from the eastern Cascade Mountains to the western Olympic Mountains.

Pike Place Market - This farmer’s market is the site for fresh produce, fish and locally designed crafts. Go early in the morning and on foot since parking is not easily accessible.

Seattle Aquarium - Known as the “Window to Puget Sound,” the aquarium features one of the most diverse aquatic habitats. From the Underwater Dome you can view Puget Sound. The new Tidepool Exhibit and Discovery Lab feature seldom-seen planktonic life.

Seattle Harbor Tours - View the city from the water! There are three cruises: a 2 1/2 hour tour by the Hiram Chittenden Locks; a one-hour historical tour; and a 1 1/2 hour tour which highlights luxurious waterfront homes including Bill Gates home.

Seattle Art Museum - Internationally known for its collection of Asian, African, Northwest Native American and contemporary art, the museum is located in the heart of the city and is within walking distance of Pike Place Market.

Seattle Center - This cultural center offers a chance to see Carmen at the Opera House or the Pacific Northwest Ballet or the Seattle Symphony Orchestra. Choose to see a musical or play at the Seattle Repertory Theatre or the Paramount Theatre.

So register now for AMWA’s 80th Annual Meeting. With so much to do in Seattle, you won’t want to miss it!
Interim Meeting Reception Honors Book Co-Editors

For their tireless devotion and limitless time dedicated to ensuring The Women’s Complete Healthbook was published, Roselyn Payne Epps, MD; and Susan Cobb Stewart, MD, were honored during a reception on Saturday, June 25, 1995 at AMWA’s Interim Meeting co-sponsored by AMWA’s Branch I and the AMWA Foundation.

“We are truly blessed to have such faithful, committed leaders in our organization,” said Diana L. Dell, MD, AMWA President, at the reception. “They were the glue that kept the project on task and on time.”

AMWA Past Presidents, Drs. Epps and Stewart shared the challenge as co-editors of AMWA’s recently published book, The Women’s Complete Healthbook. For their efforts, they received a gift from the association.

Among the guests were many book authors including Dr. Dell, MD, who wrote the forward; Jean Fourcroy, MD, PhD, AMWA’s President-Elect and author of a portion of the chapter on the reproductive system. Other authors in attendance included Marjorie Braude, MD, violence and women; Linda Brzustowicz, MD, genetics; Roselyn Payne Epps, MD, introduction and chemical dependencies; Debra R. Judelson, MD, cardiovascular disease; Satty Gill Keswani, MD, infertility; Susan Cobb Stewart, MD, introduction and digestive system; Jeanne Spurlock, MD, staying healthy in spite of stress; Laura Tosi, MD, musculoskeletal system; and Carol Widrow, MD, AIDS and sexually transmitted diseases.

In addition to short presentations made by Drs. Epps and Stewart, each author addressed the group. Most described their contribution to AMWA as a very positive career step which in many cases, has led to other opportunities.

The co-editors and authors generously dedicated their time to AMWA with the proceeds from the book returning to AMWA and the AMWA Foundation to fund programs and services.

The reception was held at the National Museum of Health and Medicine at the Walter Reed Army Medical Center. The 60 guests also viewed the museum exhibits which included many medical artifacts.

The two-hour reception, which was catered by the German Embassy in Washington, DC, included a book signing featuring the book co-editors and authors.

Call for Resolutions

AMWA members are encouraged to submit resolutions on topics affecting women physicians and medical students or areas of women’s health.

A resolution is divided into two parts: the “Whereas” section contains facts and background information; and the “Be it resolved” portion contains the conclusion. AMWA members should focus on the “Be it resolved” portion since, if adopted by the House of Delegates, the resolved section becomes the organization’s policy. The deadline for submitting resolutions is August 30, 1995.

Osteoporosis Update

AMWA’s first osteoporosis education symposia was held in Los Angeles on July 15. The osteoporosis project was featured during the June Third Annual Congress on Women’s Health in Washington, DC. Upcoming seminars include:

Nov. 11: Lutheran General Hospital-Advocate, Park Ridge, IL
Nov. 11: University of Pittsburgh Medical School, PA
Nov. 18: Texas Women’s University & N. Texas Health Science, Ft. Worth.

This program has been made possible by a generous unrestricted educational grant from Merck.

MWIA News

The International Federation of Gynecology and Obstetrics (FIGO) is developing an international network of women physicians in ob-gyn. Ob-gyns are asked to write FIGO directly (copy to the MWIA Secretariat). Contact Professor N.K. Ma, Chairperson, FIGO Study Group in Women Physicians in Ob-Gyn Department of Ob-Gyn, Queen Mary Hospital, Pokfulam Rd., Hong Kong, Fax: 582/855-0947. MWIA Secretariat is: MWIA Secretariat, Herbert-Lewin Str. 1, D-50931, Cologne, Federal Republic of Germany.
Students Lead Physicians in Electronic Communication

Carolyn A. Webber, MD
Director of Students

In my last column, I addressed the joys of a positive mother-daughter relationship. I recognize that some have stressful relationships with their mothers or no relationship at all. I empathize and offer to share my mother. She already has been a surrogate mother/adviser/mentor to generations of students.

Also, I offer myself and other AMWA members (especially those who have been directors of students) to serve as mentors. Ask an AMWA member you admire in your area to be your mentor.

Today with E-mail and telephones, you can have a mentor across the continent. Make contacts locally and at national meetings.

Another option is to have more than one mentor. For example, a professional and a personal mentor.

Perhaps AMWA might institute a national computerized mentor-mentee matching service. Participants could be matched, communicate via E-mail, telephone and written correspondence, and meet at the Annual Meeting. Let me or the NSCs know if you have any ideas on mentoring.

On the topic of communicating electronically, at the Interim Meeting, the NSCs reported that they communicate electronically.

Although most AMWA members associated with large institutions have access to E-mail, we still communicate fairly routinely using fax and telephone and occasional conference calls.

I challenge AMWA student members to encourage five women physicians to become more computer literate, to sign up for (and use) electronic mail and computer services if at all financially feasible.

This challenge could be an example of “reverse mentoring.” You could teach your colleagues how to “get connected” and then communicate with them. AMWA members could log on and read about the association. Thanks to LeClair Bissell, MD, AMWA can be reached at “amwaleg@aol.com”. Thanks also to Debra Judelson, MD, who devotes part of her online home page to AMWA.

AMWA members who cannot attend national meetings would feel more a part of the meeting if it could be brought to them via computer. There are benefits too numerous to list here, so let us help AMWA get online.

Have a great fall and school year. I look forward to seeing/meeting you at the Annual Meeting in Seattle.

The Medicine Refill

Christina Nicolaidis, MD
Resident Representative

I am running late as I pick up my next clinic chart and see the words: “New patient - 31-year-old asthmatic, out of inhalers.” Relief...just a quick medicine refill.

“Tammy,” is in mild respiratory distress with audible wheezing. A large, Caucasian woman in shorts and t-shirt, she looks out of place in the predominantly Latino migrant workers’ clinic on this cold Oregon day.

She just moved from Texas and has not found a doctor to refill her medications she explains. In taking a brief history, I find she is a diabetic and has run out of insulin. A finger stick glucose is off the scale; a serum sample confirms a glucose of 1050.

“What have your sugars been running at home?” I ask. She does not know, she left her monitor in Texas.

My mind races between the work-up and treatment of DKA, the filled waiting room, my interns alone in the hospital with new admissions. Her face becomes concerned as I order tests and arrange her admission.

“I cannot stay overnight,” she explains. “There is no one to watch my daughter.”

Her urine ketones have come back positive; the chants of “Doctora, estoy esperando desde horas” (I have been waiting for hours), are losing their cultural charm; and with each beep my pager is flirting with a trip out the window.

I wonder why people are so irresponsible about their health. I recognize that the sensitive, politically correct part of me would disapprove of such thoughts if I only had a second to stand back from the situation.

The rhetorical “why” suddenly translates to: Why is she in a migrant workers clinic? Why does she have no medication? Why is she dressed so improperly? Why is there no one to watch her child?

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"Why did you leave Texas?" I ask. "Was someone trying to hurt you?"

"He had a gun," she stammers, caught off guard. "I could only grab my five-year-old and run."

The emergency Medicaid office could not see beyond their rules of contacting the child's father if she wanted to register; the other patients kept waiting; my pager kept beeping.

But she and her child are alive. A lot more than can be said for the thousands of women who die each year from domestic violence.

I thought of Tammy as I listened to nurses talk about the O.J. Simpson trial. There was debate about DNA testing, police incompetency, defendant's rights, but missing was the discussion about the horrors of domestic violence.

What happened to the light that the case should be shedding on domestic violence? One year after the crime, it is clear the tabloids and mainstream media do not intend to use Nicole Brown as an example of the horrors of domestic violence as they used Magic Johnson as a public figure with AIDS. So it is up to physicians to make a difference.

Ask your patients about violence. Speak out against it. Act to stop it. We cannot afford not to discuss this issue with each patient — the consequences are too high.

**MEMBERS IN THE NEWS**

For furthering the role of women in medicine, eliminating stereotypes and for her work with domestic violence and child abuse issues, Kathryn C. Bemmann, MD, Immediate Past President of AMWA, has been honored as one of 10 women chosen for the Wisconsin Women of Distinction/Portrait Life Casts project.

Former Director of of the National Institutes of Health, Bernadine Healy, MD, has been appointed as the Dean of the Ohio State University Medical College. Dr. Healy is the sixth woman to serve as the dean of a medical school in the history of American medical colleges. Currently, she is one of three women serving as deans of medical colleges.

AMWA Past President (1984), Lila Stein Kroser, MD, FAAFP, a family physician and assistant professor at Medical College of Pennsylvania and Hahnemann University, was elected President-Elect of MWIA at its XXIII Congress in May. Dr. Kroser will be inaugurated at the XXIV Congress in Nairobi, Kenya in 1998. She served as treasurer of MWIA for 10 years. Satty Gill Keswani, MD, was elected Chair of the Finance Committee for MWIA, an office she will hold from 1995 until 1998. Dr. Keswani, an infertility specialist from Livingston, NJ, was AMWA Vice President of Finance from 1992-1994.

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**STUDENT SENATE**

**Defining and Creating Your Future**

Jennifer Allen and Jen Schroeder, National Student Coordinators

As the summer nears its end, medical students across the country ponder the approaching academic year. To the women students of AMWA, we take this opportunity to issue a challenge. We have joined AMWA for a variety of reasons which are tied together by an underlying commonality: we believe in supporting women in the medical profession and enhancing the quality of women’s health. As a collective, we challenge you to define and create your own future.

Standing on the edge of a new year, reflect on your personal reasons for joining AMWA. In looking back, we can appreciate the goals we have achieved and set a course for areas of improvement.

After taking stock, arrange time to bring together your community of women students, faculty members and physicians to plan for the year. Set some goals and objectives and a plan of action to achieve them. You should aim high while planning realistically.

Your plan of action for the year is only as good as the support and enthusiasm behind it. Begin the year by recruiting incoming medical students and involving them in AMWA from the start. Use the energies of those with experience.

Lastly, make a true effort to contact AMWA members with whom you have lost touch — those rumored fourth-year students, the new surgical resident, that family practitioner at the women’s health center and the professor in the next building researching breast cancer. Good luck!

**National Primary Care Day**

More than 85 medical schools will join in the celebration of National Primary Care Day on September 28, 1995. NPCD recognizes the important role of generalist physicians in our health care system.

In addition to AMWA, sponsors include AAFP-National Council of Student Members, Am. Assoc. of Colleges of Osteopathic Medicine Council of Student Council Presidents, AMA Medical Student Section, AMSA, AAMC-Office of Generalist Physician Programs, AAMC-Organization of Student Representatives, Generalists Physicians in Training (AMSA), Student National Medical Association, and Student Osteopathic Medical Association.

For information on how your medical school can participate, contact the NPCD Clearinghouse at 202/828-0435.
AMWA Thanks Members

AMWA thanks the following individuals who recruited new members in the 1994-95 Kathryn Sowell Recruitment Campaign:

Kimberly Applegate, MD
Tuvana Bain
Jodi Bayley
Carol Beyer, MD
LeClaire Bissell, MD
Michelle Brochner
Lisa Christopher
Andrea Crane
Diana L. Dell, MD
Ann H. Derani
Leah J. Dickstein, MD
Bridget Fahy-Chandon
Stephanie Fein
Christine Ferrone
Siri Fiebigar, MD
Patricia L. Foster, MD
Jean L. Fourcroy, MD
Deborah Friedman, MD
Lara Friel
Mary P. Gordon
Gail Granof
Karen Hoffmann
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Renée R. Jenkins, MD
Debra R. Judelson, MD
Debra Kahn
Jennifer Kasirsky
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Kristine M. Lohr, MD
Deborah S. McPherson
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Christine M. Mueller, MD
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Pamela Schwartz
Michelle Scott
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Barbara K. Siwy, MD
Elizabeth Skinn
Kathryn Sowell
Maureen Stephenson, DO
Angela Stock
Alison Swift
Jennifer Tash
Susan Thrasher, MD
Laura Torres
Paula E. Williamson, MD
Teri Wolf

Bed and Breakfast Seeks Volunteers

AMWA is seeking volunteers to join its Bed and Breakfast Program. The volunteer hosts a student or physician member traveling for a job interview or conference. Volunteers are needed most in AL, AK, AR, DE, GA, ID, IA, KS, KY, LA, ME, MT, NE, NV, NH, NM, OK, RI, SC, TN, UT, VT, WV. Contact Marie Glanz at AMWA.

WHAT’S HAPPENING IN AMWA

Call for 1996 Annual Meeting Proposals


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