

AMWA Connections

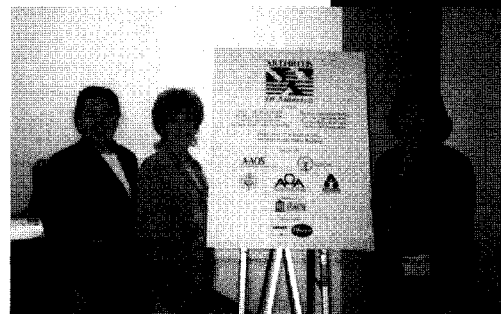
Newsletter of the
American Medical Women's
Association
Volume XX, No. 1
June/July 1999

Arthritis Grant Enters Second Phase

AMWA's Arthritis Education grant entered its second year this May. On May 7th, AMWA co-sponsored a Congressional and press briefing entitled "Arthritis in America." Members of Congress, Congressional staff representatives, and members of the press came out to hear arthritis experts discuss the disease. AMWA project leader Leslie Kahl, MD, spoke on the societal and economic burden of arthritis, and was joined on the distinguished panel by, among others, Jim Marks, MD, MPH, Director of the CDC's National Center for Chronic Disease Prevention and Health Promotion. Retired NFL quarterback Joe Montana, who suffers from arthritis, delivered the keynote address and was on hand to sign autographs. The briefing was designed to be very interactive, as members of the audience were given electronic keypads to ask questions and answer arthritis quizzes. Most were amazed with the information they received. The briefing was very successful at conveying the message that

arthritis is a national health concern with many implications, but attention and early intervention can minimize the trauma of living with the disease.

AMWA's continued work with physician education presentations was also mentioned at the event, with information on AMWA's arthritis presentations distributed in the briefing's press packet. Twenty-three presentations will be conducted by August 1999, reaching over 2,300 primary care providers, and 11 additional presentations are already confirmed for year two of the project.



AMWA arthritis advisory committee (from left to right) Cheryl Lambi, DO; and Leslie Kahl, MD at event

Congratulations to the 1999 AMWA Award Recipients!

The Elizabeth Blackwell Award, AMWA's highest honor, will pay tribute to Lila Stein Kroser, MD for her exceptional contributions on behalf of the personal and professional development of women physicians.

Anita Johnson, MD is this year's recipient of the Bertha Van Hoosen Award for her exceptional dedication, leadership, and service to AMWA both locally and nationally.

The Woman in Science Award,

made possible through a grant from Wyeth Ayerst Laboratories, will recognize Bernadine Healy, MD, for her outstanding contributions to medical science.

Janet Rose Osuch, MD will receive the Lila A. Wallis Women's Health Award, made possible through a grant from Pharmacia & Upjohn, for her lifetime achievements in women's health care, education, and research.

The Camille Mermod Award

will be presented to Jean Fourcroy, MD, PhD; Debra Judelson, MD; and Angela Tiberio, MD for their individual contributions toward moving AMWA ahead in information technology and the electronic media.

The awards ceremony will take place during AMWA's Annual Meeting, November 10 through 14, 1999 in San Francisco, CA at the Fairmont Hotel.

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American Medical Women's Association, Inc.

Message from the President

by Clarita E. Herrera, MD

The responsibilities of a President are varied, complex, challenging, and at times repetitive, but never dull and often unpredictable. My role becomes uncommonly enriching whenever I meet our leaders and the rank and file. It is the face to face encounter which provides me the most valuable opportunity to learn the unique medical culture of a Branch, of a group of women physicians practicing in a rural area, of medical students struggling with the question of opening the association to male members. Indeed one of AMWA's great strengths is its diversity in membership, in practice management, and in advocacy efforts. However, the need for professional and personal development and advancement remains a priority with our members. I am pleased to announce that the Career Development Institute will be offered in your states this year and at the Annual Meeting, in order to meet this need. I invite

our Branch Presidents, State Directors, and Governors to consider offering the course in their communities. We will offer you expertise in putting it together.

On the legislative front, AMWA continues to be a key player. Recently I was invited to participate in a White House Conference on Mental Health. The conference itself took place on June 7th, however I also participated in a smaller planning session with Mrs. Gore in April. AMWA was one of only 14 groups invited to the planning session. She was eager to hear our recommendations on parity in access to mental health and the plight of psychiatrists and other mental health professionals under the current medical care delivery system. I also suggested to Mrs. Gore that the White House include several facets of women's mental health issues in the White House Conference. Among those I mentioned were gender-related violence and victimization, sexual assault, depression,

eating disorders, and substance abuse.

To further increase our visibility in Congress, we are holding a Breakfast Briefing on Capitol Hill during the Interim Meeting. Legislators and policy makers have been invited to attend as well as Mrs. Gore.

Our executive director and I have been pursuing funding and grants from sources who share our vision on advancing our agenda. Cardiovascular disease in the minorities, depression, health risk management, and distance learning via the Internet are some of the issues that are generating great interest among grant makers.

I have been traveling a great deal to promote AMWA and am pleased to announce that there are six new Branches in the process of opening.

The Strategic Planning Committee is also working hard at implementing the four initiatives set forth at the President's Retreat.

Site ate

Get ready for the launch of AMWA's new physician education Web site on domestic violence. The seven-unit course can be accessed from the AMWA home page. The course covers topics such as patterns of behavior in domestic violence, presentation and screening of domestic violence, safety planning, referral, reporting requirements, and the role of children in domestic violence. Using technology, AMWA has created an interactive learning tool that is also very user-friendly. Highlighted features of the course are interactive audio and video clips, quizzes, and case material.

Attention Branch Presidents

AMWA's Public Affairs Department has developed a slide show that highlights the many benefits of becoming an AMWA member. If you would like to use the slides to recruit new members for your AMWA Branch, please contact Kelli Mills (kmills@amwa-doc.org) in the National Office for more information.



Clarita Herrera, MD (far left) with other organizers of the MADRATS race. Standing next to Dr. Herrera is former Congresswoman Pat Schroeder.

The Mothers and Daughters Race Against Teen Smoking (MADRATS) was held in New York City's Central Park on June 6th and was considered a great success! Mothers, daughters, sisters, aunts, grandmothers, and other family members and supporters ran or walked to symbolically "stomp out" teen tobacco addiction. We hope this event will be repeated in the years to

come! ✨

Member-to-Member

Part 2 of Dr. Mom
by Cynthia Ikner, MD

Dr. Cynthia Ikner shared in the last issue of AMWA Connections, her experience that with hard work, dedication, and planning, it is possible to complete medical school after motherhood. In part two of a three part series, Dr. Ikner shares her experiences and successes during clinical rotations.

The halfway mark to being a physician is here! A new time struggle begins as rotations require nightly reading about the day's cases. Mother accessibility, therefore, will vary from little to none during the weekdays and on-call days.

Many schools have rigid geographic guidelines regarding where rotations can be completed, but some are more flexible. My school had many out-of-state rotations and as a parent of four, I chose "out-of-town" rotations that were pertinent to my medical specialty. These were non-negotiable, and family cooperation was required. You need the time to focus because these critical rotations provide the recommendations needed for residency.

Many schools offer fellowships and teaching assistantships (TA) which can provide

housing or tuition waivers with pay, in return for one additional year. I took a TA position, spent one more year in medical school, had

“Many schools offer fellowships and teaching assistantships which can provide housing or tuition waivers with pay, in return for one additional year”

the final two years paid for, and was also available to my family full-time. I also managed to spend time at the National Institutes of Health, which allowed me to obtain additional subspecialty exposure and assisted in developing my teaching skills. These extra benefits increased my medical skills, and the residency recommendation lists I formed were immeasurable.

By now, the rigors of missing "Dr. Mom" have set in, and the family is beginning to adjust. However, the coping mechanisms are wearing thin, budgets are stretched, and

spousal discord may surface. Although it may be tempting just to try to get through your schooling as quickly as possible if the home financial situation and spousal cooperation are shaky, a tuition waiver in exchange for a little more time may enable you to finish medical school if the family financial circumstances change unexpectedly.

In the next issue, Dr. Ikner concludes with helpful hints for residency and support for single parent "Dr. Moms."

For more information, or to participate as a writer of the Member-to-Member column, call Member Services at 1-800-995-AMWA.



Women Physician Factoids

In 1870, there were only 525 women physicians in the United States.

By 1944, 9 percent of U.S. medical schools still excluded women. The last school to exclude women admitted them in 1960.

NEW NATIONAL OFFICE STAFF

The National Office is pleased to announce two new additions to the staff. Lisa Watson has returned to AMWA to succeed Lawrence Leonard as the Director of Meetings. Samah Habayeb has joined the staff as the Arthritis Education Initiative Associate. We welcome both Lisa and Samah warmly and look forward to their contributions to AMWA.

Reproductive Health Initiative (RHI)

Recent reproductive health news:

- ✦ The Alan Guttmacher Institute reported recently that the rate of teenage pregnancy, including births, abortions, and miscarriages, has been steadily declining this decade. In fact, the CDC reports that teen births are at the “lowest point since the government began keeping records in 1909.”
- ✦ Research conducted at Wayne State University has led to the development of a chlamydia vaccine that warded off genital infection in laboratory mice. The vaccine, mAb2, may also cease chlamydia infections from spreading to other areas, such as the heart and joints.
- ✦ According to a recent segment aired on the Fox News Channel, there is a growing trend of pharmacies refusing to fill prescriptions for emergency contraception pills. Some independent pharmacists claim the pills violate a personal moral code, while Wal-Mart, who is reportedly “the nation’s second-largest drug retailer,” refuses to dispense the pills for “business reasons.”

Members in the News

AMWA member and Past President **Roselyn Payne Epps, MD** is a member of the Board of Directors of “Every Child by Two” and “Peace Links.” In February 1999 Dr. Epps attended an Open House at the National Headquarters of these organizations and had a chance to meet with the founders of each group.

AMWA student member, **Anjali Kumar**, will be attending Harvard University in the fall to pursue her Master’s in Public Health degree.

Past President **Sharyn Lenhart, MD** has been appointed to the position of Assistant Vice Chancellor for Faculty Administration at the University of Massachusetts Medical School.

Omega Silva, MD, Vice President of Program, was recently named Professor Emeritus of Medicine at George Washington University School of Medicine.

Lila Wallis, MD, AMWA Past President, has been nominated for several awards.

Dr. Wallis has been nominated as a 1999 Health Hero by *American Health* magazine and for the 1999 Dr. Charles R. Drew Health Professional Award by the California State University Associated Students, Inc. Dr. Wallis has also published a new book, *The Whole Woman—Take Charge of Your Health in Every Phase of Your Life*, that was released this May.

If you have other submissions for “Members in the News,” please send them to Beth Feldpush at the National Office at bfeldpus@amwa-doc.org.



Roselyn Payne Epps, MD (second from right) with (from left) AMWA Executive Director Eileen McGrath, JD, CAE; Rosalynn Carter; and Betty Bumpers

Have you considered making a bequest to the AMWA Foundation? Join many of your colleagues by remembering AMWA in your will or trust. Do it now and get recognition through the Foundation’s Legacy Society. For more information contact the AMWA Foundation office at 703-838-0500 or e-mail emorgenstern@amwa-doc.org.

News from JAMWA

JAMWA announces a special issue on medical abortion and requests submissions. We welcome research papers, commentaries, review articles, reports, and updates on front line experiences with medical abortion. We are interested in articles dealing with the range of circumstances in which medical abortion is applicable, any contraindications, potential complications, patients' and providers' concerns and misconceptions, and how best to use the provision of medical abortion to enroll women in ongoing care.

Please send submissions by August 1, 1999 to: JAMWA, Columbia University-CPFH, 60 Haven Ave., B-3, New York, NY 10032, or e-mail jamwa@amwa-doc.org.

The Emergency Contraception issue of JAMWA continues to be in demand. Groups from Puerto Rico to Jakarta are requesting copies and reporting that the issue is a valuable resource in their work to educate clinicians and the public about emergency contraception.

AMWA President Clarita Herrera, MD was recently recognized, along with invited members of Congress, at the American Association of Physicians of Indian Origin's (AAPI) Lobby Day reception. Dr. Herrera was invited to say a few words at the reception. AAPI President Kalpalatha Guntupalli, MD commended Dr. Herrera for her achievements at AMWA.



Dr. Clarita Herrera, with Dr. Kalpalatha Guntupalli, speaking at the AAPI reception.

RESIDENT ROUNDS

by Wendy E. McCurdy, MD, AMWA National Resident Representative

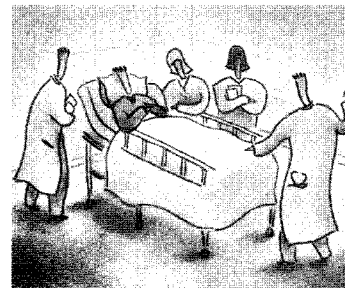
Dear Residents and Fellows,

I visited the AMWA National Office on April 1st when I was in Washington, DC for a meeting. If you are in DC, make sure you drop in and see where our proposals are put into action. The staff are wonderful, and we had some very productive conversations.

For some exciting news, we are going to offer a fellowship to sponsor attendance for one resident/fellow at the Annual Meeting in San Francisco in November. The application details are not yet set in stone, but I expect they will be soon. I will let you know as soon as possible.

As you know the retention of our members from medical school to internship/residency is poor. The membership committee has been proactive in creating new benefits for residents. To learn more about these exciting new programs, just send the National Office your updated e-mail and mailing address.

Finally, please give your congratulations to all graduating medical students. We look forward to their participation as physician members in AMWA.



Calendar

July 15, 1999

Community Service Awards Nominations Due

August 31, 1999

Proposed Resolutions Due with Action/Fiscal Notes

October 9–18, 1999

International Outreach on Women's Health President's Trip

November 10–14, 1999

Annual Meeting—Forging Alliances on Global Health Issues; San Francisco, CA

Coronary Heart Disease (CHD) in Women Project

Do your patients know that regular physical activity, including gardening and daily house work, can help to reduce a woman's risk of developing heart disease? In fact, exercise can help control blood lipids, diabetes, obesity, and can even help to lower blood pressure. Your patients may also be motivated to continue exercising by some of the added benefits of regular physical activity such as:

- more energy for daily activities
- increased stamina and strength
- management of daily stress, including greater resistance to anxiety and fatigue

For more information on AMWA's CHD project, visit the AMWA Web site or contact Stephanie Woodfin at the National Office.

AMWA Connections

American Medical Women's Association
801 North Fairfax Street, Suite 400
Alexandria, VA 22314



Newsletter Committee and Staff

Clarita Herrera, MD, *AMWA President*
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AMWA Connections is published six times per year by the American Medical Women's Association (AMWA). All material becomes the property of AMWA. AMWA reserves the right to edit all materials. For a copy of an issue of the newsletter, contact AMWA, 801 North Fairfax Street, Suite 400, Alexandria, VA 22314. Phone: 703-549-3864; Fax: 703-549-3864; info@amwa-doc.org.

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