

Words of Wisdom for AMWA Members

The original purpose of this document was to provide words of wisdom for AMWA medical student members. But after receiving numerous submissions that were appropriate to all levels of training, we decided to share it with everyone.

When you find yourself in a difficult situation or just wish you had a friend to turn to for advice, we hope that you will find comfort and guidance in the words of your fellow AMWA members.

...on AMWA101

You are surrounded by some of the best people in our field at an AMWA conference, so get ready to network and communicate! – Julie Luu, medical student

Share in AMWA's network and you will gain lifetime mentors and friends - and experience opportunities that you would never have imagined possible. – Eliza Chin, MD, MPH

Keep an open mind to the ideas shared by your peers as well as the medical professionals at the meeting. You'll never know what you'll find interesting once you give it a chance. – Bella Kalayilparampil

Enjoy the 25th meeting in a row that I've attended, with me! You won't regret it! – Roberta Gebhard, DO,

Enjoy this amazing weekend with such amazing people! – Shilpa Darivemula, medical student

Don't be scared to network and introduce yourself! – Rebekka Geldbart, medical student

...on AMWA

In AMWA we are friends, we are sisters. Medicine is our love, our craft, our art and our science. This community, this sisterhood is powerful. It is a power for good in medicine and the world. It is a power that can touch each member. AMWA in its first 100 years has done significant work for health. Friendships and mentorships in AMWA have been invaluable. There is no doubt that the next 100 years of AMWA will be outstanding; because, together, as always, we can do so much for health and the world; and, we touch, hold close and treasure our individual members. – Karen Poirier-Brode, MD

I would encourage AMWA student members to network!!!! The ladies of AMWA, including physicians, residents and even some of your student peers, are CONSTANTLY breaking barriers and acquiring various achievements and accolades. They are passionate about what they do and are always willing to share a bit about their personal experience. Take every opportunity to learn from them! Remember, every member of AMWA is an invaluable resource and a source of inspiration! – Kia O'Neal, medical student

AMWA is still the single organization that speaks for women in Medicine and students and women's health. We need to support it and keep women involved. – Diana Galindo, MD, FACP, AGSF, FAMWA

I have been a part of AMWA since Medical School. My involvement left a lasting impression on my current career aspirations/goals as well as in my personal life:) – Rita Raturi, MD

I enjoy representing the Men of AMWA! – Paul Kirchgraber, MD

...on personal initiative

Work very hard, endure, persevere and keep abreast with the latest trends in your practice. It pays off. – Marites Gaffud Galindo, MD

Without a doubt, persistence with a healthy dose of patience are the keys to success. – Ramsha Suhail, medical school

Take time to determine your goals then set a timeline for them. – Theresa Rohr-Kirchgraber, MD, FACP, FAMWA

Put yourself out there - If you don't believe in yourself, who will? – Jessica Churchill, medical student

Prosper, even in the most difficult of trials. – Nataly Montano Vargas, medical student

Get involved. Make a difference. – Laura Gardner, medical student

Don't ever let anyone tell you that you can't do something, especially if that someone is you! If you have a dream, create opportunities for you to achieve it! and from time to time sit back, relax, and enjoy the show! :) - Iana Gueorguieva, medical student

As a women medical student can say this journey has been so far the most challenging and rewarding experience I have had so far in my life. - Claudia Behn, medical student

Keep leading with your heart as you navigate the twists and turns of your life to achieve success and happiness. Strengthen your approach with a positive mindset, a thirst for knowledge and countless acts of selflessness. – Farzana Haffizulla MD FACP FAMWA

...on friends

Surround yourself with people who make you better. – Morgan Sutter

Let's continue to build one another up and strive for success. – Frances Annan, medical student

And...on everything else

Cervical cancer is the only cancer for which we have primary (vaccines), secondary (screening), and tertiary (early and late treatment) prevention; yet a young woman between the ages of 35-60 dies from this disease every two minutes in this world. Help us to increase awareness about this completely preventable disease, the vaccines and screening in the US and around the world. – Shobha S Krishnan, MD

“Trust women.” - Dr. Tiller” – Catherine Shea, medical student