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From the editor:

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It is an honor and a privilege to be writing this column for the very first newsletter of the Broward chapter of the American Medical Women's Association. Our needs, our concerns and our challenges as women and as physicians, have and always will be, unique and different, from those of our male counterparts. However, while attempting to find solutions to our many problems, we might notice that our problems, are not ALWAYS male physicians!

On a personal note, one of my many challenges as a female physician has come, surprisingly, from other women in the allied medical fields, who are just not comfortable, dealing with women doctors, yet! As I raise two daughters of my own, I know I must strive to change the way people look at women physicians. If my girls should choose to follow in my footsteps, I would feel the greatest satisfaction in knowing that, by the time I retire, or sooner, I would have done something positive and left the arena of medicine more welcoming than I found it.

I hope you enjoy our first newsletter, which for starters is short. I take this opportunity to seek articles of interest from you -our readers, on any matter (an idea, a thought, an experience) relevant to our organization, that you would like to share with others. Advertisements from interested sponsors are also welcome. Please email them to RITIMUNA @aol.com.

Lastly, it is with great optimism that I look forward to the new millennium and with greater enthusiasm, towards a better milieu for the future of women physicians, throughout the globe. Happy holidays and a very Happy New Year!

Best wishes,
Nandita Shankar, MD
Elizabeth Blackwell (1821-1910) was a British-American physician and the first woman to receive a medical degree in the United States. Born near Bristol, England, Blackwell moved to the United States with her family when she was a child. She studied privately with male doctors who supported her cause. After numerous rejections by medical schools, she was finally accepted at New York's Geneva College, where she graduated in 1849. After studying in England and Paris, she returned to New York in 1851 but was unable to practice medicine for several years because no institution would hire her. She won the support of The Society of Friends called Quakers, who began referring patients to her. Because no one would rent space to her, she purchased a house in New York and opened an office in 1853; four years later this one-room dispensary became the New York Infirmary for Women and Children. Her sister Emily Blackwell, also a physician, and Dr. Marie Zakrzewska joined her there. In 1868 Blackwell opened the Women's Medical College of the New York Infirmary. In 1869 she returned to England, where she helped establish the National Health Society. In 1875 she became a professor at the hospital of the London School of Medicine for Women. (This article is from the Free Concise Encyclopedia)

BOOKS OF INTEREST TO WOMEN:

Women's Body Women's Mind written by Dr Chris Northrup, is a wonderful book that is easy reading, despite the number of pages. Starting her career, as an OB/GYN, Dr Northrup’s book begins with her story, of how she landed up in the O.R as a patient, in the early months of her practice! “Physician, heal thy self” is the take home message. The book offers much more!

Your money or Your Life written by Vicki Robin and her friend Joe Dominguez, is all about transforming one’s relationship with money and achieving financial independence. It is simple reading, but a gold mine of, ever so valuable practical information. In the words of Bernard Siegal, MD, this book is “Required reading for everyone.” Makes a great gift for both women and men! A National Bestseller too.

SIMPLE ABUNDANCE written by Sarah Ban Breathnach is a great book for starting a New Year with a bang (of a resolution!). She leads you through her inspiring essays—one for each day. If you are looking for a sense of order in your life, this may be just the book for you. A great book for putting your feet up and reading—aptly called “A Daybook of Comfort and Joy”.

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PAST BAMWA MEETINGS:

Our first meeting: Was held at our Regional Governor Dr Diana Galindo’s home on March 13th 1999. The Speaker was the President of AMWA herself Dr. Clarita Hererra. A meeting of the minds followed an interesting slide presentation. Ideas were shared, frustrations were vented and planning for future programs were discussed!

Our second meeting: Was held at our BAMWA President Dr Linda Groene’s home on September 18th 1999. The Guest Speaker was Dr. Judith Ratzan, president of the Dade County Medical association. Welcomed new member Dr. Carmelita Eburuche(1M). This was a core group meeting to get the ball rolling!

FUTURE BAMWA MEETINGS/SEMINARS:

Feb 2000- Don’t miss the next meeting - Likely location- Riverside Hotel on Las Olas! Great Networking opportunity!

Dr Johna Lucas, head of Research at Proctor and Gamble will be the chief speaker. Among the many topics to be discussed will be career development, contract negotiations and balancing home and career.
WHO'S WHO:

Above left to right: Padma Vedantam (IM Resident), Nandita Shankar (Neurology), Linda Groene (IM/Geriatrics), Clarita Herrera (Cardiology), Erin Cody in the back (IM), Maritess Galindo (Anesthesiology), Helen Salsburg (OB/GYN), Sandhya Nemade (IM/Geriatrics) and Diana Galindo (IM/Geriatrics).

Below left to right: Diana Galindo, Padma Vedantam, Linda Groene, Patti Rooney (Plastic Surgery), Sofia Vasquez (IM resident), Niru Vemuri (IM Resident), Clarita Herrera and Sandhya Nemade.