



The University of Vermont
CONTINUING MEDICAL EDUCATION

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FALL 2018 EDITION

PRESIDENT'S ADDRESS

Greetings to all as we've transitioned to Fall!

It's only been a few short months since I've assumed the position of your new President. Many thanks to the outgoing executive leadership, the general board, and the greater WIM membership for your enthusiasm, leadership, and for entrusting me with the honor of leading our organization into the future. I look forward to working with you all to make our organization the best it can be.

Autumn is my favorite season, and not only because my birthday is in October! As the leaves and light change and the temperature cools, I can sense a palpable transition in my surroundings and in myself. I spend more time outside. I try to slow down to appreciate and reflect. During these reflections, I hold gratitude for the things in my life which bring me joy: purposeful work, my health, and meaningful connection with loved ones, to name a few.

Napa was a lovely opportunity to reconnect with former colleagues and meet new people. Many thanks to the conference chairs Jen Chaffin and Sheri Task for organizing yet another amazing conference and to Mary and Karen, our incredible administrative staff who do a lot of behind-the-scenes work. There was a wonderful balance of speakers and workshops, fun adventures, and creating new memories. One of my highlights was the wine tour, which unfortunately included being defeated at an intense match of cornhole by Sheri Task.

We have already begun the work of planning for our next conference in Philadelphia. Our conference chairs Bri Mahoney and Deb Shapiro have been busy curating another stellar conference. We will have a variety of panels, speakers, and workshops on many different topics. We are seeking proposals for health and social justice topics as well as celebrations of resilience and honoring intersections of identity. We will continue the conversation that we started about our mission and possibly broadening our reach to create an inclusive space for gender expansive and sexual minority women physicians. I hope you are as excited as I am to reconnect and explore Philly, a city known for its arts, culture, cuisine and history. Please submit your abstracts on our website ASAP!

It's always worth mentioning that WIM is able to sustain ourselves and our activities through the generosity of our membership. Please consider supporting our work through a tax-deductible donation to our organization. Check out our website to learn more. If you'd like to get involved but can't pursue general board responsibilities, please consider participating in a subcommittee. Reach out to me or any member of the board to learn more.

Warmly,
Kara Toles, MD, WIM President



**Pictures from the
Conference and Outings
in Napa**

**~ 2018 ~
Women in Medicine**



The 35th Annual Women in Medicine Conference (WIM) was held in Napa, California, August 5-9, 2019 and was a huge success. It was a wonderful opportunity to reconnect with new and old friends, colleagues and receive some top-notch interprofessional continuing medical education.

four, \$5,000 Leadership Scholarship Awards on the opening night and hosted 19 medical students for the full conference. UVM CMIE looks forward to the next WIM conference which will be held in Philadelphia, PA on August 8-11, 2019.



Some of the topics covered were: Gender, Drugs and Birth Control: The Role of Family Medicine in Addressing Marginalized Care Needs by Alicia Agnoli, MD, MPH; Boundries in Professional Relationships, by Nanette Gartrell, MD; Thinking Errors—The Cognitive Psychology of How Humans Make Mistakes and How Artificial Intelligence Can Augment Us, but Marlene Beggelman, MD; Breaking Down Barriers for Women Physicians of Color by Liz Derias-Tyehimba, BA; and Do These Genes Make Me Look Toxic? A Primer of Pharmacogenomics for Clinicians by Jessica Wright, PharmD to name a few.



The free time during the conference allowed for some networking and fun. Many took advantage of the bus tour to view the landscape and museums in Napa, while other tried some of the delicious wine from several of the local wineries. A small group went to the Culinary Institute of America at Copia learning from top chefs the flavors of the New Spanish Table!

Mentorship Success!

Each year WIM creates a conference-long mentoring program, pairing medical students and attendings based on fields of interest, geography, and other preferences. This is an incredible opportunity for students to learn from those of us “who’ve been there,” to network, to strategize, and plan your careers. Below are a few pictures of medical student, Jessica Keese who had interviews in Boston and New Mexico. She was hosted by Drs. Lisa Weissmann, Oncology, Deb Shapiro, Internal Medicine and MB Velasquez, Family Medicine!



The attendance consisted of physicians, nurses, residents/fellows, medical students and partners totaling 116. WIM would like honor Mindy Young-Reeves, MD and Sheri Task, MD for their many years in executive leadership. They have both stepped down, but will still serve WIM by remaining on the board of directors. WIM would also like to announce their new leadership on the executive committee: Kara Toles, MD, President, Hannah Janeway, MD, Vice President and Colleen McNicholas, DO, Treasure. Jennifer Chaffin, MD has stepped down as President but will remain on the executive board as Immediate Past President. The conference held its first ever Careers in Medicine Pre-Conference Workshop spearheaded by Patty Robertson, MD and Hannah Janeway, MD. This was a new and very well received aspect of this year’s conference. Lastly, through many generous donations, WIM was honored to distribute



ATTENTION SPEAKERS and STUDENTS!

The 36th Annual Women in Medicine 2019 Conference & Retreat Seeks Plenary, Workshop and Poster/Research Presentations!

Philadelphia, PA — August 8-11, 2019

Plenary Sessions: Plenary Sessions are from 45 to 60 minutes in length and will be the only presentation offered during that time period. Preference will be given to proposals that relate to medical topics. Panel presentations are also possible as plenary sessions.

Workshops: There will be multiple workshops scheduled concurrently. These will be 40 to 45 minutes in length. Presentations may focus on any topic of interest to lesbian physicians or their partners.

Longitudinal Workshops: We are seeking leaders for traditional small group sessions. These sessions tend to be 30 to 45 minutes in length and will be offered several times during the conference to maintain continuity of discussion. Leaders are not required to be trained facilitators and newcomers are welcome.

Topics of Interest: Opioid dependency and management; Pain management in pediatrics; Aging, neurologic evaluations and care; EMR and time management; Nutrition, food additives, diet management for food intolerances; Cultural humility, diversity, inclusion, and equity in medicine; Over-prescribing of drugs like antibiotics; Surviving an independent practice in today's environment of consolidation; Dermatology; Mental health services; Burnout; Women's health, menopause, updates on women's illnesses and therapies, IVF; General medical issues-pneumonia, sepsis, migraines, high blood pressure, cardio, etc.; Exploring and addressing social determinants of health and health disparities; Care of sexual and gender minority patients in acute-care settings; Medical and legal perspectives on reproduction for queer families

Attention all Medical Students and Residents:

- Do you have something that you would like to present at WIM?
- Do you have preliminary data on a project and want to know how to go forward?
- Do you have completed research that you would like to have critiqued?
- Do you have what you think is a good idea for a research project but lack support for it?

WE HAVE SOLUTIONS FOR YOU: Rather than having you stand in front of a white board with a poster, we are holding a special session dedicated to these student presentations. You will each have no more than 10 minutes to present your material (no more than 5 PowerPoint slides-one of which should include a question you have about your project that you hope will generate productive feedback from the audience). You will present your research findings (preliminary, early results, or even preliminary planning for your project is acceptable) during a plenary session. If selected, presenters will be provided with formal letters to their training programs to help secure time and funding for the conference.

DEADLINE FOR SUBMISSION OF PROPOSALS: January 31, 2019

Please submit proposals on-line by visiting: <http://www.med.uvm.edu/cme/> If you have any questions, please contact the University of Vermont at: (802)656-2292 or via email: karen.whitcomb@med.uvm.edu



FINANCIAL SUPPORT FOR WIM

Every year many amazing women (including yourself) help support WOMEN IN MEDICINE and the donations that we receive each year keep the conferences continuing, along with the student scholarships and our ability to stay connected as a lesbian physician group. Remember that any donation above \$1,501 a year, will allow you one registration fee towards the upcoming conference—**Legacy Donors!**

Donations to WIM can be made all year long through our PayPal account at WomenInMedicine.org. Thank you to those that have included us on their life insurance and/or wills and to those that have donated stocks. You may also send checks directly to WIM. You can specify your contributions to our general operations fund, leadership scholarship fund, or for the support of our medical students

to attend the conference. As many of you know we have had a great increase in medical students and residents over recent years and this is thanks to the generosity of our members, so let's keep it going.

Send checks to:

**Women in Medicine, Inc.
P.O. Box 107
Colchester, VT 05446**

If you would like to make an on-line donation, please visit our website at

WomenInMedicine.org

GOING GREEN?

If you would like to help WIM save money as well as help the environment, please let us know if you would prefer to receive future publications and notices electronically.

Please send your name and preferred email address (or two).

MOVING?

Please also keep us up-to-date on your current addresses for our database.

Email WIM: wim.doctors@gmail.com

UPCOMING 36th ANNUAL WIM CONFERENCE

**Philadelphia, Pennsylvania
August 8-11, 2019**



It is hard to believe that the Annual Women in Medicine conference will be celebrating their 36th Conference!

Trying to plan your travel?

The scientific program will begin at 8:30am, Thursday, August 8 and will adjourn Sunday, August 11 at 11:45am.

Plan to arrive Wednesday in the late morning to participate in optional daytime activities.

There will be a chance to meet new friends and get together with old friends Wednesday, August 7, in the evening.

Overview

Women in Medicine 2019 marks the 36th annual retreat and CME conference for lesbian and other sexual minority female physicians, medical students and their partners. The yearly conference is a forum for discussion of front-line research on women's health issues, as well as lesbian, bisexual, gender-queer and transgender women's issues. There also are non-medical seminars of interest to all, as well as rejuvenating social opportunities for children and adults alike. Essential networking and mentoring opportunities abound, with a special focus on the needs of medical students and residents. This is the only medical conference where partners are not only invited to attend, but are also welcomed and encouraged to participate and learn from the high quality medical and non-CME presentations. We are proud to present a broad range of medical, ethical and social issues relevant to today's world.

In keeping with the retreat format, only registered physicians and their registered partners are invited to attend the conference. Children are invited to social functions as deemed appropriate.

We will be updating the website as we develop the program. Please visit:

The University of Vermont (www.med.uvm.edu/cme) or WIM (www.womeninmedicine.org)

email: wim.doctors@gmail.com or Karen.Whitcomb@med.uvm.edu

TRANSITIONS/ANNOUNCEMENTS/PUBLICATIONS



Awards:

Congratulations to **Jane A. Petro, MD, FACS** as the 2019 Webster Lecture and Awardee. "We couldn't ask for a better lecturer to align with this year's meeting theme, *"Making a Difference"*."

Congratulations to Molly Marr for winning a prize from the AMA for her research on bias against women in medicine: <https://wire.ama-assn.org/life-career/6-women-awarded-research-gender-bias-medical-training>

Juno Obedin-Maliver, MD, MPH, MAS (WIM Board Member) is very excited to announce that The PRIDE Study – which she co-directs -- is live and recruiting after years of work! The PRIDE Study is a national online prospective longitudinal cohort of LGBTQ people. We are studying the relationship between being LGBTQ+ and health (broadly defined). So far, we have over 13,000 participants (we recruited over 18,000 in our pilot mobile app only phase). With our online portal you can securely participate from any web-enabled device (laptop, desktop, pad etc.) Check us out at www.pridestudy.org. In addition, The PRIDE Study team is excited to announce that in collaboration with the San Francisco General Hospital foundation we will be helping the NIH and the *All of Us* Research Program to support deep diversity by meaningfully recruit sexual and gender minority adults into its national 1 million person cohort www.joinallofus.org/lgbt. The NIH is paying attention to LGBTQ+ needs!!

Support LGBTQ Health Research

Write pridestudy@ucsf.edu to order waiting room information that encourages patients to join The PRIDE Study and to learn more about the All of Us Research Program.



PRIDENet pridestudy.org

Send us your updates!!
wim.doctors@gmail.com



Reminder when shopping at Amazon to use our SMILE account. Use the following link and selected purchases will generate money to WIM without costing you anything!
<https://smile.amazon.com/ch/31-1705206>

Laughter Therapy by Shay Bintliff, MD

Ok...here's one I admit having done a couple times!! Any of you guilty?? Leaving the remote in the pantry when you get up to get a snack, looking all over for it with no success, then finding it the next day when getting ready for breakfast!

Kimo was the type who loved to talk about the 'good ole days'. At a movie, he told the girl who handed him his five-dollar ticket, "I can remember when a movie was only fifteen cents!" "You're really going to enjoy this movie then, sir," said the ticket girl. "We have sound now!!"

"How can you like this stuff?" said the grandson to his grandfather, who was listening to 1940s big band singers. "All they sing about is love and junk," said the grandson. "Well," replied the grandfather, "what's your rock-and-roll music about?" "That's the beauty of it," said the grandson. "Nobody knows and fewer even care!!"

Marian, in her late fifties, noticed that senior citizens get free coffee at a local cafe. She asked, "How old do you have to be to be a senior citizen?" The waiter looked at her for a few seconds and without saying a word, poured her a cup of coffee! Do you think that waiter got a tip???

And this favorite one for all we real seniors....Alice was asked by a friend if he ever thinks about the hereafter. She said, "I do all the time! No matter where I am in the house, kitchen, den, upstairs, downstairs, I ask myself, 'Now, what am I here after???'"

Remember my friends...Life is short! Smile while you still have teeth!!

Now time to close with one of my favorites (so favorite you may have read it)...Grandson talking to his Grandpa: "I learned in school that our heart is in our chest! I thought it was somewhere else!!" His grandpa responds to him: "Really? Where?" Well, Grandma used to pat me on my bottom and say: "Bless your little heart!" So that's where I thought it was!!

Hope you have had some LOL's today!! Be Well, do good deeds..a hui hou



****Save the Date****

MWIA/AMWA

New York City ~ July 2019

MEDICAL STUDENTS

Women in Medicine 2018 ~ \$5,000

This has been another year of renewed excitement and interest in the future of our organization. The board has spent quality time looking at how we can grow and sustain ourselves for the future. The result of this is the formation of one \$5,000 student Leadership Scholarships that was awarded to:

Kylie Blume, University of Minnesota Medical School, Minneapolis, MN, expected graduation date of 2021; Master of Arts in Anthropology, California State University Sacramento, Sacramento, CA, 2015; Bachelor of Science in Anthropology, University of California, Davis, Davis, CA, 2011.

Three additional \$5,000 Leadership Scholarships awards include:

The Breeding-Task Women in Medicine Academic Scholarship established by Caroline Breeding and Sheri Task, was awarded to:

Jalicia Sturdivant, Midwestern University - Arizona College of Osteopathic Medicine, Glendale, AZ, expected graduation date of 2020; Master of Biomedical Sciences, Midwestern University - College of Health Sciences-Biomedical Sciences, Glendale, AZ, 2016; Bachelor of Arts Biology, Berea College, Berea, KY, 2012.

The Gartrell-Mosbacher Women in Medicine Academic Scholarship established by Nanette Gartrell and Dee Mosbacher, was awarded to:

Leah Kim, Medical College of Georgia, Augusta, GA, expected graduation date of 2019; Bachelor of Arts in Biology and History of Medicine, Science and Technology, Johns Hopkins University, Baltimore, MD, 2012.

The Reynolds-Warner Women in Medicine Academic Scholarship established by Nancy (Nan) Warner and Christine (Chris) Reynolds, was awarded to:

Mirandy Li, Louisiana State University Health Sciences Center - New Orleans, New Orleans, LA, expected graduation date of 2020; Bachelor of Sciences, Summa Cum Laude, Emory University, Atlanta, GA, 2016.



We are currently accepting applications for the 2019 scholarship year.
Deadline for the application is April 1, 2019