



The University of Vermont
CONTINUING MEDICAL EDUCATION

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FALL 2019 EDITION

PRESIDENT'S ADDRESS

Warmest wishes WIM,

I hope this letter finds you all well as we have transitioned into Autumn, welcoming warmer hues and cooler and shorter days. Fall is my favorite season as it reminds me to reflect and hold gratitude for health, family, and community. I am reminded of and inspired by all of you.

Our recent Summer meeting in Philadelphia was a phenomenal opportunity to reconnect, learn, meet new colleagues, and honor the incredible work being done by our members for LGBTQ+ advocacy, research, and education. Many thanks to Deb Shapiro, the Conference Chair, for her expertise and time in organizing the meeting and many other people who contributed to the programming. I appreciated the candid discussion regarding WIM becoming a more inclusive community during the mission and vision statement roundtables. The visit to the Drexel archives organized by Jane Petro was inspiring and eye-opening. There was a wonderful balance of speakers, workshops, and adventures out and about in the “gayborhood”. I especially enjoyed spending time with other attendees at one of the last few lesbian-owned LGBTQ+ bars in the US, “The Toasted Walnut”, and enjoying the amazing food scene in Philly.

Our conference-planning committee, led by Chair MB Velasquez, has already been hard at work planning our upcoming Spring conference in beautiful Suquamish, Washington, which is a short ferry ride westward from Seattle across the Puget Sound and home of MB. We will be guests of the Clearwater Resort on the Kitsap peninsula, which lies on tribal lands and is home of the Suquamish (meaning ‘people of the clear salt water’) tribe. The resort boasts a wide array of luxurious amenities and has sweeping waterfront views, an attached casino, a spa, and an 18-hole golf course. We will have a diversity of talks, workshops, small groups, and cultural activities. There will be an opportunity to honor MB by walking alongside her in the 2020 Seattle Brain Cancer Walk. Please consider sharing your expertise and submit your abstracts for a plenary talk, workshop, poster, or small-group on our website ASAP; the due date is November 15, 2019.

Importantly, WIM is a grass-roots organization that is for us and by us. We sustain ourselves through the generosity of our membership. Please consider supporting our work through a tax-deductible donation (see our website to learn more). We also welcome your involvement in a committee or as a member of the Board of Directors. For more information, please contact me at kara.toles@gmail.com.

All the very best,

Kara Toles, MD
President, Women in Medicine



**Pictures from the
Conference and Outings**

~ 2019 ~ Women in Medicine



What a wonderful conference we just had in Philadelphia this past August. The 35th edition of WIM took place in August at the lovely Bellevue Hotel in Philadelphia over the span of 3 days.

given a behind the scenes tour through highlights of their archives and learned about the footsteps we are walking in. Special thanks to Dr. Jane Petro for all her work to make this tour happen.



There were a number of inspiring and thought provoking talks, including a timely discussion of gun violence by Dr. Elinore Kaufman, a review of sexual and gender research at the NIH by Dr. Karen Parker, and an update on the

Throughout the conference there were numerous opportunities to connect and network with each other through small group discussions and wonderful meals together.



Longitudinal Lesbian-an Family Study with Dr. Nanette Gartrell. There were also wonderful reviews on “What Kills Women?” By Dr. Pam Charney, “The Amazing Breast” by Dr. Susan Love and an update in Genetic Testing by Dr. Lisa Weissmann.



Our last evening together culminated in a rollicking trivia contest and many laughs.

Sunday morning, Dr. Patty Robertson organized a mentorship program for medical students, with a panel of experienced attendings



Drs. Frances Grimstad and Lauren Abern gave a fast paced review on reproductive health care for transgender and gender diverse individuals.

as well as a group of residents, all providing insights and encouragement for students beginning their careers in medicine.

Deb Shapiro, MD
Conference Chair

The highlight of the conference was a half day visit to the Drexel Women in Medicine archives where we were



ATTENTION SPEAKERS and STUDENTS!

The 37th Annual Women in Medicine 2020 Conference & Retreat
Seeks Plenary, Workshop and Poster/Research Presentations!

Suquamish, Washington

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/Fellows/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: November 15, 2019

Please submit proposals on-line by visiting: <https://www.surveymonkey.com/r/wimabstract2020> 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 37th ANNUAL WIM CONFERENCE

April 30 to
May 3, 2020

Located on the Kitsap Peninsula, Suquamish, WA, is just across the Puget Sound from Seattle, the urban headquarters of Amazon, Microsoft, Expedia, T-Mobile, Nordstrom, Zillow, Costco, and Starbucks. Still located on unceded Coast Salish territory, this major metropolitan city was named after the historical leader of the Suquamish Tribe, Chief Seattle.

Easily accessible by land or sea, the Suquamish Clearwater Resort is situated on land of the Suquamish Tribe, who have inhabited this territory for thousands of years. True to its translational meaning, “clear salt water”, this Coast Salish territory provides a cozy, waterfront retreat-style setting with beach access, while being a short ferry ride from the Emerald City of Seattle. The hotel offers free shuttle service to and from the Bainbridge Island Ferry Terminal. From there, Seattle is only a 30 minute ferry ride, filled with many scenic photo ops and selfie backgrounds. Once on the Seattle-side, you can easily walk or RideShare to the Pike Place Market, Seattle Aquarium, The Great Wheel, Seattle Center, and more.

Transportation: No need to rent a car. Public transportation options are available from the Seattle-Tacoma International Airport. From the airport parking garage, you can take the Link Light Rail to downtown Seattle and walk (or RideShare) 3 blocks to the ferry terminal. Walk on the Bainbridge Island Ferry, and a hotel shuttle will pick you up on the other side for a short 15-minute ride to the resort. For those with a car, you can drive to the hotel through Tacoma or drive onto any of the ferries (Seattle to Bainbridge or Bremerton, and Edmonds to Kingston).

Overview: Women in Medicine 2020 marks the 37th 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.

Conference Highlights:

- * Located on the land of the Suquamish Tribe, owned and operated by the Suquamish people, the Clearwater Resort is filled with cultural depth, rich with historical treasures, and robust with contemporary Native art.
- * Advocacy Panel - Election Year 2020. Learn about our role as healthcare providers, how to be more active in Health Policy. Special guests: Senator Emily Randall of the Washington Rainbow Caucus and Suquamish member, Heather Purser, who led the movement to legalize same-sex marriage within the Suquamish Tribe, long before the State of Washington.
- * LHF Fundraiser - Live and Silent Auction. Always so many goodies to be won!
- * GLMA-sponsored evening of entertainment, May 2nd. Dance to fun melodies of a local marimba ensemble.
- * Community Health Fair- to be organized by WIM, for the Suquamish community
- * Invitation being sent to Seattle’s hottest lesbian couple: WNBA-Star Sue Bird, and World Cup Star Megan Rapinoe!

Area Highlights:

- * Espresso carts are everywhere! As the land that birthed Starbucks, you can tour the Seattle Roastery.
- * Olympic National Park - only 1.5 hours from the hotel. Take a hike, and be sure to soak in the Sol Duc Hot Springs!
- * Seattle Center - fun for ALL AGES! So much to see, hear, do, feel, and taste here, whether it’s at the Space Needle, Chihuly Garden and Glass, Pacific Science Center, Museum of Pop Culture, and so much more.
- * Seattle Aquarium - on Pier 59 along the Seattle Waterfront. Watch the Giant Pacific Octopus feeding, touch everything in the touch tanks, and ogle at the Sea Otters’ PDA.
- * Poulsbo - also known as “Little Norway”, located 5 miles from the hotel. A picturesque, Scandinavian village with delicious restaurants, fun gift shops, and scenic boardwalk along Liberty Bay.
- * Skagit Tulip Festival - come a few days early, and walk through colorful fields of tulips and daffodils, throughout the month of April.
- * Pike Place Market - Seattle’s original Farmers Market, since 1907. Watch out for flying fish!
- * Seattle Underground Tour - an entertaining, guided tour of the buried city entombed by the Great Fire of 1889.

For more information, 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

ANNOUNCEMENTS



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

Wife to husband: "Remember dear, I'll be out of town most of next week. Will you be OK watching everyone by yourself while I'm gone?"

"Please", he replies, "I can handle three kids!" She responds loudly, "We have four!!!" (Oh dear....trouble on its way)

Young boy and his father are in Ace Hardware when the boy picks up an item and says, "Can you buy me this? It's only \$8." Father responds: "No!"

Child then says: "What? You don't have \$8?" Father says: "I have \$8. I just have other things to spend my money on." Son says: "Like what?" Father sternly says: "Like four college degrees and four weddings!" The son, with a chuckle, replies: "I'm never getting married! So, just cash me out now!"

You all love my 'one-liners' ...at least that's what you tell me...so let's go:

***Need an Ark? I Noah a guy!

***How do you make an egg roll? Push it!!

***What did the light say to the car? Don't look...I'm changing.

*** What did the plate say? "Lunch is on me!!"

.....one more???

***How's the new furniture store doing? Sofa...so good!

A young man is visiting his grandpa and at breakfast he noted a film-like substance on his plate. So, he asks grandpa: "Are these plates clean?"

Grandpa replies: "Yep, as clean as cold water can get them. Now, you just finish your meal." For lunch, grandpa made hamburgers. Again, John was concerned about his plate as it had specks around the edge that looked like dried egg. So again he asked, "Are you sure these plates are clean?" Without hesitating the ole man sternly replied: "I told you they are as clean as cold water can get them!" Later that day, John was about to leave on an errand but grandpa's dog wouldn't let him out the door. So, he yelled at his grandpa, "Your dog won't let me out!" Without turning his attention away from the TV grandpa shouted: "COLDWATER, go lay down, ya hear me!"

The following notice now can be found in all French churches. It is written first in French then translated as below:

It is possible that on entering this church you may hear the call of God. On the other hand, it is not likely He will contact you by phone. So..thank you for turning off your phone. If you would like to talk to God, come in and choose a quiet place and talk to Him. If you would like to see Him....send a text message while driving!

...almost time to close...??some puns??

***I always believed my body was a prison. Yep...it is made of cells!

***The cardiovascular system is a work of artery, but also pretty vein!

***England does not have a kidney bank, but it has a Liverpool.

***A hair-raising experience sounds promising to a bald man.

?one more?



***What did the bra say to the hat? You go on a head while I give these two a lift!!

Aloha folks...be ever grateful for family and friends...a hui hou

Reminder—submit your abstracts to speak at the 37th Annual Women in Medicine Conference by November 15, 2019!



<https://www.surveymonkey.com/r/wimabstract2020>

Hotel Reservations: To make hotel reservations, please call 866-609-8700 and indicate that you are part of the UVM/Women in Medicine group. Reservation must be made no later than April 3, 2020. Room rates vary depending on room type: Water View - \$173++, Non View - \$143++, Partial View - \$158++, Water View Suite (upgrade) - \$203++. All rooms are based on double occupancy and breakfast is included for 2. Please make your reservations early as rooms are limited.

Send us your announcements
and/or accomplishments!!

wim.doctors@gmail.com

We would LOVE to add them to
our website's News and Events!

MEDICAL STUDENTS LEADERSHIP SCHOLARSHIP AWARDS

Women in Medicine 2019—\$15,000

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:

Rachael Silverberg, Charles E. Schmidt College of Medicine at Florida Atlantic University, Boca Raton, FL, expected graduation date of 2021; University of Florida, Gainesville, FL Masters of Public Health, 2017; University of Florida Gainesville, FL Bachelor of Science in Biochemistry; Bachelor of Arts in Spanish, 2014.

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

The Breeding-Task Women in Medicine Academic Scholarship established by Caroline Breeding and Sheri Task For \$5,000, was awarded to:

Ashlee Seldomridge, West Virginia University School of Medicine Morgantown, WV, expected graduation date of 2021; West Virginia University, Bachelor of Science in Exercise Physiology, University Honors Scholar, 2016.

The Gartrell-Mosbacher Women in Medicine Academic Scholarship established by Nanette Gartrell and Dee Mosbacher For \$5,000, was awarded to:

Abigail Tami, Drexel University College of Medicine, Philadelphia, PA, expected graduation date of 2020; Florida State University, Tallahassee, FL, Bachelor of Science, 2016.



We are currently accepting applications for the 2020 scholarship year.

Deadline for the application is January 15, 2020

Please visit womeninmedicine.org for more information.