

# AMWA *South Bay* February 2012



## Welcome to AMWA 2012

We had a wonderful get together on December 7 at our first Annual Holiday party at Dynasty Restaurant in Cupertino. More than 150 people attended including members, their families including kids, friends, office staff, and business associates. Dr. Susan Hansen started the event with a talk explaining options physicians have in dealing with the Medicare system.

Food was delicious Chinese banquet style. We had DJ music and there was dancing by a brave few! Lots of fun raffle items. Dr. Maureen Khoo our board member won the grand prize of a weekend at Tahoe in a condo. We hope this is the first in an annual tradition of a holiday party that is open to friends and family. We thank our corporate sponsors, Astra Zeneca, Teva, Takeda, Principal Financial, Healthmed Realty, plus all the members who came to support and enjoy the event. Party photos are on page 5.

This newsletter has articles about National AMWA and opportunities for participation in National AMWA events. See page 3 for information on joining the board or a special interest group. See the Dues article on page 2 for information on staying current with your dues. **Sheri Bortz MD, Newsletter Editor**

## Speaker Meeting-Wednesday March 14, 2012

### Advances in Diabetes Management

**Speaker:** Nancy Bohannon, MD-Endocrinology, St. Luke's Hospital, San Francisco

**Sponsor:** Merck

**Time:** 6:30PM Appetizers and networking

7:00PM AMWA business

7:30PM Speaker

**Place:** Cypress Hotel

10050 South DeAnza Boulevard, Cupertino, CA 95014

(408) 253-8900

**RSVP:** lwatersmd@yahoo.com to ensure your place.

**Price:** This program is free to current members

Our speaker Nancy Bohannon, MD, comes highly recommended. She is Director of Clinical Research at the Cardiovascular Risk Reduction Program at St. Luke's Hospital in San Francisco, California, and is in full time solo private practice in San Francisco, specializing in research in and treatment of Diabetes. Check her web site <http://www.sugarnancy.com>

## Presidents' Corner

### Happy New Year! Hope 2012 finds all of you happy and healthy!

In 2011, with Dr. Gloria Wu and Dr. Durga Madala as our co-presidents, South Bay AMWA sponsored quarterly educational events, and a first-ever holiday party. The December party was a great success, with an informative talk, great food, wine and lots of fun for members and their families.



Now looking into 2012, we have some ambitious goals. We will continue the tradition of **quarterly educational events**, and a fun **holiday party**. We would also love to foster the development of **interest groups** among our members. So that women docs who are moms, members who are interested in community education, volunteering in free clinics, or learning how to impact the political process, can all find others with similar interests and develop fellowship. (See article page 3 for more information on joining an interest group.)

We are planning to develop a **printed directory of active members**, so that we can get to know other members better and refer each other patients. You will need to be a paid member to be in the directory. Our goals also include finding more effective ways to inform our members of upcoming events and hopefully developing a more sophisticated website.

Thank you for being loyal members of South Bay AMWA. We hope that our effort in the new year will bring you something fun, educational, and useful.

Yours truly, **Co-presidents-Anlin Xu, MD & Maureen Khoo, MD**

## Political Corner:



### Opportunity for doctors to speak with their state representatives

The political interest group is offering this opportunity for South Bay AMWA members to participate in the free 38th Annual Legislative Leadership Conference sponsored by the CMA for physicians held Tuesday, April 17, 2012 at the Sacramento Convention Center. It is free of charge for all attendees. The CMA plans to produce another top-caliber Legislative Leadership Day, with meals and refreshments provided for the participants. The CMA Annual Health Fair will be held on the north steps of the State Capitol in conjunction with the conference. At the conference you will be able to schedule appointments with legislators to educate them as to the issues you face in practice. You will have access to briefing information on the various issues of significance to doctors that are being considered in the legislature. I have attended these excellent events with other AMWA women for 7 years. The morning preparation on the issues is always very clear and complete. The legislators and/or their aides are always very happy to speak with a group of women doctors. The whole experience is very empowering.

Interested South Bay AMWA members will join with members from the San Francisco/ East Bay branch including the National AMWA Immediate Past President, Dr Eliza Chin.

#### A few of the organizations that supported the event in 2011:

American Academy of Pediatrics, California District IX  
 California Academy of Eye Physicians & Surgeons  
 California Academy of Family Physicians  
 California Chapter of the American College of Emergency Physicians(CAL/ACEP)  
 California Psychiatric Association  
 California Society of Anesthesiologists  
 California Society of Dermatology & Dermatologic Surgery (CalDerm)  
 California Society of Plastic Surgeons

Any interested members please contact me to plan our trip to Sacramento.

Sincerely, **Laurel Waters, MD** [lwatersmd@yahoo.com](mailto:lwatersmd@yahoo.com) or 925.457.3664.

## 97th Annual National AMWA Conference

There is an wonderful conference planned from April 13-15 at the Sofitel Hotel in Miami. The keynote speakers are Gloria Steinem, a leader in the feminist movement in the 1960's and 1970's, author, activist and founder of MS magazine and Rachel Naomi Remen, MD, Author, Clinical Professor of Family and Community Medicine at UCSF, and Founding Director of the Institute for the Study of Health and Illness.

There are a variety of educational programs including clinical education, career development , and issues in curriculum development for medical students, all with nationally known speakers. CME is available though the Cleveland Clinic. Special rates are available at the hotel for those attending the conference.

Laurel Waters our board member and national AMWA treasurer will be attending and would love to have a group going from South Bay Branch.

See the AMWA National web site: <http://www.amwa-doc.org/page3-152/AnnualMeeting> for more information. Sounds like a fabulous program and a lot of fun!

## South Bay AMWA Dues

Our dues are from January to December, so unless you paid for 2012 at the Holiday Party you need to pay for 2012. We are working hard to keep our membership roster up to date! Please pay with paypal on the website [amwasouthbay.com](http://amwasouthbay.com) or contact Laurel Waters at [lwatersmd@yahoo.com](mailto:lwatersmd@yahoo.com) with questions and information how to pay by check. You will be able to pay your 2012 dues by check at the speaker meeting, but it would be nice if was done before that date. We need all attendees at the speaker programs to be current members.

## The Board

Co-president: Anlin Xu [anlin.xu@gmail.com](mailto:anlin.xu@gmail.com)  
 Co-president: Maureen Khoo [mokhoo@gmail.com](mailto:mokhoo@gmail.com)

Co-past president: Gloria Wu [gloria\\_wumd@sbcglobal.net](mailto:gloria_wumd@sbcglobal.net)  
 Co-past president: Durga Madala [dmadala@hotmail.com](mailto:dmadala@hotmail.com)

Treasurer: Laurel Waters [lwatersmd@yahoo.com](mailto:lwatersmd@yahoo.com)

Newsletter editor: Sheri Bortz [askdoctorbortz@aol.com](mailto:askdoctorbortz@aol.com)



## Come Join the Board

We are looking for new board members. All South Bay AMWA members are welcome to apply. On the Board you will learn leadership skills in a small group where your input matters and you can help make South Bay AMWA the organization you want it to be. The board is organizing itself, and you will be part of the process of organization. You will get to know your fellow board members, learn how to put on a program, and have access to more information about the local branch, and national AMWA. You will be serving an organization dedicated to the needs and support of women physicians and the health care of women and children.

We are looking for a vice president for this year to become president next year, a newsletter assistant who will be trained to do the newsletter next year, a treasurer, a secretary to keep notes and records, and possibly a membership coordinator. Current meetings are the first Monday of the month from 1PM-2PM near Good Samaritan Hospital.

If you are interested in the board, submit a cover letter saying why you would like to join the board and any particular position for which you would like to be considered. Please include your CV, with your work background and personal interests. Email applications or any questions to Anlin Xu, MD ([anlin.xu@gmail.com](mailto:anlin.xu@gmail.com)) or Maureen Khoo ([mokhoo@gmail.com](mailto:mokhoo@gmail.com)) our current co-presidents. Any of the other board members will be happy to tell you about the board as well.

## Special Interest Groups

South Bay AMWA is responding to requests on our survey for some interest groups. Get in on the ground floor of the **Political Interest Group** which is sponsoring a delegation to Sacramento to participate in CMA's Legislative Workshop (see article page 2), the **Doctor/Moms Interest Group**, for women to support each other in combining these two challenging roles, or the **Community Service Interest Group**, which plans to do health fairs or other educational events to serve the community and get our name out there.

### Contact persons for the groups are:

Laurel Waters, MD ([lwatersmd@yahoo.com](mailto:lwatersmd@yahoo.com)) for the **Political Interest Group**

Jane Chen, MD ([jwchenmd@yahoo.com](mailto:jwchenmd@yahoo.com)) for **Doctor/Moms Interest Group**

Maureen Khoo, MD ([mokoo@gmail.com](mailto:mokoo@gmail.com)) for the **Community Service Interest Group**

We hope the groups get organized this year and create activities that have meaning for the members. Keep the board informed as to your activities and we can advertise your programs in the newsletter.

## Directory

South Bay AMWA intends to create a directory of members. This option will be available to paid members only. This is a great opportunity to spread the word to other members about your practice and get referrals. Go to the website: [amwasouthbay.com](http://amwasouthbay.com) and use paypal to get up to date on your dues for 2012. Contact our treasurer Laurel Waters ([lwatersmd@yahoo.com](mailto:lwatersmd@yahoo.com)) if you have any questions. You will also have the opportunity to pay your dues at the speaker meeting.

## Why AMWA?

By Sheri Bortz, Newsletter editor

(All information in this article is from an AMWA publication, **American Medical Women's Organization Commemorating 95 years**, by Ellen S. Moore, PhD. JAMWA Vol. 45, No. 5 Sept./Oct. 1990, with an addenda The American Medical Women's Association as the Vision and Voice of Women in Medicine 1990-2010 by Eliza Lo Chin, MD, MPH and Laurel Waters, MD, FCAP, FASCP in 2010)

The national organization known as AMWA started in 1915 by a group of women who were asking, just as we might be asking today, "What does it mean to be a woman physician?"

AMWA was started in 1915 as Medical Women's National Association (MWNA). Although women were starting to become more accepted in the medical field and were allowed membership in AMA, there was no national organization that advanced the cause of women in medicine. Even then there was controversy among women doctors, "Do we need a gender specific organization for women doctors?" The group was started not to fight the medical establishment, but to obtain fuller opportunities for women within the medical field.

The group was slow getting started, initially attracting only 3% of the woman licensed as physicians. When the US joined World War I, women doctors were not allowed to join the war effort. The War Service Committee of the MWNA, soon to be renamed, the American Women's Hospitals Service (AWHS), was started to serve civilian war victims, primarily women and children. They were sponsored by the Red Cross and garnered much support among women physicians who wanted to serve or support the service of women in this international effort. By 1920 AWHS was operating 9 hospital units and approximately 20 dispensaries in war devastated areas of Europe. The AWHS continued to grow and by the 1950's had hospitals in Asia, Latin America, and in the depression offered services in impoverished Appalachian communities.

In World War II, AMWA fought for the commission of woman physicians in the medical reserves. This finally happened in 1943, largely due to the desperate need for more physicians in the military. Just as in other fields, the absence of men on the home front led to increased numbers of women in medicine. Then after the war there was a let down and women were pressured out of the work place by returning men and there was less support for women in the professions.

In the 1960's and 70's, the women's movement was in full swing and more women were being admitted to medical schools. From 1960 to 1970 the number of women in medical school classes doubled from 5.8% to 10.86%. By 2000, 45% of medical students were female and 20% of all physicians. With the increase of women in the medical field AMWA has devoted more energy to supporting women in medicine by looking at why women leave the field or drop out. First and foremost is looking at how getting married and raising children affects women in the practice of medicine.

Today National AMWA is involved in health care advocacy on the national level. The group has supported non-smoking legislation, fought restrictions on family planning and abortion rights for women, fought the gag rule limiting topics about which physicians could legally speak to patients. AMWA has been active in meetings designed to give physicians a voice in health care legislation and health care reform. AMWA fights for gender equality in medicine, especially in academic medicine. AMWA is involved in Drexel University's VISION 2020 a national project focused on gender equality and social and economic justice.

The AWHS is still active supporting clinics and hospitals in medically underserved areas both in the US, and internationally in Haiti, South Africa, Nepal, and Uganda. AWHS emphasizes preventative medicine, public health and family planning.

The Journal of Women's Health has been the official scholarly publication of National AMWA. There is a quarterly newsletter, Connections, for members and monthly news flashes that are more widely distributed. Several books on a variety of health topics have been published under the AMWA umbrella.

South Bay AMWA encourages you to join the national organization and support these efforts. As Lila A Wallis AMWA president 1988-89 stated, "Every woman physician is a leader to get where she is. She will be an even more effective leader if she belongs to AMWA."

The 2011 South Bay AMWA charitable donation of \$1000.00 went to the Archives and Special Collections of Women in Medicine at Drexel University in Philadelphia, PA. All AMWA's historical documents dating back to 1915 are housed there in a new building opened in 2009. Our donation means South Bay AMWA's name is engraved on the plaque honoring major donations to the exhibit.

## Holiday Party Photos-December 7, 2011

Here are some photos from the party. An article about this event appeared in the National AMWA newsletter Connections and can be accessed at <http://www.amwa-doc.org> and go to the current issue of Connections.

