



department
of medicine
WOMEN

women

at the forefront

January 2014
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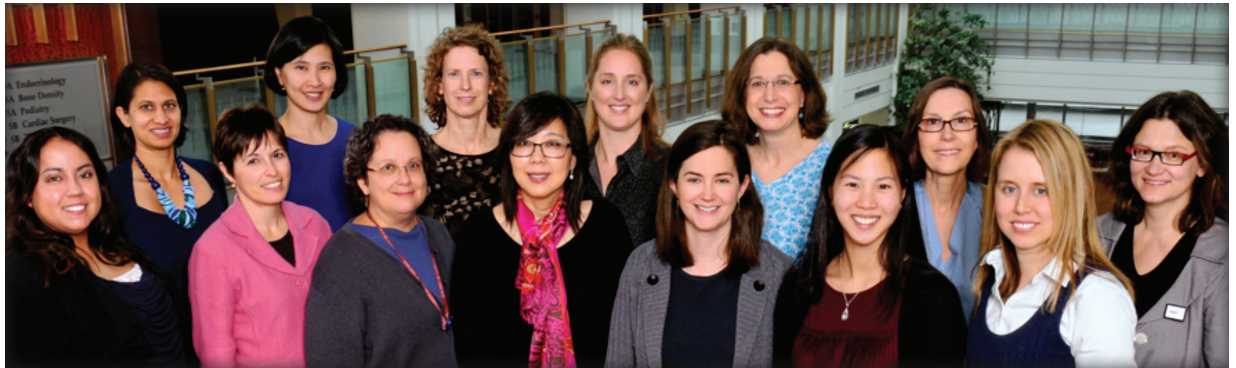
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Committee
Mission
Statement

To develop and enhance the academic environment for women faculty and trainees through networking, mentorship, professional development, and advocacy.



THE UNIVERSITY OF
CHICAGO
MEDICINE



This issue of the DOM Women Newsletter is dedicated to Dr. Janet Rowley who passed away on December 17, 2013 at the age of 88. Dr. Rowley, the Blum-Riese Distinguished Service Professor, was a trailblazing scientist, wife, mother, teacher, mentor and inspiration. She devoted her life to science and is considered one of the most important scientists of the 20th century for her transformative contributions to cancer biology and cancer treatment.

Dr. Rowley was internationally renowned for her studies of chromosome abnormalities in human leukemia and lymphoma, which have led to better therapies for previously untreatable cancers. Through her own work, enthusiasm and boundless collegiality, Dr. Rowley was an inspiration to dozens of young physician-scientists, especially women. She became an important mentor for many who went on to highly successful science careers, including Michelle Le Beau, PhD, and Funmi Olopade, MD.

In 1962, after a year at Oxford studying and learning cytogenetics and the then novel approach to staining and studying normal and abnormal human chromosomes, Dr. Rowley returned to the University of Chicago as a research associate in the Section of Hematology. Leon Jacobson, MD, a colleague and mentor, offered laboratory space, a microscope and a

salary of \$5,000 a year. In 1972 she made her first big discovery at home while examining photographs of chromosomes of leukemia patients that were taken using the fluorescence microscope. Her children often teased her about getting paid to play with paper dolls as she sat at their dining room table, cutting each chromosome out of the photographs and carefully arranging them in pairs. It was there that she found the first consistent chromosome translocation in any human cancer, namely the 8;21 translocation in acute myeloid leukemia (AML). In a landmark paper in 1973, Dr. Rowley then described the identification of the 9;22 translocation in chronic myeloid leukemia (CML). Subsequently, she identified more than a dozen different recurring translocations in children and adults with leukemia and lymphoma.

Over time, Dr. Rowley's discoveries were not only recognized for their fundamental importance to leukemogenesis but culminated in specific treatments including All Trans-Retinoic Acid (ATRA) for the 15;17 translocation in acute promyelocytic leukemia and imatinib for the 9;22 translocation in CML, the latter of which ushered in the modern era of molecular targeted therapies in cancer. Her many discoveries brought a series of awards, including the Lasker Award, the National Medal of Science, the Presidential Medal of Freedom, a Lifetime Achievement Award from the American Association for Cancer Research, the Japan

Prize for Healthcare and Medical Technology and, earlier this year, the Albany Medical Center Prize in Medicine and Biomedical Research. She was elected to the National Academy of Sciences, the Institute of Medicine, the American Philosophical Society and the American Academy of Arts & Sciences. She received honorary degrees from 14 institutions, including Oxford, Yale, Pennsylvania and Dartmouth. Dr. Rowley also had a significant impact on the relationship between science and public policy. President Jimmy Carter appointed her to the National Cancer Advisory Board. President Bill Clinton awarded her the National Medal of Science in 1998. She served on George W. Bush's President's Council on Bioethics. In 2009, she stood next to President Barack Obama when he lifted the federal moratorium on funding for stem cell research. She returned to the White House later that year to accept the Presidential Medal of Freedom.

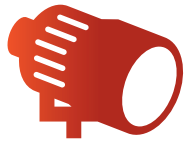
On a personal level, she was an avid biker who rode her bike to work daily from her Hyde Park home, even through the winter, and well into her 80's, and she was well known for her gardening skills. Her husband, Donald, died in 2013 and is survived by three of their four sons: David, Robert and Roger, and five grandchildren.

Janet was a great scientist, advisor and friend to so many. She will be greatly missed.

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**Karen E. Kim, MD
Everett E. Volkes, MD
Walter Stadler, MD**



women in the news faculty spotlight



Dr. Anne Hong, Assistant Professor of Medicine (Section of General Internal Medicine) has dedicated 35 years to the primary care of patients at the University of Chicago. Dr. Hong completed her undergraduate degree in chemistry at the University of Michigan. She received her MD degree as well as internal medicine residency training from Wayne State University School of Medicine. Dr. Hong is a clinician educator who has been a preceptor in the junior medicine clerkship since its inception. She continues to be a preceptor for the medicine house staff in their Continuity Medicine and Urgent Care Clinics. Dr. Hong has received numerous honors in recognition of her outstanding teaching and clinical care. She received the faculty AOA award with induction in 2011. She is the recipient of the DOM Clinical Productivity award for outpatient visits in 2008 and 2013. Recently, Dr. Hong was honored with the 2013 Faculty Physician Peer Role Model award. Dr. Hong is one of two Ombudsmen for the Pritzker School of Medicine, serving the medical students and the trainees. Outside of the medical center, she has gone on three medical missions, one to China, Kunming province, and twice to the Amazon, Peru. She also had served on a diabetic delegation to China in 2009.



Dr. Michelle A. Josephson, Professor of Medicine (Section of Nephrology), serves as Medical Director of Kidney Transplantation and Program Director of the Transplant Nephrology Fellowship. She received her M.D. from the University of Pennsylvania and completed a medical internship, residency and nephrology fellowship at the University of Chicago. Dr. Josephson's clinical work is focused in kidney transplantation and her research interests revolve around medical complications of kidney transplantation. She is deeply committed to education in that realm and established the transplant nephrology fellowship at the University of Chicago. She is currently training her thirteenth fellow. Dr. Josephson was a MKSAP 15 nephrology committee member, and was part of an international work group that wrote "Care of the Transplant Recipient Guidelines." In May 2010 she completed a 3 year term as a Counselor at Large for the Board of the American Society of Transplantation. She currently chairs the Transplant Advisory Group for the American Society of Nephrology and serves on the Nephrology Subspecialty Board of the American Board of Internal Medicine. Always an advocate of women in academic medicine, Dr. Josephson served as the second Chair of the DOM Women's Committee from 2001 to 2003. She was the President of Women in Nephrology from 2004 to 2006.



Dr. Nancy Cox, Professor of Medicine and Chief (Section of Genetic Medicine). Dr. Cox received her PhD in Genetics from Yale University in 1982. Her research is focused on identifying and characterizing the genetic component to common diseases with complex inheritance. Dr. Cox's laboratory develops methods for analyzing genetic and genomic data and then applies those methods to the analysis of data on common diseases and translational phenotypes, such as those relevant to pharmacogenomics. Currently she has a particular focus on the integration of information on genome function with methods for the analysis of genome data on disease and complex traits. In addition to funded research on the analysis of genome data from studies on pharmacogenomics, breast cancer, diabetes and its complications, autism, schizophrenia and bipolar disorder, Tourette Syndrome and OCD, she has also been funded to develop methods for the analysis of 1000 Genomes Project data as well as GTEx Project data.



trainee spotlight



Corlan (Kemi) Adebajo was born and raised in Canada, but moved to the United States of America to pursue medical training. She completed medical school at the Pennsylvania State University and her Internal Medicine training at the Mayo Clinic in Rochester, MN before moving to the University of Chicago where she is currently a fellow in Gastroenterology.

Her current interests include hepatology with a particular interest in viral hepatitis. Prior work has included a systematic review and meta-analysis of studies that compared transient elastography with liver biopsy for detecting hepatic fibrosis due to recurrent hepatitis C virus infection after liver transplantation.

new faculty



Leah Skjei, MD – Assistant Professor (Emergency Medicine) received her MD from the University of Rochester School of Medicine and her residency in emergency residency at the University of Chicago. Dr. Skjei is an outstanding clinician educator who is involved in initiatives promoting the advancement of female physicians in academic emergency medicine.

Jessica Ridgway, MD – Assistant Professor (Infectious Diseases and Global Health) completed her MD at the University of California San Francisco School of Medicine and her residency and fellowship at the University of Chicago. As an infectious disease specialist, Dr. Ridgway has assumed the role of Associate Hospital Epidemiologist and Associate Medical Director of Infection Control. Her primary research focus is regarding the impact of technology on healthcare epidemiology, particularly the use of informatics in infection control and prevention. She develops and studies syndromic surveillance algorithms using electronic health records. She also has a particular interest in the epidemiology of multi-drug resistant bacteria.

Shannon Martin, MD – Assistant Professor (Hospital Medicine) received her MD from the University of Missouri and her residency in internal medicine at the University of Chicago. Dr. Martin's academic interests focus on improving medical education and assessment in postgraduate training, particularly in understanding the impact of clinical supervision on education and patient care outcomes

Elizabeth Paesch, MD – Assistant Professor (Hospital Medicine) completed her MD at Wright State University and her fellowship training in hospital medicine at the University of Chicago. Dr. Paesch is interested in evidence-based medicine, care for medically complex patients, addiction medicine, and medical education.

Susan Sam, MD – Assistant Professor (Endocrinology, Diabetes and Metabolism) has been actively involved in patient oriented research since her fellowship in Endocrinology 10 years ago. Dr. Sam's research focuses on metabolic abnormalities associated with polycystic ovary syndrome (PCOS). In particular she is interested in the role of adipose tissue on development of insulin resistance and metabolic disorders in PCOS. Dr. Sam's previous work has shown that PCOS predisposes to abdominal obesity and inflammation in the fat. She continues ongoing work in this area to elucidate the mechanisms for the abnormalities that predispose to insulin resistance.

Mariko Wong, MD – Assistant Professor (Geriatrics and Palliative Medicine) received her MD from Albert Einstein College of Medicine and completed her Geriatric and Palliative Medicine fellowship at the University of Chicago. Her academic focus includes teaching how to manage multiple chronic diseases (multimorbidity) in older patients in the ambulatory setting. More specifically, she is interested in how to better incorporate patients' preferences and social circumstance to their plan of care, as well as how to best communicate prognosis to patients who are older, frail, and multimorbid.



recent promotions

PROFESSOR

Diane Altkorn, MD – General Internal Medicine

Linda Druelinger, MD – Emergency Medicine

Mindy Schwartz, MD – General Internal Medicine

ASSISTANT PROFESSOR

Neda Laiteerapong, MD – General Internal Medicine

Jennifer Pisano, MD – Infectious Diseases & Global Health

Fontini Gounari, PhD – Rheumatology

ASSOCIATE PROFESSOR

Jeanne Farnan, MD – Hospital Medicine

new leadership appointments

2013 BSD FACULTY ADVISORY COMMITTEE

Linda Druelinger, MD (Emergency Medicine) – elected to Slate A of the Faculty Advisory Committee for a three-year term, which includes members whose interests and expertise encompass patient care and the training of medical students, residents, and fellows.

UNIVERSITY OF CHICAGO WOMEN'S LEADERSHIP COUNCIL

Karen Kim, MD (Gastroenterology, Hepatology and Nutrition) – appointed to a three-year term

NEW APPOINTMENTS :

Sarah Stein, MD – Dermatology Residency Director
Diana Bolotin, MD – Dermatology Medical Director
Kellie Campbell, MD – Medical Director, South Shore Senior Center
Shalini Reddy, MD – Associate Program Director at Mercy Hospital
Megan Husingh Sheetz, MD – Chief of Geriatrics at Mercy Hospital

BUCKSBAUM INSTITUTE – NEW APPOINTMENTS:

SENIOR FACULTY SCHOLARS:

Halina Brukner, MD (2013) – General Internal Medicine
Linda Druelinger, MD (2013) – Emergency Medicine
Savitri Fedson, MD (2013) – Cardiology
Sonali Smith, MD (2013) – Hematology/Oncology
Monica Vela, MD (2013) – General Internal Medicine

JUNIOR FACULTY SCHOLARS

Olwen Hahn, MD (2013) – Hematology/Oncology

ASSOCIATE JUNIOR FACULTY SCHOLARS

Pamela McShane, MD (2013) – Pulmonary Critical Care
Emily Landon, MD (2013) – Infectious Diseases and Global Health
Stacie Levine (2013) – Geriatric and Palliative Care



honors & awards

NEW NAMED PROFESSORSHIPS

Elizabeth McNally, MD, PhD (Cardiology) –

AJ Carlson Professor of Medicine

Holly Humphrey, MD (Pulmonary/Critical Care) –

Ralph W. Gerard Professor

PRITZKER SCHOOL OF MEDICINE AWARDS

FAVORITE FACULTY FOR 2013:

Vineet Arora, MD (General Internal Medicine)

Helena Brukner, MD (General Internal Medicine)

Mindy Schwartz, MD (General Internal Medicine)

Shalini Reddy, MD (Hospital Medicine)

Jeanne Farnan, MD (Hospital Medicine)

Holly Humphrey, MD (Pulmonary and Critical Care)

FACULTY PHYSICIAN PEER ROLE MODEL

Anne Hong, MD (General Internal Medicine)

DEPARTMENT OF MEDICINE 2013 AWARD WINNERS

CLINICAL AWARDS:

Anne Hong, MD (General Internal Medicine) –

Productivity Awards: Patient Visits

Nicole Stankus, MD (Nephrology) – Procedure Activity

Pamela McShane, MD (Pulmonary and Critical Care) –

Overall Excellence – New Faculty

SPECIAL AWARDS:

Lucy Godley, MD, PhD (Hematology/Oncology) –

Leif B. Sorensen Faculty Research Award

Deborah Burnet, MD (General Internal Medicine) –

Arthur Rubenstein Mentorship Award

Minoli Perera, PhD (Genetic Medicine) – Diversity Award

BSD AWARDS:

Nancy Cox, PhD (Genetic Medicine) –

Distinguished Investigator (Senior) Award

Arshiya Baig, MD, MPH (General Internal Medicine) –

Distinguished Community Service and Advocacy

Award (Junior)

Vineet Arora, MD (General Internal Medicine) –

Distinguished Educator/Mentor Senior Award,

for excellence in medical school education

NATIONAL/REGIONAL HONORS, AWARDS, APPOINTMENTS

Janet Rowley, MD, the Blum – Riese Distinguished Service Professor–Selected as one of three scientists to share in the Albany Medical Center Prize in Medicine and Biomedical Research. The prize, one of the largest in medicine and science in the United States, is awarded to those who have changed the course of medical research. This year, the prize recognized groundbreaking research into the nature of cancer, which has led to the development of a new generation of cancer drugs, most notably Gleevec for chronic myeloid leukemia that, unlike chemotherapy, target specific genetic defects causing cancer



Doriane Miller, MD (General Internal Medicine) – Appointed as a member of the PCORI advisory panel on Addressing Disparities

R. Stephanie Huang, PhD (Hematology/Oncology) – Recipient of the Central Society for Clinical and Translational Research Outstanding Young Investigator Award

Monica Peek, MD (General Internal Medicine) – Selected by the Society of General Internal Medicine's as the 2013 Outstanding Junior Investigator of the Year in recognition of her accomplishments and contributions to the field of academic general internal medicine.

Arshiya Baig, MD (General Internal Medicine) – Recipient of the Breaking Barriers Award of the Chicago Foundation for Women's Asian American Leadership Council in recognition of her research and service in the community. She is also the recipient of the Companion Award by Taller de Jose, a nonprofit organization based in South Lawndale. The award is given each year to person who "exemplifies the vision of accompanying the dear neighbor without distinction."

Lisa Vinci, MD (Section of General Internal Medicine) – Selected to serve as Mentoring Chair for the Society of General Internal Medicine 2013 national meeting in Denver



FEDERAL

Conzen, Suzanne – Renewal of R01: Glucocorticoid receptor – mediated survival signaling in breast cancer

Cox, Nancy – Multi PI R01: Harnessing GTEX to create Transcriptome knowledge and inform disease biology

Dolan, Eileen – Multi PI R01: Genetic susceptibility and biomarkers of platinum – related toxicities

Hara, Manami – R01: Quantitative analysis of aging in the human pancreas

Hofmann – Bowman, Marion – R01: Pro – inflammatory S100 protein as disease modifier in calcific aortic valve disease

Kim, Karen – P20: Chicago South Side Cancer Disparities Initiative and R24: Partnership for Healthier Asians

Knutson, Kristen – R01: Home Sleep and circadian phase: mediators of racial disparities in diabetes risk

Konda, Vani – Subcontract with Northwestern: Biophotonics study for gastrointestinal cancer screening

Laiteerapong, Neda – K23: Linking the legacy effect in Type 2 Diabetes to clinical decision making

McNally, Elizabeth – Renewal of R01: Myoferlin in muscle membrane fusion and repair

Olopade, Olufunmilayo – Multi – PI D43: International Partnership for Interdisciplinary Research Training ; Multi PI U01: Using genomics to reduce breast cancer disparities in the african Diaspora and renewal of T32: Research Training in oncology

Pho, Mai Tuyet – K99: Optimizing Patient – Oriented Outcomes for Chronic Hepatitis C

Press, Valerie – N K23: Video vs. TTG respiratory inhaler technique Assessment and instruction (V – TRAIN)

NON – FEDERAL

Alegre, Maria-Luisa – American Heart Association: Tracking the fate and function of endogenous graft – specific T cells during maintenance and loss of transplant tolerance

Arora, Vineet – ABIM Foundation Award

Churpek, Jane – Cancer Research Foundation: Characterizing the contribution of mutations in cancer predisposition genes to therapy – related myeloid neoplasms

Conzen, Suzanne – Susan G. Komen Foundation: Targeting stress receptor biology: A novel approach in poor prognosis TNBC

Gorawara – Bhat, Rita – Norwegian Research Council/Buskerud Univ. College: person centered communications with older persons in need of health care. Development of a Research Based Education Platform.

He, Yu – Ying – American Cancer Society: Molecular Mechanisms of Skin Carcinogenesis in organ transplant recipients

Jabri, Bana – Juvenile Diabetes Research Foundation: Role of Intestinal inflammation in the Pathogenesis of Type – 1 Diabetes Diabetes Research Foundation International; Hemsley Charitable Trust: PSC and IBD, a genetic and microbiome analysis

Levine, Stacie – Academy of Hospital and Palliative Medicine: University of Chicago Palliative Medicine Hearst Fellowship

Nanda, Rita – Susan G. Komen Breast Cancer Foundation/JHU: Translational Breast Cancer Research Consortium Infrastructure Support Task Order and Breast Cancer Research Foundation/ JHU – Translational Breast Cancer Research Consortium Infrastructure Support Task Order

Naylor, Rochelle – Max Goldenberg Foundation: Identify Maturity – Onset Diabetes (MODY) of the young and increasing provider knowledge of MODY at the University of Chicago

Olopade, Olufunmilayo – Cancer Avon Foundation: Pathogens, inflammation and toll – like receptors in breast cancer

Ongusaha, Pat – American Heart Association (national): Control of metabolic homeostasis by Rho – activated kinase (ROCK)

Press, Valerie – American Thoracic Society – Video vs. TTG Respiratory inhaler technique assessment and instruction (V – TRAIN) and American Lung Association: INVITE Home: Investigating novel video modules on inhalers to educate at home

Ridgway, Jessica – Rice Foundation/NorthShore University: Health System: What's Going Around?

Rossi – Foulkes, Rita – Special Hope Foundation: Mental health care for adults with developmental disabilities

Shih, Ya – Chen Tina – Northwestern University: Innovative methods for modeling longitudinal medical costs

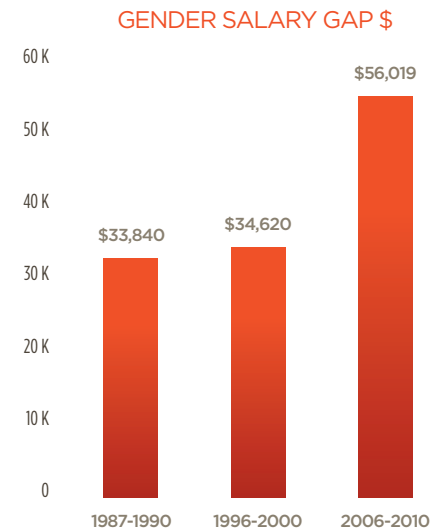
Sipkins, Dorothy – American Cancer Society: Role of osteopontin in induction of leukemia dormancy in the bone marrow



gender matters...still

A recent article in the September issue of *JAMA Internal Medicine* reported that the physician gender pay gap has not improved over the last twenty-five years¹ Alarminglly, analysis of self-reported incomes via a national phone survey found that the gap between male and female physicians may have expanded over time. The authors investigated three time periods and found male self-reported pay exceeded that of women by \$33,840 in 1987-1990, \$34,620 in 1996-2000, and \$56,019 in 2006-2010. These amounts represent a pay difference of 20%, 16.3% and 25.3% respectively.

In an effort to control for additional factors, specifically those related to productivity and institutional ranking, an article published in *Health Affairs* in 2011 analyzed the salaries of physicians starting their first job after completing residency.² The authors found that women received lower starting salaries than men in nearly all specialties analyzed. In 2008, women received \$16,819 less than their male counterparts hired for the same starting position. The University of Chicago is committed to understanding gender equity and in the Winter 2013, will release a report on the status of salary equity among women at our institution. Stay tuned.

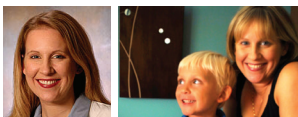


1 Seabury, S.A., Chandra, A., and Jena, A.B. "Trends in the Earnings of Male and Female Health Care Professionals in the United States, 1987 to 2000." *JAMA Internal Medicine*. 2013; 173(18) 1748-1750.

2 Lo Sasso, A.T., Richards, M.R., Chou, C., Gerber, S. "The \$16,819 Pay Gap for Newly Trained Physicians: The Unexplained Trend of Med Earning More Than Women." *Health Affairs*. 2011; 30(2) 193-201.



the balancing act: how do women balance academic success with work-life balance? what advice would you give other women?



Emily Landon, MD

THE BALANCING ACT: CLINICIAN, RESEARCHER, HOSPITAL EPIDEMIOLOGIST, AND MOTHER

PROFESSIONAL ACCOMPLISHMENTS

Dr. Emily Landon is an Assistant Professor in the Section of Infectious Diseases and Global Health. She is the Hospital Epidemiologist whose duty is to prevent infection within the hospital. She is responsible for investigating outbreaks, overseeing surveillance for healthcare-associated infections, leading performance improvement projects related to infection prevention, and providing clinical expertise for infection-related issues within the hospital's quality and safety committees. She is also the Medical Director for the Antimicrobial Stewardship Program, a role that requires her to shape policy and practices regarding antimicrobial use by all medical providers within the medical center. The American Society of Health System Pharmacists recognized the achievement of her team of physicians and pharmacists with a Best Practices Award. She develops the curriculum and training program on infection prevention and hospital infection control policy for all faculty members and hospital employees.

In addition to all of her administrative responsibilities, she has an active clinical practice in general infectious disease with a special interest in bone and joint infections. She also devotes time to clinical research in infection prevention and healthcare provider behavior, and has presented her work at national meetings and published in reputable journals in her field.

WORK-LIFE BALANCE

At home, she is a single mom who shares custody of her 5 year-old son, Alex. It's not easy being responsible for so much at the hospital and being the only one to drop-off, pick-up, make dinner, etc. but it can work. Being in academics and focusing on administrative and leadership work affords her the flexibility to bring work home to finish after bedtime and the specialty of infectious diseases thankfully doesn't require middle-of-the-night emergency procedures. Her family lives nearby and is always helpful if there is a problem (like an outbreak) or if she needs to travel. She limits her work as much as possible to her four main priorities: 1. Take care of her loved-ones, 2. Take care of her patients, 3. Make the hospital safer with respect to infections and antibiotic use, and 3. Contribute to academic progress in her field. If something doesn't fit in one of those groups, it shouldn't get done.

ADVICE TO WOMEN FACULTY AND TRAINEES

Her advice to trainees is to do what you love from the very beginning. Making career choices that will please your mentor, make you really academically successful, or pay back loans is not going to give you fulfillment when you are up late writing notes, grants, or emails, especially if there is a crying baby in the next room. For junior faculty, she would remind them that they are no longer trainees and, hence, get to make their own decisions about priorities. She says it took her about two years to figure out that she no longer had to do what everyone asked of her but that it was up to her to decide what was important and then to learn to say no to everything else. Her last piece of advice is to ask for and accept help from anyone and everyone when there are unexpected life problems (in her case, divorce) and always be quick to offer help when others can't meet all of their priorities. We have to work together.



Ivana Lazich, MD

THE BALANCING ACT: CLINICIAN, RESEARCHER, WIFE AND MOTHER

PROFESSIONAL ACCOMPLISHMENTS

Dr. Ivana Lazich is currently an Advanced Research Fellow in the Section of Nephrology. She completed a Hypertensive Disease Fellowship in the Section of Endocrinology, Diabetes and Metabolism at UCM in 2011, and sequentially, a Clinical Fellowship in Nephrology in June, 2013. In preparation for a career in clinical research, she attended the Summer Program in Outcomes Research Training (SPORT) and the EPOR: Introduction to Clinical Research and Design. She is currently studying the value of an MRI technique in the assessment of progression of diabetic nephropathy with Dr. Orly Kohn, and the role of nitric oxide and oxidative stress on the development of vascular access failure in ESRD patients with Dr. Hammes. She has published several papers on the interactions of the cardiovascular and renovascular systems, and is looking forward to an academic career in Nephrology real soon.

WORK-LIFE BALANCE

Being a woman and a physician is not easy and it brings constant challenges, so finding a work-life balance for me means fluidity and adaptability. I found that it was very important to recognize times in my personal life and my career when one or the other would be the priority. Because of this, I am enjoying the best gift of all, being a mom. Even more important was having a wonderful spouse who supports what I do and is there to help whenever help is needed to keep our family functioning. Finally, planning ahead and learning how to make right choices while giving the best that you can has been helpful to me. I love my work but I also cherish and nurture my life outside work. I would not be able to achieve what I had so far have I not enjoyed my personal life as well. Finding energy from both is what keeps me going and motivated to go forward happily.

ADVICE TO WOMEN FACULTY AND TRAINEES

As you are starting your career think about where you want to be in 10 to 15 years. Talk to your older colleagues about their experiences. The path that we chose is not an easy one but can be extremely rewarding and enjoyable, always keep a positive attitude. Recognize your limits and do not be afraid to ask for more challenges or slow down if you cannot do something. Do not forget that, no matter how successful your work is, it will not be worth much if there is no one at home to share it with. Become someone who your students, friends—and children can look up to. For me, my role model was my mother, a physician scientist and the kindest person I've known. Find someone that inspires you and find the strength to get to know yourself as this will help you embrace all aspects of your life.



Eileen Wang, MD, MPH

THE BALANCING ACT: CHIEF RESIDENT, CLINICAL INSTRUCTOR, CLINICAL RESEARCHER, WIFE, AND OWNER OF A HYPER PUPPY BEETS

PROFESSIONAL ACCOMPLISHMENTS

Eileen Wang, M.D., M.P.H attended Dartmouth College, where she studied philosophy and women and gender studies. After graduation, she worked in Washington, D.C. in the domestic violence field as an advocate and then program director for a crisis intervention group. She earned her M.D. and M.P.H. from the University of Michigan, where she served as the national domestic violence coordinator for the American Medical Students Association. She completed her internal medicine residency at the University of Chicago in 2013 and is now serving as chief resident. She has helped to shape and implement the "4+2" curriculum, attends on the wards, and was part of a University of Chicago group invited to China to help with the development of residency training programs. Eileen has applied for allergy and immunology fellowship and plans to continue her research in asthma health disparities.

WORK-LIFE BALANCE

Excited for a year during which I could sleep in my own bed every night, I opted to foster a dog named Beets. My husband's work travel was ending and we thought this would be a good year to finally rescue a dog. Having fallen for her loving yet mildly insane character, we formally adopted Beets. My husband's travel unexpectedly picked up and I was left as a single caretaker to a rowdy dog. Since then, I've been forced to find a better work-life balance. Although I find it more exhausting than a q3 overnight.

call rotation, I love having her. As someone who has consistently struggled with finding a good work-life balance, having Beets pushed me to prioritize something other than work, become more organized, and be able to say no. I've finally realized that some tasks don't need perfection and some things can wait. Not everyone needs a Beets, but it helps to realize what your "Beets" is and use it as a reminder to keep that balance. My other outside activities include mountain biking, hiking, and spending time with my family.

ADVICE TO WOMEN FACULTY AND TRAINEES

Being junior in my career, I cannot pretend to have a plethora of sage-like advice. These are the few that had the biggest impact on my career and life.

1. Find a good mentor and ideally a few. I underestimated what it meant to be a woman in medicine and cannot be more thankful for the guidance and advice of my mentors, both women and men. There are many decisions to be made as a trainee and having those that exemplify different paths is invaluable. When you are more senior, return the favor and seek out mentees.
2. If you choose to stay in an academic setting and conduct research, consider researching women. There is still a significant disparity in understanding disease outcomes, impact, and treatments in women.
3. A good mentor told me that your work-life balance will swing from one side of the spectrum to the other at different phases of your life. If it goes too far in one direction, recruit help. Many times, finding balance requires a team effort with your family, friends, mentors, and coworkers.
4. Medicine is a demanding path and it helps to remember why you entered the field, especially when there does not seem to be an end to the grueling training. The balance between work and life will shift but aim to find where on the scale you are comfortable and consider this when deciding on your career path.



growing the pipeline: students and trainees

Brenna Hughes and **Aubrey Jordan**, first year PSOM students and new members of the DOM-W committee launched an eight week pilot 'Women in Medicine' summer intensive program, supported by the Department of Medicine Women's Committee. The central theme throughout was the investigation of professional skills and the unique considerations of their acquisition by women.

Brenna and Aubrey presented this novel curriculum at the Study of the United States Institute (SUSI) for undergraduate women leaders from Egypt, Libya, Jordan, Iraq, and Tunisia on Women and Leadership in the US Healthcare System. In addition, they presented their work to the Group on Women in Medicine and Science (GWIMS) at the AAMC 2013 Annual

Meeting. This training model will be used to develop a professional development program for DOM women residents, in collaboration with Eileen Wang, Nicole Welch and Moira McNulty (new committee members).



future events

International Women's Day Luncheon

March 10, 2014

DOM-W Grand Rounds

April 8, 2014

Claire Pomeroy, MD, MBA - new President of the Albert and Mary Lasker Foundation and former Dean of the University of California, Davis School of Medicine, CEO of UC Davis Health System and Vice Chancellor for Human Health Sciences at UC Davis.