

# THE AWIMS ADVISOR

News from the Alliance for Women in Medicine and Science

September 2019

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Editors: Ms. Lynn Weaver  
Mr. Steve Sandstrom

## Honoring Our Mission and Vision

Dear Colleagues,

This issue of the AWIMS Advisor celebrates our ongoing achievements and highlights our commitment to honoring our mission and vision. From another incredibly successful professional development conference, to a deeply personal and heartfelt Life Crisis Seminar, building a home for a family in need and spreading our groundbreaking research at national meetings, I am truly proud and honored to be a part of a community who, through action, champions the concept of an alliance that promotes an equitable environment for all. Further, I believe we are bravely participating in difficult and honest discussions and moving the needle in developing and supporting women in medicine and science. What a tremendous privilege to be surrounded by deeply committed and talented individuals who come together for the purpose of making a difference. I remain humbled and inspired by all of you.



Vidhya Prakash, MD, FACP, FIDSA  
Director of SIU Medicine AWIMS

## AWIMS Mission Statement and Vision

**MISSION:** To provide a supportive forum to promote honest discussion and positive change in the realms of gender equity, career advancement, work-life balance, and community service, and to champion professional development and promotion of women in medicine and science.

**VISION:** A strong and meaningful alliance among all members of the medical community, with the common purpose of working harmoniously in an equitable environment to support the mission of SIU Medicine.



# The Hungry Games



AWIMS members were given a wonderful opportunity to attend the second annual “Hungry Games” hosted by Dr. Kemia Sarraf, founder of genHkids ([genHkids.org](http://genHkids.org)). The lively group included Dr. Ruchika Goel, Dr. Vidhya Prakash, Dr. Anne Scheer and her daughter Lotti and adorable newborn baby, Luise, Dr. Stacy Sattovia and her daughter Vivian, Dr. Dorcas Adaramola and her daughter Iyeoluwa, and Dr. Sacharitha Bowers and her daughter Vivienne.

Six kid-chef contestants, with the assistance of notable chefs in town, participated in a cook-off. The ultimate prize was awarded to the chef who created the most delectable plate, as judged by a group of kid judges! It was a wonderful evening for a great cause.

# Women in Medicine and Science Professional Development Conference



The Alliance for Women in Medicine and Science and Office of Equity, Diversity and Inclusion hosted the second annual Women in Medicine and Science Professional Development conference on June 14 in the MCLI. Dr. Jerry Kruse kicked off the conference with an uplifting speech on the importance of groups such as AWIMS in an institution. With a focus on the timely and important theme of wellness, speakers addressed topics such as an organizational approach to reducing burnout, personal resilience through gratitude, nutrition and improving well-being through coaching. Invited external speakers included Dr. Kerri Palamara from Harvard Medical School and Dr. Charlene Dewey from Vanderbilt University. Local speakers included Dr. C. Leslie Smith, Dr. Stacy Sattovia and Dr. Christine Todd. Special touches included massage therapist Ms. Sacheen Simeon offering chair massages on site, Ms. Emily Kraus from Ahh Yoga taking participants through a chair yoga exercise, and our colleagues from the Springfield Art Association, Ms. Marianne Stremsterfer and Dr. Patricia Braun, compiling artwork from every participant into a unified, three-dimensional art piece that captured the theme of wellness. Many thanks to sponsors for the event including the Departments of Medicine, Surgery, the Neuroscience Institute, Family and Community Medicine, Pediatrics, OB/GYN, Departments of Population Science and Policy and Medical Education. Videos of the presentations are online at [siumed.edu/diversity/resources.html](https://siumed.edu/diversity/resources.html).

Also, special thanks to the planning committee without whom this conference would not have been possible: Dr. Vidhya Prakash (conference director), Dr. Hilary Sanfey, Dr. Wendi El-Amin, Dr. Susan Hingle, Dr. Stacy Sattovia, Dr. Heeyoung Han, Ms. Laura Worrall, and Dr. Vidya Sundareshan. Ms. Judy Harbison from the Office of Continuing Professional Development, Ms. Lesley Barfield from the Office of Equity, Diversity and Inclusion, and Ms. Patsy Wappel from the SIU Foundation Office were immensely helpful as well. We look forward to another great conference on June 19, 2020 (mark your calendars!).





**Speakers & guests at the 2019 Professional Development Conference**

# Dr. Sangita Basnet Receives Inaugural AWIMS Award



Dr. Sangita Basnet was awarded the inaugural AWIMS Award for Outstanding Contributions to the Advancement of Women in Medicine and Science. This award recognizes an individual at SIU School of Medicine who exemplifies the core tenets of the AWIMS mission including: promoting positive change in the realm of gender equity, championing professional development and career advancement for women in medicine and science, supporting efforts to improve work-life integration for all members of the medical community and commitment and service to the community.

Dr. Basnet, professor and chief of pediatric critical care at SIU School of Medicine and medical director of the Pediatric Intensive Care Unit at St. John's Children's Hospital in Springfield, was nominated by several members of the pediatric community. Her nominators described her as a guiding light, stating "While she is always compassionate and kind, she has also not hesitated to push me past my comfort zone and reiterated that the sky is the limit for whatever we want to do." Further, she was described as someone who will "stand up and fight for what she believes in. If something is important to her she will not stop until she is heard. She pushes for fairness and equality." And finally, "Dr. Basnet leads by example and has created a path for other women to follow. She asks tough questions, fights for what she believes in, and challenges the status quo to advance the roles of women in all areas of medical leadership." Dr. Basnet is truly a phenomenal role model, dedicated mentor, exceptional teacher/leader and tremendous woman in medicine and science.



# Life Crisis Seminar



Dr. Robert Robinson organized and moderated a Life Crisis panel discussion on July 22. Panelists included Susan Hingle, MD, Douglas Carlson, MD, and Patricia Klos, APRN (pictured above). The hour was filled with honest and heartfelt discussion about using grace and resilience when navigating life crises such as family separation, divorce and cancer. The safe space and inspiring stories from our panelists led to audience participation where attendees shared their personal struggles.

**Some quotes from audience members:** *From the questions asked, it seemed that the session was thought-provoking for the audience to self-evaluate.*

*I liked that the three panelist' stories/situations were totally different. Each one had its own challenges and solutions.*

*Panelists were so honest and pure.*

*Please continue this panel at least once a year or every other year. I think new faculty need to hear this as well as seasoned faculty.*

If you have suggestions for future topics for an AWIMS Educational seminar, please contact [Dr. Robert Robinson](#).

# 1000 Women Strong

Habitat for Humanity celebrated its second year of “1000 Women Strong.” The program involves 1000 women donating \$100 each to support a family in need of a new home. From there, a dedicated crew consisting of volunteers from all around the city come together to literally build the home from the ground up. This year, Dr. Alan Deckard (pictured below) graciously volunteered his time to help build a house that is now a home to a mother and her three daughters (pictured right). AWIMS is honored to be a part of this incredibly meaningful



project. Special thanks to all AWIMS members who contributed to this amazing cause. If you would like to contribute to or participate in the next round of 1000 Women Strong, please contact [Vidhya Prakash](#).



# The Parents Group at SIU SOM



The Parents Group at SIU SOM is a collaborative endeavor among AWIMS, the Office of Equity, Diversity and Inclusion and cHOP. The mission of the Parents Group is “Helping members of the SIU community experience fulfillment and meaning in their dual roles as parents and medical professionals.”

According to Dr. Dorcas Adaramola, “The role of parenting can be taxing and one that is often (and unfortunately) perceived as a liability, rather than an asset, in the workforce. By creating The Parents Group, the hope is to provide an opportunity for support, advocacy, growth and inspiration for current and would-be parents in our SIU community.

There are no age or gender limits. The Parents Group welcomes ‘double honor parents,’ *aka* grandparents. “

Founding members of the Parents Group, Dr. Dorcas Adaramola, Ms. Christine Jarmer, Mr. David Ziebler, Dr. Sookyung Suh and Dr. Emily Konopka hope to talk about, advocate for, showcase and communicate by all possible means that parenting and working at SIU SOM means *synergy* – the coming together of two or more forces to produce a combined effect greater than the sum of their separate effects.

For more information, contact [Dr. Dorcas Adaramola](#) or [Ms. Christine Jarmer](#). To join on Facebook, look for the Parents Group at SIU SOM.



# Preparing for Fellowship Seminar



Drs. Sana Waqar and Nicole Abbot of the AWIMS Mentorship and Career Advancement Committee did an exceptional job of organizing a “Preparing for Fellowship” seminar for the Internal Medicine Residency Training Program. Dr. Waqar started with basic facts about applying to fellowship programs and then led a panel discussion of Department of Medicine faculty. Questions were based on a compilation of questions from the residents. Panelists included Dr. Aziz Khan, Dr. Rajagopal Sreedhar, Dr. Abhishek Kulkarni, Dr. Michael Jakoby and Dr. Krati Chauhan (pictured above). The next step will be to conduct a similar seminar on a schoolwide level.

## The AWIMS MENTORSHIP PROGRAM

... is still going strong. SAVE THE DATE for an **AWIMS Mentorship Mixer** 4-6 pm, Monday, November 18 at the MCLI 1a auditorium. All members of SIU interested in mentorship are welcome to attend to mingle with prospective mentors. If you are interested in receiving mentorship or serving as a mentor, please email AWIMS Mentorship and Career Advancement co-chairs [Dr. Sana Waqar](#) or [Dr. Andrew Wilber](#).

## Articles

[WHO Redefines Burnout as a 'Syndrome' Linked to Chronic Stress at Work](#)

[Gender-Based Differences in Burnout: Issues Faced by Women Physicians](#)

[What Men Can Do to Be Better Mentors and Sponsors to Women](#)

[Words to Inspire: 24 Powerful Moments from Recent Medical School Commencement Speeches \(including Dr. Susan Hingle!\)](#)

[The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement](#)

Many thanks to Dr. Aliza Hasan, Dr. Wendi El-Amin, Dr. Laura Shea, Dr. Susan Hingle, Dr. Kari Wolf and Ms. Dawn DeFraties for the articles.

## AMA elects first African American Woman President



Dr. Patrice A. Harris was elected as the 174th president of the American Medical Association in June 2019. Notably, she is also the first African American women president of the AMA. Dr. Harris is a psychiatrist from Atlanta, Georgia. She is an adjunct assistant professor in the Department of Psychiatry and Behavioral Sciences at the Emory Department of Psychiatry and an adjunct clinical assistant professor in psychiatry and behavioral sciences at Morehouse School of Medicine. Please watch her moving [address to the AMA membership](#).

## Quotable Quotes

“Owning our story can be hard but not nearly as difficult as spending our lives running from it.” [Brene Brown](#)

“I need to listen well so that I hear what is not said.”

[Thuli Madonsela](#)

# Dr. Susan Hingle joins Royal College of Physicians



Our own Dr. Susan Hingle, associate dean for human and organizational potential, was invited to join the prestigious Royal College of Physicians (RCP) of London. The rigorous selection process involved endorsements from Dr. Hingle's colleagues at the regional and national level.

The [Royal College of Physicians](#) was founded in 1518 by a Royal Charter from King Henry VII. The oldest medical college in England, the RCP's core mission is "to drive improvements in health and healthcare through advocacy, education and research." Members contribute to shaping health policy, develop guidelines to promote high-quality care, and network globally to develop guidelines and lead accreditation efforts.



# Research and Recognition

## Journal Club Articles Recently Reviewed

[Psyche Meets the Gatekeepers: Creating a More Humane Culture for Women in Medicine](#)

[Call Me By My Name: Doctor](#)

Vidhya Prakash, Wendi El-Amin, Susan Hingle. “Moving from a Grassroots Women in Medicine Group to a Schoolwide Initiative” poster presented at the GBA/GDI/GIP 2019 Joint Spring Meeting in Chicago, IL, April 2019



Vidhya Prakash, Wendi El-Amin, Hilary Sanfey, Alyssa Westring, Stacy Sattovia, Laura Worrall, Heeyoung Han, Susan Hingle. “Use of a Validated Assessment Tool to Propel Change at an Academic Institution” poster presented at 2019 GFA and GWIMS Joint Professional Development Conference in Chicago, July 2019

# RECOGNITION

**Dr. Sandra Ettema** was named a fellow in The American Laryngological, Rhinological and Otological Society, Inc. (Triological Society)



**Dr. Aysha Rafaquat** is an ambassador of the ResearchHERS: Women Fighting Cancer campaign in Illinois through the American Red Cross



**Dr. Vidhya Prakash** was elected chair of the Health and Healthcare Committee on the Illinois Council on Women and Girls



# Women in Medicine Spotlight

## Ms. Megan Miner



**Role at SIU Medicine:** Medical Education Program Coordinator, Internal Medicine Residency

**Born and Raised:** Born and raised right here in Central Illinois.

**Birthday:** April 14, 1981 (shhhh on the 1981 part though... lol) I'm an Aries!

**Family:** Oh boy, I have a HUGE family. My husband, Jason and I have three fur babies... Ozzy (Rhodesian Ridgeback/pit mix), Chevy (hound/mastiff mix), and Omani Tikka (Saluki mix from Oman). I'm the oldest of 5. I have 4 nieces and 1 nephew. I'm the fun aunt that lets them eat ice cream for breakfast! I'm close to my family and we all enjoy each other's company. I'm lucky to have the majority of my family live close by.

**Favorite Books:** Anything by Dean Koontz... I've read almost all of his books. Another I like to open, at least twice a week is "Daily Word for Women," 365 days of love, inspiration, and guidance. I've read and re-read this book 100xs. It's a must.

**Hobbies:** I'm a DIY'r! I love creating things on my Cricut, planning parties, painting, baking cupcakes, crafting and designing. I spend a lot of time with my dogs as well. We love walks in the park and fetch!

**Proudest Moment:** Oh gosh... I have a couple! Watching two of my nieces come in to this world... amazing! My sister chasing her dream and finishing her residency. So proud of her!! Also, my Story Slam! A little over one month after losing a battle with cancer, I got up in front of a crowd and shared Karma's story. A story of love, life, and living each day to the fullest!

**Personal Hero:** My grandma Nancy Anderson. She was the bravest, strongest, most well respected women I have ever known! She lost her battle to cancer in 2016, after fighting for over 10 years. She NEVER let cancer stop her or get her down. She made all the games, cookouts, parties, Fast Eddies trips, golf outings (even getting a hole-in-one 2 days in a row), running our family business, and being the head of our family. She brought so much love and laughter to EVERYONE she met. I miss her every day. We carry on many of her traditions still, Christmas Eve gatherings with the entire family, blackberry cobbler, Swiss pancakes, and chocolate eggs at Easter.

**Most Embarrassing Moment:** Honestly, I don't get embarrassed that easily. I can usually make a joke or laugh at myself with others if something embarrassing does happen. I don't take myself too seriously.

**What is your advice for achieving work-life balance?** I'm still working on this. I find myself working all the time. I have started saying no, even though I'm a yes person. My husband works a different shift than I do, so we also do try and have day dates for lunch so we can spend time together. Making time for my family and friends is important to me. I try and send texts to my brother and sisters at least 3-4 times a week to check on them. My best advice is to make time for the people and things you love... even if it's just a short amount of time. Also, find joy in the mundane things in life. Let the small things go. Does it really matter that the puppy is working on digging a moat around your yard? NO. Let it go!

**What is the best piece of advice a mentor gave you?** My history teacher my senior year of high school said "Stand up for what is right, even if you are standing alone." I've continued to live by this motto my entire life. I'm opinionated, strong willed, and steadfast in my beliefs. I also follow my moral compass. My mom once said to me "You can't go wrong if you follow your moral compass, Meg". She was right, if it doesn't feel right, don't do it.

**What is your unique contribution to Women in Medicine and Science?** Spreading joy! I enjoy seeing people happy. I want to spread joy, love and creativity to everyone I meet.

# Women in Medicine Spotlight

## Dr. Christine Yasuko Todd



**Role at SIU Medicine:** I was a student at SIUSOM from 1989 until 1993. I re-joined as faculty in 1999 in the Department of Internal Medicine, Division of General Internal Medicine. I founded the hospitalist program in 2003. I became the chair of the Department of Medical Humanities in 2014. I am an Associate Professor. In addition, I serve as the Chief Wellness Advocate for the Center for Human and Organizational Potential and one of the wellness co-chairs for AWIMS.

**Born and Raised:** Born in Charleston, South Carolina, raised in the Chicago Suburb of Downers Grove.

**Birthday:** January 1, 1967

**Family:** My father was the eldest of 18, so I have tons of relatives in the Evansville, IN and Henderson, KY area. My partner, Mike is a lawyer in Chicago, so I'm on the train to spend time with him on the weekends. His fantastic family lives in Vermont and Washington, DC. My mother's side of the family reside in Kawana, Japan, which is in the Shizuoka-ken Prefecture, south of Tokyo.

**Favorite Books:** Too many to count! But I return to "The Little Prince" by Antoine de St. Exupery over and over. A lot of life's truths are in that book.

**Hobbies:** I like to cook, garden and crochet. You will find me in the pool doing laps and loving being in the water most days of the week. I am half Japanese and half Scotch-Irish, so I feel like it is in my DNA to be in the water.

**Proudest Moment:** I am so lucky and honored to have a job where I get to help people on their journeys and see them do courageous things. When I see a student or a patient do something they did not think they could do, I am very, very proud.

**Personal Hero:** I often tell people that Graham Chapman, the English comedian, is my spirit animal. A lot of people don't know that he trained as a doctor in ENT before becoming famous as part of Monty Python. He dealt with childhood trauma, alcoholism, coming out as gay in the 1970s and many personal losses without ever losing his sense of proportion and humor. He was amazingly generous, to the point of being foolishly so. I admire him a lot and one of the highlights of my college days was getting to meet him when he was on a tour of college campuses. Whenever I am down or discouraged, I watch a Monty Python skit with him in it and get back to a sense of what is important.

**Most Embarrassing Moment:** I feel like I am sort of embarrassment-proof. It's fine with me if people laugh at me or think I am weird or "out there." I'll have the last laugh!

**What is your advice for achieving work-life balance?** Lower your standards. I'm serious! You cannot be the best doctor and the best mom and the best partner and the most fit and eat the healthiest and the best friend and – the list is endless. Go to work and do your best, but your family and friends are more important and they need your time (unstressed you who isn't checking emails all the time) more than anything. So increase your standards for being there for your family and lower them for uber-achievement at work.

**What is the best piece of advice a mentor gave you?** "Be open-minded. Consider every opinion without judgment."

**What is your unique contribution to Women in Medicine and Science?** I hope that I contribute creativity, openness and a spirit of fun and joy. We are all so serious, but it's our joy that can change the world.



# Women in Medicine Spotlight

## Dr. Anna Cianciolo



**Role at SIU Medicine:** I am an associate professor in the Department of Medical Education and the editor-in-chief of *Teaching and Learning in Medicine*, an academic medical education journal founded here at SIU SOM by Howard Barrows and Terrill Mast in 1989. I work with medical students, residents, and faculty as a research mentor and collaborator, and I serve as the faculty resource to the Medical Education Student Interest Group. I like to think of my role here at SIU SOM as Partner in Curiosity.

**Born and Raised:** I was born and raised in the suburbs of Detroit. I love going back to my home state. There's something different and special about Michigan that I never knew I would miss until I returned after a long time away.

**Birthday:** June 12, 1973. I learned recently that my birth was scheduled and that my actual due date was estimated to be a week later. For some reason, this was jarring news! I know it's silly, but now June 12 doesn't feel like my "real" birthday.

**Family:** I am married to Tom Kirchesner, and I have a stepson, Gryphon. We have an orange tabby cat, Jonesy, who is part of the family too. I am blessed also to have friends like family, many of whom are my colleagues here at SIU SOM. I have two Littles from my past involvement in Big Brothers/Big Sisters, who are also family to me.

**Favorite Books:** In general, I love creative non-fiction, especially deep dives into big topics, like geology, human origins, language, space, and cosmology. Favorites include *Of a Fire on the Moon* and *Annals of the Former World*. I'm in the midst of the latter book, and I never want it to end! (And at the rate I'm going, it won't!)

**Hobbies:** If you're looking for me after work, you'll most likely find me at Crossfit Instinct on S. Grand Ave. I spend an hour trying not to die there 4 times a week. I also love playing games with my family, cooking and eating, traveling, hiking (especially up mountains), puttering in the yard, and serving my community.

**Proudest Moment:** It's hard to think of a proudest moment. I take more pride in the things I've grown and sustained over time. I'm proud of having started and run my own small business doing behavioral science for the US Army from 2005-2012. I'm proud of having improved the stature and impact of *Teaching and Learning in Medicine* over the past 6 years. I'm proud of my mentees who've gone out into the world and made it a better place.

**Personal Hero:** I'm not sure I could name a specific person or else I might name all people at some point in their life. I'm inspired by those moments when people who find themselves outside their comfort zone make the conscious decision to reside there for a bit, not seeking resolution but personal growth, and sharing their story with others. To me, it's kind of like seeing a whale breaching; this is really hard for people to do, but gorgeous to witness.

**Most Embarrassing Moment:** Pleading the 5th on this one. That moment is still too embarrassing to share in the public domain. I'll just say that a common theme among my most embarrassing moments is speaking in a way that is insensitive to others' situation and emotional needs. My mouth knows well the taste of my foot!

**What is your advice for achieving work-life balance?** I started to take work-life balance seriously when, despite religious adherence to my workout routine and healthy eating, my blood pressure started rising. I did the following 3 things to get things back on track: I (1) protected \*both\* weekend days from work, including email; (2) limited the time I keep my email open on weekdays to 2 hours (most days); and (3) significantly curtailed my access to social media and news, engaging only with analytical pieces, often with historical references. Something I discovered was how much non-work life can intrude on work life. The current state of national and global politics, as well as the environment, had me in a state of low-grade, but near constant anxiety about things I could do little to change. I needed to "descope" both aspects of my life so as to make everything I did feel more constructive. This approach allows me to focus at work and play at home, which then gives me the mental and emotional space to contribute meaningfully to my community.

**What is the best piece of advice a mentor gave you?** I don't believe that my mentors had their greatest influence by telling me things. Instead, they put me in challenging conditions with high expectations for my success and then, when I succeeded, they pushed me to recognize and acknowledge what I had accomplished. This is how I try to mentor others.

**What is your unique contribution to Women in Medicine and Science?** I think being a journal editor offers me a unique opportunity to give women a voice in medicine and science: as editorial board members, authors, and reviewers. Medical Education is a field with a strong female voice, and it's exciting to help cultivate that.

# Women in Medicine Spotlight

## Dr. Norman Otsuka



**Role at SIU Medicine:** Professor, Orthopedic Surgery and Pediatrics

**Born and Raised:** Toronto, Ontario, Canada

**Birthday:** November 4, 1961

**Family:** Sharon (Spouse), Jennifer (Daughter), Matthew (Son), MOJO (Pet)

**Favorite Books:** *Animal Farm*

**Hobbies:** Watching the Toronto Maple Leafs lose every year

**Proudest Moment:** The births of my children

**Personal Hero:** Every child who comes under my care wanting to get better and play

**Most Embarrassing Moment:** Buying my spouse's surprise birthday gift with her credit card

**What is your advice for achieving work-life balance?** Cherish any moment that you have with your family.

**What is the best piece of advice a mentor gave you?** Always do what is best for the patient.

**What is your unique contribution to Women in Medicine and Science?** Member, Diversity Advisory Board, American Academy of Orthopedic Surgeons – recognizing the importance of women in orthopedic surgery and promoting women in programs/committees/new initiatives of orthopedic surgery.

# AWIMS Advisory Board



*Left to right:*

Wendi El-Amin  
John Flack  
Susan Hingle  
Kari Wolf

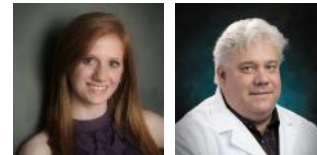
Debra Klamen  
David Steward  
Hilary Sanfey  
John Mellinger

Vidhya Prakash  
Douglas Carlson  
Jody Lack  
Donald Torry

# AWIMS Executive Committee

## Education

Kimberly Palermo and Robert Robinson



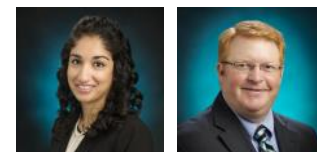
## Research

Heeyoung Han and Stacy Grundy



## Mentorship and Career Advancement

Sana Waqar and Andrew Wilber



## Mindfulness and Wellness

Christine Todd and Betsy Hopkins



## Community Engagement

Patrice Jones and Nana Cudjoe

