

# THE AWIMS ADVISOR

News from the Alliance for Women in Medicine and Science

January 2019

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## Ongoing Growth in the New Year

Greetings, colleagues.

I would like to wish each of you a Happy New Year.

It is with great excitement that I report that our

AWIMS Executive Committee, with guidance from

our AWIMS Advisory Board, is moving each of our

five initiatives forward in full speed. We celebrated

Women in Medicine month in style, hosted an

incredibly stimulating Mentorship Mixer, and

continue to make substantial contributions to our community. We welcome

you to our monthly Journal Clubs and Educational Seminars for honest and

passionate discussions and hope you will visit our Wellness Room to rest,

relax, or recover. We are looking forward to our production of SIU's first

ever "The Vagina Monologues" in support of the Sojourn Shelter and

Phoenix Center. With its roots firmly planted, AWIMS seeks to continue to

grow and expand its horizons in the new year and beyond. We thank you

for your invaluable support and encouragement.



Sincerely,

Vidhya Prakash, MD

## 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.



# AMA's Women in Medicine Month



September was the [AMA's Women in Medicine Month](#). In honor of some incredible women in medicine and science at SIU, with the invaluable assistance of Mr. Steve Sandstrom from the Office of Marketing and Communications, AWIMS showcased individuals who have made major contributions to SIU with a display in the Dean's Lobby. Ms. Karen Reynolds, Dr. Kari Wolf, Dr. Hilary Sanfey, Dr. Susan Hingle, Dr. Nicole Abbot, Aileen Portugal (Class of 2019), Ms. Lesley Barfield, Dr. Sophia Ran, and Dr. Janet Albers were among the amazing crew that was honored. Special thanks to Dr. Wendi El-Amin and the Office of Equity, Diversity and Inclusion for sponsoring the event including our reception that celebrated Women in Medicine Month.



# YAAI Day of Advocacy Summit



September 22 marked the first “Day of YAAI (Young Activists of Action Illinois) Advocacy Summit.” Led by Ms. Claire Farnsworth, a high school student and president of YAAI, this summit served as an opportunity for multiple organizations including Black Lives Matter SPI, Students Demand Action, and Springfield Immigration Action Network to gather and discuss salient issues affecting our community and country. Dr. Anna Cianciolo participated in the Women in Leadership panel, eloquently discussing important aspects of leadership as it pertains to gender equity and the impostor phenomenon. It was an honor to be involved in this important event. AWIMS hopes to continue to collaborate with and support YAAI.



# Human Trafficking Care Packaging



Kimberly Palermo, MSW, health policy specialist with the Department of Population Science and Policy, and Laurie Ryznyk, associate director of the SIU Medicine PA program, did a phenomenal job of organizing a Human Trafficking (HT) Care Packaging session at the MCLI. Dedicated parties from all around SIU (including several AWIMS members) and the community came together and worked as a team to build care packages, which were then distributed to multiple Emergency Departments for HT survivors. Care packages included everything from essentials such as toothpaste, soap, and brushes to thoughtful tokens such as journals and scented body sprays. Kudos to Ms. Ryznyk and Ms. Palermo for their successful orchestration of an incredibly meaningful and important event. Of note, the women also co-directed the very informative and powerful course, “Human Trafficking: They Never Asked,” which took place on October 12 at the MCLI.

Please also visit the site for [Night Light](#), an organization that provides dignifying employment to women seeking an alternative to the sex industry in Thailand. Each product has been made by the women at Night Light and proceeds go to their freedom and restoration.

# AWIMS Mentorship Mixer



AWIMS hosted its very first Mentorship Mixer on October 16th. Thanks to Dr. Nicole Abbot and Dr. Sana Waqar, co-chairs of the AWIMS Mentorship and Career Advancement committee, the event was lively and filled with scintillating conversations. A play on speed dating, mentees rotated from mentor to mentor in 5 minute intervals. Things got really interesting when the session moved into blitz mode where each pair had 1 and a half minutes to get to know each other—talk about getting right to the point! Hats off to our 17 mentors from various backgrounds who have committed their time and energy to mentor. Moving forward, mentees will select who they would like to mentor them and AWIMS will track the pairings and continue to organize events supporting ongoing mentorship. If you are interested in serving as a mentor and/or would like to explore mentorship, please email [nab-bot96@siumed.edu](mailto:nab-bot96@siumed.edu) or [swaqar29@siumed.edu](mailto:swaqar29@siumed.edu). Mentorship is open to ALL members of the SIU community.



# Tips Offered to Prepare for Promotion and Tenure



On January 23, Dr. Jody Lack and Dr. Vidhya Prakash gave a seminar on “Preparing for Promotion and Tenure” as a part of the AWIMS Mentorship and Career Advancement series. The goal of the session was to demystify the P&T process at SIU. Dr. Prakash started by reviewing the current guidelines and Dr. Lack finished with the nuts and bolts of how to prepare. Dr. Lack gave a detailed overview of how to organize accomplishments into a well-crafted document, making dossier preparation less daunting. Quick pearls included scheduling annual P&T meetings with department leadership, making connections and staying in touch with potential letter writers, saving everything from evaluations to educational activities in one file, and updating CVs every few months. Dr. Lack and Dr. Prakash also asked faculty to beware the “[Tiara Syndrome](#),” the assumption that hard work will eventually be recognized without any effort on the faculty’s part, as well as the “[Impostor Phenomenon](#),” where one doubts his or her accomplishments. The seminar concluded with some great Q&A. Special thanks to Dr. Joseph Henkle and Ms. Nancy Travis who attended and helped answer questions.

The seminar video can be viewed [here](#).

# SAME Fest



AWIMS members participated in 'SAME Fest' at the Lincoln Public Library of Springfield. The purpose of SAME (Springfield Area Many Ethnicities) Fest is "to assist in bringing cultural awareness and understanding to our community because while we're all different, the bases of us all are the same." Dr. Luyi Zhou and research associate Rui Cai set up a table highlighting interesting aspects of China including traditional garb, Chinese paper and hand fans and a book featuring the Chinese zodiac. Dr. Zhou shared the fascinating "Story of the Year Monster" with area children. She enlightened the young audience about the significance of Chinese New Year red envelopes and how money in a red envelope bestows safety and peace upon the recipient in the new year. Dr. Zhou also taught that the classification scheme of the Chinese zodiac is based on an animal and its attributes each year. [2019 is the year of the pig!](#) The children were mesmerized by Dr. Zhou and her exceptional presentation. Kudos to our team for a job well done!

# AWIMS Journal Club on Intimate Partner Violence



A senseless shooting at Mercy Hospital in Chicago on November 18th claimed the lives of Chicago Police Officer Samuel Jimenez, Pharmacy resident Dayna Less, and Emergency Room physician Dr. Tamara O'Neal (pictured top, middle). A gifted and inspiring physician, Dr. O'Neal was a graduate of SIU's MEDPREP program after which she attended medical school followed by residency at the University of Illinois at Chicago. Her tragic death has us deeply saddened and shaken.

Dr. O'Neal's death is a sobering reminder that intimate-partner violence (IPV) among physicians is not a new phenomenon. In her recently published article, "[A Teacher, Not Forgotten](#)" Dr. Sabha Ganai takes us on a personal journey of the profound impact Dr. Jeanine Chalabian (pictured top, left) had on her during her career. Dr. Chalabian and Dr. Sherilyn Gordon (pictured top, right) lost their lives as a result of IPV. Dr. Ganai's timely article and exceptional review underscore the importance of screening for IPV within our professional milieu with a focus on prevention.

# AWIMS Wellness Room



Thanks to Dr. Lana Cong and Dr. Christine Todd's and members of the AWIMS Mindfulness and Wellness Committee, the AWIMS Wellness Room is now officially open to all members of our SIU community. Located in room 2401a in the hallway connecting the Dean's Lobby and SCLF, the purpose of the AWIMS Wellness Room is to serve as a safe space to rest, relax, recover, and find peace. Many thanks to Mr. Gary Pezall, Ms. Wendy Cox-Largent, Ms. Lesley Barfield, members of the Medical Humanities Interest Group including Dorene Hinton (Class of 2020) and Ticara Onyewuenyi (Class of 2020), as well as Ms. Sara Way and Dr. Nana Cudjoe for their efforts in bringing our room to life.



# Auditions for The Vagina Monologues

## Articles

[She had no sanitary pads. No one knew and no one helped.](#)

[How people learn to become resilient](#)

[Ensuring equity, diversity and inclusion in academic surgery](#)

[A physician's place in the #MeToo Movement](#)

[Is it gender bias, or do I just suck?](#)

[The gender gap in science: how long until women are equally represented?](#)

[The Latina pay gap](#)

[SheMD website](#)

[Doctors, put your mask on to prevent crashing](#)

Thanks to Dr. Christine Todd, Dr. Leslie Smith, Dr. Sookyung Suh, Dr. Jody Lack, Dr. Susan Hingle and Dr. Hilary Sanfey for the articles.



On December 4, a strong group of women convened in the South Auditorium to audition for SIU's first ever production of *The Vagina Monologues*, hosted by the Department of Medical Humanities and AWIMS. Ms. Hope Cherry did a masterful job of leading the auditions which started with some warm up improvisation followed by readings of individual monologues. What a talented crew we have at SIU! We look forward to a full house on Friday, February 15th at 6pm in South Auditorium. For tickets, please go to the [CPD website](#).

[V-Day](#) is a global movement with the purpose of ending violence against women and girls. Each year, volunteers and college students produce performances of *The Vagina Monologues* and *A Memory, A Monologue, A Rant and A Prayer* to raise funds and awareness for community anti-violence groups.

## Quotable Quotes

"A surplus of effort could overcome a deficit of confidence." - [Sonia Sotomayor](#)

"Normal is not something to aspire to, it's something to get away from." - [Jodie Foster](#)

# Research and Recognition

## Publications

Heeyoung Han, Yujin Kim, Sehoon Kim, Yonjoo Choo, Chungil Chae. Looking into the labyrinth of gender inequality: women physicians in academic medicine. Medical Education 2018 52: 1083–1095.

Sabha Ganai. A teacher, not forgotten. Bulletin, American College of Surgeons 3(10): 44-46.

## RECOGNITION

**Dr. Erin Hascup**, Dr. Kevin N. Hascup and Dr. Kristin Delfino were awarded a \$2.9 million R01 grant by the National Institute on Aging (NIA) of the National Institutes of Health (NIH) for their project, Glutamate neurotransmission in Alzheimer's disease progression.



**Dr. Karen Broquet** received the Association of Academic Psychiatry's Lifetime Achievement Award.



**Dr. Debra Klamen** accepted the SIU School of Medicine's 4th ASPIRE Award at the Association for Medical Education in Europe (AMEE) 2018 International Conference in Medical Education in Basel, Switzerland, on August 27.



# Women in Medicine Spotlight

## Patrice Jones



**Role at SIU Medicine:** Assistant Director, Regional Programs

**Born and Raised:** Centralia

**Birthday:** August 21, 1966

**Family:** Loving husband: George Jones. Children: Jasmine, Olivia, Wendall & Jorgi. Dog: Ross Vegas.

**Favorite Books:** *The Hate You Give* by Angie Thomas

**Hobbies:** Dancing, Listening to music, Reading, Taking road trips with my husband with plenty of yummy, sugary snacks.

**Proudest Moment:** Completing my personal goal of obtaining my Master's degree and hearing my children say "Go Mom" when I received my hood.

**Personal Hero:** I am my own personal hero. I have worked to overcome many challenges in my life. There have been many heroes along my journey, but I have put in the work. Shout out to all those who have pushed, pulled and dragged me along the way.

**Most Embarrassing Moment:** Getting stuck inside a dress while attempting to try it on. I thought I could wear the dress, but it was obviously a little too snug for me. I entered the dressing room with confidence, but was forced to ask for help once the dress was past my shoulders. I'm sure I looked like a chicken wing when the salesperson entered the dressing room. This was a very funny yet teachable moment. I never, ever try on clothes at the store.

**What is your advice for achieving work-life balance?** At this time in my life, work/life separation, not work/life balance is what I strive to achieve. When I am at work, I work at my highest ability. When I am not working, I do not want to be checking emails, taking work-related phone calls, etc. I have learned to keep it all separate.

**What is the best piece of advice a mentor gave you?** "You don't have to move to live in a better neighborhood" In other words, make your surroundings better by being a better person.

**What is your unique contribution to Women in Medicine and Science?** I co-chair the Community Engagement committee with Dr. Rexanne Caga-anan; together we find spaces for members of AWIMS to volunteer their time and give back to the community.

# Women in Medicine Spotlight

## Debra Klamen, MD



**Role at SIU Medicine:** Senior Associate Dean of Education & Curriculum; Professor and Chair of the Department of Medical Education

**Born and Raised:** Dixon (hometown of Ronald Reagan!)

**Birthday:** April 25

**Family:** My husband Phil, 2 Siberian cats, and 3 dressage horses

**Favorite Books:** Anything sci-fi fantasy

**Hobbies:** Dressage! Cooking

**Proudest Moment:** Getting inducted as the Moy Endowed Chair of Medical Education this past June

**Personal Hero:** the late Reed Williams

**Most Embarrassing Moment:** There have been SO many! The most common is forgetting someone's name I should know (I'm terrible with names)

**What is your advice for achieving work-life balance?** Find a hobby you are passionate about and indulge it.

**What is the best piece of advice a mentor gave you?** Keep your eyes and ears open and embrace change (within and without medical education).

**What is your unique contribution to Women in Medicine and Science?** I'm told I'm comfortable in my own power. It doesn't occur to me to even think that women are somehow less than men. I'm trying to help other women feel their own power.

# Women in Medicine Spotlight

## Donald Torry, PhD



**Role at SIU Medicine:** Professor and Chair, Department of Medical Microbiology, Immunology, and Cell Biology. Interim Associate Dean for Research

**Born and Raised:** Born in Bloomington, IL; raised in Washington, IL

**Birthday:** April 9, 1960

**Family:** Wife, Lisa, is an oncology certified RN at MMC Infusion Unit. We have six children: Kyle (paramedic), Danielle (graduate student in Dietetics/Nutrition); Kayla (RN in EM), Madison (college senior), Alexander (college sophomore), Claire (high school senior), plus three dogs, three cats, and one large boisterous bird. I'm often confused with my identical twin brother, a professor at Drake University. It makes for some fun situations and enables me to be in two places at the same time!

**Favorite Books:** Dan Brown's *The DaVinci Code*; *Angels and Demons*; *Origin*.

**Hobbies:** Fishing and golf: not so great at either so definitely need to practice much more often.

**Proudest Moment:** I am truly blessed in that I have a huge number of proud family moments that I absolutely cherish. But I still remember the looks and tears of joy on the faces of my parents when I walked in the door with my PhD diploma (no cell phones, Facebook, Twitter, etc.). It made me realize that they had lived every bit of that journey with me which was an embarrassing revelation. To this day I advise all graduate students to walk across that graduation stage: it is NOT about you at that moment, it is for those that also experienced the long hours, the struggles, and the tears to get there...let them be proud with you.

**Personal Hero:** My father, Ray Torry. Teacher, coach, and superintendent at Washington Community High School for ~30+ years. Never once missed any of his boys baseball/basketball/golf games. Favorite sign on his office door: Too bad all those that really know how to run a country are busy teaching school.

**Most Embarrassing Moment:** I was president of the American Society for Reproductive Immunology and was hosting a national symposium. We were getting situated for the society banquet and award ceremony in the ballroom of a fancy hotel. A gentleman in a black tuxedo walked into the room and, assuming he was hotel staff, I said, "We are ready to be seated. Where do you want the society dignitaries to sit?" He replied, "With me would be fine." He was one of the chancellors at my former institution!

**What is your advice for achieving work-life balance?** Having a large and sports-intensive family forces balance in my life! It remains a challenge, but I find it helpful to remember that not all things will go as planned nor do they need to occur on someone else's timeline. Some chaos is expected almost every day and often times tomorrow will be an OK day to get it done, too.

**What is the best piece of advice a mentor gave you?** From my academic fathers, Dr. John McIntyre and Dr. Page Faulk. I was struggling with my graduate dissertation project and began seriously questioning my ability to do "this." We went to a pub (quite a common venue for such advice sessions back then), and they explained that research is not about how smart you are. Being curious is most of the battle; the other part is simply having the determination to answer the questions and reading between the lines. "You really only need to be smarter than the tissue/cells you are studying."

**What is your unique contribution to Women in Medicine and Science?** I am not sure it is unique but I hope to bring a better understanding of the process of advancement at academic institutions. It is often not well communicated and confusing to junior faculty in particular.

# Women in Medicine Spotlight

## Kelly Roth



**Role at SIU Medicine:** 4th year medical student

**Born and Raised:** Kankakee

**Birthday:** April 11

**Family:** I have a twin brother, two older sisters and one older brother. My mother is a retired ICU nurse and my father is an Emergency Medicine physician.

**Favorite Books:** *Small Great Things* by Jodi Piccoult, *High Octane Women: How Super-achievers Can Avoid Burn-out* by Dr. Sherrie Bourg Carter, *Outliers* by Malcolm Gladwell

**Hobbies:** I enjoy running (I'm training for a marathon) and the YMCA total body conditioning class on T/Th from 5:30-6:30pm (and you all should join the fun)! I also play piano and harp, and have dabbled in acrylic painting.

**Proudest Moment:** Aside from getting accepted into medical school, my proudest moment was in M3 on Internal Medicine when a patient turned to me and asked for my opinion on the care of their loved one. Since I spent a considerable amount of time comforting, and supporting the family, they wanted to hear my take on the situation and I felt so honored.

**Personal Hero:** A woman from childhood named Stacey. She was always so kind, optimistic, understanding and gave others the benefit of the doubt. I never once heard Stacey utter a mean word about anyone. Even in the face of terminal cancer that was overlooked for years, Stacey held herself with the same dignity, grace, and sense of empathy for others that she embodied throughout her life. I keep Stacey in my mind and my heart, as I move through this career and aim to offer my patients the comfort that she offered so many.

**Most Embarrassing Moment:** At a gymnastics competition while on the balance beam, I slipped and clutched the beam between my arms and legs, similar to a sloth. After several moments of hanging there, I finally gave up and fell to the floor. I regained composure and continued my routine as if nothing had happened, hoping not to hear more about the incident later from my coach.

**What is your advice for achieving work-life balance?** I am a huge proponent of organization and scheduling. I have previously resorted to scheduling free time into my calendar as to not overwork myself. As a type A med student, the planner worked like a charm! Furthermore, if you can find a way to feel fulfilled in your work-life, your leisure time will feel so much happier and the balance will be easier to achieve!

**What is the best piece of advice a mentor gave you?** When talking to a mentor about applying to medical school, I was worried about the time commitment and if I would be able to have a family. His response was something like this: "If you do what you love, and what you're passionate about, the time you spend with your family (however much or little it may be) will mean so much more than if you were to enter a job you didn't care about because it had better work hours or seemed easier; then you would likely be grumpy or worn out by the time you actually get to see your family at the end of the day."

**What is your unique contribution to Women in Medicine and Science?** I have been a member since SIU's chapter was founded and am grateful to have had Dr. Onguti as a mentor through Women in Medicine and Science. During AMWA meetings I have brainstormed with others and provided suggestions to our AMWA exec board of how we can intertwine these two groups and provide support to our students. I have encouraged my friends to join AWIMS and enjoyed last year's symposium organized by Dr. Prakash and other SIU faculty!