

# THE AWIMS ADVISOR

NEWS FROM THE ALLIANCE FOR WOMEN IN MEDICINE & SCIENCE

## WE WILL PREVAIL

**Dr. Vidhya Prakash**

Dear Colleagues,

September is the [AMA's Women in Medicine month](#)! It is refreshing to see that one of the AMA's newly adopted principles is to "further gender equity among physicians." Please take a moment to thank your women in medicine and science colleagues and friends who further our mission and make our world a better place. I have certainly reflected on all those who inspire me and invite you to celebrate a cherished mentor of mine, [Dr. Wendi El-Amin](#).

Through the whirlwind of the last six months, I have remained hopeful and focused on all the silver linings. In lieu of play dates my family and I had many more family movie nights, cuddled together on a couch with a large bowl of popcorn. My eight-year-old made his very own birthday cake with minimal help from his mom. I got to know more about my ten-year-old's crush (shhh).

On the work front, I was moved by our SIU family's sense of solidarity through shared values, respect, and trust. Crisis brought out the very best in us. Our institution's leadership and engagement to combat COVID-19 and prioritize becoming an anti-racist institution have been inspiring. During this unprecedented time, I remain hopeful that we will get through this together and in the end, recognize our collective strength. We will prevail.

## INSPIRING AFFINITY GROUP AWARD

**AWIMS honored in Insight Into Diversity magazine**

## ARTICLES

[Black Women Account for Less than 3% of US Doctors. Is Health Care Finally Ready to Face Racism and Sexism?](#)

[An Unacceptable Crisis: Incidents of Domestic Violence Have Nearly Doubled During the Coronavirus Pandemic](#)

[Gender Differences in Resident Assessment](#)

[Women Physicians Report 2020: The Issues They Care About](#)

The Alliance for Women and Medicine in Science was one of 38 recipients recognized for providing mentoring, collaboration, social networking opportunities, and [more](#).

## MINDFULNESS RETREAT

**AWIMS members learn mindfulness skills**

AWIMS members attended a healing mindfulness retreat, led by Ms. Bridget Rolens of HSHS Mind-Body Health [Services](#).

## THE IMPOSTOR PHENOMENON

**Department of Medicine members navigate this pervasive entity together**

Dr. Priyanka Parajuli, PGY3, started an important conversation on the impostor phenomenon during her Internal Medicine grand rounds presentation. Hear more about the interactive sessions that [ensued](#)!

## 40 UNDER 40: DR. RUCHIKA GOEL

**Dr. Ruchika Goel selected as a "40 Under 40" leader**

Dr. Ruchika Goel, a Hematology/Oncology physician at SIU School of Medicine, was featured as a notable leader in the prestigious Springfield Business Journal's "40 Under 40" [series](#).

## ALLYSHIP

**AWIMS takes its role as an ally seriously**

Read all about how AWIMS as an organization is taking steps to strengthen its role as an ally in the ongoing fight against racism and [injustice](#).

## AWIMS JOURNAL CLUB

**Dr. Uche Blackstock's powerful article on being a Black woman in academic medicine**

AWIMS members discuss Dr. Uche Blackstock's "Why Black doctors like me are leaving faculty positions in academic medical [centers](#)."

## WOMEN IN SURGERY PANEL

**SNMA and AMWA leaders conduct a thought-provoking panel discussion**

Morgan Watts and Katherine Lincoln, SIUSOM class of 2021, lead a remarkable panel discussion featuring a stellar group of [surgeons](#).

## AWIMS BOOK CLUB

**Margaret Rossiter's Women Scientists in America: Struggles and Strategies to 1940**

[Mindfulness Meditation: The Path to a Better Headspace](#)

[UN Secretary General's Policy Brief: the Impact of COVID-19 on Women](#)

[Consequences of the COVID-19 Pandemic on Manuscript Submissions by Women](#)

[Medscape Physician Compensation Report 2020](#)

[Allostatic Load is the Psychological Reason for our Pandemic Brain Fog](#)

[Characteristics of Faculty Accused of Academic Sexual Misconduct in the Biomedical and Health Sciences](#)

**"There is no limit to what we, as women, can accomplish"**

Dr. Anna Cianciolo provides her insightful reflection of [chapter 3](#) and [chapter 4](#) of this compelling account of women trailblazers in the 20th century.

## **BECOMING AN ANTI-RACIST INSTITUTION**

**Collaborative town hall on the intersection of racism and trauma**

Dr. Christine Todd discusses an enlightening and impactful town hall featuring Dr. Kemia Sarraf and Ms. Kelly [Hurst](#).

## **3RD ANNUAL (1ST VIRTUAL) AWIMS CONFERENCE!**

**AWIMS hosts its very first virtual professional development conference**

Dr. Vidhya Prakash discusses SIU's first virtual Women in Medicine and Science Professional Development Conference including fabulous speakers and an [inspiring video](#).

## **SPOTLIGHT!**

**Learn more about these incredibly talented and inspiring individuals!**

[Barra Madden](#), SIUSOM Class of 2022

[Alexander Worix](#), SIUSOM Class of 2021

[Dawn DeFraties](#), Executive Director of SIU Office of Correctional Medicine

**"We should always have three friends in our lives -- one who walks ahead who we look up to and we follow; one who walks beside us, who is with us every step of our journeys; and then, one who we reach back for and we bring along after we've cleared the way."**

**Michelle Obama**

