

SIU Women in Medicine

May 2017

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Summer is on its Way!

Greetings!

It's been another great year for Women in Medicine. We have continued to help our community through events organized by members of our executive committee. Zainab Obaidi and Rexanne Caga-anan did an amazing job with a ceramic paint night to raise money for the Illinois Coalition Against Domestic Violence (page 5). We continue to have fun, as always, between our first ever combined Medicine-Surgery Ladies' Night which was a great success thanks to Sharon Onguti and Yasmine Ibrahim (page 4) and attending the premier of Beauty and the Beast (page 2)!

As they say, all good things must come to an end which is how I feel as I say farewell to the heart of our executive committee, our graduates: Najwa Pervin, Zainab Obaidi, Chrystal Joseph, and Yasmine Ibrahim. Please see page 8 for a special tribute to these fabulous ladies who have made this group what it is today.

As always, we couldn't do it without your support. A sincere thanks to each and every one of you who has attended any of our many events and provided kind words and encouragement.

Vidhya Prakash



WIM Executive Committee

Residency Subcommittee: Chrystal Joseph, Najwa Pervin, Zainab Obaidi, Yasmine Ibrahim, Elizabeth Nielsen, Vanessa Williams, Nicole Abbott, Yasmina Arroyo-Jimenez, Shakthi Kandaswamy

Director, Community Service Subcommittee: Rexanne Caga-anan

Director, Education Subcommittee: Sana Waqar

Director, Social Subcommittee: Sharon Onguti

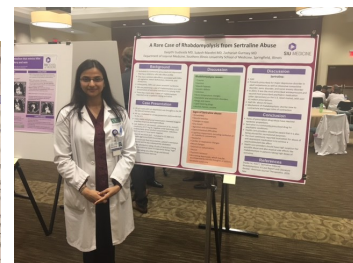
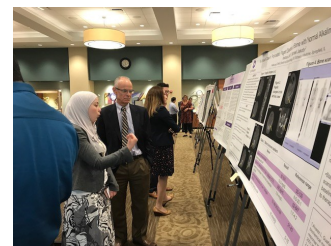
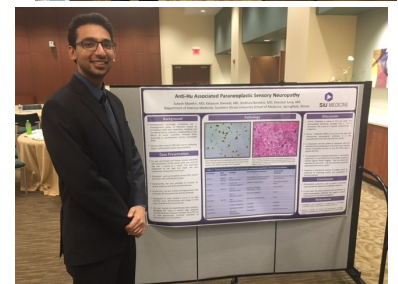
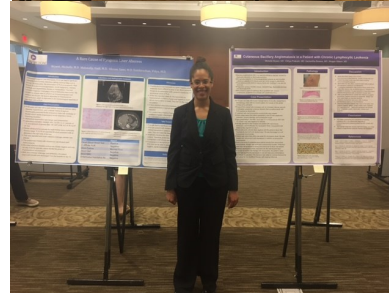
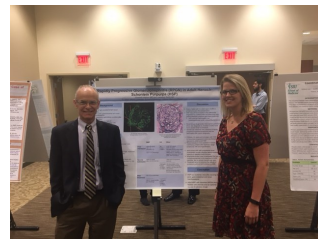
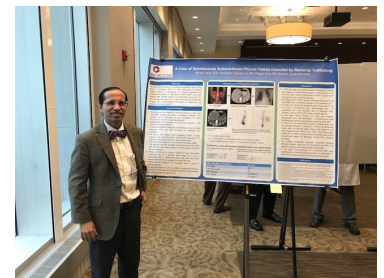
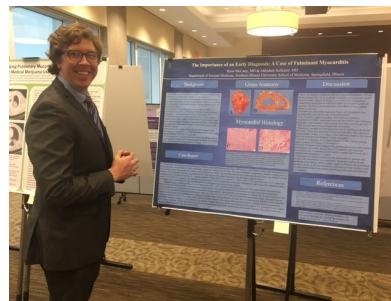
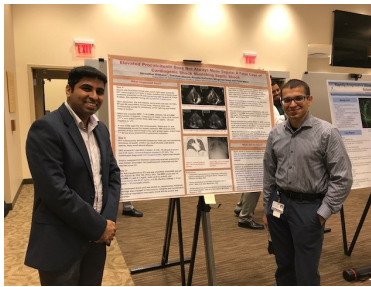
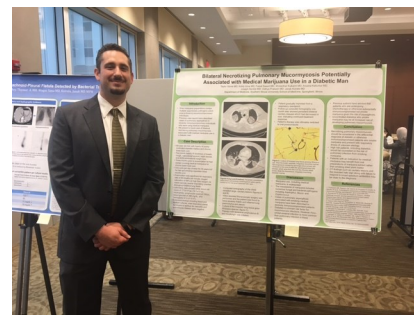
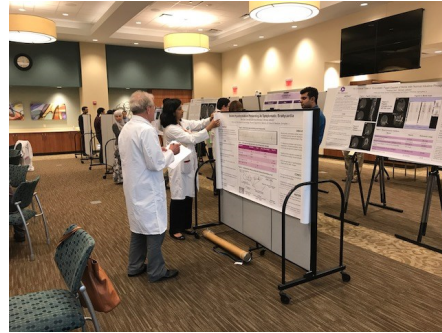


To all you Beauty and the Beast fans, Women in Medicine celebrated the opening of this timeless classic in style! Rexanne Caga-anan, the biggest Beauty and the Beast fan ever was the inspiration for the event! Special thanks to Yasmine Ibrahim for organizing the movie night. Do you think you know all there is to know about this amazing movie? Take the quiz to find out: <https://ohmy.disney.com/insider/2014/04/11/how-well-do-you-knowbeauty-and-the-beast/>.



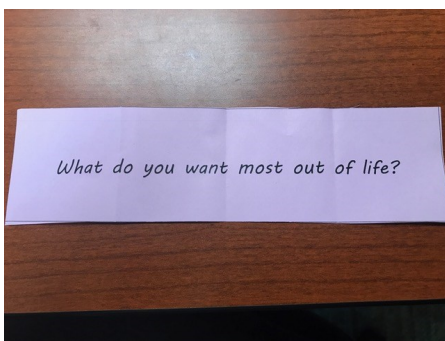
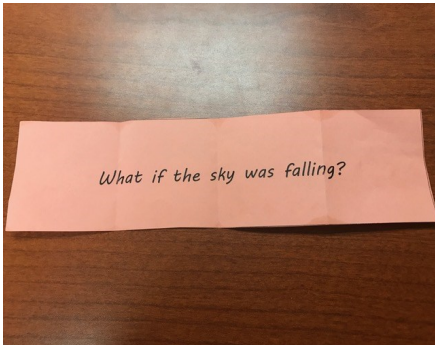
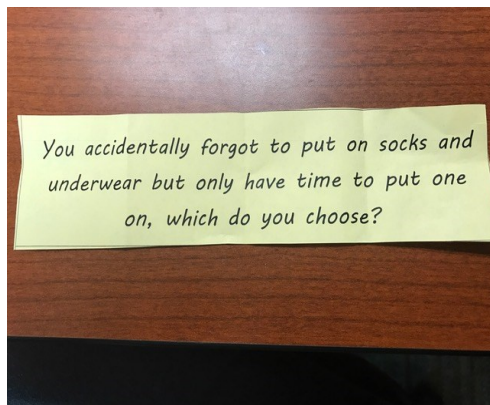
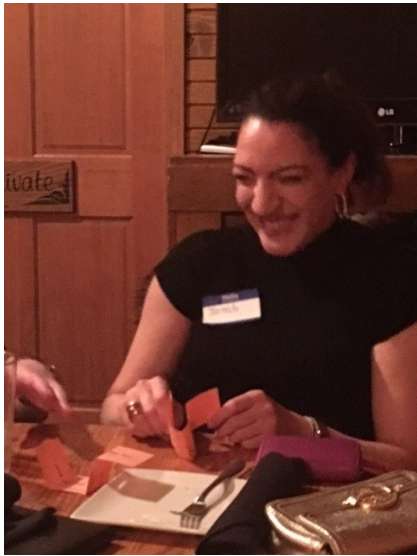
Trainee Research Symposium May 23, 2017

Our second annual Department of Medicine's Trainee Research Symposium was an overwhelming success! It was incredible to engage in intellectual discussions surrounding fascinating cases and groundbreaking research. Our residents and fellows, with support and guidance from faculty mentors, did an outstanding job of creating exceptional posters and presenting their work to our impressive array of judges. It's wonderful to see the commitment to scholarly activity within our department. We look forward to next year's symposium!



Medicine and Surgery Ladies' Night!!

We had our first ever combined Medicine and Surgery Ladies' Night thanks to Sharon Onguti and Yasmine Ibrahim! As you can clearly see, we all had a blast at Mariah's Steakhouse between a great meal and lots of laughs. Yasmine Ibrahim did an amazing job of putting together the best getting to know you game. Most of the laughter you see is from the answers to these interesting questions! Looking forward to many more combined events in the future!



Paint Night at China Towne!



Our Paint Night at China Towne to benefit the Illinois Coalition Against Domestic Violence was a huge success! Zainab Obaidi and Rexanne Caga-anan did a fantastic job organizing the event. As you can see, the turnout was great and everyone had fun! Lots of beautiful pots, lots of warm, smiling people and lots of very positive energy. What a terrific time!



SIU Women in Medicine

May 2017

Articles

6 year-olds and Gendered Beliefs
<http://news.doximity.com/entries/6339460?authenticated=false>

Invisible Workload
<http://news.doximity.com/entries/6051030?authenticated=false>

The physicians who are not called "doctor"
<http://www.kevinmd.com/blog/2017/03/physicians-not-called-doctor.html>

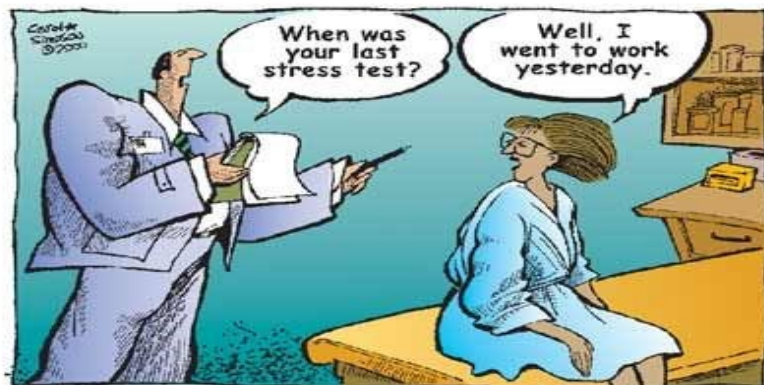
Letter to a Young Female Physician
<http://www.nejm.org/doi/full/10.1056/NEJMp1702010>



"And that's when you told her knitting is for old women?"



"I have a question about my medication. Why is the couple in the commercial sitting outdoors in separate bathtubs?"



Quotable Quotes

Don't compromise yourself. You are all you've got. There is no yesterday, no tomorrow, it's all the same day. **Janis Joplin**

Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination.

Mae Jemison

MILITARY GRADUATES

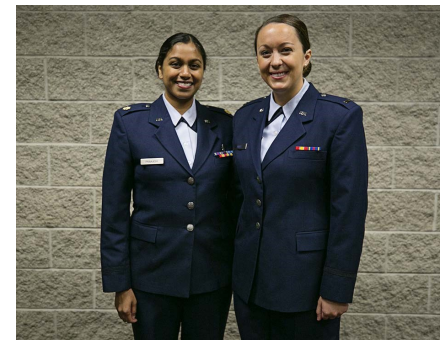
On Saturday, May 20th, not only did we see the best and the brightest graduate from the SIU School of Medicine's medical school, but four of our military students were commissioned to the rank of Captain. Our own Alexis Scott, MS III, currently a Second Lieutenant in the United States Air Force and part of the HPSP (Health Professions Scholarship Program), did an exceptional job of organizing and executing a phenomenal program. Captain Alex Cavender, Captain Michael Bernhardt, Captain Shawn Curry, and Captain Nitin Rao were commissioned (see the oath below) by Dr. Vidhya Prakash (previously a Major in the United States Air Force) as their loved ones looked on with great pride. As Dr. Prakash stated in her speech, the United States Army gained four new Captains but we know they also gained four shining stars. Congratulations, gentlemen!

Captain Alex Cavender (far left) will begin Emergency Medicine residency at the Mayo Clinic in Rochester, Minnesota and continue military service in the National Guard as a part of the Joint Forces Headquarters Medical Detachment.

Captain Michael Bernhardt (second from left) will begin Pediatrics residency at Madigan Army Medical Center, Fort Lewis-McChord, WA.

Captain Shawn Curry (second from right) will begin Internal Medicine residency at Madigan Army Medical Center, Fort Lewis McChord, WA.

Captain Nitin Rao (far right) will begin Internal Medicine residency at Dwight D. Eisenhower



Heartfelt Thank You

As many of you know, our Women in Medicine Group started with a small gathering at my home about 2 and half years ago. What started as informal social meetings every few months morphed into an amazing group of people gathering not only to have fun, but also to contribute meaningfully to the community and partake in educational activities to promote awareness on issues relevant to women in medicine. Our graduating residents and members of our executive committee, Chrystal Joseph, Zainab Obaidi, Najwa Pervin and Yasmine Ibrahim were pioneers in this incredible journey. Each of these exceptional women made substantial contributions to the Women in Medicine Group.

Chrystal Joseph was instrumental in organizing and successfully executing our annual Community Support Network Winter Drive. This drive helped individuals with mental health conditions who were in dire need of sheets and towels. Moreover, Chrystal was a tremendous champion for our growing WIM group, talking about her experiences at our new intern orientation and spreading the word around our community. Her thoughtful contributions to our various volunteer activities are a testament to her generous nature and strong spirit. She is an inspiring role model for all of us.

Zainab Obaidi was invaluable in organizing social and community service events for the WIM Group. Her efforts led to substantial contributions to the Illinois Coalition Against Domestic Violence, the Kumler Church, and the American Lung Association to name just a few! She was also a great champion for our group, always doing her best to drum up interest in our events. Zainab is a natural leader and truly a boon to our school and to our community with her ever positive attitude and outlook in every aspect of life.

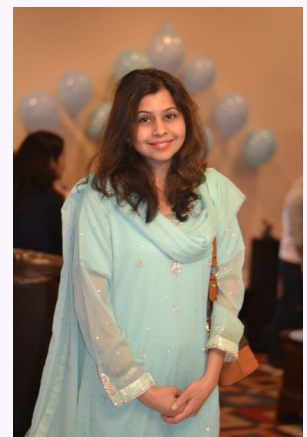
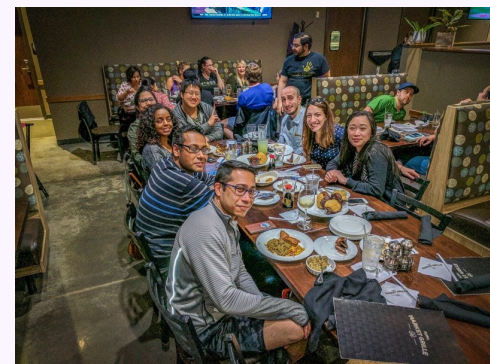
Najwa Pervin touched us with her brave and heartfelt contribution to our newsletter with her piece entitled "Perspectives." It was her idea to add reflections and anecdotes to the WIM newsletter which sparked multiple meaningful conversations on topics such as difficult patient encounters and gender bias. Najwa is someone who I would describe as quietly strong, holding fast to her values and convictions. Her honesty, courage and phenomenal attitude are truly an inspiration.

Yasmine Ibrahim contributed her thought-provoking piece on the subject of Change in our WIM Newsletter. This piece came at a time of great change in our residency program and brought comfort and hope to many. Her idea for making social events more interactive led to the blast that we had at our most recent Ladies Night with our General Surgery colleagues! Yasmine's calm, caring demeanor and peaceful nature put everyone at ease around her. Her grace, style, and inner strength are truly remarkable.

Words cannot express how thankful I am to have had the honor of working with each of these phenomenal ladies. I look forward to hearing with great pride about their ongoing contributions to medicine and humanity, and about their successes in what they do best: making the world a better place.



Vidhya Prakash



Congratulations Graduates!

Medicine

Zainab Obaidi : Chief Resident, SIU School of Medicine

Trent Grimm: Good Samaritan Hospital, Mt. Vernon IL

Yasmine Ibrahim: Hospitalist, St Augustine, Florida

Muhammad Iqbal: Palliative Care Fellowship, University at Buffalo, NY

Junzhi Lin: Hospitalist, Myrtle Beach, South Carolina

Bianca Madrid : Nephrology Fellowship, University of Miami, Jackson Memorial Hospital, Miami, Florida

Sukesh Manthri: Hospice and Palliative Care Fellowship, St. Louis University, MO

Mark Massoud: Hospitalist, Springfield Clinic

Najwa Pervin: Hospitalist at Conemaugh Memorial Hospital, Johnstown, PA

Zubair Saeed Zafar: Chief Resident, SIU School of Medicine

Ahmer Siddiqui, SIU Pulmonary Fellow

Adrienne Stich: Hospitalist, Springfield Clinic

Jacob Varney: Chief Resident, SIU School of Medicine



Med/Psych

Dorcas Adaramola: Med-psych Faculty, SIU

Chenelle Joseph: TBA



Dermatology

Dr. Caroline Robinson will enter private practice in Chicago.

Dr. Schutte will enter private practice in St. Louis

Infectious Diseases

Dr. Akram will be joining the University of California, Santa Barbara, Cancer Center as clinical instructor in Nuclear Medicine/Molecular Imaging.

Pulmonology

Swetha Nemargommula - Critical Care Fellowship, Montefiore Medical Center, Bronx, NY

Zeeshan Ahmad - Critical Care Fellowship, University of South Carolina, Columbia, SC

Faisal Saeed - Critical Care Fellowship, Saint Louis University/Mercy Hospital, Saint Louis, MO



Endocrinology

Hadoun Jabri: Endocrinology faculty, SIU

Shailesh Baral: Endocrinology practice, York, Pennsylvania

