

SIU Women in Medicine

September 2016

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Happy Autumn!

Greetings Everyone,

It's been a wonderful summer with the arrival of our tremendous new interns. Our Women in Medicine Group continues to expand with new members and changes in its structure.

We are very fortunate to have an exceptional Women in Medicine Executive Committee! Featured in this issue is some of the executive committee's outstanding work including the Ronald McDonald House "Meals from the Heart" food drive and dinner by Rexanne Caga-Anan as well as our recent

Assertiveness Seminar by David Ziebler.

We are also thrilled to announce the AMWA-WIM mentorship program, spearheaded by Jacque Mool, MS IV, where students are matched with faculty and resident mentors.

We welcome feedback and suggestions—please contact any member of the WIM executive committee with your thoughts. Wish you a very peaceful and happy Autumn.

Sincerely,

Vidhya Prakash



Quotable Quotes

"The power to question is the basis of all human progress." Indira Gandhi

"We realize the importance of our voices only when we are silenced." Malala Yousafzai

Introducing the Women in Medicine's Executive Committee!



**Vidhya Prakash,
Chair**



**Rexanne Caga-Anan,
Director Community
Service Subcommittee**



**Sana Waqar, Director
Education Subcommittee**



**Sharon Onguti,
Director Social
Subcommittee**

We have an exceptional team that meets monthly to discuss key issues affecting women in medicine. We work diligently to ensure that we are contributing to our community on a regular basis, bringing exciting educational opportunities to all members of the department, and of course having lots of fun in the process!! We are always open to ideas so please do not hesitate to contact any one of us with suggestions.

Residency Subcommittee



Zainab Al Obaidi



Yasmine Ibrahim



Najwa Pervin



Chrystal Joseph

Residents' Corner



Zainab Al Obaidi organized a lovely welcome dinner for our new interns in July! The gorgeous cake and delectable cupcakes are a few of the loving details.

Relaxing and having fun! From left to right are Zainab Al Obaidi, Najwa Pervin, Yasmine Ibrahim and Zubair Saeed Zafar.



Zubair Saeed Zafar and Zainab Al Obaidi are hard at work in the library, putting together educational videos for the residency program.

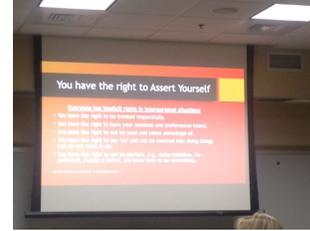


MOMS STOP THE HARM
www.momsstoptheharm.com

While preparing for her upcoming Grand Rounds regarding the opioid prescription epidemic, Zainab had the chance to connect with a mother who lost her son to opioids. She spoke to her numerous times and “really admired her strength and resilience that she had after losing her son.” The mother started an organization in Canada called “Moms Stop the Harm” to help spread awareness and create a support group for all moms that lost their kids the same way. Here is a link to her site: <http://www.momsstoptheharm.com/leslie-mcbain/>

Assertiveness Seminar

by David Ziebler from Human Resources



The SIU Women in Medicine Group was very fortunate to have David Ziebler from SIU Human Resources give a seminar on assertiveness on September 21st. David is a registered organization development consultant and Inside Out Development Coaching System Instructor. David talked about what it means to be assertive and what it means to use assertive communication. David focused on each individual's right to assert himself or herself and gave several examples of not asserting oneself ("not saying 'no' when you really want to") and examples of successfully asserting oneself ("I am sorry, but I do not agree with the plan. Here's why"). David's exceptional seminar struck a chord with our audience members. Below are some of the answers from our audience to the following questions:

1.If you do not think you are assertive, how has this impacted you?

"Have not had my opinion considered because I did not speak up."

"I think it has caused me many negative emotions and created unpleasant memories."

2. If you are assertive, what are some words of advice?

"Stand up for yourself and what you believe in—while respecting others and their rights."

"Speak with confidence, even if you don't feel it."

"Being assertive = Respect!"

"Believe in yourself. Check your intention, and if it is for the right reason go for it. Put your foot forward and speak up."





Since 1986, The Ronald McDonald House Charities of Central Illinois has been supporting families of children who are receiving medical care in Springfield hospitals by providing free accommodation, meals and supplies.

To help maintain the comfort of these families during these difficult times, the RMHCI relies on donations and volunteer programs. One such activity is the "Meals from the Heart" program, in which volunteers prepare a home-cooked meal for the families returning to the House after spending a long day in the hospital.

Last August 18, The SIU Women in Medicine sent a delegation of guest chefs who concocted a buffet-style dinner featuring meatballs in 3 different sauces. They also delivered pantry items and basic supplies that the generous people of SIU donated. Although the family members were very thankful for their service, the opportunity to help them out in their journey was a priceless reward in itself.



Guest Chefs

(Left Photo, Left to Right):

Rexanne Caga-anan
Zainab Al-Obaidi
Najwa Pervin
Sharon Onguti
Vidhya Prakash



SIU Women in Medicine

September 2016

Articles

Amplification Technique to make sure female voices are heard:

<http://nymag.com/the-cut/2016/09/heres-how-obamas-female-staffers-made-their-voices-heard.html?mid=fb-share-the-cut>

3 Lessons on Success from an Arab business woman:

http://www.ted.com/talks/leila-hotait-3-lessons-on-success-from-an-arab-businesswoman?language=en&utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsdspread

Sheryl Sandberg on the Myth of the Catty Woman:

http://www.nytimes.com/2016/06/23/opinion/sunday/sheryl-sandberg-on-the-myth-of-the-catty-woman.html?_r=1

17 year-old fired for asking for equal pay:

<http://www.seventeen.com/life/real-girl-stories/news/a41328/this-17-year-old-was-fired-for-asking-for-equal-pay-at-her-after-school-job/>

Thanks to Sue Hingle for several of the articles!

Recipes

Grilled Vegetable, Herb and Goat Cheeses Sandwiches by Giada Di Laurentiis:

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/grilled-vegetable-herb-and-goat-cheese-sandwiches-recipe.html>

Chicken Spaghetti by Ree Drummond:

<http://www.foodnetwork.com/recipes/ree-drummond/chicken-spaghetti->



Roasted Brussel Sprouts by Barefoot Contessa:

<http://www.foodnetwork.com/recipes/ina-garten/roasted-brussels-sprouts-recipe2.html>

Grilled Tilapia with Lemon Butter, Capers and Orzo by Bobby Flay:

<http://www.foodnetwork.com/recipes/bobby-flay/grilled-tilapia-with-lemon-butter-capers-and-orzo-recipe.html>

Quick Fall Desserts from Food Network:

<http://www.foodnetwork.com/recipes/photos/quick-fall-desserts.html>

Resources

Springfield Moms: A fantastic resource for all with information ranging from fitness information, parks, photographers, dental care, home and garden, travel, etc.: <http://springfieldmoms.org/resources/>

Group on Women in Medicine and Science Toolkit: Series of presentations to guide women in academic medicine: <https://www.aamc.org/members/gwims/toolkit/343518/toolkithometsr.html>

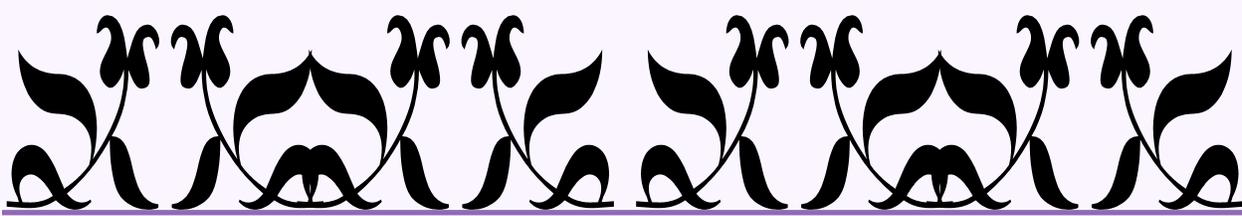
HAVING FUN!!

LADIES NIGHT



Sue Hingle graciously invited all of us to her home for our very first Ladies Night of the academic year. We enjoyed the company of students, residents and faculty, not to mention the delectable cuisine which included Sue's delicious lasagna (two types—vegetarian and meat), refreshing salad, yummy garlic bread and multiple desserts. This meeting of the minds and spirits was an overwhelming success. Many thanks to Sue Hingle for her fabulous cooking and hospitality. We look forward to many more Ladies Nights!





Women in Medicine Student Spotlight

Madison Marvel



Madison with her mom, dad, and brother at Mont Saint Michael in Northern France



Madison and her boyfriend in San Diego



Madison's extended family on her dad's side at Pearl Harbor in Hawaii

Born: I was born in a small town in southern Indiana and lived there until middle school at which point my family started moving. I have lived in Peoria, IL twice, Geneva Switzerland, and San Diego, CA. I attended Wake Forest University in North Carolina for undergrad! In summary... Home is where the heart is!

Birthday: My birthday is July 16th 1993.

Family: My immediate family consists of: my mom, Dena, the most caring woman I know who worked part time as a pharmacist most of my life, my dad, Mike, a CPA who is the hardest worker I know, and my brother/ best friend who now lives in Washington DC. Growing up I knew all 4 grand parents, 7 out of 8 great grandparents and one great great grandmother, and most of their descendants. Needless to say, family is a huge part of my life and I am so grateful to have their support. I can only hope to create such a loving environment for the family I hope to soon start.

Favorite Books: I would definitely recommend Blueprints for rotations as a third year medical student. Just kidding! When I do have time to relax and read I enjoy historical fiction and mystery books.

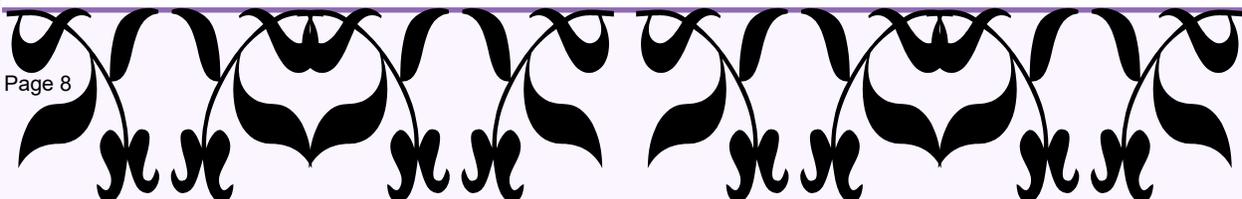
Hobbies: After living in Switzerland traveling every holiday with my family, seeing the world has become one of my goals. I love to run and I try to complete one half marathon a year. I also love working with children with disabilities especially in the classroom and through special Olympics.

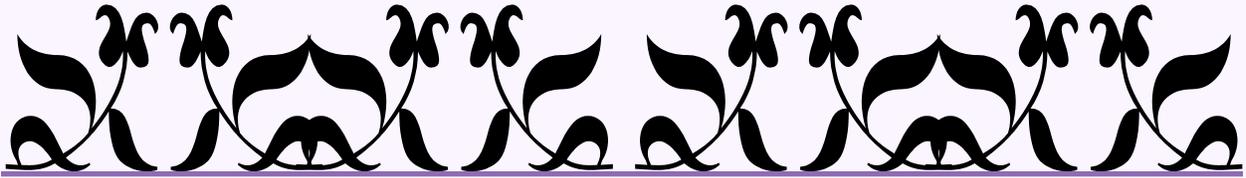
Personal Hero: My personal hero is a dear friend of mine. Her name is Michelle and she passed away 2 years from complications of ataxia telangiectasia. Although she only lived 23 short years on this earth, she had more meaningful experiences than most. She lived everyday day like it was her last, trusted in the Lord every day to take care of her and comfort her, and loved those who supported her with all her heart. She had a rough life here but was able to find joy and happiness in the smallest things! I strive to live my life the same way.

Most Embarrassing Moment: It is hard to say what my most embarrassing moment has been. I think it is probably because growing up my mother told us we all had jobs. Her job was to embarrass my brother and I every chance she had and our job was to make her laugh every day. In 3rd grade SpongeBob SquarePants was all the rage and mom was a big fan! She came into my classroom, politely asked if she could interrupt class, and then proceeded to ask my classmates if they knew SpongeBob. She then started singing, "Ohhhhhh..... who lives in a pineapple under the sea?" And the class responded, "SPONGEBOB SQUAREPANTS!!!" They sang the entire song together while I sat with my head on my desk. After that, I don't think anything could be embarrassing.

Proudest Moment: My proudest moment had to be the day I graduated from college with my brother. I graduated summa cum laude with honors with a biophysics degree and he graduated cum laude with an economics degree. I think it was my proudest moment because my parents, grandparents, favorite aunt, and loving boyfriend were all there to support us. We were both moving on in life; my brother with a job and I with medical school. I know that this brought great joy to my family and it made me proud to see them proud.

Why She Loves Being a Woman in Medicine: While living in Switzerland, I discovered I was very inclined to the sciences. Every year in high school I took biology, chemistry, and physics and it seemed to come easy to me. By this point I had already decided I wanted to be a doctor. In high school I was a cheer leader (an uncommon sport in Europe) and wore dresses/ heals daily. One day in chemistry class my sophomore year of high school, Mr. Randall made me walk out of class, take off my heals (because apparently they weren't appropriate by his standards), and come back to class barefoot. Although I had received the highest marks on my test of the entire class, he called me out and said that I would never make it in a science dominated field. I don't know what made him think this: was it because I was a "girly girl", did he think I didn't have good scientific reasoning, was he upset because I was wearing heals in his classroom, or was he just flat out sexist? Either way this drove me to try my hardest to prove him wrong. Sure enough I took and passed all AP sciences, graduated with a biophysics major and double minor in biology and chemistry in three years, and was accepted to medical school, which so far is going well. I love being a Woman in Medicine because I love breaking those stereotypes and providing a role model to young girls that you can succeed in whatever you want to do no matter what others say.





Women in Medicine Resident Spotlight

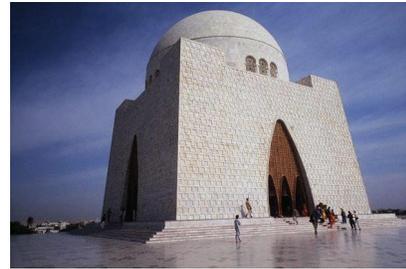
Najwa Pervin



Najwa's parents



Najwa with her mom and dad



Mazar-e-Quaid in Karachi, Pakistan

Born and raised - Born in Karachi, Pakistan. Raised in Saudi Arabia, and Pakistan.

Birthday - July 20th, 1988

Family - Mom - Kakhkashan Pervin and Dad - Jamal Yusuf

Favorite books - The Sherlock Holmes and Harry Potter series (ofcourse!), and books by Robin Cook, Dan Brown, and Agatha Christie.

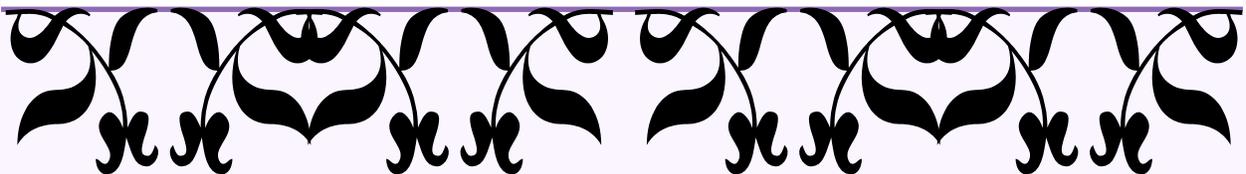
Hobbies - Crocheting, Macrame, Embroidery, Writing and Zumba

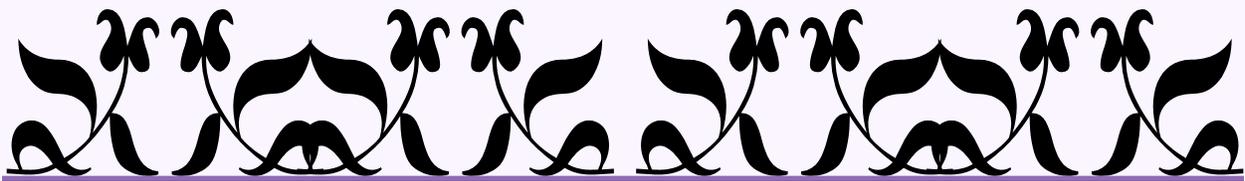
Proudest moment - Being accepted to my medical school.

Personal hero - Khadija bint Khuwaylid. She was a prosperous merchant, philanthropist and social worker in the Arab peninsula back in 500 AD. She was a pious woman and her business was based on honesty. This too was back in the male dominated era when women weren't very active members of the society. She also had a wonderful personality and was later a great wife to Mohammed.

Most embarrassing moment - There are way too many of those! The worst was when I was assessing mental status on a patient with dementia in the presence of his daughter. The patient gave me the wrong date and I corrected him with the wrong date as well! The daughter had to stop me and tell me what date it was...

Why she loves being a woman in medicine - I've always been a great advocate of woman rights and being a woman in medicine gives me the opportunities to to help other women in countless ways; better healthcare, identifying domestic abuse, volunteer work, a platform to be a voice for the underprivileged etc. Being a member of the women in medicine group at SIU has been a wonderful experience since it brought me together with accomplished, strong minded and soft hearted women, who support each other and the community to make a positive difference. It gave me role models to look up to!





Women in Medicine Faculty Spotlight

Sana Waqar



Sana with her husband Momin and adorable son Daniyal



Beautiful Family Photo of the Waqar Family!



The biggest Harry Potter Fan Ever!

Born and raised: Lahore, Pakistan

Birthday: 10/13/1984

Family: Married to Momin Siddique. We met in med school. We have a 3.5 year old son, Daniyal. I have one younger brother who just finished med school and is applying for residency. My parents are both physicians (father is a pediatrician, mom a pathologist) both still practicing in Pakistan.

Favorite books: Harry Potter! I grew up reading the Harry Potter series and love every book. Can't wait to read them again with my son.

Hobbies: Baking, reading

Personal hero: My cousin Shahbano. Growing up she was not only my cousin but also my best friend. I looked up to her and wanted to be like her in every way. She was a great mother, wife, and sister. She fought courageously with breast cancer for two years, and finally lost her battle in 2014 at the age of 40.

Most embarrassing moment: My most embarrassing moment is from third year of IM residency. I was rotating through the inpatient cardiology rotation. One morning while pre rounding on a computer, with my back to the door, I heard someone ask which resident had a specific patient, I replied "me" thinking it was a nurse updating me about vitals. When the person told me to increase the patient's metoprolol dose, I was taken aback and without turning around I asked "more details please", the whole room went silent, when I turned around I found myself face to face with the EP attending, who smiled and said, "what more details do you need".... I almost passed out!

Proudest moment: When I successfully graduated ID fellowship while being a mom to a brand new baby boy. I started fellowship when our son was 2 months old. As a new mom and a new fellow, I was truly overwhelmed and had doubts, but felt a great sense of achievement when I graduated

Why she loves being a Woman in Medicine: I love everything about medicine. I feel it's a complete package, the art, the science, the excitement, the human relations and above all, the ability to make a difference. I enjoy coming to work everyday!

