

Newsletter **Spring** edition 2018

AMWA Region 5 Conference

By Cristina Font

The American Medical Women's Association Region 5 Conference, held at the University of Alabama at Birmingham (UAB) on February 9-10, was a great success! Three of our own second-year medical students at San Juan Bautista traveled to Birmingham, Alabama to present the research that they worked on over the previous summer. These students were Adriana Gordon, Andrew Blundell, and Cristina Font.

This was the first time that AMWA Region 5 held its own conference, and students from all over the southern states and the Caribbean came to participate. The event included guest lecturers, networking opportunities, a suture workshop, and a poster session with judges. The lecturers discussed important topics such as work life balance, negotiation skills for women in medicine, confronting bias, women leadership, human sex trafficking, and mitigating fatigue and burnout.

Congratulations to **Andrew Blundell** for winning an award in the category of **Best Original Research Poster** for his project called *A deep dive into the diagnostic utility of eosinophil- and basophil-Cd!* Andrew's project focuses on developing new tools to make a more accurate diagnosis of Systemic Lupus Erythematosus, a disease that affects primarily women minorities.



Left: Adriana Gordon, MS2, presents her project, *Upregulation of ABCA1 in lipid-loaded macrophages is dependent on autophagy*.

Middle: Andrew Blundell, MS2, accepts the award for “Best Original Research Poster”.

Right: Cristina Font, Andrew Blundell, and Adriana Gordon pose together at the conference's evening networking event.

Fun Facts:

- March is National Women's History Month!
- March 10th is National Women and Girls HIV/AIDS Awareness Day
- 2017 marked the first time majority of entering medical students nationwide were Female! (50.7%)
- There are nearly double the number of male physicians (623,054) as there are female physicians (326,902) across the country.
- Only 19.2% of women are surgeons. (??Why do so few women go into surgery ??)

#METOO in Medicine

By Shikha Gupta

In an article in NBC news, many women described their personal experiences with regards to sexual harassment in the workplace. Unfortunately, these stories are much too common. Especially, in the male-dominated culture of medicine.

Sexual harassment against women in medicine has been studied for decades: A 1995 study found 52% of all women in medicine has been sexually harassed. The unfortunate truth is that not many people want to "shake the boat" when it comes to taking actions. Some blame the hierarchical culture, easier to stay quiet, or the normalization of the inappropriate conduct.

However, many institutions have taken a firm approach when it comes to harassment. A Zero tolerance approach. That being said many times the victims feel pressured by colleagues or workplace environment to not report. However, since the #metoo movement has gained fire, I feel that victims are realizing that they are not alone and that in order to stop a vicious cycle it is important to have your complaints heard.

Article link:

<https://www.nbcnews.com/storyline/sexual-misconduct/harassed-hospitals-operating-rooms-women-medicine-await-their-metoo-moment-n846031>

Want to join the American Medical Women's Association at the national level? Instructions on how to join can be found at www.amwasjb.com/join. All medical students and physicians are welcome to join the organization, attend meetings/events, and run for leadership positions, regardless of gender.

Upcoming Dates:

2nd General Body Meeting, March 13 at 4 PM in the Amphitheater 4 at SJB

The AMWA-SJB 2nd General Body Meeting of the 2017-2018 school year will include a presentation and discussion about Gender Bias in Medicine. Attendees will also have the opportunity to order a club T-shirt.

We are looking for **volunteers** for the Feria de Salud.

March 15, 2018: Women Who Wine: An Evening Social

First social event, exclusively for members of AMWA and their guests. This is an opportunity to relax, have a drink and get to know other medical students of AMWA

Feria de Salud, March 17 at SJB

AMWA will have a table set up, come check us out!

AMWA's 103rd Anniversary Meeting in Philadelphia, PA - March 22-25

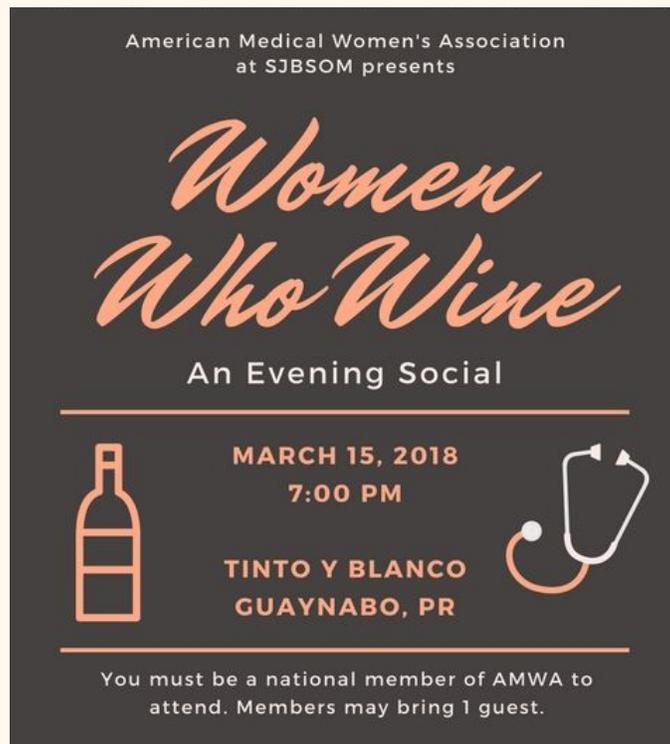
Four medical students from SJB will be traveling to Philadelphia to attend. Check out the link if you're interested in coming with us! Please let us know if you decide to attend or if you have any questions! <https://www.amwa-doc.org/amwa103/>

Come Visit Us at: www.amwasjb.com

Why do we have a website? As a brand new chapter, we have the opportunity to start documenting everything we've done since the beginning of our founding. The website makes it easy for all of our information to be found in one place. It also helps in putting our organization's name out there. Believe it or not, the most recent article that was posted in the "news" section of the site was shared a few times on Facebook, and it received over 300 views in one day!

Opportunities and Benefits for AMWA members

1. [AWHS Overseas Assistance Grant](#) provides assistance with transportation costs up to \$1,000 connected with pursuing medical studies in an off-campus setting where the medically neglected will benefit.
2. [AMWA Scholarships](#)
3. [AMWA's Mentorship program](#)
4. [Student Hosting Program](#) for residency interviews
5. [Discounts](#) with your membership



One of our goals at AMWA-SJB is to spread awareness about issues affecting women in medicine and women's health. Do you have something to say about these issues? Speak your mind! Everyone is encouraged to **write & submit an article** to our newsletter.

Please send submissions to **Shikha Gupta**, AMWA-SJB Newsletter Editor-in-Chief, at shikhag@sanjuanbautista.edu.

The AMWA Mission

The American Medical Women's Association is an organization which functions at the local, national, and international level to advance women in medicine and improve women's health. We achieve this by providing and developing leadership, advocacy, education, expertise, mentoring, and strategic alliances.