

Women in Cardiology



Summer 2018, Issue 1



The core mission of the Penn Women in Cardiology is to advance opportunities for female cardiologists throughout our careers. We will accomplish this through programming focused on professional skill development, leadership, networking, mentoring, and advocacy for all levels of trainees and faculty. By focusing on these pillars, we aim to promote the recruitment and retention of women cardiovascular physicians and achieve gender parity across personal and professional career domains.

2017-2018 Penn WIC Events

5/31/2017: Kickoff Social Dinner

11/30/2017: Speed Mentoring & Networking Mixer

12/12/2017: Time & Project Management with Neha Patel, MD*

3/6/2018: Finding Your Presence: Physician Leadership Workshop for Women with Lauren Hirshon*

5/9/2018: Achieving Personal Mastery with Yolanda Hegngi, PhD*

*handouts from session available on Canvas

2017-2018 Grand Rounds Speaker WIC Mentorship Sessions

5/18/2017: Wendy Zhou, MD

6/1/2017: Jeanne Poole, MD

1/4/2018: Minnow Walsh, MD

4/5/2018: Jennifer Mieres, MD

Tentative Fall 2018 Sessions

9/13/2018: Sharlene Day, MD

9/27/2018: Karen Stout, MD

12/6/2018: Priscilla Hsue, MD

Upcoming Local/Regional/National Events

8/23/2018: PaACC WIC Negotiation Workshop, Philadelphia, PA

9/30/2018: ACC WIC Leadership Workshop, Washington, D.C.

10/12/2018: Penn FOCUS on Health & Leadership for Women Annual Fall Conference, Philadelphia, PA

11/10/2018: AHA 2018 Scientific Sessions WIC Luncheon, Chicago, IL

Congratulations to our new fellow/faculty mothers!

Allison Padegimas, MD

Dipika Gopal, MD

Jenna Kay, MD

Suparna Chandra Clasen, MD

Sara Partington, MD

Jana Goldberg, MD



Overcome the “Confidence Gap”

Creating a network of peer support: selected accomplishments of your fellow women!

2017-18 HFSA Research Committee Chair
Bonnie Ky

**2018 PaACC FIT Learn & Play Day
Jeopardy Director**
Marietta Ambrose

Pennsylvania ACC Task Forces
Jenna Kay & Sheela Krishnan - Advocacy
Dipika Gopal & Sheela Krishnan -
Education/QI
Sheela Krishnan & Nosheen Reza - WIC

**American Heart Association National
Committee Members**
Monika Sanghavi - WIC
Nosheen Reza - FIT
Jennifer Lewey - CVD/Stroke in Women &
Special Populations

**2018-19 ACC.org FIT Editorial Board
Members**

Jenna Kay - Advocacy
Jessica Fleitman - Critical Care
Nosheen Reza - WIC

**2018-19 Penn FOCUS on Health &
Leadership for Women**

Dawn Pedrotty, Jenna Kay,
Sheela Krishnan - Planning Committee
Nosheen Reza - Section Co-Chair

2018-19 HAP Quality Council Co-Chair
Jenna Kay

**2018 Vincent & Bonnie Anderson Medical
Student Teaching Award**

Dipika Gopal, Neha Quatromoni,
Sara Partington

**2017-18 CVD Fellow Distinguished
Teaching Award**

Nosheen Reza

**2018 UPHS Housestaff Professionalism
Award**

Esther Pak

2018 Philadelphia Magazine Top Doctors
Helene Glassberg

Yuli Kim
Bonnie Ky
Anjali Owens

2019 ASE Program Chair
Marielle Scherrer-Crosbie

*Support your peers in the next WIC Newsletter
Email Nosheen with your update*



Pregnancy, Motherhood, & Cardiovascular Medicine

In April 2018, a committee of WIC collaborated to create the first edition of the *Division of Cardiovascular Medicine’s Guidelines for the Wellness of Breastfeeding Cardiology Fellows*. These guidelines promote a supportive environment for physician-mothers who breastfeed after returning from maternity leave. Our fellowship Canvas website was expanded last year to include resources for scheduling maternity and paternity leave and information from the Penn Nursing Mothers Program. This year’s edition of the Penn CVD Fellows Manual includes a section on Pregnancy, Parental Leave, and Lactation. We are also creating a new resource for trainees on fertility preservation/egg freezing. *Thanks to all involved in these important advocacy efforts!*

Hospital of the University of Pennsylvania Division of Cardiology
Guidelines for Wellness of Breastfeeding Cardiology Fellows

Jenna Kay, MD, Nosheen Reza, MD, Monika Sanghavi, MD, Marie Guerraty, MD, PhD, Suparna Clasen, MD,
Sarah Kohnstamm, MD, Rupal O’Quinn, MD, Jennifer Lewey, MD, MPH, Frank Silvestry, MD

1. Introduction

- The purpose of this document is to promote a philosophy and practice of supporting physician-mothers who continue to breastfeed after returning from maternity leave.
- Despite the recognized benefits of breastfeeding, many physician-mothers face overwhelming barriers that prevent them from breastfeeding after returning to work.
- Our Division is committed to supporting physician-mothers and tries to minimize some of the most obvious workplace obstacles to successful breastfeeding as a way to optimize the health and well-being of our fellows.

Recent publications regarding women in cardiology

Diversity Matters: JACC Leadership Page - JACC September 2017

How do we attract and retain women in cardiology? - Clinical Cardiology February 2018

Choosing a Career in Cardiology: Where Are the Women? - JAMA Cardiology May 30, 2018

Women's Voices in Cardiology: An Uncomfortable Silence - JAMA Cardiology May 30, 2018

The \$2.5 Million Dollar Wage Gap in Cardiology - JAMA Cardiology May 30, 2018

Career Preferences and Perceptions of Cardiology Among US Internal Medicine Trainees - JAMA Cardiology May 30, 2018

Sex Differences in Authorship of Academic Cardiology Literature Over the Last 2 Decades - JACC August 7, 2018



Penn WIC Local Impact

Our WIC initiative has inspired the organization of other women's groups at Penn! We worked closely with the newly founded Penn Women in GI to share programming opportunities last year. This year, 3 WIC (Nosheen Reza, Jenna Kay, Katherine Kunkel) are representing Cardiology on the newly formed Penn Women Fellows in Medicine Committee, a group of women fellows from the DOM divisions organized to share best policies and practices for the advancement of women in the DOM.

Regionally, FITs at Jefferson established their institution's WIC group this month and looked to the Penn WIC mission statement and organization as an example for their committee.



WIC Mentorship Success Stories

In June 2017, Helene Glassberg, Jenn Lewey, Marietta Ambrose, Rupal O'Quinn, and Nosheen Reza hosted a local 8th grader (AM) for a visit to the Penn CVD. AM was a star student at an urban middle school in New Jersey where almost 90% of the students live below the poverty level. She expressed her desire to be a cardiologist, and with the help of her teacher, she spent the afternoon shadowing our role model WICs! Her teacher said *"I really appreciate all the time and energy you and your colleagues shared with her. I hope she will continue to learn and grow through strong female role models like you. Please share my appreciation with your coworkers-- you were all so friendly and welcoming--THANK YOU!"*

Through our WIC initiative, Penn IM residents considering training in cardiology now have access to structured coaching, mentoring, and sponsorship. Last year, we were able to help one star IM resident decide that cardiology is the specialty for her, and she is planning to apply for fellowship next year! We will continue to welcome interns and residents at our events this year and work with IM leadership to increase WIC visibility in the IM program.