

## SPRING/SUMMER 2018 ISSUE

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Section Chief of Geriatrics  
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#### Committee Mission Statement

To develop and enhance the academic environment for women faculty and trainees through networking, mentorship, professional development, and advocacy.



#### MEET DR. STACIE LEVINE

##### Section Chief of Geriatrics and Palliative Medicine

Dr. Stacie Levine obtained her BS in Biology from the University of Illinois, Champaign-Urbana, followed by MD from Rush Medical College, followed by residency training in Internal Medicine and fellowship training in Geriatric Medicine at Mount Sinai Hospital in New York City. She completed an additional year of advanced training as a research fellow in Geriatric Medicine before joining the

faculty at University of Chicago. One of her primary goals as a new faculty member was to bring palliative medicine to our institution. Dr. Levine became an Education for Physicians on End-of-life Care (EPEC) trainer from Northwestern in 2003, and led the development of the first palliative medicine inpatient service at UCM in 2006. Over the past 12 years the program has grown considerably, with an established clinical presence in the hospital, integrated ambulatory clinics within oncology, and a partnership with a community hospice program. Over the years Dr. Levine has led the development of post-graduate training programs. After serving as an associate director for the Geriatrics Fellowship Program for 5 years, she became the director in 2008 and established a brand new Hospice and Palliative Medicine Fellowship in 2009. She has served in other institutional leadership positions as the Director of Inpatient Supportive Oncology from 2015-2017, and Chief of the Section of Geriatrics and Palliative Medicine since

March 2017. She became a Bucksbaum Associate Faculty Scholar in 2012, and has been named among Top Doctors by Chicago Magazine and Castle Connolly. On a national level, Dr. Levine has been recognized by American Academy of Hospice and Palliative Medicine for her leadership through selection to the Leadership in Education and Academic Development program (2009). She served as a Chair of Fellowship Directors Special Interest Group and Task Force Committees, and spent 6 years as a member of Hearst Fellowship Grant Task Force. She served on the committee that established Entrustable Professional Activities and Curricular Milestones for Hospice and Palliative Medicine. Lastly, she was recently named as the Chair of the Workforce and Development Strategic Coordinating Committee. Dr. Levine is a dedicated educator, spanning from medical students to residents, fellows, and practicing physicians outside the academic center. →

**STACIE LEVINE, CONTINUED**

She created many innovative educational programs; one of them, The Coleman Primary Palliative Care Education Program, engaging over 20 hospitals in the greater Chicagoland area. Dr. Levine has mentored many young physicians and faculty from different subspecialties.

The editors of Women at the Forefront spoke with Dr. Levine about her academic path.

**WF: How does it feel being a Section chief? Was it a hard decision?**

Becoming Section Chief (following two former male chiefs) was the best thing that happened to me last year. I am very excited to help raise new leaders in Geriatrics and Palliative Medicine, and to particularly serve as an example to women in medicine who are considering taking on new leadership roles. I did take some time to make a final decision, and to ensure my husband and children were comfortable with my new responsibilities. While serving as an Interim Chief, I sought out advice from other Chiefs at academic institutions around the region, and those discussions only confirmed that my decision was the right one for me and for the Section.

**WF: What are your goals and expectations for your Section?**

We have young, bright and energetic faculty. They should become more visible not only within the institution, but also nationally. I firmly believe in collaboration and delegation. I have confidence in the Section faculty who are doing important, innovative work. Geriatrics and palliative medicine clinicians play a vital role in today's healthcare where administrators and leaders are looking for help in preventing readmissions, improving care transitions, and developing new models and strategies for post-acute care. Our Section is very active in identifying and leading opportunities for team science collaborations with other specialties, and I plan to grow these partnerships over the next several years.

**WF: what risks do you see that may impact those goals?**

In academia work/life integration is always in flux. Some weeks the demands pull us in one direction versus another. As a leader I need to

be flexible and understanding about the complex interplay of factors that need to be managed in life, not only for my mostly female faculty (9 out of 11 faculty are female), but for all the faculty and staff in the Section. I have three children, ages 9, 13, and 16 who require different levels of my energy throughout the week. I try to lead by example, that family and personal time are paramount and should not get completely sacrificed to ever increasing clinical work demands. As a junior faculty member I thought I had to do everything but then quickly realized that it was important to let commitments go that I wouldn't be able to stay engaged with. I selected projects that gave me the most satisfaction and would lead to academic advancement. These types of choices may be innately harder for women, as we tend to accept responsibilities one after another, sometimes thinking of others first, and perhaps sacrificing ourselves. Women should not shy away from opportunities at work that help them stretch in new ways. Over the next few years I am looking towards hiring more new faculty-and hopefully male faculty among them- to keep a healthy balance within the Section.

**WF: You have created many important research and education programs over time; which one is your most favorite one?**

That would probably be the Coleman Palliative Medicine Training Program, now in its third cycle of funding. There will never be enough geriatricians and palliative medicine specialists to care for the growing population in need of these important services. Thus efforts to lead education for palliative medicine interdisciplinary teams within and outside UCM have been most rewarding, especially through direct interactions with other clinicians. In this program participating study teams from individual urban and suburban community and academic medical centers created action projects that addressed a gap in caring for their patients. This research helped lead to my promotion to a full professor last year.

**WF: Speaking of academic promotion paths, how would you describe your own?**

As junior faculty I was probably not aggressive enough in seeking mentorship. I did not have

a named senior mentor, which is a more traditional way to advancement in academia. Part of the reason was my path to promotion was one of a pioneer, when palliative care medicine was still in its infancy. Instead, I found a group of peer mentors through the LEAD (Leadership in Education and Academic Development) program, which was sponsored by the American Academy of Hospice and Palliative Medicine. After completing the training in 2012 I became a Co-Primary Investigator for the Coleman Grant, which took me onwards to my current education and research. In April of this year I graduated from the ELAM (Executive leadership in Academic Medicine) program, which has helped me establish a peer leadership group, with backgrounds stemming from different medical fields.

**WF: You were featured in 2014 edition of DOM WC Newsletter, when you shared your experiences and advice in work-life balance at a time that was very difficult for you. Looking back, would you change anything?**

Back then my husband was still recovering from an allogeneic stem cell transplant and the sequelae of graft versus host disease. He was trying to reintegrate into work as an emergency medicine physician after a 2 year hiatus. This was an example where my work-life integration pendulum swung heavily towards life, and work had to temporarily slow down. Yet during my husband's illness, with tremendous support and flexibility from my colleagues, I was able to minimize the number of days I needed to take off. I also reached out to my collaborators on the brand new Coleman grant, who did some of the heavy lifting until I was able to step back into the project. My family turned to fundraising as an outlet to find a positive angle within a very difficult situation. While my husband was hospitalized my children and I formed a team for the Leukemia-Lymphoma Society and raised \$20K in one week. Looking back there isn't anything I would change. As a physician I know how fortunate my family is to have come out of this the way we did. ■

**THE EDITORS**



## WOMEN IN THE NEWS FACULTY SPOTLIGHT



### CATHERINE SÁENZ BONHAM MD

Instructor of Medicine  
(Pulmonary and  
Critical Care)

Dr. Cathy Bonham is a native of Chicago, who grew up playing softball and rooting for the Cubs. She graduated Harvard University cum laude and attended the University of Michigan for medical school and her Med-Peds residency. She returned home to the University of Chicago for her pulmonary critical care fellowship and is currently an Instructor in the Section of Pulmonary and Critical Care Medicine. Dr. Bonham attends in the Medical Intensive Care Unit and the Pulmonary Consult Service, and directs the Sarcoidosis Clinic, where she manages patients with sarcoidosis and interstitial lung disease (ILD).

Under her leadership this clinic was recently recognized as a leading sarcoidosis center by the World Association for Sarcoidosis and Other Granulomatous Diseases? and the Foundation for Sarcoidosis Research. She is an active member of the multidisciplinary ILD research team at the University of Chicago. Dr. Bonham's translational, bedside to bench research interests include the immune mechanisms of pulmonary fibrosis in ILDs such as sarcoidosis and idiopathic pulmonary fibrosis. In 2018, Dr. Bonham was awarded a K23 grant to study T cells in idiopathic pulmonary fibrosis, and an NIH L30 award to study the immune mechanisms of pulmonary fibrosis. Her work was recently highlighted by the Science and Innovation Abstract Award, awarded to the top 4 of over 6000 scientific abstracts submitted to the 2017 American Thoracic Society International Conference. She was also recognized as one of the top ten scientific abstracts at the 2015 Pulmonary

Fibrosis Foundation national conference. In addition to her scientific and clinical interests, Dr. Bonham is active in the medical education of Pritzker students in their respiratory medicine course, the internal medicine residents in their ambulatory curriculum, and the pulmonary critical care fellows in their career development. On a national level, she has been an invited speaker for the Foundation for Sarcoidosis Research and a speaker/moderator for the Americas Association of Sarcoidosis national conference. She is an active member of the American Thoracic Society Early Career Group and Assembly on Allergy Immunology and Inflammation. Dr. Bonham is one of 20 international leaders currently charged with devising the first clinical practice guideline for the treatment of sarcoidosis. She spends her free time raising 3 boys and feeding cookies to her very large, very old golden retriever that her dear husband purchased a long time ago. ■



## RESEARCH UP CLOSE



### HAE KYUNG-IM, PHD

Assistant Professor  
(Genetic Medicine)

Dr Hae Kyung Im was born in Pusan, South Korea, and immigrated to Argentina where she grew up; she received her BS and MS equivalent degree in Physics surrounded by the beautiful mountains of the Patagonian Andes. After trying out manufacturing and information security consulting, she came to the University of Chicago where she received her MS in Financial Mathematics and her PhD in Statistics. After a short incursion in Wall Street she came back to academic research where she discovered her love for genomic data science. She was appointed Assistant Professor in the Section of Genetic Medicine in July 2016. She is member of two large international consortia: Genotype Tissue

Expression and Accelerating Medicines Partnership Type 2 Diabetes. Dr Im runs a genomic data science lab that develops statistical methods to sift through massive amounts of genomic and other high dimensional data with the ultimate goal of making discoveries that can be translated to improve human health. One focus of the lab is to understand the mechanisms underlying the genetic control of human diseases and related traits.

Over the last decade and half, the field of genomics and complex trait genetics has experienced spectacular progress. We have discovered thousands of genomic loci that are robustly linked to complex diseases including type 2 diabetes, cardiovascular diseases, and most cancer types. However, most of these associated gene loci are located outside of the protein coding regions so that the underlying mechanisms are not well understood. Motivated by the growing consensus that these affect disease risk through the regulation of gene expression levels (how

much of the gene is transcribed into mRNAs), Dr Im has proposed a suite of methods that use genetically predicted expression levels as probes to find likely causal genes. Unlike traditional genome wide association studies where the results are undecipherable genetic marker names, her method points to genes so that follow up studies can be more easily designed.

Extensions of Dr. Im's method called PrediXcan is currently an active area of method development.

Furthermore, Dr Im's Lab has applied her methods to integrate the massive amounts of genetic and phenotypic data currently available in public and restricted repositories. This led to the creation of a growing catalog of the phenomewide (across all human phenotypes) consequences of gene expression variation. The results are shared openly (<http://gene2pheno.org>) with visitors from over 400 cities around the world. ■



## TRAINEE SPOTLIGHT DR. NINA GUPTA



### **NINA GUPTA, MD** Fellow (Gastroenterology)

Dr. Nina Gupta is originally from Wheaton, Illinois and received her bachelor's degree from The University of Illinois at Urbana-Champaign. She was then drawn to the University of Chicago where she obtained her medical degree from the Pritzker School of Medicine, and stayed on to completed her internal medicine residency training. She is currently completing her gastroenterology fellowship at the University of Chicago.

Dr. Gupta's research interests are in the utilization of endoscopy, particularly novel endoscopic methods, for prevention and early detection of gastrointestinal malignancies. Her past work has explored the use of in-vivo cross-sectional imaging (optical coherence tomography) during upper endoscopy for improved detection of dysplasia in patients with Barrett's esophagus, a condition which increases risk of esophageal adenocarcinoma. Her current research interests also include studying contrast enhancement techniques during colonoscopy to improve detection and management of pre-malignant colon polyps. ■



## NEW FACULTY



### **ANSHU VERMA, MD** Assistant Professor Hospital Medicine

Dr. Verma received her MD at the University of North Carolina followed by her internal medicine residency training at the University of Chicago. Dr. Verma is a primary provider for the Comprehensive Care Program where she chairs the inpatient and outpatient operations committee. As an educator she co-leads the Patient Centered Longitudinal Experience (PCLE) for first year medical students.



### **CHRISTINE BESTIVA, MD** Assistant Professor Hematology/Oncology

Dr. Bestiva received her MD at the University of Pennsylvania and completed her residency training at Duke Medical Center. She is a recent graduate of our Hematology/Oncology fellowship program where her primary clinical focus was thoracic oncology. Her academic interests include developmental therapeutics, clinical trial design and the financial ramifications of cancer care.



### **JAGODA JASIELEC, MD** Assistant Professor Hematology/Oncology

Dr. Jasielec received her MD at Jagiellonian University in Krakow, Poland followed by her internal medicine residency training at the University of Vermont. She is a recent graduate of our Hematology/Oncology fellowship program where her clinical interests are focused on multiple myeloma. Her academic interests include the role and implementation of minimal residual disease testing in myeloma, development of novel therapies in relapsed and refractory patients, including CAR T-cell therapy, as well as developing and incorporating information on genetic risk for myeloma into clinical care.



## RECENT PROMOTIONS

#### Promoted to the Rank of Professor

Vineet Arora, MD (General Internal Medicine)

#### Promoted to the Rank of Associate Professor

Christine Babcock, MD (Emergency Medicine)  
Diana Bolotin, MD, PhD (Dermatology)  
Bharathi Reddy, MD (Nephrology)  
Katherine Thompson, MD (Geriatrics & Palliative Medicine)

#### Named Professorship

Bana Jabri, MD, PhD (Sarah and Harold Lincoln Thompson Professor)



## NEW APPOINTMENTS AND AWARDS

### Department of Medicine

Diana Bolotin, MD, PhD - Appointed interim chief, Section of Dermatology

### Biological Sciences Division

Halina Brukner, MD (General Internal Medicine) - Interim Dean for Medical Education, Pritzker School of Medicine.

Jeanne Farnan, MD (Hospital Medicine) - Associate Dean for Evaluation and Continuous Quality Improvement

Monica Peek, MD (General Internal Medicine) - Elected to the 2018 BSD Faculty Advisory Committee (Clinical/Translational Science)

Sonali Smith, MD (Hematology/Oncology) - Elected to the 2018 BSD Faculty Advisory Committee (Patient Care)

Sonia Kupfer, MD (Gastroenterology, Hepatology & Nutrition) - Elected as an alternate to the 2018 BSD Faculty Advisory Committee (Patient Care)

### National/Regional Appointments/Elections, Honors, and Awards

Eileen Dolan, PhD (Hematology/Oncology) - Plenary talk at the 2018 American Association of Cancer Research (AACR).

Tess Hogan, MD (Emergency Medicine) 2018 Gerson-Sanders Award from the Academy of Geriatric Emergency Medicine

Bana Jabri, MD, PhD - 2017 Lloyd Mayer Mucosal Immunology Prize at the New York City IBD Research Day 2017

Hedy Kindler (Hematology/Oncology) - Fellow of the American Society for Clinical Oncology (FASCO).

Olufunmilayo Olopade, MD (Hematology/Oncology) - Recipient of Villanova University's 2017 Mendel Medal and 2018 recipient of the State of Illinois' Order of Lincoln Award

Jyoti Patel (Hematology/Oncology) - Fellow of the American Society for Clinical Oncology (FASCO).

Valerie Press (General Internal Medicine) - 2018 Innovations Grant at the UCM 13th Annual Quality & Safety Symposium

Cevher Ozcan, MD (Cardiology) - Recipient of ASCI's 2018 Young Physician Scientist Award

### 2018 Chicago Magazine Top Doctors

Medical Oncology: Drs. Suzanne Conzen, Gini Fleming, Hedy Kindler, Funmi Olopade, and Jyoti Patel

Hematology: Drs. Sonali Smith and Wendy Stock

Gastroenterology: Drs. Carol Semrad and Helen Te

Pediatrics: Dr. Deborah Burnet

Geriatrics: Dr. Stacie Levine

Internal Medicine: Drs. Diane Altkorn, Kamala Cotts, Mindy Schwartz, and Monica Vela



## HONORS AND AWARDS

### University of Chicago Awards

Anna Volerman (General Internal Medicine) - University of Chicago Women's Board Grant

### Biological Sciences Division (BSD) Awards

Deb Burnet, MD (General Internal Medicine) - BSD Distinguished Leader in Community Service & Advocacy Award

Jane Churpek, MD (Hematology/Oncology) - BSD Distinguished Investigator Award

Karen Kim, MD (Gastroenterology) - BSD Distinguished Leader in Diversity & Inclusion Award

Wei Wei Lee, MD (General Internal Medicine) - BSD Distinguished Educator Award

Rochelle Naylor, MD (Endocrinology) - BSD Distinguished Leader in Diversity & Inclusion Award

Joyce Tang, MD (Hospital Medicine) - BSD Distinguished Clinician Award

Shellie Williams, MD (Geriatrics) - BSD Distinguished Leader in Community Service & Advocacy Award

### Pritzker School of Medicine Awards

#### 2018 Favorite Faculty Awards

Keme Carter, MD (Emergency Medicine)

Wei Wei Lee, MD (General Internal Medicine)

Mindy Schwartz, MD (General Internal Medicine)

Monica Vela, MD (General Internal Medicine)

Audrey Tanksley, MD (Hospital Medicine) - 2018 AOA Faculty Honorees

Patricia Kurtz, MD (General Internal Medicine) - Gold Key Award from the BSD Alumni Association.

Natalie Tapaskar (Internal Medicine Residency) - 2018 Pritzker ETHos Award for Excellence in Teaching and Humanism.

### Bucksbaum Institute for Clinical Excellence Awards

Michelle Josephson, MD (Nephrology) - Named as a Senior Scholar in the Bucksbaum Institute for Clinical Excellence

### Department of Medicine Awards

Kamala Cotts, MD (General Internal Medicine) - Internal Medicine Residents Teaching Award

Jeanne Farnan, MD (Hospital Medicine) - Pre-Clinical Teacher of the Year

Patricia Kurtz, MD (General Internal Medicine) - Clinical Teacher of the Year - and Internal Medicine Residents Teaching Award

Monica Malec, MD (Geriatrics and Palliative Care) - Post Graduate Teaching Award

Linda Druelinger, MD (Emergency Medicine) - Distinguished Service Award

Michelle Le Beau, PhD (Hematology/Oncology) - Distinguished Service Award

Nicole Stankus, MD (Nephrology) - Procedure Activity Award

Navneet Cheema, MD (Emergency Medicine) - E&M Activity Award  
Bharathi Reddy, MD (Nephrology) - Overall Clinical Activity Award

Anisha Dua, MD (Rheumatology) - Clinical Service Award →

## DEPARTMENT OF MEDICINE AWARDS, CONTINUED

Laura Frye, MD ( Pulmonary) and Jennifer Rusieki ( General Internal Medicine) - Overall Excellence in New Member of Faculty

Vineet Arora, MD, MPP ( General Internal Medicine) Rubenstein Mentorship Award

Milda Saunders, MD ( General Internal Medicine) Diversity Award

## 2018 Research Day Abstract Awards

Alexandra Dumitrescu, MD, PhD (Endocrinology, Diabetes & Metabolism) - Translational Research Award for her abstracted entitled " Role Of The Thyroid Gland In Expression Of The Thyroid Phenotype Of Shp2 Deficient Mice"

Milda Saunders, MD (General Internal Medicine) - Health Services Research Award for her abstract entitled "Neighborhood SES is associated with All-Cause Hospitalizations in Individuals with CKD"

Megan Huisinigh-Scheetz, MD (Geriatrics/Palliative Medicine) Clinical Research Award for her abstract entitled "Global Sensory Impairment Predicts Reduced Daytime Activity Across the Day Among Older U.S. Adults"

Parita Patel, MD - Housestaff Choice Award - Daily aspirin use does not impact clinical outcomes in patients with inflammatory bowel disease



## NEW GRANTS

## Federal Grants

Maria-Luisa Alegre, MD, PhD (Rheumatology) - U01: The microbiota and allograft rejection: novel investigations into the consequences of obesity

Doriane Miller, MD (General Internal Medicine) - Improving the screening and management of patients with serious mental illness in primary care settings (DHHS)

## Non-Federal Grants

Anindita Basu, PhD (Genetic Medicine) - Comparison, calibration, and benchmarking of high-throughput single cell RNASeq techniques for unbiased cell-type classification (Chan Zuckerberg Initiative)

Diane Bolotin, MD, PhD (Dermatology) - The Impact of Drug Compounding Regulations on Dermatologic Practice" ( American Society for Dermatologic Surgery )

Lucy Godley, MD, PhD (Hematology/Oncology) - Identifying inherited variants that predispose to lymphoid malignancies (V Foundation)

Fotini Gounari, PhD (Rheumatology) - Tracing mechanisms of genomic instability induced by beta-catenin (American Society of Hematology)

Neda Laiterapong, MD (General Internal Medicine) - Examining the U.S. cost-effectiveness of alternative glycemic treatment algorithms in the era of new medications (American Diabetes Association)

Shannon Martin, MD (Hospital Medicine) - Understanding Associations of Maintenance of Certification (MOC) on Resource Utilization and Physician-Reported Knowledge and Experience in Consultation (American Board of Medical Specialties)

Jessica Ridgway, MD (Infectious Diseases & Global Health) - GSK Database Study (Glaxo Smith Kline)

Milda Saunders, MD (General Internal Medicine) - Patient Referral and Education Program for Patients on Renal Replacement Therapy (CSCTR)



## SEX DIFFERENCES IN PHYSICIAN SALARY IN US PUBLIC MEDICAL SCHOOLS

Anupam B. Jena, Andrew R. Olenski, Daniel M. Blumenthal.

*JAMA Intern Med* 2016; 176(9): 1294-1304.

Women hold an increasing number of faculty positions in US medical schools. Several studies of US medical schools have documented sex differences in faculty rank, although information on differences in earnings between male and female physicians in this setting has been harder to obtain due to limited availability of earnings data. Prior surveys of women physicians, however, have shown that women earn less than men after adjustment for several factors.

This study aimed to analyze sex differences in earnings among US academic physicians. The authors used salary information for public university employees from 12 states with data published online. They extracted salary data for 10,241 academic physicians at 24 public medical schools between 2011 and 2013. This individual-level salary data was then merged with a comprehensive database of US physicians (Doximity), which includes information on faculty rank, physician demographics and specialty, publication authorship, NIH grants, and clinical trial participation. The authors also obtained information on Medicare reimbursements as a proxy for clinical revenue. They estimated sex differences in salary after adjusting for all of these factors using a multivariable adjustment.

Female physicians had lower mean unadjusted salaries than male physicians by an absolute difference of \$51,315 (95% CI \$46,330-56,301). After multivariable adjustment, these sex differences persisted with an absolute difference of \$19,878 (95% CI \$15,261-24,495) remaining. This is an 8.0% lower salary in female academic physicians (mean \$227,783) compared to men (mean \$247,661), after multivariable adjustment, as show in Table 2. Sex differences in salary varied across specialties, institutions, and faculty ranks. Several other factors were also positively associated with salary including years of experience, total publications, clinical trial participation, and Medicare payments. →

## SEX DIFFERENCES IN PHYSICIAN SALARY IN US PUBLIC MEDICAL SCHOOLS, CONTINUED

## MULTIVARIABLE ANALYSIS OF FACTORS ASSOCIATED WITH PHYSICIAN SALARY

Characteristic	Salary, \$		P Value
	Unadjusted, Mean (SD)	Adjusted, Mean (95% CI)	
<b>SEX</b>			
Male	257 957 (137 203)	247 661 (245 065 to 250 258)	
Female	206 641 (88 238)	227 783 (224 117 to 231 448)	<.001

The authors concluded that there were significant sex differences in salary among physicians with faculty appointments in US medical schools, even after accounting for multiple variables. There are a number of possible explanations and strategies proposed to address this issue of sex differences in academic physician' salaries. The authors emphasized the importance of salary transparency to efforts to reduce this earnings gap. ■



## THE BALANCING ACT:

HOW DO WOMEN BALANCE ACADEMIC SUCCESS WITH HOME AND PERSONAL LIFE? WHAT ADVICE WOULD WOMEN GIVE OTHER WOMEN?



### OLWEN HAHN, MD

The Balancing Act:  
Clinician, Educator,  
Wife and Mother

### Professional Accomplishments

Dr. Olwen Hahn is an Associate Professor in the Section of Hematology-Oncology. She graduated from Princeton University and Emory University School of Medicine. She completed her internal medicine residency and fellowship in hematology-oncology at The University of Chicago. She joined University of Chicago faculty in 2007. Her clinical practice is focused on breast cancer. Currently, she serves as the Associate Program Directory for the Hematology and Oncology fellowship and the Medical Director of the Hematology-Oncology Outpatient Clinic and Infusion Therapy.

### Work-Life Balance

My husband, Mark, and I met during our residencies at University of Chicago; he is currently a urologist in practice in the Southwest suburbs. Like most physicians in practice, Mark is busy professionally and is on call for three hospitals every third weekend. We have a lively (but fun) household with our seven-year-old son, Edward, and four-year-old (going on 14) daughter, Emily (plus our elderly Doberman

whom I consider my first child). Our children have tons of energy and are involved in sports and neighborhood activities. And just to add to the mix, we live in a 1890s Victorian home that we have been renovating on and off for nearly a decade (and I don't see an end to that project).

In terms of work-life balance, Mark and I have been very thoughtful in choices for our family. We live in the Beverly/Morgan Park neighborhood in southwest Chicago, which is a beautiful neighborhood that luckily is located close to Mark's work (which is quite helpful when he works late or is on call). My commute is very manageable. We were fortunate to find a neighborhood school that is a great fit for our children. These choices have made a big difference in allowing us to balance (if that is possible!) work-life demands and be present for important events for our family. While it is not easy and takes organization (good calendar keeping skills), our lives are not boring. Mark is from a large family based in Chicago, so we are fortunate to have a support network and the ability to spend our free time with extended family.

### Advice to Women Faculty and Trainees

#### TAKE CARE OF YOURSELF

I learned the hard way that lack of sleep and no exercise is a recipe for disaster. Now I prioritize a solid 7 hours of sleep, with a goal of exercising 2-3 times a week.

#### PRESENCE

It is okay to take time off of work at night and weekends to be with family. Trying to multi-task work during family or social time will only leave you (and your loved ones) miserable. We take two vacations a year that are completely work free; while it is painful to return home to that inbox and work, it is amazing to go off the grid and a great vacation can sustain you during the dark times.

#### GET HELP

Learn to delegate tasks at work and home to those you trust. Online delivery services, housekeeping services, etc are key. Your most valuable asset is your time (and I am still struggling with better time management).

#### BE FLEXIBLE AND COLLABORATIVE

Be willing to adopt new ways of approaching problems and tasks (both professionally and personally).

#### TAKE A STEP BACK

It is too easy to get caught up in the day to day grind. Take time to look at the big picture in order to make sure you are making choices consistent with your overall goals. ■



# GROWING THE PIPELINE: TRAINEES & STUDENTS



## WOMEN IN THE PIPELINE: SPRING/SUMMER 2018

By: Lauren Feld

The Women in Medicine Resident Committee hosted a Morning Report on sexual harassment in the workplace. Med-Peds resident Jess Gold presented a thought-provoking case-study and statistics on workplace harassment in medical training. An expert panel of women faculty members, including Drs. Bhakti Patel, Anna Volerman, and Michelle Martinchek supported her presentation. In addition to the Morning Report, clinical psychology fellow Fabiana Araujo hosted a small group discussion on addressing workplace harassment. Additional events planned for this spring and summer include a session on public speaking and on the echo technique utilized to promote women's ideas in group settings. ■



## RECENT DOM WOMEN'S COMMITTEE EVENTS

Grand Rounds featuring Tejal Gandhi, MD, MPH, CPPS, President and Chief Executive Officer, NPSF Lucian Leape, and the Certification Board for Professionals in Patient Safety, Clinical and Safety Officer, Institute for Healthcare Improvement, April 3, 2018, 12 pm to 1 pm, P-117 ■



## WOMEN AT THE FOREFRONT EDITORIAL BOARD

Julie Oyler, MD  
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