FALL/WINTER 2020 ISSUE

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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. EMILY LANDON
Associate Professor of Medicine, Section of Infectious Diseases & Global Health
Executive Medical Director, Infection Prevention and Control

Emily Landon, MD is Associate Professor of Medicine at the University of Chicago in the Section of Infectious Diseases & Global Health where she also serves as the Hospital Epidemiologist and Executive Medical Director of the Infection Prevention & Control Program. After medical school at Loyola University Chicago Stritch School of Medicine, she completed her medical residency, chief residency, and fellowship in infectious diseases at the University of Chicago Medicine. She also completed a fellowship in clinical medical ethics at the MacLean Center for Clinical Medical Ethics at the University of Chicago where she also serves as an assistant director. Dr. Landon’s work includes studying ethical implications of infection control interventions and finding novel and innovative ways to address common and uncommon infection control problems but her main research interest is in hand hygiene and behavior change. Her work in using automated monitoring systems to improve hand hygiene compliance has made her a go-to expert in this field. As the leader of the University of Chicago’s Infection Prevention & Control Program, Dr. Landon manages a team of outstanding practitioners in infection surveillance, outbreak investigation, performance improvement, and regulatory compliance activities and serves as the medical director for the High Consequence Pathogen Preparedness Program for the University of Chicago.

WF: What helped you develop leadership skills and be named to leadership positions throughout your career?

EL: I started developing my leadership skills as a child being “bossy” and frankly, these skills came naturally to me because I’ve always been very vocal. I’ve learned that although it is challenging, it’s really important to not be afraid of being a leader; it’s not about being the smartest person in the room, but rather about listening and learning quickly to what is happening around you. I attribute a lot of my success in leadership to listening to what people need, knowing what is available, and moving the pieces around to fit. I’ve learned how to take skills that I have gained and solve problems in a larger group setting. Much of the time, I learned as I stepped into the role. Early on in my career, I took on a lot of responsibility which paid off. Reaching high early on was difficult, but reaching higher than my comfort zone pushed me to success in leadership within my career.
EMILY LANDON, CONTINUED

WF: What have been your experiences with mentorship throughout your career?

EL: I have been very fortunate to have had many mentors throughout my career and I continue to have a core group of mentors in my life, both female and male. As my career has progressed through various stages, I’ve had different mentors to help me achieve my goals. One of my most impactful earliest mentors encouraged me to reach for things that I thought might be out of my reach. I’ve also found that mentors can be unexpected and have also been outside of my field; sometimes one conversation can be surprisingly pivotal to success.

I also have a core group of peer mentors, which have become increasingly important as I have gotten further in my career. Through my leadership roles at the University of Chicago, I have learned so much from many women leaders at the University, both in medicine and outside of medicine.

WF: What advice do you have for women faculty and trainees in the Department of Medicine?

EL: I have four main pieces of advice:
1. Say “yes” to a lot of opportunities early in your career
2. Narrowing your focus is helpful but don’t feel like you have to follow a specific path
3. Don’t be afraid to do things beyond your reach
4. Calibrate your inner voice

Women are often thought of as aggressive when they are bold and outspoken in meetings. Often women’s voices are not amplified or they are criticized for being too strong. I have learned to not always accept what others say just because they did not expect me to speak up boldly or loudly; I listen to my inner voice to direct my path, not what others expect of me.

WF: What have been your goals during the COVID pandemic?

EL: My number one goal during this pandemic is to protect healthcare workers. I am proud that we have maintained a very low COVID infection rate within the healthcare workers in our hospital. The hardest time for me was February 2020 when we knew what was going to happen in March due to our partnerships with Wuhan. I presented in meeting after meeting, talking about the upcoming pandemic, preparing our hospital and our institution for the coming wave of COVID. It was like giving bad news and shattering current plans every day. Since then, the COVID pandemic has brought new opportunities like speaking at Governor Pritzker’s press conference announcing the stay-at-home order and becoming more involved in the University’s pandemic planning, but also the more challenging side of leadership like getting criticized on social media. I am looking forward to the pandemic being over and going back to seeing patients and focusing on hand washing.

THE EDITORS

WOMEN IN THE NEWS FACULTY SPOTLIGHT

PANKTI REID, MD MPH
Assistant Professor of Medicine, Section of Rheumatology

Dr. Pankti Reid is an Assistant Professor of Medicine in the Section of Rheumatology who serves on the Committee on Clinical Pharmacology and Pharmacogenomics. She completed her medical degree at The Ohio State University, followed by internal medicine residency at the University of Cincinnati. She then completed two fellowships here at the University of Chicago in rheumatology and clinical pharmacology and pharmacogenomics. Her main area of research has been in the arena of immune-related adverse events, or cancer immunotherapy (specifically immune checkpoint inhibitors) associated toxicities. Thus far in her time here at the University of Chicago she has established a robust clinical infrastructure that includes an irAE Clinic, an electronic referral system and an interdisciplinary irAE Clinical Consortium. Along with Dr. Thomas Gajewski, Dr. Reid leads this irAE Clinical Consortium composed of providers from all different UCM departments and medicine subspecialties to provide efficient and effective clinical care to patients who suffer from irAEs. She is also principal investigator of the institution-wide prospective irAE patient registry which facilitates the growth of research in this growing medical field. For her work, she has received an institutional core subsidies grant, a national research scholarship by the American College of Rheumatology and an invitation to the European League Against Rheumatism International Research Exchange Program. She is excited to be one of eleven rheumatologists in a multi-institutional national effort to better characterize rheumatology-specific irAEs via the RADIOS (Rheumatology Adverse Events Due to Immunotherapy Observational Studies) Consortium. During the COVID19 pandemic, Dr. Reid redirected her focus from irAEs and took an opportunity to develop her clinical research expertise. Here, with the guidance of DOM leaders Drs. Mark Ratain, Mary Strek and Jennifer Pisano, she led a Phase II clinical trial that utilized key elements of pharmacoeconomics and demonstrated proof of concept that repurposing of a familiar rheumatology drug, tocilizumab, at lower than standard of care doses was effective in reducing clinical and biochemical parameters of COVID-19 pneumonitis (NCT04331795). After the completion of this trial, she is now PI of a multi-institutional randomized control trial that aims to establish whether the addition of low-dose tocilizumab to standard of care treatment reduces the time to clinical recovery in patients with COVID-19 pneumonitis and hyperinflammation (NCT04479358). This will give her the proficiency in clinical research that she hopes to utilize in the future for repurposing rheumatology medications for management of autoimmune manifestations that result from cancer immunotherapy toxicities (irAEs).

Dr. Reid is a proud mom to an energetic and opinionated toddler and enjoys watching mysteries/true crime television with her husband. As a two-time marathoner, she loves long-distance running and aspires to run the Goofy marathon and complete the Chicago triathlon at some time in the future.
ATHALIA PYZER, MD, PhD
PGY4 RESIDENT, INTERNAL MEDICINE RESIDENCY PROGRAM

Dr. Pyzer was born in London, England and attended the University of Birmingham, UK where she received her medical degree and bachelor’s degree in clinical sciences. She completed her foundation training (residency) in London before a PhD in cancer immunology at Beth Israel Deaconess Medical Center in Boston MA, as a joint student of Harvard Medical School and the Queen Mary University of London. Her research described the role of myeloid-derived suppressor cells in acute myeloid leukemia, and the regulation of PD-L1 expression on leukemic blasts, providing the scientific basis for a number of ongoing clinical trials in the field. Dr. Pyzer’s current work at the University of Chicago, in the laboratory of Dr. Thomas Gajewski, focuses on the identification of novel immune regulators in melanoma.

As the SARS-CoV-2 pandemic unfolded, Dr. Pyzer joined forces with Drs. Sherin Rouhani and Jon Trujillo (Fellows in the Section of Hematology/Oncology) to undertake a tissue biobanking study to describe the immune landscape of SARS-CoV-2 infection and to identify biomarkers of clinical severity in COVID-19. With strong institutional support, they wrote and opened the study within just a few weeks, collecting over 3000 biological samples (including blood, saliva and respiratory swabs) from over 500 enrolled patients to date. Coordinating a team science approach involving more than 100 physicians and scientists, the trio are collaborating with diverse groups such as from Molecular Engineering, Rheumatology and Computational Biology. These projects are yielding novel discoveries which the team hope will forward the global scientific effort to tackle SARS-CoV-2.

Dr. Pyzer’s clinical interests are in acute myeloid leukemia and myelodysplastic syndromes, and she hopes to one day build a clinical translational program to exploit our rapidly developing understanding of immuno-oncology to benefit patients with these life-threatening blood disorders. In her spare time, Dr. Pyzer writes essays in the medical humanities, often neglects to water her many house plants, and tweets about being a doctor with a chronic illness under the twitter handle @HowellJollyBody.

NEW FACULTY

ARLENE RUIZ DE LUZURIAGA, MD
Assistant Professor of Medicine (Dermatology)

Dr. Ruiz de Luzuriaga received her MD at Duke University and completed her dermatology residency and dermatopathology fellowship at the University of Chicago. Her academic interests are focused on epidemiologic studies in dermatology and dermatopathology. She is also interested in clinical informatics and the use of information technology for the improvement of patient care, diagnosis and treatment algorithms, and medical education.

ISABEL CASIMIRO, MD, PhD
Instructor (Endocrinology, Diabetes & Metabolism)

Dr. Casimiro received her PhD from Albert Einstein College of Medicine and MD from the University of Washington. She completed her internal medicine residency training and fellowship training in endocrinology at the University of Chicago as part of the PSDP. Dr. Casimiro’s research is focused on understanding the intersection between macrophage activity and metabolic disease. In collaboration with Dr. Raghavendra Mirmira’s lab, she is investigating the 12/15-lipoxygenase enzyme in macrophages and how this pathway contributes to obese insulin resistance. As a resident she founded the Housestaff Diversity Committee to foster a sense of community among residents and fellows who share common goals of providing culturally sensitive medical education and increasing diversity in medicine.

SAMANTHA GUNNING, MD
Assistant Professor of Medicine (Nephrology)

Dr. Gunning received her MD at Georgetown University and completed her internal medicine residency and fellowship training in nephrology at the University of Chicago. Dr. Gunning is involved in several projects designed to understand the epidemiology and risk factors of acute kidney injury in the intensive care unit setting. Specifically, she has focused on acute kidney injury in the setting of advanced cardiopulmonary life support as well as understanding the impact of fluid balance in the intensive care unit setting. Future projects will include the study of acute kidney injury and fluid balance in patients admitted to intensive care with COVID-19 infection.
NEW FACULTY, CONTINUED

RASIKI KARNIK, MD
Assistant Professor of Medicine (General Internal Medicine)
Dr. Karnik received her MD at Wayne State University and completed her internal medicine residency training at UT-Southwestern in Dallas. She worked as an academic hospitalist at UTSW for two years followed by three years of practice at the VA in St. Louis where she was also an Associate Program Director for the St. Louis University internal medicine residency program. Her interests include reflective writing, nutrition and medical education.

SAMBHAVI KRISHNAMOORTHY, MD
Assistant Professor of Medicine (Nephrology)
Dr. Krishnamoorthy received her MBBS at Seth GS Medical College and KEM Hospital in India and completed her internal medicine residency training at University of Louisville. She is a graduate of Washington University’s nephrology and transplant nephrology training programs. Dr. Krishnamoorthy specializes in living kidney donation, transplant nephrology and general nephrology. She is interested in improving access to transplant education in CKD 4 and CKD 5 patients to highlight benefits of preemptive living kidney transplantation. She is also involved in developing protocols for long term care of kidney transplant patients and kidney donors.

HARITA SHAH, MD
Assistant Professor of Medicine (General Internal Medicine)
Dr. Shah received her MD and completed her internal medicine residency & pediatric urban health training from Johns Hopkins University. Dr. Shah is committed to improving access to care for underserved communities and addressing health disparities. She has directed public health initiatives that center on community-based participatory research to address disparities in HIV care and COVID-19 care for Latinos. Dr. Shah sees patients in the Primary Care Group and on the inpatient general medical service.

ELIZABETH TUNG, MD
Assistant Professor of Medicine (General Internal Medicine)
Dr. Tung received her MD from New York Medical College and completed her internal medicine residency training at Brown University. She completed her fellowship training in general internal medicine and MS in public health sciences at the University of Chicago. Dr. Tung’s research focuses on disparities in chronic disease management, with a special interest in race, place, and poverty. Her current research focuses on two main areas of inquiry. First, Dr. Tung is examining the relationships between race, poverty, and access to healthcare in adults with chronic disease, and has published on topics such as bypassing healthy resources, implicit bias, and retail redlining. Second, Dr. Tung is examining the intersection between community violence and chronic disease, and is applying geospatial analytical tools to bridge the worlds of violence epidemiology and health.

NEW APPOINTMENTS

Promoted to the rank of Professor
Toyosi Odenike, MD (Hematology/Oncology)

Promoted to the rank of Associate Professor
Valerie Press, MD (General Internal Medicine)
Jessica Ridgway, MD (Infectious Diseases & Global Health)
Susan Sam, MD (Endocrinology, Diabetes & Metabolism)
Shellie Williams, MD (Geriatrics & Palliative Medicine)

RECENT PROMOTIONS

Christine Babcock, MD, MSc – Interim Chief, Section of Emergency Medicine
Bana Jabri, MD, PhD – Chair, Committee on Immunology
Milda Saunders, MD – Assistant Dean for Multicultural Affairs, PSOM
Sonali Smith, MD – Chief, Section of Hematology/Oncology

HONORS AND AWARDS

National/Regional Appointments/ Elections, Honors, and Awards
Oni Basu, PhD (Genetic Medicine) - NIH New Innovator Award
Keegan Checkett, MD (Emergency Medicine) - Named as a “25 Under 45 Influencer” by the Emergency Medicine Resident Association

Michelle Josephson, MD (Nephrology) - Elected Counselor, American Society of Nephrology
Stacie Levine, MD (Geriatrics & Palliative Medicine) - 2021 Gerald Holman Distinguished Service Award, American Academy of Hospice & Palliative Medicine

Funmi Olopade, MD (Hematology/Oncology) - Giant of Cancer Care (Prevention/Genetics) by Onc Live
Wendy Stock, MD (Hematology/Oncology) - American Society of Hematology Mentor of the Year Award
Anna Vollerma, MD (General Medicine) - Making a Difference: Asthma Award, Respiratory Health Association
HONORS AND AWARDS. CONTINUED

Department of Medicine Awards

Mary Hammers, DO (Nephrology) – Clinical Service Award for Procedure Activity

Emily Landon, MD (Infectious Diseases & Global Health)- Distinguished Service Award & Outstanding Clinical Service Award

Kathleen Mullane, DO (Infectious Diseases & Global Health)- Distinguished Service Award

Monica Peek, MD (General Internal Medicine)- Arthur Rubenstein Faculty Mentorship Award

Valerie Press, MD (General Internal Medicine)- Leif B. Sorensen Faculty Research Award

Adena Rosenblatt, MD, PhD (Dermatology) - Postgraduate Teaching Award

Nicole Stankus, MD (Nephrology) - Clinical Service Award for Overall Clinical Activity

Kimberly Trotter, MD (Rheumatology) – Clinical Service Award for Patient Visits

Shellie Williams, MD (Geriatrics)- Diversity Award

Medical Resident Teaching Awards: Diane Altkorn, MD (General Internal Medicine), Mim Ari, MD (General Internal Medicine), Kamala Cotts, MD (General Internal Medicine) and Bhakti Patel, MD (Pulmonary/Critical Care )

Biological Sciences Awards

Lucy Godley, MD, PhD (Hematology/Oncology) - Distinguished Investigator Award (Senior )

Hae Kyung Im, PhD (Genetic Medicine) – Distinguished Investigator Award (Junior)

Emily Landon, MD (Infectious Diseases & Global Health) – Distinguished Leader in Program Innovation Award (Senior)

Stacie Levine, MD (Geriatrics & Palliative Medicine) - The Francis Straus Mentorship Award

Tia Kostas, MD (Geriatrics & Palliative Medicine) - Distinguished Educator Award (Junior)

Oluwakemi Onajin, MD (Dermatology) – Distinguished Leader in Community Service & Advocacy Award (Junior)

Kimberly Stanford, MD (Emergency Medicine)- Distinguished Leader in Program Innovation Award (Junior)

Anne I. Sperling, PhD (Pulmonary/Critical Care) - The Francis Straus Mentorship Award

Mary Strek, MD (Pulmonary/Critical Care)- Faculty Physician Peer Role Model Award

Pritzker School of Medicine Awards

Keme Carter, MD (Emergency Medicine)- Leonard Tow Humanism in Medicine Award

New Federal/Select Non Federal Grants

Marisa Alegre, MD, PhD - NIH R01 entitled “Impact of Microbiota on Alloimmune Responses in Transplantation”

Mim Ari, MD - NIH R18 entitled “Improving Chicago Older Adult Opioid and Pain Management through Patient-Centered Clinical Decision Support and Project ECHO (I-COPE)”

Vineet Arora, MD - NIH R01 entitled “SIESTA (Sleep of Inpatients: Empower Staff to Act for Acute Stroke Rehabilitation”

Anindita Basu, PhD – NIH Innovator Award entitled “Profiling Transcriptional Heterogeneity in Microbial Cells at Single Cell Resolution & High Throughput using Droplet Microfluidics”

Mengjie Chen, PhD - NSF grant entitled “Statistical Methods for Intratumor Heterogeneity Studies Using Sequencing Data”

Eileen Dolan, PhD - NIH T32 entitled “Clinical Therapeutics”

Lauren Gleason, MD - HRSA grant entitled “Geriatric Academic Career Awards”

Fotini Gournari, PhD - NIH R01 entitled “How beta-catenin expands Foxp3+RORgamma+ Pro-inflammatory T-regulatory cells”

Yu Ying He, PhD - 2 NIH R01’s and an R13 entitled “YTHDF2 and UVB damage response in skin cancer”, “FTO and RNA Methylation in Arsenic Tumorigenicity” and “NIH Research Conference Grant”

Teresita Hogan, MD - Mayday Fund grant entitled “The MANER Project: Maximize Adoption of Nerve blocks in the Emergency Room”

Bana Jabri, MD, PhD - NIH R01 entitled “Innate and adaptive immunity in celiac disease”

Karen Kim, MD - CDC grant entitled “Illinois Cancer Alliance to Reduce mortality and Enhance Screening (CARES)”

Funmi Olopade, MD - NIH K12 entitled “Developing an Oncology Workforce for the 21st Century”

Bhakti Patel, MD - NIH K23 entitled “Early Mobilization: Operationalizing Big Data & Implementation Science to Lead Expansion to ICUs (E-MOBILE-ICU)”

Valerie Press, MD - NIH R01 entitled “The Virtual Mentored Implementation to Reduce REVISITS (Reducing Respiratory Emergent Visits using Implementation Science Interventions Tailored to Setting) Study”

Milda Saunders, MD - NIH R21 entitled “A pilot to develop and test an Interactive Computer-adaptive Chronic Kidney Disease education program for hospitalized African American patients (I-C-CKD)” and NIH R01 entitled “Intensive Patient Referral and Education Program prior to Renal Replacement Therapy (IPREP RRT)”

Anne Sperling, PhD - NIH R21 entitled “The Role of IL-5 in Lung Injury” and T32 entitled “Research Training in Respiratory Biology”

Sarah Tersey, PhD - NIH R03 entitled “The 12-HETE Receptor GPR31 in the Cell Pathogenesis of Type 1 Diabetes”

Katherine Thompson, MD - HRSA grant entitled “Geriatrics Workforce Enhancement Program COVID”

Anna Volerman, MD – NIH K23 entitled “Chicago Asthma School-Directed Child-Centered Assessment and Dissemination of Evidence (CASCADE) Program”
GENDER MATTERS…STILL

WOMEN IN ACADEMICS: THE COVID-19 EFFECT

Comparison of the Proportions of Female and Male Corresponding Authors in Preprint Research Repositories Before and During the COVID-19 Pandemic.

Wehner MR et al. JAMA Netw Open 2020; 3(9):e2020335.

Past research has shown that women in academia perform more domestic work than men which has been compounded by the COVID-19 pandemic’s impact on childcare disruptions. The purpose of this study was to examine whether working remotely and family support disruptions secondary to COVID-19 closures disproportionately negatively affected the academic productivity of women as compared to men. The authors conducted a cross-sectional survey from online archive and distribution services for unpublished preprint research: medRxiv (in the life sciences) and bioRxiv (in the health sciences) and using gender inference services determined corresponding authors’ genders. They assessed whether the difference in the percentages of publications between male and female authors (gender gap) changed over time. There was a significant increase over time in the gender gap in medRxiv, but not in bioRxiv. In medRxiv, during the pandemic the gender gap increased from 23% in January 2020 to 55% in April 2020. The authors thought that the difference could not be attributed to seasonal variation and that the lack of difference in bioRxiv may have been secondary to distinct populations of researchers. The authors suggest that if a clear gender gap continues during the pandemic and/or if the gender gap develops in other preprint archiving series, academic institutions and funding agencies will need to address the pandemic-related gender disparities.

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

JOYCE TANG, MD, MPH, (HOSPITAL MEDICINE)

The Balancing Act: Comprehensive Care Physician, Mother, Dual Physician Household...

Professional Accomplishments

Dr. Joyce Tang is an Assistant Professor of Medicine in the Section of Hospital Medicine whose clinical work as a Comprehensive Care Physician focuses on caring for patients with complex psychosocial needs who are at high risk of hospitalization. She leads patient engagement and qualitative research efforts related to the Comprehensive Care Program. She developed and leads the Patient-Centered Longitudinal Experience, an elective track within the Longitudinal Program, which pairs preclinical medical students with patient partners to experience illness and health care from patients’ perspectives and help co-navigate patients’ healthcare experiences.

Work-Life Balance

As a physician, mother of two (ages 8 and 11), and partner to a fellow physician, juggling work and home has always required a carefully crafted schedule and set of supports. My husband Mike and I chose to live in the South Loop to limit our commuting time to work and to be in close proximity to my family. Mike and I alternate service blocks and split cooking responsibilities. We’ve been fortunate to have had wonderful nannies for our children over the years. As for so many others, COVID up-ended many of our traditional routines with work and at home. Our kids were no longer at school during the day. For Mike, who is an infectious disease physician and associate hospital epidemiologist at Rush, his work became all-encompassing. Our family support network became more complicated as we struggled with questions about how to keep everyone safe.
GROWING THE PIPELINE: TRAINEES & STUDENTS

By: Jennifer Rusiecki, MD

There has been growing recognition of gender-specific disease processes and the care of medically-complex women throughout medicine. Medically complicated female patients present in all clinical disciplines; therefore, internal medicine residency is a perfect opportunity to develop the cross-discipline skills need to provide evidence-based care to these patients. University of Chicago’s internal medicine residents have expressed a growing interest in Women’s Health, which has led to the development of a Women’s Health Track for 2nd, 3rd, and 4th year IM and Med-Peds residents. The track includes elective time in gynecology, oncology, primary care, endocrine, physical therapy, student health, psychiatry, and the Cook County Jail. The Women’s Health Track residents also lead quarterly morning reports on topics relevant to women’s health. The topics so far this year have included osteoporosis, menopause hormone therapy, and amenorrhea. Residents are also asked to engage in additional scholarly work involving female patients. Current and past projects include shared decision making, contraception counseling, contraception for women with rheumatologic diseases, care transitions for patients with sickle cell disease. The goal of this track is for residents to recognize the unique healthcare needs of female patients for both generalist and subspecialist.

THE BALANCING ACT. CONTINUED

But we have been fortunate in many ways, and over the past 6 months, we have been working toward balancing a new chaotic — but joyful — normal. Our nanny was able to flex up to full time in the spring, and when she delivered a healthy baby girl in the summer, we were lucky to find a new, wonderful, full time nanny. I bring the kids out on an after-dinner walk every day; most weekends, we also build in family time outdoors biking, hiking, playing tennis, shooting hoops, or any other way. After many months of relative sheltering for our kids, we cautiously opened our bubble a bit and partnered with other parents to have small weekly social/exercise pods for our kids (with masks, and outdoors). We have also enjoyed some bonfire get-togethers on our driveway with our extended family. However, as rates of COVID rise again, we’ve had to recalibrate, and have made the difficult decision to pause on these gatherings again for now.

Advice to Women Faculty and Trainees:

Keep a meticulous calendar and tend to it often
Mike and I send each other calendar invites for service times, kids’ appointments and school vacations to keep us both on track. I write into my schedule time to work on specific projects to make sure deadlines are met.

Build in time for what you love (not just after your kids go to bed)…and sometimes your kids will start to love those things too
Being outdoors feeds my soul. I used to try to fit in jogs and walks before the kids were up but getting up that early was exhausting. Now my morning jogs and evening walks are almost always accompanied by my kids.

Integrate mindfulness into your day
Life can be stressful and chaotic. Taking the time to clear your head and be in the moment is important and centering. I try to meditate for 5-10 minutes every day with the HeadSpace App. My kids even ask for it when they feel stressed, which is a bonus!

Remember the bright spots
Progress in primary care is incremental. Reflecting on the bright spots can be helpful during harder times. I keep a file of positive comments shared by patients and colleagues to help remember these moments.
RECENT DOM WOMEN’S COMMITTEE EVENTS

DOM Female Fellows Networking Event. Led by Dr. Singh (Cardiology) and Dr. Cathryn Lee (Pulmonology Critical Care Fellow) November 11, 2020

Jennifer Lukela, MD from University of Michigan spoke on “Gender Disparities in Medicine”. Dr. Lukela is an internist who founded “Equal Medicine”, a career development program that tackles issues of leadership, negotiations, and gender disparities for residents. October 30, 2020

Women in Medicine An Evolution of Empowerment, Virtual Meeting, co-sponsored by UChicago Medicine October 9-10, 2020

Pritzker Women in Medicine Faculty Networking Event Led by Dr. Jen Rusiecki September 28, 2020 (see photo above)

UPCOMING DOM WOMEN’S COMMITTEE EVENTS

DOM Women’s Committee Grand Rounds speaker, January 26, 2021, noon-1pm Dr. Ngozi Ezike, Illinois Department of Public Health

WOMEN AT THE FOREFRONT

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