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PRESIDENT'S MESSAGE



Teresa Beam, MD

Hello, Ladies!

Firstly, I want to express my sincere appreciation to Dr. Kathleen Kieran, President-Elect and Program Chairwoman, for her hard work in putting together what was our best, standalone Winter Meeting yet! The 8th Annual SWIU Winter Clinical Mentoring Conference in Scottsdale, Arizona was held from January 18-20, and was a tremendous success. She put together an awesome variety of speakers and topics, and a venue that was very well-received and enjoyed by the nearly one hundred-twenty attendees. Each year, we are blessed with involvement of bright new speakers and researchers from our field who continue to demonstrate great knowledge and initiative in helping urology move forward. We appreciate their willingness to present their work to our members and the easy interaction that ensues with conference attendees. **We also enjoyed learning about things that effect personal and professional development**, including personal finance, grant writing, mock oral boards, speed-mentoring, negotiation skills and advocacy.

The SWIU 9th Annual Clinical Mentoring Conference will be held at the Hilton New Orleans Riverside in New Orleans, Louisiana from January 17-19th, 2020. Hope to continue seeing our number of attendees grow each year!

Next, I would like to thank the entire SWIU Board who works hard to improve the value of membership in our organization each year. **Our motto is SUPPORT-PROMOTE-SUCCEED, and we keep this in mind when determining where our efforts are best targeted.** We have two (2) at-large Board positions and one Resident Board position available to be filled at our business meeting at the AUA in May.

So far, the year 2019 has been a good one for women in urology; 83 percent of female applicants matched in the residency match program—the largest percentage to date. We have our first female AUA Gallagher Scholar, Dr. Brook Brown, of Georgetown University in Washington, D.C. We have our initiation of the SWIU/Intuitive Robotic Research Scholar Award (\$50,000 for one year) for robotic projects and anticipate this to be an annual award. We also started our inaugural Outstanding Resident Award that went to Dr. Laura Mihalko (PGY-4) from the University of New Mexico.

Lastly, our longest-held meeting of women in urology (beginning in 1980) is our breakfast meeting at the AUA. This year, we will be hosting our evening reception on Saturday, May 4 from 5:30 p.m. – 7:30 p.m., and will be honoring our Christina Manthos Mentoring award recipient, Dr. Dolores Lamb, PhD at this event. The Annual Business and Breakfast Meeting will take place on Sunday, May 5 beginning at 6:45 a.m. Our keynote speaker is Dr. Cheryl Lee who will discuss, "Advances in Bladder Cancer: Recent Progress Shaping Clinical Care," beginning at 7:45 a.m. She is the Chairman of Urology for the Ohio State University and an expert in the treatment of bladder cancer care and research.

Wishing everyone a wonderful 2019 and hope to see you all in Chicago in May!!

Sincerely,

Teresa D. Beam, MD
President, SWIU, 2018-2019

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Early Career Investigator Showcase



Anne M. Suskind, MD, MS, FACS accepted as a Presenter at the AUA Research Forum "Early Career Investigator Showcase."

The 2019 AUA Research Forum: Early Career Investigators Showcase is the only venue at the AUA Annual Meeting dedicated to highlighting the work of early-career investigators. The Showcase will be held on Sunday, May 5, 2019 in the McCormick Place Convention Center, beginning with a poster session at 3:00 p.m. SWIU is proud to have member Dr. Anne Suskind participate in this year's Showcase. Dr. Suskind will present a poster in the Showcase poster exhibit area as well as give a podium talk on her research topic "Functional outcomes after "minor" urologic surgery among nursing home residents; a national study". **Congratulations Dr. Suskind!**

SWIU at the AUA Advocacy Summit



By Brook Brown, MD, MPH

The American Urological Association hosted its second Annual Advocacy Summit March 4 - 6, 2019 on Capitol Hill. The Society of Women in Urology's Past-President Dr. Dorrie Lamb presented on "Collaborative Approaches to Overcome Workplace Challenges in Urology." In her presentation, she discussed the AUA Census data, reviewing that while the number of women graduating from urologic residencies increases every year, there is still a deficiency of women in urology nationwide. She also reviewed challenges for women in the workplace such as pay equality, access to promotion, and unconscious gender bias. Dr. Lamb's presentation was well received as she reviewed the mission of SWIU and how SWIU advocates for women in urology across all practice types and subspecialty areas.

While female representation at the Annual Advocacy Summit is steadily increasing, there continues to be a paucity of women in the advocacy arena. As the number of female urologists grows and influences the landscape of our profession, it becomes increasingly important for women to be provided with opportunities for influence. Anyone interested in advocacy can learn more at www.auanet.org/advocacy, and is welcome to attend the Annual Advocacy Summit meeting next spring in Washington, D.C.



SWIU 2019 Award Recipients Announced – Come Recognize Your Colleagues



Outstanding Resident Award

Laura A. Mihalko, MD
University of New Mexico

Award presented during the President's Banquet at the 8th Annual Clinical Mentoring Conference in Scottsdale, AZ on January 19, 2019



Elisabeth Pickett Research Award

Caroline Kang, MD
Vanderbilt University

Award will be presented during the SWIU Annual Breakfast Meeting at the AURA on May 5 from 7:00 to 10:00 am (Annual Business Meeting will take place beginning at 6:45 am) in Prairie @ Hyatt Regency McCormick in Chicago, IL.



Christina Manthos Mentoring Award

Dolores Lamb, PhD, HCLD
Cornell University

Award will be presented during the SWIU Networking Reception at the AUA on May 4 from 5:30 to 7:30 pm in Jackson Park CD @ Hyatt Regency McCormick in Chicago, IL

8th Annual SWIU Clinical Mentoring Conference Recap



By Kathleen Kieran, MD, Program Chair

The 8th Annual SWIU Clinical Mentoring Conference was held in Scottsdale, Arizona from January 18-20, 2019. This year's conference, with the theme, "Advocacy: For Yourself, Your Patients, and Your Profession" provided 16.5 hours of CME credits, as well as opportunities for networking. This year's meeting focused on topics pertinent to all women urologists, and not just those in particular subspecialties: the promises and perils of social media, the opioid epidemic, tips for efficient time management, grassroots advocacy, care of the transgender patient, brand management, patient-centered care, conflict management and negotiation, bioethics, and practice building, to name a few. **While the majority of panels highlighted women urologists sharing their expertise**, attendees also learned from women doing wonderful work in other fields: colorectal surgeon Dr. Muneera Kapadia encouraged us to learn the patient's story; cardiac anesthesiologist Dr. Sally Fortner showed us how to navigate challenging situations; and Ms. Jamie Zahlaway Belsito shared the story of her transition from a mom with postpartum depression to a nationally-recognized maternal and child health advocate. Our keynote speaker was Natalie Bell of Unplug Meditation, who gave two talks on tools to promote and sustain mindfulness, self-compassion and inner resilience.

Mentoring remains a top priority of SWIU in general, a concept highlight in this Annual Conference in particular. This year, 57 residents and fellows attended the conference, 13 residents received travel awards, and resident and

fellow research was again featured at competitive podium and poster presentation sessions where trainees had the opportunity to present their work and receive reinforcing and constructive feedback on their presentations. In addition, the Mock Oral Boards and the Speed Mentoring Session, both of which debuted last year, returned this year. The former (directed by Dr. Melissa Kaufman) allows urologists at all levels of training to become familiar with the format and style of the American Board of Urology Certifying Examination, and the latter (directed by members of the SWIU Board) promotes relationships between women urologists at all levels. A two-hour seminar on grants(wo)manship was also held on Sunday morning by NIH RO1-funded investigator Dr. Margaret Shnorhavorian.

Despite some weather-related challenges (a blizzard affecting a large part of the country), the 8th Annual Clinical Mentoring Conference was a success.

We look forward to seeing old and new attendees alike at next year's 9th Annual Clinical Mentoring Conference from January 17-19, 2020, in New Orleans!



Recap: Keynote Address: Being Your Own Advocate for Well Being – Using Mindful Self Compassion for Inner Resilience



By Simone Thavaseelan, MD

Natalie Bell was our speaker and facilitator for our SWIU Keynote Address. She is the founder of Mindful Wellness, a certified mindfulness teacher, and a faculty member of UCLA's Mindful Care Research Center. She is experienced in helping healthcare professionals of all types utilize mindfulness tactics to increase compassion and joy, as well as to feel more fulfilled in all aspects of life. She is also Director of Corporate Programs at Unplug Meditation, where she teaches professionals to actively connect the mind and body. In her extensive experience of teaching mindfulness and self-reflection to healthcare providers, Ms. Bell has helped numerous providers become more mindful, compassionate and focused, which has directly translated into better self-care and improved relationships with their patients. Her Keynote Address: Being Your Own Advocate for Well Being – Using Mindful Self Compassion for Inner Resilience took place on Saturday of the 8th Annual Clinical Mentoring Conference. During her workshop, she led the group through guided reflections and meditations tailored to specific stressors for women urologists.

Mindfulness is paying attention to the present moment with openness and curiosity, which requires attitudes of non-judgement, patience, curiosity, acceptance, letting go and friendliness.

In our mindfulness breakout session, Ms. Bell guided us through a series of meditations to focus on the breath. As a group we practiced recognizing how the body responds to thoughts and feelings with tightening and tension. Understanding how we feel affects how we interact with patients and colleagues, and provides us an opportunity to name the challenging emotion or thought in order to allow us to regulate it.

She termed this, "name it to tame it".

In another exercise, we practiced STOP: Stop, Take a break, Observe, Proceed; which is a quick way to approach your daily episodes of flight or fight.



Another activity had participants think of a time when a good friend was struggling with something and about how you would respond. We see a friend in a temporary moment of struggle instead of assigning them judgement. She asked us to think of ourselves in that same situation and how we would treat ourselves: our

tone, our posture, the words we would use. She emphasized that compassion and kindness should be extended to us by ourselves as well.

Compassion is the active willingness to comfort and soothe suffering. Myths of self-compassion making us weak undermine our motivation and cause us to be selfish.

This session caused spirited discussion among the talented women in the group. Many women raised their hands and offered insight into their struggles and successes. Ms. Bell discussed that feelings of inadequacy, confusion, fear, and sadness are valid universal emotions of the human experience, and our common humanity. She encouraged us to recognize "what I'm feeling is normal" and part of the human experience.

SWIU would like to thank Ms. Bell for her tailored presentation and guided sessions. Prioritizing women urologist's self-care, personal and professional development and resilience is truly the mission of SWIU; and Ms. Bell helped us achieve that goal. Thank you.

"Mind the Gap" – Transition from Training to Practice



By Jennifer Fantasia, MD

This year, the "Mind the Gap" taskforce hosted a speaker panel for junior faculty to share their experiences negotiating the transition from training into practice. Our panelists provided practical insights, presenting experiences from both academic and private practice settings.

Dr. Katherine Rotker is an academic urologist, fellowship trained in Men's Health/Infertility, and currently practicing at the University of Massachusetts. Dr. Cheryl Shih, a graduate from University of Washington, is a private practice generalist currently based in Maryland and now transitioning to a second private practice group.

Both speakers recommended that trainees should identify their unique strengths and potential weakness to help negotiate a contract from a position of strength.

Practical advice included reaching out to other new hires within the practice to learn about recent package offers as well as any physicians who may be leaving the practice for additional insight into the practice. Panelists also recommended helpful resources, including a contract attorney for contract review. Thank you to our panelists for opening this dialogue and helping prepare junior SWIU members for a successful transition from residency! The Taskforce will also be compiling useful resources to be available online for SWIU members later this spring.

SWIU Trainee Podium and Poster Winners Announced



By Anne Cameron, MD, FPMRS

The SWIU Annual Clinical Mentoring Conference poster and podium sessions were a fantastic success this year. We had 39 submissions with exceptional science, and our review team had a tough time selecting the final presenters.

Thirteen unmoderated posters generated significant discussion and collaboration during our Welcome Reception. Divya Ajay, MD, MPH, a fellow in the Department of Urology at The University of Texas, MD Anderson Cancer Center in Houston, won the best poster with her presentation on "Perioperative factors contributing to the delayed return to continence after radical prostatectomy." She studied 1275 men and found that on multivariate analysis older age at time of surgery and a greater number of comorbidities were associated with prolonged time to regain continence, and that nerve-sparing surgery was associated with a shorter time. She is planning to follow up this work with assessment of the anatomic findings on MRI that most of these men had both before and after surgery.

The podium session was equally well received with nine presenters and was won by Taylor A. Goodstein, a medical student from University of Colorado Hospital, who eloquently presented her work on "Overall survival and risk of recurrence after radical cystectomy." Their work looked not only at traditional bladder cancer staging in 417 patients undergoing cystectomy, but at the distance of the positive soft tissue margin. They found that obtaining a wider negative soft tissue margin of > 5 mm during cystectomy significantly reduced the likelihood of recurrence. This novel work will hopefully be shared with our surgical oncologists given its impact on changing surgical practices.

This tradition of encouraging scientific presentations by medical students, residents, and fellows at our Annual SWIU Meeting will continue in future years. Topics ranging from pediatric urology, oncology, health services research, and gender disparities in urology are all accepted. We encourage all women in training to submit their work to our meeting to not only receive feedback on their scientific project, but to gain valuable presentation skills.

SWIU's 8th Annual Clinical Mentoring Conference From a Resident Perspective



By Denise Asafu-Adjei, MD

Day One:

The 2019 SWIU Annual Clinical Mentoring Conference was action packed with engaging activities specifically for our resident members. On opening day, several lectures were pertinent to resident life, such as the informative lecture and panel on Time Management. **As we begin our careers, organization is key to continued success. It was important for residents to see how organization is a critical aspect for success in urology.** This was followed later by the "Difficult Discussions with Patients" session given by our colorectal surgery colleague Dr. Kapadia. Several techniques were discussed to enhance the patient encounter, which are important skills for any physician to continue perfecting as their career evolves. The first day ended with a Welcome Reception in the evening concurrent with the Resident Poster Session. This session was geared at meaningful, networking amongst attendees. Residents from around the country displayed their versatile research projects and engaged attendees with their questions. It was evident that our Residents are doing some amazing research at their respective institutions.

Day Two:

The second day of the conference kicked off with our Signature Yoga event. This was a hit, per usual, with everyone eliciting positive vibes, whether you were doing a child's or dog pose (for the Yoga connoisseurs!). The program began with a talk on "Defining and Refining Your Brand" by longtime SWIU member Dr. Kielb. Residents and other attendees

learned helpful pearls on branding and relevant gender differences, which are important as we kick-start our careers. Later, this was followed by an interactive Resident Podium session, covering all areas of urology. Next, the Resident Speed Mentoring Session connected mentees with multiple mentors from around the country in various specialties. This has been a highlight of our mentoring conference in the last couple of years and this year did not disappoint! **We are confident that this session created new relationships that will lead to long-term mentorships.** Residents participated in an interactive group session entitled "Being Your Own Advocate for Well Being." In the age of burnout, it is important that Residents and attendees continue to prioritize self-care. In this session, we learned some helpful, practical tips to maintain inner-resilience. The day ended with an awesome President's Banquet, where the winners of our Resident Poster and Podium sessions were presented with awards. Additionally, an Outstanding Resident Award was presented to Dr. Mihalko of the University of New Mexico Urology program. This was our inaugural award and we are excited about starting this new tradition at our annual meeting.

Day Three:

The conference ended with a Networking Breakfast to round out the weekend activities. This was again designed to foster new relationships between Residents, Fellows, and attendees.

It was evident that Residents were well infused at SWIU's 8th Annual Clinical Mentoring Conference. We look forward to continued participation and even more exciting activities next year!

2019 Resident Travel Award Contributors

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*support completely funded one or more resident travel awards

The Value of the Resident Travel Award



Jennifer Fantasia, MD
Brown University/Rhode Island Hospital

SWIU is different from any other meeting". I had been briefed on that much.

And it was true. I was very grateful to receive a generous resident travel award (13 awards granted this year!) and also to be invited to moderate a panel providing advice to junior members on how to successfully transition from training to practice.

The meeting was attended by a diverse group of women – all urologists, all in various stages of their professional – and personal – development. They represented private practice surgeons, as well as academics, generalists and subspecialists, researchers and political activists. And despite all of this variety, we all shared common experiences and could discuss challenges faced by women in urology.

Sessions were varied – a mix of practical and clinical. It's probably rare to attend a national meeting and with every session, think "wow, that's relevant to me". We learned strategies to diffuse difficult patient conversations and how to engage with our own wellbeing and wellness. We discussed management of challenging cases with subspecialist experts. Junior members presented abstracts and shared their research. We learned how to brand ourselves to build our practices and for our professional development and success.

For me, the most valuable aspect of the meeting was to see and hear and be part of this community. These women are exceptionally accomplished and also approachable -- sincerely engaged and interested in the success of the next generation of women in urology. That experience and those connections are invaluable.



Ericka Sohlberg, MD
Stanford University

Huge thanks to the SWIU board of directors and the resident travel award contributors for making my meeting attendance possible. This was my first SWIU meeting and I was blown away by the approachability and warmth of everyone in attendance. The range of topics from financial advice to basic science to self-compassion was invaluable. I also benefited greatly from the mentorship and networking opportunities: what a unique chance to talk to giants in our field in such a relaxed environment. I came away with budding friendships and new mentors, feeling inspired and grateful.



Molly DeWitt-Foy, MD
Cleveland Clinic Foundation

As a woman who prides herself on being at ease in a room full of men, I was admittedly a little nervous about the prospect of spending the weekend with a few hundred powerful female urologists. In hindsight I'm embarrassed by my hesitancy - it was a truly remarkable experience that exceeded my expectations in the best of ways. Unlike most medical conferences, the SWIU annual meeting presentations were aimed at lifting the attendees individually and as a group (and in a data driven way!). By the end of the weekend my nagging feelings of inadequacy were acknowledged, given voice, and wholeheartedly refuted by the group. I was reminded that as much as I enjoy the experience of being a woman in a mostly male department, it is a distinctly difficult position with a number of real challenges. The women in attendance were hugely impressive from a surgical, academic perspective, and humanistic perspective, and were able to share knowledge, advice, and humor with their fellow participants. I look forward to continuing to take part in this great society in years to come!



Amanda E. Hird, MD
University of Toronto
Northeastern Section (Canada)
Award Recipient

As a PGY4 resident who is approaching the end of my residency training, the practical aspects of transitioning to practice are at the forefront of my mind. The 2019 SWIU Clinical Mentoring Conference provided the opportunity to attend sessions dedicated not only to scientific learning, but also centered around starting and managing your practice. Speakers discussed the unique challenges faced by women in the field and spoke openly about how they have overcome these challenges. The tone of the meeting was of support and empowerment. The dedicated mentorship event provided trainees with the opportunity to network with truly inspirational women in the field. I also met some fantastic residents and fellows that I may not have had the opportunity to meet otherwise. Frankly, the unique structure and objectives of this conference set it apart from any other that I have attended. I genuinely hope to continue seeking opportunities to be involved with this fantastic organization and I will encourage my female colleagues to do so as well. My sincerest thank you to the Northeastern Section of the AUA and the SWIU for facilitating my attendance at this exceptional meeting!



Shannon Smith, MD
Hofstra Northwell Health
New York Section Award Recipient

I would like to say a sincere thank you to all the members of the New York Section who contributed toward the SWIU resident travel award, for which I was fortunate to be selected. I attended SWIU for the first time this year, and found the conference to be both educational and inspiring. It was a wonderful experience to hear so many successful female urologists lecturing on issues pertinent to the field. It was beneficial to hear lectures on many topics we don't get much exposure to as residents, such as how to build a practice, and tips for future financial planning. I especially appreciated the mentor-mentee "Speed Mentoring" session, during which I got the opportunity to engage with nearly a dozen mentors and make connections that will no doubt be of great benefit to me in the future. Though the oral boards are still a few years away, I also appreciated the Mock Oral Boards session to help me identify strengths and weaknesses and begin to prepare for my future boards. I am grateful that I got this exposure to SWIU early in my training. I look forward to many years of continued attendance and involvement with SWIU, and I truly appreciate being afforded this wonderful opportunity.



Sarah Holzman, MD
Medstar Georgetown Hospital
Mid-Atlantic Section Award Recipient

Thank you, SWIU! I am very grateful for the resident travel award that enabled me to attend the 2019 SWIU conference. The mentoring I experienced there and meeting other female urologists who I would not have otherwise were two big bonuses to the conference itself. I was also able to reconnect with urologists I had met on the fellowship interview trail, valuable connections to reaffirm as I transition from resident to fellow.

The conference sessions were excellent. I particularly enjoyed the lectures on time management and how to build a practice. I was also able to present my research at the resident poster session, which led to valuable feedback. I returned home refreshed, with new ideas on how to analyze our data.

I plan to attend future SWIU meetings and hope to mentor female urology residents in the future. I will be happy to contribute to the success of others the way SWIU members have done for me.



Shreeya Popat, MD
Baylor College of Medicine

South Central Section Award Recipient
 I am incredibly grateful for the opportunity to attend the Society of Women in Urology Winter Meeting with the support of a travel grant sponsored by the South Central Section.

This meeting was a unique opportunity for both personal and professional development.

The sessions were both varied and relevant. I learned so much that I could directly apply when I returned to my residency program, from unique approaches to organization and time management like the Pomodoro technique and Tickler method, concrete and evidence-based ways to limit opioid prescribing, and mindfulness techniques to improve my peace of mind.

The mentorship session was incredibly valuable. As I begin my research rotation at my home institution, I received incredible advice about how to refine and execute my project, take advantage of opportunities for support, involve medical students and junior residents, and utilize my research team. As a result of these conversations, my passion for research was revitalized, and I was able to hit the ground running as soon as I returned home.

Beyond the sessions and the companionship was invaluable. Surrounded by ambitious dedicated women, I felt both empowered and rejuvenated. I sincerely look forward to attending the meeting next year.



Paula Domino, MD
University of Florida
Southeastern Section Award Recipient

I applied for this travel award because attendance at this year's SWIU conference was of special importance to me and while I have the full support of my program I feel it is important that I do what I can to earn my participation in elective conferences. This was my third SWIU conference with my first conference being as a medical student. I am now a fourth year urology resident and have decided to pursue an FPMRS fellowship.

The programs at SWIU conferences are always exceptional with information and education of a wide variety, from adult to pediatric urological education, as well as emphasis on work-life balance and advocacy that help us rise to our full potential. However, networking and finding established

Continued on following page

female urologists who were willing to give me guidance now and in the future was one of my paramount goals. I networked with a number of other residents, fellows and had enlightening conversations with Dr. Sutherland and Dr. Chon both of whom encouraged me to reach out to them in the future.

So, the conference was a total success for me and I want to thank SWIU and the Southeastern Section of the AUA for the Resident Travel Award.



Laura Donnelly, MD
Albany Medical College
Northeastern Section (US) Award Recipient

I would like to thank the Northeastern Section, who sponsored my resident travel award, for the opportunity to attend the SWIU annual conference this year. The meeting provided a wide variety of educational opportunities, and was an invaluable experience. I particularly enjoyed learning about resident research, meeting women from other programs and practices, and participating in the mentoring opportunities offered. As an intern, much of my energy is spent focusing on the next goal. It is too easy to get caught up in daily work, and this conference afforded me the opportunity to step back and appreciate the diversity of practice, patient care, and research opportunities that drew me to urology as a specialty. The meeting was the first occasion I have had to hear issues specific to women in medical practice discussed candidly, as well as ask questions about how to surmount these challenges. The chance to meet mentors and residents from other programs was an amazing opportunity to connect with others I would not otherwise have had the chance to engage with. I am grateful that I could gain career advice and meet other women in urology.

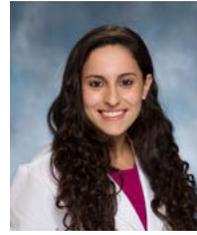


Maria F. Becerra, MD
University of Miami, Miller School of Medicine

As a first time attendee to a SWIU Meeting, I can confidently say that this meeting exceeded all my expectations. I had the pleasure of meeting women from all over the country in different levels (i.e. residents, fellows, attendees) in a very low stress environment. Probably the most meaningful and valuable part of this meeting was the camaraderie offered by all the women I met.

I came back to my program to encourage all of my female co-residents to attend the meetings of the SWIU and I truly look forward to attend future meetings and participate in SWIU.

Sincere thank you to the SWIU board of directors for the opportunity to attend the 2019 SWIU winter meeting.



Alexandra Tabakin, MD
Rutgers Robert Wood Johnson Medical School

The SWIU conference was extremely enriching. Coming from a program where there are no women on faculty, it was amazing to see how many amazing women there are in urology. I enjoyed networking with both attendings and residents alike. As we shared our experiences, I immediately felt a strong sense of camaraderie. The lectures were unique and informative; each one inspired me to bring something back home to share my program. As I continue to train, I hope to attend more SWIU meetings in the future and eventually mentor and pay it forward to those who come after me.



Zeynep Gul, MD
Mount Sinai – Icahn School of Medicine

I am both fortunate and thankful to have been selected for the SWIU Resident Travel Award. This was my first SWIU meeting and it was a great experience. I learned a lot from the academic content and research presentations, gained insight into ways to achieve the ever elusive “work life balance” and how to approach the unique challenges facing women in urology, met great mentors, and made friends. It was a very informative and rewarding weekend. I am looking forward to attending the SWIU meeting at the AUA and annual meetings in the future. Thank you again for the opportunity!

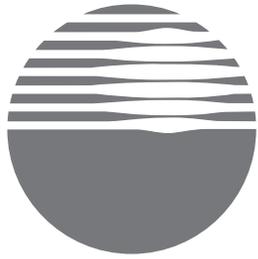
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Email info@swiu.org to include your news in the next edition of the newsletter.

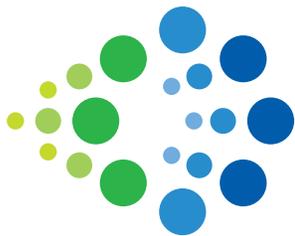
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