Hello all,

I am writing this from the comfort of my sitting room couch, flanked by two of my dogs who are happily snoring. Ordinarily, this would be delightful, but the reason behind this seemingly idyllic picture is the COVID-19 pandemic that has led Washington State (and much of the world) to effectively shut down. In keeping with the mandate to socially distance and avoid large gatherings, the 2020 American Urological Association Meeting (and with it, the Sunday SWIU Meeting) have been canceled. While a fantastic program was planned (including featured speaker Dr. Melina Kibbe, Chair of Surgery at the University of North Carolina), the unique and evolving demands of a pandemic take priority. We hope to see everyone in Arizona in 2021 for the 10th Annual Clinical Mentoring Meeting, chaired by Dr. Jannah Thompson. The 2020 Annual Clinical Mentoring Meeting, chaired by Drs. Brook Brown and Anne Pelletier-Cameron, was an enormous success. Every year, this meeting gets better.

Although we will be unable to gather together to present the awards in person, I would like to applaud the many women who were to be recognized by SWIU at the AUA meeting. First, I would like to congratulate Dr. Claire Yang from the University of Washington as the recipient of the Christina Manthos Mentoring Award. Dr. Yang was a longtime SWIU Board Member and is an ongoing mentor and sponsor to women at all levels of practice in urology. Both Dr. Julie Cheng and Dr. Meena Davuluri are winners of the Outstanding Resident Awards. The Inaugural SWIU/Intuitive Robotic Research Scholar award ($50,000) was given to Dr. Geolani Dy, now an Assistant Professor at Oregon Health and Sciences University. Dr. SarahPsutka was nominated as the SWIU nominee for the AUA Research Forum Early Career Investigator Showcase, highlighting her work on the quantification of personalized risk and resilience in patients with bladder cancer.

The world can sometimes seem like a big and impersonal place. In the midst of this pandemic, the world suddenly seems very small and personal. Current SWIU Board Member Dr. Angie Smith and former SWIU President Dr. Suzette Sutherland have worked tirelessly to foster relationships with women urologists in other countries. If you were at this year’s Annual Clinical Mentoring Meeting, you heard Dr. Maria Claudia Bicudo Furst tell the story behind the orchid pin as a symbol of unity among women urologists worldwide. If you don’t have an orchid pin, let SWIU know and we will help you get one!

I hope you and yours stay healthy and safe through the remainder of 2020.

Kathleen Kieran, MD, MSc, MME

2019 – 2020 SWIU President
Clinical Mentoring Conference 2020
By Brook Brown, MD

The 9th SWIU Annual Clinical Mentoring Conference occurred this past January in vibrant New Orleans, LA. This year’s conference focused on personal and professional development both in the workplace and at home. Topics presented this year were pertinent to women urologists across all practice models and subspecialties. Didactic presentations included timely topics such as diversity and inclusion and gender bias as well as opioid utilization, managing difficult patients, and shared decision making. Several lectures focused on physician wellness and decreasing physician burnout—Dr. Angie Smith even reviewed techniques for data and email management. Our keynote speaker, Dr. Emily Nagoski, delivered a resounding presentation on discovering your inner self and promoting sexual experiences for both our patients and ourselves. There was also a fantastic cadaver lab focusing on male and female reconstruction and incontinence as well as a workshop for urologic grant writing, research, and statistics.

Congruent with SWIU’s mission of professional development, Dr. Carolyn Best, AUA Director of Research, presented available research scholarships, and Dr. Priya Padmanabhan presented “Lessons Learned in Leadership” after recently completing the AUA Leadership Course. A competitive podium and poster session featured resident and fellow research, and the speed mentoring session was also held again this year, packed with eager young urologists.

The conference also hosted several extraordinary panel discussions. Past President Dr. Suzette Sutherland moderated a diverse panel evaluating the role of global education and ethics of medical tourism, including speakers Dr. Kristin Chrouser, representing IVUMed, Dr. Maahun Haider of Brazil, and Dr. Medina Ndoye of Dakar, Senegal. Dr. Anne Cameron moderated a panel on the strategic advancement of women in leadership with Dr. Martha Terris, Dr. Anne Gormley, and Dr. Elizabeth Takacs, all of whom hold current leadership positions on the board of the ABU, AUA, and North Central Section of the AUA, respectively. Dr. Claire Yang moderated a panel with Drs. Elizabeth Bozeman and Teresa Beam discussing advice that they would tell their younger selves, and Dr. Akanksha Mehta moderated a panel on fertility preservation and pregnancy in older patients. Reproductive endocrinologist, Dr. Kate Devine reviewed current options for egg freezing and IVF, while male infertility specialist, Dr. Cori Tanrikut, presented fertility rates and options for older men.

Mentoring continues to be a top priority for SWIU. Eighteen travel awards, including awards sponsored by 7 of the 8 AUA Sections, were given to support resident attendance to the conference. The conference included our largest attendance ever with 137 total attendees including 67 fellows, residents, and medical students.

We look forward to seeing everyone at our SWIU 10th Annual Clinical Mentoring Conference in Scottsdale, AZ, January 22-24 2021!
This year at our annual SWIU Clinical Mentoring Meeting, participants were invited to join us for an interactive cadaver and dry educational lab. There were eight slots with a range of cadaveric stations such as pelvic nervous anatomy instruction, sacrospinosus ligament fixation techniques and male penile prosthesis as well as dry hands on stations on sacral neuromodulation programming, botulinum toxin injection and male incontinence. These were highly interactive stations with superb faculty who are all content experts in the anatomy and procedure they were teaching. Unlike cadaver labs in medical school, these labs are more flexible in that the instructor will teach what the participants at the station at that minute need and the content is more focused on procedures and surgical technique mastery rather than an anatomic dissection.

SWIU is extremely grateful for our instructors who donated their time for this event and to our corporate sponsors Allergan, Coloplast, Medtronic and Boston Scientific for providing the cadavers and product as well as their own educators. This was a highlight of this year’s meeting with enormous potential to learn about male and female pelvic reconstruction from the best.

The POWER of a FLOWER ---
The Orchid Pin
A symbol of beauty, grace, and utter resilience!

At this year’s SWIU Clinical Mentoring Conference in New Orleans (Jan 2020), the Orchid Pin was introduced as a symbol of SUPPORT for fellow female urological colleagues. Each participant received a pin, and was provided with more for colleagues at their home institutions. You may have already noticed these pins on the lapels of your colleagues at work and wondered, hmmm... What’s up?

The time of #metoo and #timesup has brought to the forefront many global issues of institutional and unconscious gender bias leading to gender-based discrimination and inequality. At SWIU, we are an organization whose mission is to SUPPORT, PROMOTE and help women to SUCCEED; an organization that certainly understands the importance of women supporting women, but also understands the on-going need for discussion, transparency, institutional implicit bias training, and cultural shifts.

Although women still make up <10% of the urological workforce in the US, luckily our leadership at the AUA has been proactively working on bringing more women to the table. Thank you AUA. Your efforts have been noticed! Yet more work and advocacy are needed. And as a sign of that support: The Orchid Pin.

The Orchid Pin originated in Curitiba, Brazil, at the SBU (Society of Brazilian Urology) Conference, August 2019. As past president of SWIU, I was honored with an invitation by Dr. Maria Claudia Bicudo Furst to help organize their own official Brazilian SWIU. With the endorsement of the SBU and AUA leadership, the first formal gathering of women urologists from across Brazil convened. Through a WhatsApp group, these women already referred to themselves as The Orchids -- a symbol of beauty, grace and utter resilience! Dr. Bicudo Furst came to SWIU last January to talk about this historical moment for SBU and to share their pins with us. The rapid ripple effect has been very exciting to see with expansion to other parts of South America, Canada, London, Senegal and even Nigeria, where the newly inducted women Urologists into the West African College of Surgeons (WACS, Feb 2020) all donned an Orchid Pin with their ceremonial gowns!

As we celebrate the 100th anniversary of the passage of the 19th Amendment – women’s suffrage -- guaranteeing and protecting women’s constitutional right to vote, we are reminded of the need to continue the pursuit for equality with tenacity...and grace. These are exciting times. We at SWIU hope that you will see this Orchid Pin as a sign of mutual appreciation and support for your female urological colleagues around the world and will wear it proudly!
Resident Travel Award Contributors

CORPORATE SUPPORT
Mid-Atlantic Section of the AUA, Inc.*
New York Section of the AUA, Inc.*
North Central Section of the AUA, Inc.*
Northeastern Section of the AUA, Inc.*
South Central Section of the AUA, Inc.*
Southeastern Section of the AUA, Inc.*
Trophikos, LLC*
Western Section of the AUA, Inc.*

MEMBER SUPPORT
Autumn R. Bridger, DO
Natasha Ginzburg, MD
Nancy A. Huff*
Siobhan M. Hyland, MD, FACS
Emilie K. Johnson, MD, MPH
Susan J. Kalota, MD
Jerilyn M. Latini, MD
Sara M. Lenherr, MD, MS, FPMRS
Melissa M. Montgomery, MD
Leslie M. Rickey, MD, MPH
Julie M. Riley, MD, FACS
Courtney Rowe, MD
Anne M. Suskind, MD, MS
Kristina D. Suson, MD
Suzette E. Sutherland, MD, MS, FPMRS
Simone Thavaseelan, MD
Jannah Thompson, MD, FPMRS
Ouida L. Westney, MD
Hadley M. Wood, MD
Jennifer Yates, MD

*support completely funded one or more resident travel awards

The Value of the SWIU Resident Travel Award

Alice Drain, MD
(New York Section Award Recipient)
NYU Langone Health
The SWIU conference was valuable to me both with regards to professional and personal growth. It came at an ideal time during a research rotation and I left more motivated to work on some immediate projects as well as to take time to consider my career long-term. I appreciated the lecture on time management and email. Already I sorted through my mail and hit inbox zero! The wet and dry labs were another highlight of the conference, two days after returning I was utilizing skills in the OR from these sessions. Most valuable to me was the chance to network and hear from women at different stages of their career. I appreciated that the networking sessions were not rushed and I was struck by the honest and thoughtful comments. I am very grateful to have been able to attend the conference and have encouraged co-residents to attend in future!

Diane Magee, MD
(Northeastern Section Canada Award Recipient)
University of Toronto
Thank you for the wonderful opportunity to attend the Society of Women in Urology Clinical Mentorship Meeting. As a result of the travel grant award I was able to witness the incredible community of female urologists that exists throughout North America, and beyond! The range of speakers spanned the breadth of our specialty clinically and the focus on physician well-being and career advancement was also especially meaningful. It was one of the most impactful meetings I have attended and a welcome reminder of the wonderful support system that has been built and is continuing to flourish under the leadership of the SWIU. I am grateful for the mentorship I received and the awareness I gained as a result of this meeting.

Natalie Halstead, MD
(South Central Section Award Recipient)
University of Colorado
“Trust me – you need to go to this conference.” This was my first introduction to the meeting by another resident who had been the year prior. I am truly grateful to have been selected as a recipient of the South Central Section resident travel award - this conference was invaluable!

SWIU Clinical Mentoring Conference was filled with powerful women. Leaders in the field, academics, private practice, fellows, residents, and medical students. The networking continued on next page
The Value of the SWIU Resident Travel Award

breaks allowed me to meet, discuss, and create friendships with the final networking breakfast lending itself to a more intimate discussion. The leadership panel provided clear direction on how to start getting involved by using resources already available. While I may never fully achieve “Inbox Zero”, I at least have some strategies available for maximizing my efficiency.

Overall, this conference helped create a sense of community and was honestly better than any wellness lecture I could have received! I returned refreshed and motivated towards my goals. Now I’m the one telling my colleagues “trust me— you need to go to this conference.”

Kim Thai, MD
Baylor Scott & White Health

Working in a field where I am constantly surrounded by men has become my new normal. Often, it feels daunting as I feel the need to prove my worth and that I belong. Females in urology are few and far between, making finding a mentor challenging. I have to admit that I had some angst traveling to New Orleans, for my first SWIU mentoring conference. I did not feel emotionally prepared to meet and mingle with women, from all over the world, who have travelled or are currently travelling my same path; I essentially felt out of my element. Walking into the room full of female urologists, residents, and students, I felt overwhelmed but also a sense of ease. As the days went by, I realized that this conference is more than just finding a mentor. I left this conference feeling empowered. I can do what men do, and more. I can still be a surgeon and elect to have a family. I can be a leader in urology. I can choose to advance medicine through research. Being a woman should be limitless. Most uniquely, by having females only at this conference, residents were forced to seek each other out. Through this, I was able to form connections with other female residents across the nation. We were able to express our challenges and successes from our individual programs and ask for advice as a peer.

I want to thank SWIU for providing the support for me to attend this conference. SWIU clinical mentoring conference has been one of the best conference experiences I have had. Without my funding, I would have never known that this type of support exists. Without a doubt, I will continue to attend this conference in the future and recommend all female residents to attend.

Meghan Cooper, MD
University of South Florida

I had the privilege to attend the SWIU 9th Annual Clinical Mentoring Conference in New Orleans as a Travel Award Recipient this year. In my personal essay for the Travel Award application I focused on my goals for the meeting as developing both personally and professionally through expansion of my networking contacts, becoming a contributing member of the organization and learning more about the opportunities and potential leadership roles for me within SWIU. My experience at the conference allowed me to meet all of these goals. I met so many amazing and successful women within the field of urology who offered me invaluable advice, as well as an invitation to reach out at any time with questions as I begin my own career. I learned about upcoming leadership roles within SWIU and how I can become more involved within the organization.

In addition to my anticipated goals for the meeting, I also came home with an even greater appreciation for my fellow female colleagues. I shared my residency experience with female residents from other programs as we discussed our hardships and future career plans. I also learned so much from the incredible speakers about dealing with professional organization, infertility, difficult patients and work life balance. I am truly thankful for this opportunity and I appreciate receiving the Travel Award to help me attend this meeting. I look forward to continuing being an active member within the organization and hopefully providing future residents with the same advice and mentorship I received there.

Bahareh Nicole Alavi-Dunn, MD
(Northeastern Section, US Award Recipient)
University of Buffalo

I realized I was probably setting too much importance on the SWIU 9th Annual Clinical Mentoring Conference, expecting some type of life-changing (or at least practice-changing) benefit of attendance. Regardless, I had to try and make it there. Halfway through my residency, I was in desperate need of a lift. Although feeling more confident in my skills, I was falling prey to the exhaustion of long days/weeks/months that were passing by with little time for my family and myself, much less for the passions that used to drive me. Prior to and during medical school, I was always highly involved in education: tutoring, mentoring, leading organizations such as AMWA, and participating in curriculum committees. After advancing to residency, I was floundering in this area, desiring a way to connect with and assist other females. Selfishly, it certainly couldn’t hurt to see how others in my situation were coping with the strains of residency.

As it turns out, my expectations weren’t blown out of proportion. SWIU Mentoring Conference was a necessary spark. It inspired me to again become more involved, to apply for a position where I can help connect others with mentors and opportunities. Where I gained the most benefit was from a personal standpoint. The sessions were full of powerful women, who have all faced different challenges with similar undertones. There was work advice, life advice, leadership advice, and time to practice skills. The informal hours were full of opportunities to meet women who were already quite accomplished and plenty who were still paving their ways. No matter their titles, all the women were friendly, approachable, and eager to share what they learned along the way. What an intimate experience to be in the presence of female urologists I’ve known only by written name. It was alternately awe-inspiring and a time to feel comfortable in my own skin, with a realization that in a short while I will be standing confidently where these influential women have gone before me.

I am extremely appreciative to the Northeast Section of the AUA for a generous Resident Travel Award, allowing this opportunity to be available to me. I am also grateful for my continued on next page
The Value of the SWIU Resident Travel Award

Tyler Lynne Overholt, MD
Wake Forest University School of Medicine
I had an excellent experience at my very first Society of Women In Urology Clinical Mentoring Conference. Each component of the meeting had such a high educational value for me as a junior resident. I had the opportunity to network with so many urologists that have the same career goals and values as my own, and I received great advice for things I can start doing right now to set myself up for the career path I would like to take down the road. I also had the opportunity to connect with many other urology residents from across the country, many of which I had met when I actually interviewed for urology residency myself. This ability to reestablish communication with so many of my colleagues from across the country was such an awesome experience for me moving forward.

I additionally had the opportunity to present the research I have been involved in with my residency program at this meeting. It was my first podium presentation of residency and I am so grateful that this travel award enabled me that opportunity. I would highly recommend this meeting to any medical student or resident interested in pursuing a career in urology. Thank you so much for this experience!

Jennifer Kuo, MD
University of Florida College of Medicine
I’m grateful for being able to attend the 2020 SWIU conference in New Orleans, LA, with the assistance of the resident travel award. The experience was so much more than I expected. There were engaging sessions with real advice and great learning opportunities. Personally, I was most inspired by just meeting amazing, strong women who were residents and attendings from all over the country. I came away from the conference with goals of becoming a better role model for the junior residents and medical students at my institution. In fact, I recently organized a Q&A session for medical students interested in Urology at my institution, and I look forward to stepping into more leadership roles as I head into my final chief year.

Khushabu Kasabwala, MD
(New York Section Award Recipient)
NYP Weill Cornell
I am sincerely grateful to the New York Section for the resident travel award which allowed me to attend this SWIU Clinical Mentoring Conference. This was my second meeting and it continues to be a memorable experience to connect with inspiring women. I was particularly impressed with the variety of the programming at this conference, including timely and relevant lectures from accomplished surgeons and professionals, a cadaver lab curated by experts in the field, and a “Speed Mentoring” session with women who were recently in my own shoes. Each component of the weekend provided me with the opportunity to develop academically, professionally, and personally. As I near the end of my residency, I truly appreciate the candid and insightful discussions I had with the attendees about the challenges unique to women urologists in practice. I look forward to being part of the SWIU community and attending this meeting in the future as a mentor!

Bristol Whiles, MD
University of Kansas
The SWIU clinical mentoring meeting was an experience of both professional and personal growth. The cadaver lab was a five-star highlight of the meeting. This wet and dry lab solidified topics discussed in the primary educational sessions. It was also a great experience to interact with female urologists during the lab who practice in both academic as well as private practice settings. This was my first meeting experience where I felt the private practice urologist to be well represented among attendees. Many of the urology residents at the meeting commented that it was a pleasure to converse with them and see a different side of medicine that we often are not exposed to as routinely during our training. Other standout events during the SWIU meeting included the resident poster session, which was a great conversational event where I met other residents, fellows, and faculty members, as well as the evening networking functions. I look forward to attending future SWIU meetings and continuing to be a part of this fantastic organization. I encourage other female urology residents to get involved, as the SWIU meeting experience is unmatched.

Poone Shoureshi, MD
(Western Section Award Recipient)
Oregon Health & Science University
Thank you so much for the opportunity to attend the SWIU annual winter meeting! After attending my first SWIU meeting I left feeling motivated, invigorated, and more excited than ever about my future as a female in the field of urology. This meeting offers a rare chance to foster mentorship and create strong connections with females in urology, outside of my institution and region. Personal highlights from this year’s meeting included a hands-on cadaver course and lectures on time management and grant writing. I had the rare chance to interact with female urologists from all over the world—Senegal, Brazil, and the United Kingdom—and learn how their patient populations, surgical resources, and health systems differ from ours. Also, I enjoyed hearing how urology department chairs and ABU members navigated their path to leadership. I am grateful for the support of the Western Section of the AUA and my residency program to provide me with the resources and time to attend this meaningful meeting. I look forward to returning next year and sponsoring residents like myself in the future.

continued on next page
continued on next page
Last but not least, the meeting program was full of fantastic presentations that included topics usually overlooked in other urology meetings. These topics ranged from ‘transforming sex life’ to ‘how to take on leadership roles in the urology world’. What could be better than an experienced urologist telling you what she would have told her 30-year-old self? I particularly enjoyed the presentations on the topics of leadership, digital world management and the handling of difficult patients.

At this point in my residency, participating in this meeting was truly an enriching experience for me and beneficial to my personal and professional development. I would like to thank the New England section for sponsoring my travel award to attend this meeting. I will definitely mark my calendar every year from now on for the annual SWIU mentoring conference.

**Other 2020 Resident Travel Award Recipients**

Diana Lopategui, MD  
*Mount Sinai Medical Center of Florida*

Kyla Velaer, MD  
*Stanford University*

Preeya Mistry, MD (New York Section Award Recipient)  
*Northwell Health*

**SWIU 2020 Award Winners**

**Christina Manthos Mentoring Award:**  
Clair C. Yang, MD  
*University of Washington*

**Elisabeth Pickett Research Award:**  
Lauren Cooley, MD  
*Northwestern University*

**Outstanding Resident Award (Annual Meeting):**  
Meenakshi Davuluri, MD  
*Montefiore Medical Center*

**Outstanding Resident Award (Clinical Mentoring Conference):**  
Julie Cheng, MD  
*Loma Linda University Health*

**SWIU/SBUR Award for Excellence in Urologic Research**  
Carolyn Best, PhD  
*American Urological Association*

---

**MEMBER’S CORNER**

**Have News to Share?**  
Email *info@swiu.org* to include your news in the next edition of the newsletter.
Thank You to Our 2020 Promotional Partners

**PLATINUM LEVEL**
Axonics Modulation Technologies
Coloplast

**GOLD LEVEL**
Allergan, Inc.
Medtronic, Inc.

**SILVER LEVEL**
Boston Scientific Corporation
ellura (by Trophikos)
Ferring Pharmaceuticals

Thank You to Our 2020 Exhibitors

Allergan, Inc.
Axonics Modulation Technologies
Boston Scientific Corporation
Coloplast
Cook Medical
ellura (by Trophikos)
Ferring Pharmaceuticals
Medtronic, Inc.
Retrophin
Viveve, Inc.

Thank You to Our 2020 Contributors

Allergan, Inc.
Boston Scientific Corporation
Coloplast
ellura (by Trophikos)
Medtronic, Inc.

SAVE THE DATE

SWIU 10th Annual Clinical Mentoring Conference
January 20 - 24, 2021
Embassy Suites by Hilton Scottsdale Resort
Scottsdale, Arizona