PRESIDENT’S MESSAGE

SUPPORT, PROMOTE, SUCCEED

It is a banner year for women in our nation with more running for political office than ever before. We have the opportunity to support and promote female candidates and issues that will improve the lives of all with an emphasis on justice and fairness. “The more I want something done, the less I call it work”.

It is with great anticipation that I look forward to the 8th Annual SWIU Winter Clinical Mentoring Conference coming up in January and am excited to be back in Scottsdale, Arizona. I have not missed a Winter Meeting since the inaugural meeting in January, 2012. The thing that brings me back to this meeting year after year is the sincere comradery and networking that is like no other urologic meeting you will attend. As current President of SWIU, I am happy to be involved in the planning and implementation of the meeting with hopes that it will exceed the expectations of all participants. I understand that there are many urologic meetings vying for everyone’s attendance, but this is the only meeting I am aware of that allows for personal interactions with nationally known female urologists, women in training, and medical students in an atmosphere of casual learning and social interactions. The meeting goals not only involve medical education, but professional development and mentorship as well. We will once again have an Oral Boards Review and “Speed Mentoring” Session.

Our Annual Meeting at the AUA in Chicago in May will feature one of our own, very accomplished urologists: Dr. Cheryl Lee. She is not only a full professor, expert in the treatment of bladder cancer and research, but also the Chairman of Urology at the Ohio State University.

I would also like to encourage anyone interested in politics to get involved in your local urologic society, state society, AUA Section and, eventually, the AUA. I have been the President of my state association, served on my AUA Section Board and on two AUA Committees. It is important for women to be in positions in the political realm of our specialty as we can bring unique perspectives and help promote the interests of our patients directly.

Lastly, life-work balance can be a challenge to maintain, but is important for our sanity, as well as for our ability to give our best to our patients. Our Winter Meeting provides the opportunity to explore ways to have a fulfilling career but also to have a family life. Several SWIU members are able and willing to share their experiences with raising families and having a fulltime urologic practice.

Hoping to see you all in Scottsdale and Chicago in 2019!

Sincerely,

Teresa D. Beam, MD
SWIU President 2018-2019
I had the opportunity this fall to attend the AACU annual meeting as the SWIU representative. There continues to be increasing female involvement in the organization as approximately 10% of the attendees and presenters this year were women. Currently, Dr. Damara Kaplan serves as the secretary and treasurer of the organization and moderated a panel on urology leadership. Dr. Cheryl Lee spoke on the management of non-muscle invasive bladder cancer and reviewed the current AUA guidelines. There was also an all-female panel led by Dr. Amanda North on how practice type affects work-life integration. Dr. North became interested in the topic after reviewing the recent AUA Census Data regarding practice patterns among women. Drs. Robyn Leitner, Dana Rice, and Kara Watts spoke on the panel about their different practice models including private practice, hospital-employment, and academics, which included a discussion on the advantages and disadvantages of each as they relate to work-life balance. Dr. Janis Orlowski, Chief Health Care Officer of the American Association of Medical Colleges (AAMC) also spoke on the proposed budget cuts in graduate medical education, despite the current shortage of physicians, and specifically, urologists.
OVERVIEW

6:30 a.m. - 6:30 p.m.  Registration/Information Desk Open
   Location: Silverman Foyer

10:00 a.m. - 6:30 p.m.  Exhibit Hall Open
   Location: Paloma I-III

GENERAL SESSION

8:00 a.m. - 8:05 a.m.  Welcome and Opening Remarks
   President: Teresa D. Beam, MD, FACS
   Urology of Indiana
   Noblesville, IN
   Program Chair: Kathleen Kieran, MD, MSc, MME
   University of Washington/Seattle Children’s Hospital
   Seattle, WA

8:05 a.m. - 8:35 a.m.  Opioid Stewardship in Urology
   Speaker: Anna M. Zampini, MD, MBA
   Cleveland Clinic Foundation
   Cleveland, OH

8:35 a.m. - 9:05 a.m.  Panel Discussion: Social Media, the Internet and the Patient
   Moderator: Kathleen Kieran, MD, MSc, MME
   University of Washington/Seattle Children’s Hospital
   Seattle, WA
   Panelists: Jamie Zahlaway Belsito
   Boston, MA
   Jennifer L. Dodson, MD, PhD
   Johns Hopkins Hospital
   Baltimore, MD
   Courtney Rowe, MD
   West Hartford, CT

9:05 a.m. - 9:35 a.m.  Caring for the Transgender/Gender Non-Binary Patient
   Speaker: Geolani W. Dy, MD
   NYU Urology
   New York, NY

9:35 a.m. - 10:05 a.m.  Time Management and Organizational Skills
   Moderator: Claire C. Yang, MD
   University of Washington
   Seattle, WA
   *Panelists: Joanna K. Chon, MD
   21st Century Oncology - NUA
   Bonita Springs, FL
   Dana W. Giel, MD
   Vanderbilt Children’s Medical Center
   Germantown, TN

10:05 a.m. - 10:30 a.m.  Break with Exhibitors
   Location: Paloma I-III

10:30 a.m. - 11:00 a.m.  Relationship-Centered Practice
   Speaker: Muneera Kapadia, MD, MME
   University of Iowa Hospitals and Clinics
   Iowa City, IA

11:00 a.m. - 11:30 a.m.  Building Your Practice: Improving Access for Your Patients
   Speaker: Diana C. Londono, MD
   Glendora, CA

11:30 a.m. - 12:00 p.m.  Difficult Discussions with Patients
   Speaker: Muneera Kapadia, MD, MME
   University of Iowa Hospitals and Clinics
   Iowa City, IA

12:00 p.m. - 1:00 p.m.  Networking Lunch in Exhibit Hall
   Location: Kiva I-III

1:00 p.m. - 1:30 p.m.  AUA Guideline Updates: From Prostate Cancer to Peyronie’s Disease
   Speaker: Gina Lockwood, MD, MS
   University of Iowa Hospitals and Clinics
   Iowa City, IA

1:30 p.m. - 2:00 p.m.  Challenging Cases: Ask the Experts
   Moderator: Suzette E. Sutherland, MD, MS, FPMRS
   University of Washington
   Seattle, WA
   Panelists: Angela M. Arien, MD
   Yale New Haven Hospital
   New Haven, CT
   Jerilyn M. Latini, MD
   VA Boston Healthcare System
   West Roxbury, MA
   Kristen R. Scarpato, MD, MPH
   Vanderbilt University Medical Center
   Nashville, TN

2:00 p.m. - 2:30 p.m.  Well Prepared Women
   Speaker: Milka L. Micic
   J.P. Morgan Private Bank
   Chicago, IL

2:30 p.m. - 3:00 p.m.  Break with Exhibitors
   Location: Paloma I-III

3:00 p.m. - 4:30 p.m.  How to Negotiate for What You Want and Need
   Speaker: Sally Fortner, MD MS
   Albuquerque, NM

5:00 p.m. - 6:30 p.m.  Welcome Reception with Exhibitors and Resident Poster Session*
   Location: Paloma I-III and Paloma Foyer
   *Not CME Accredited

Poster #1  TRENDS IN REPRESENTATION OF WOMEN IN LAPAROSCOPIC AND ROBOTIC SURGERY: HOW DOES UROLOGY COMPARE WITH OTHER SURGICAL FIELDS?
Presented By: Nina Mikkilineni, MD

Poster #2  PERIOPERATIVE FACTORS CONTRIBUTING THE DELAYED RETURN TO CONTINENCE AFTER RADICAL PROSTATECTOMY
Presented By: Divya Ajay, MD, MPH

Poster #3  EJACULATION PRESERVING MIDDLE LOBE ONLY TRANSEPERITHELIAL RESECTION OF THE PROSTATE: 12 YEAR EXPERIENCE.
Presented By: Zeynep Gul, MD

Poster #4  PERSPECTIVES ON PARENTAL LEAVE AS A PRACTICING PHYSICIAN IN A SURGICAL SPECIALTY
Presented By: Tyler M. Gaines, BS
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>1:20 p.m.</td>
<td>#1 RACIAL DISPARITIES IN ANALGESIC USE AMONGST PATIENTS PRESENTING TO THE EMERGENCY DEPARTMENT FOR ACUTE RENAL COLIC IN THE UNITED STATES: A POPULATION-BASED ANALYSIS</td>
<td>Alexandra Berger, MD</td>
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<td>1:29 p.m.</td>
<td>#2 OVERALL SURVIVAL AND RISK OF RECURRENT AFTER RADICAL CYSTECTOMY WITH CLOSE NEGATIVE MARGINS</td>
<td>Taylor A. Goodstein, BA</td>
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<td>1:38 p.m.</td>
<td>#3 ADJUVANT CHEMOTHERAPY IN THE TREATMENT OF LYMPH NODE POSITIVE SQUAMOUS CELL CARCINOMA OF THE PENIS: ANALYSIS OF THE NATIONAL CANCER DATA BASE</td>
<td>Valary Raup, MD</td>
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<td>1:47 p.m.</td>
<td>#4 A NEW PARADIGM FOR*outpatient diagnosis and treatment of lower urinary tract symptoms utilizing a mobile app/software platform and remote patient visits: feasibility study</td>
<td>Roni Manyevitch, BS</td>
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<td>1:56 p.m.</td>
<td>#5 SURVIVAL RATES AFTER RETROPERITONEAL LYMPH NODE DISSECTION (RPLND) FOR EARLY AND ADVANCED STAGE TESTICULAR NONSEMINOMATOUS GERM CELL TUMORS (NSGCT)</td>
<td>Alexandra Tabakin, MD</td>
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<td>2:05 p.m.</td>
<td>#6 FACTORS THAT PREDICT ACHIEVING 2.5L URINE VOLUME AFTER INITIAL METABOLIC ASSESSMENT AT A URINARY STONE CLINIC</td>
<td>Kimberly S. Tay</td>
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<td>2:14 p.m.</td>
<td>#7 MICRORNA SIGNATURE PROVIDES NOVEL BIOMARKER FOR OVERALL SURVIVAL IN PAPILLARY RENAL CELL CARCINOMA</td>
<td>Amanda Raines, MD</td>
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<td>2:23 p.m.</td>
<td>#8 TRENDS AND SAFETY OF CONCURRENT SACROCOLOPEXY AND RECTOPEXY</td>
<td>Claire S. Burton, MD</td>
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<td>2:32 p.m.</td>
<td>#9 NATURAL HISTORY OF UPPER TRACT CALCULI IN SPINAL CORD INJURY PATIENTS</td>
<td>Giulia I. Lane, MD</td>
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<td>3:00 p.m.</td>
<td>Mentorship Session</td>
<td>Kathleen Kieran, MD, MSc, MME, University of Washington/Seattle Children’s Hospital, Seattle, WA</td>
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<td>3:30 p.m.</td>
<td>Transition Break</td>
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<td>3:30 p.m.</td>
<td>Networking Breakfast</td>
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<td>4:00 p.m.</td>
<td>Conclusion</td>
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**SUNDAY, JANUARY 20, 2019**

**OVERVIEW**

7:00 a.m. - 11:00 a.m. Registration/Information Desk Open  
Location: Silverman Foyer

**GENERAL SESSION**

7:00 a.m. - 11:00 a.m. Networking Breakfast  
Location: Silverman Foyer

Concurrent Sessions Begin

Concurrent Session 1 of 2

7:30 a.m. - 9:30 a.m. Mock Oral Boards*  
Location: Paloma I-III  
Moderator: Melissa R. Kaufman, MD, PhD, FACS, Vanderbilt University, Nashville, TN  
*Separate registration required

Concurrent Session 2 of 2

7:30 a.m. - 9:30 a.m. Mock Grant Writing Session*  
Location: Hacienda I-III  
Instructor: Margaret Shnothavorian, MD, MPH, FAAP, FACS, Seattle Children’s Hospital, Seattle, WA  
*Separate registration required

Concurrent Sessions End
By Natalie Bell

Have you ever wondered if there were skills you could use to help you sustain both inner compassion and compassionate care for patients in the face of competing demands like paperwork and technology, time pressure, patient trauma and fatigue? Burgeoning research is showing that mindfulness and self-compassion skills can be of particular benefit to health care workers, allowing them to experience greater satisfaction in their caregiving roles, less stress, and improved emotional resiliency. The good news is that mindfulness and self-compassion skills are trainable and build your capacity to handle stressful challenges.

Being Your Own Advocate for Wellbeing - Using Mindful Self-Compassion for Inner Resilience for healthcare professionals is aimed at practices for improving wellbeing and personal resiliency by training skills to deal with distressing emotional situations as they occur.

As opposed to other self-care techniques, these practices can be used on the spot while at work with patients and colleagues. Participants of the program will learn tools to utilize throughout the workday to:

• Care for yourself while caring for others
• Reconnect to the values that give your life and work meaning
• Handle difficult emotions with greater ease
• Be able to listen with compassion

By Simone Thavaseelan, MD

The Board of SWIU approved a proposal to create and award a new SWIU Outstanding Resident Award. SWIU seeks to honor a resident who is fulfilling the mission of SWIU as a trainee and is actively working to advance the career development and professional success of colleagues and students of all genders. Qualified candidates will be PGY 3 residents and above who have demonstrated work as a mentor, teacher, sponsor or coach as residents can have a significant impact on their colleagues and medical students in their own clinical, academic, and professional development. Candidate members will be solicited for self-nomination; active members and Program Directors will be solicited for nominations as well. Required materials will include a personal statement and CV. References will be accepted but not required. Nominees will be evaluated according to a rating rubric based on the award criteria by the nomination committee. The recipient will receive a travel award for attendance at the Winter Clinical Mentoring Conference in January as well as acknowledgment at the annual AUA SWIU Breakfast meeting. Recognition and promotion of women urologists is an important sponsorship activity of SWIU. National recognition can help urology residents achieve further success and career promotion while fostering a culture of pre-faculty development to address challenges facing women urologists.

The American Urological Association (AUA) today announced that Dr. Elizabeth “Brook” Brown has been named as the 2019 Gallagher Health Policy Scholar.

The Gallagher Health Policy Scholarship is designed to train the next generation of urologists for leadership positions in health policy. Scholars spend a full year engaged in critical seminars, conferences and meetings at the national level, receive mentoring from AUA physicians in senior roles and participate in a week-long health policy seminar for surgeons sponsored by the American College of Surgeons and held at Brandeis University. Scholars also engage in other educational activities that ensure their immersion in and understanding of health policy issues of importance to urology. The award was created in honor of former AUA Executive Director G. James Gallagher.
ANNUAL ELISABETH PICKET RESEARCH AWARD & CHRISTINA MANTHOS MENTORING AWARD

By Clair Yang, MD

The Elizabeth Pickett Research Award recognizes research achievements of trainees working in urologic research. It serves not only to commemorate the lifetime achievements of the first board certified female urologist in the United States, but also to highlight the contributions of these young trainees working in urologic research. The award is supported by a generous contribution by Dr. Pickett’s estate, as well as donations by friends and colleagues.

The award provides support for a trained urologist (MD/DO), a urology resident/fellow or a post-doctoral basic scientist with a research interest in urologic diseases and dysfunction for a small research grant to pursue basic/translational/clinical research projects. The award may be used to continue or supplement a current project or to initiate new study. Candidates must be a current member of SWIU. Applications and additional information regarding this award may be found at http://www.swiu.org/awards/research.aspx.

Winners are expected to attend the Annual Breakfast Meeting of SWIU at the AUA on Sunday, May 5, 2019, to present a brief summary of their work. They are also invited to the Networking Reception on Saturday, May 4, 2019. The winner of this award is determined by the SWIU Research Committee and will be notified in February.

Dr. Pickett was the first female surgeon who completed a fellowship in urologic oncology at Memorial Sloan Kettering Hospital. She passed her general surgery boards in 1961 and became the first female board certified urologist in 1962. Despite the few women who followed her in those early years to become urologists, she pursued her career with vigor and enthusiasm. It is fitting that this award honors this outstanding urologist.

SWIU members are encouraged to nominate candidates for the annual Christina Manthos Mentoring Award. The award is designed to highlight the contributions of superb mentors who have played vital roles in the mentoring and career development of women working in urology. The SWIU website highlights the list of distinguished mentors in the urologic community who have been honored with this award to date.

Among this group are mentors who have been influential as champions of women urologists and residents, who have provided academic, emotional and career support to fledging urologists throughout their careers to ensure their success.

SWIU established this annual award to recognize these men and women who demonstrate extraordinary mentoring skills in supporting the career of a female urologist. SWIU believes that a mentor is an important element in the life of each professional woman and wants to encourage and reward those who set a good example. Applications and additional information regarding this award may be found at http://www.swiu.org/awards/mentoring.aspx.

This award honors Christina L. Manthos, an extraordinary young urologist whose life and career were sadly curtailed by breast cancer. Christina Manthos attended USUHS and received her medical doctoral degree in 1990. She was honored during her career with many awards. She received the Army Surgeon General’s Award and the Janet M. Glasgow Award from the American Medical Women’s Association. After undertaking her surgical internship at Fitzsimmons AMC, she was recognized as the Outstanding Intern of the Year. Dr. Manthos then traveled to Korea where she served as a clinic commander. After completing her service in Korea, she returned to Fitzsimmons AMC where she completed her urology residency in 1996. From 1996, she served with distinction as the assistant chief of the urology service at the USAF Academy and Fort Carson. Sadly, she lost her battle with breast cancer in 1999. Dr. Manthos is fondly remembered as a gifted urologic surgeon, dedicated officer and inspiring mentor.

The Christina Manthos Award is presented at the SWIU Networking Reception to be held on Saturday, May 4, 2019. SWIU also invites the nominators, and any guests of the winner to the reception. The winner is also invited to the Annual Breakfast Meeting on Sunday, May 5, 2019. Applications are reviewed at the January board meeting and the winner will be notified in February.
# 2019 Resident Travel Award Winners

<table>
<thead>
<tr>
<th>Name</th>
<th>Section</th>
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<tbody>
<tr>
<td>Maria Becerra, MD</td>
<td>Norwegian Section</td>
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<td>Alexandra Berger, MD</td>
<td>Norwegian Section</td>
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<tr>
<td>Molly DeWitt-Foy, MD</td>
<td>Norwegian Section</td>
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<tr>
<td>Paula Domino, MD</td>
<td>Southeastern Section</td>
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<td>Laura Donnelly, MD</td>
<td>Northeastern Section</td>
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<td>Jennifer Fantasia, MD</td>
<td>Northeastern Section</td>
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<tr>
<td>Zeynep Gul, MD</td>
<td>Norwegian Section</td>
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<td>Amanda Hird, MD</td>
<td>Norwegian Section</td>
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<tr>
<td>Sarah Holzman, MD</td>
<td>Mid-Atlantic Section</td>
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<td>Shreya Popat, MD</td>
<td>South Central Section</td>
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<td>Shannon Smith, MD</td>
<td>New York Section</td>
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<td>Ericka Sohlberg, MD</td>
<td>Norwegian Section</td>
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<td>Alexandra Tabakin, MD</td>
<td>Norwegian Section</td>
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# 2019 Travel Award Corporate Support

- Mid-Atlantic Section of the AUA, Inc.*
- New York 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*

# 2019 Travel Award Member Support

- Elizabeth J. Anoia-Loftus, MD
- Tamara G. Bavendam, MD, MS
- Elizabeth W. Bozeman, MD*
- Kirsten Carlson
- Sheila K. Gemar, MD
- Suzanne E. Generao, MD
- Natasha Ginzburg, MD
- Melissa R Kaufman, MD, PhD*
- Jerilyn M. Latini, MD
- Sara M. Lenherr, MD, MS, FPMRS
- Tamra E. Lewis, MD, FACS
- Melissa M. Montgomery, MD
- Elizabeth R. Mueller, MD, MSME*
- Michelle Pacheco, MD
- Leslie M. Rickey, MD, MPH
- Julie M. Riley, MD
- Courtney Rowe, MD
- Chen Shenhar
- Kristina D. Suson, MD
- Simone Thavaseelan, MD
- Jannah Thompson, MD, FPMRS
- Rosalia Viterbo, MD
- Ouida L. Westney, MD
- Hadley M. Wood, MD
By Annie Darves-Bornoz, MD

Dr. Elizabeth Bozeman attended medical school and completed residency in Urology at Medical University of South Carolina in Charleston, SC. She was the first female resident at MUSC and the first female to practice urology in the state of South Carolina. She later became the first female president of South Carolina Urological Association.

Dr. Bozeman served as the 16th president of SWIU for the years 2007-2008. At the time, she was still the only female urologist practicing in South Carolina, where she had been in private practice since 1995. She and her husband, Dr. Gary Bozeman, who is also a urologist had practiced in Spartanburg, SC for nearly 20 years. In 2014, they transitioned their practice by joining Associated Medical Professional and moved to upstate New York. Although part of a larger practice in Syracuse, NY she and her husband are based at a satellite office in Fulton, NY and live on the shore of Lake Ontario. They have brought urologic care to a previously underserved area and have become an integral part of this community.

Dr. Bozeman describes her new practice as rewarding with the ability to provide more intimate and personalized care. It is here that Dr. Bozeman envisions spending the remainder of her career.

Dr. Bozeman continues to be an integral part of SWIU with her energetic and contagious presence at our annual meetings. In 2017, she represented SWIU at the annual AACU meeting where she was notably one of very few female urologists in attendance. After only a brief phone conversation with Dr. Bozeman in preparation for this article, it is easy to understand why she is so beloved among the SWIU community. Her candor and humility are refreshing and incredibly inspirational. She has an impressive career full of many “firsts” and very much continues to pave the way for future female urologists.

SAVE THE DATES

**SWIU 2019 Annual Meeting at the AUA**
May 3 – 6, 2019
McCormick Center

**SWIU 9th Annual Clinical Mentoring Conference**
January 17 – 19, 2020
Hilton New Orleans Riverside
New Orleans, LA

**SwiU-Intuitive Robotic Research Scholarship**

SWIU is excited to announce the new SWIU-Intuitive Robotic Research Scholarship for $50,000 to support research endeavors in the area of robotic surgery for a SWIU member during her fellowship. THANK YOU to Intuitive for helping us to further our mission of supporting women in the field of Urology! See our website for application details at www.swiu.org. Deadline for applications is March 15, 2019. The award recipient will be announced in Spring 2019.

New Timing of SWIU at the AUA Annual Breakfast Meeting

Based on feedback from the membership, the SWIU breakfast meeting format has been updated. We hope the new timing will allow more members and potential members to join us in 2019.

- **6:45 a.m.** Annual Business Meeting (SWIU members only)
- **7:00 a.m.** Breakfast and Networking
- **7:30 a.m.** Program Starts with remarks from SWIU president and AUA president-elect
- **7:45 a.m.** Keynote Speaker
- **8:30 a.m.** Awards Presentations