

March 2024 | Monthly Newsletter



# MURIEL STEELE SOCIETY



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*Sponsored by the UCSF Department of Surgery*

Cover Art by Aileen Gozali (medical student)



# MURIEL STEELE SOCIETY

**Happy March** and **Women's History Month** to all our **Muriel Steele Society** members!

Below you'll find updates, celebrations, and highlights of MSS members across specialties!

## ❖❖ Highlight of Achievement: Dr. Patricia Conroy, MD ❖❖

Congratulations to MSS member, Dr. Patricia Conroy, for being awarded a 2024 Exceptional Physician Award by UCSF Health!

The Exceptional Physician Awards recognize select physicians for exemplary demonstration of UCSF Health's values in their clinical practice and interaction with patients, faculty and staff. Dr. Conroy is a chief resident in General Surgery at UCSF planning to pursue a fellowship in endocrine surgery.



EXCEPTIONAL  
PHYSICIAN  
*Awards*







## MURIEL STEELE SOCIETY

## International Women's Day at UCSF!

We are looking forward to the seventh annual UCSF celebration of **International Women's Day** (March 8) and the start of **Women's History Month**! From **March 4 through March 8**, the UCSF community is invited to recognize, honor, and celebrate the contributions of women at UCSF. This year's theme for International Women's Day is **#inspireinclusion**, and we hope that you are all able to attend some of the wonderful panels and events that are a part of this celebration!

### Leading with Impact: UCSF Women Chairs Unite for International Women's Day Panel Discussion

*March 4 | 11:00 - 12:00 p.m. | Virtual*

Join us for an insightful journey with the **trailblazing women chairs at UCSF**, featuring a special opening remarks session by **Dr. Renee Navarro** and panelists including **Dr. Julie Ann Sosa, Dr. Andrea Jackson, Dr. Megan Mahoney, Dr. Jacque Duncan, and Dr. Catherine Park**! Be part of an engaging discussion filled with valuable insights, shared experiences, and the vibrant energy of leaders actively shaping the future.



Register!

### Gender Equity and Leadership in the 21st Century Through the Lens of Mindsets

*March 6 | 12:00 - 1:00 p.m. | Virtual, Genentech N114*

As part of International Women's Day 2024, **Dr. Laura Kray**, Professor, Berkeley Haas School of Business; Faculty Director, Center for Equity, Gender, and Leadership will present a lecture from **12-1 PM** about her research that seeks to **debunk popular myths about the gender pay gap** and to **identify solutions** to gender inequality in the workplace. From **1-2 PM**, an interactive in-person workshop will be held for trainees only on growth mindsets in career advancement.



Register!



#IWD2024



International Women's Day

Scan the QR code to the left to find out more about **UCSF IWD's full schedule** of events, panels, and speakers for 2024!



## MURIEL STEELE SOCIETY



## AWS Membership Resources



To all our faculty, residents, and trainees—don't miss out on the **invaluable resources** available through membership in the **Association of Women Surgeons (AWS)**! We believe that by actively participating in organizations like AWS, we contribute to the growth and success of women in surgery. Let's take full advantage of these opportunities to thrive both professionally and personally. If you have any questions or need assistance in utilizing your benefits, feel free to reach out to the MSS Communications Committee.

**Mark your Calendars!!!**  
**2024 AWS Annual Conference**



Save the date for **#AWS2024**! The **AWS Annual Conference** provides educational content, presentations by leaders in surgery, mentoring opportunities, and professional development. Join us right here in **San Francisco** from **Friday, October 18 to Saturday, October 19**.

**Faculty:**

AWS colleagues invite you to join them as a member of the Association of Women Surgeons.



[Learn more!](#)



[Learn more!](#)

**Residents:**

All UCSF residents in the Department of Surgery are institutional members of AWS through UCSF—we encourage you to fully leverage the diverse range of benefits AWS membership offers.

**Medical Students:**

Medical students are encouraged to join AWS for a fee of \$25—becoming a member will provide multiple networking opportunities for students at the AWS conference taking place in SF later this year!

National Medical Student Committee applications are also open until **March 22**!



[Learn more!](#)

## AWS Benefits

**Networking Opportunities:**

Connect with a global community of female surgeons, fostering collaboration and mentorship.

**Educational Resources:**

Gain access to exclusive webinars, workshops, and publications to stay informed on the latest advancements.

**Mentorship Programs:**

Benefit from mentorship opportunities that can provide guidance and support at every stage of your career.

**Career Development:**

Access resources aimed at enhancing your professional skills and advancing your career in surgery.



## MURIEL STEELE SOCIETY



## ❖❖❖ New Publication! ❖❖❖

**We asked the experts: Normalize challenges, build community, and develop mentorship: A guide for proactive institutional support for child rearing during surgical training**



Read here!

Congratulations to MSS members Dr. Alexis Colley, Dr. Ava Yap, Dr. Karen Trang, Dr. Lucy Kornblith, Dr. Madhulika Varma, and Dr. Lan Vu for their new publication in the World Journal of Surgery!

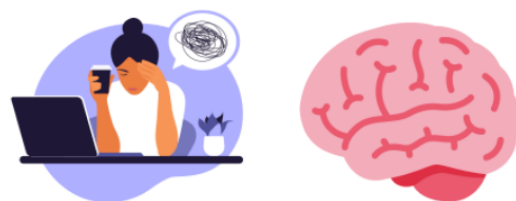
## ❖❖❖ MSS Wellness ❖❖❖

**Managing Stress and Burnout Webinar**

Thank you to everyone who joined us for this February webinar hosted by the **MSS Wellness Committee** in collaboration with **Pancea**, a woman majority health tech group that is working to reimagine relief for chronic pain by providing on the go guidance and care!

This workshop was led by Dr. Sundas Pasha Fick, a licensed Clinical Psychologist, and touched on topics including how to introduce practical self-care tips into your daily routine and how to spot early signs of burnout and reverse/manage its impact.

If you missed this webinar, no need to worry—the **recorded webinar** is available to watch at the QR link to the right!

**Finding Balance: Stress Reduction Strategies for Healthcare Professionals**

Watch here!





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## ❖ New Spotlight: ❖

### Dr. M. Margaret “Peggy” Knudson, MD, FACS

THE MSS SPOTLIGHT SERIES

AVAILABLE NOW!



**Dr. M. Margaret  
“Peggy” Knudson**

Interviewed by Rachel Huynh

Dr. M. Margaret “Peggy” Knudson was recently interviewed by medical student Rachel Huynh about her surgical journey, advice for other female surgeons, and her inspirations.

Dr. Knudson has had a high-impact career with notable positions as Professor of Surgery at UCSF and Chief of Surgery at the San Francisco General Hospital. As an academic trauma surgeon, she has been on the front lines of treating trauma victims in major disasters including the 2010 Haitian earthquake and the crash of Asiana Airlines Flight 214. She worked closely with the military to treat battle-wounded service members during the Iraq and Afghanistan War. Outside of her successful medical career, Dr. Knudson is a mother to twin daughters and is an avid cyclist.

Below is an excerpt from her spotlight that is **now live on the MSS website!**



Read here!



“I think that it's so important to have a mentor—somebody to help you, direct you to go to this meeting, and introduce you to important people who might be able to help you shape your career.”



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## ❖ Film Highlight ❖

### 1001 Cuts

This documentary film—an **official selection for the DC Independent Film Festival**—explores the **experience of surgeons who are women**.

Although women have made up half of medical students since 2003, gender-based workplace discrimination and harassment for physicians continues. The increasing diversity within surgical professional spaces requires new definitions of professionalism.

As told through interviews, 1001 Cuts uses personal narratives to **highlight issues specific to women surgeons** while underscoring themes common to the #MeToo movement.

[Learn more!](#)

# Happy Women's History Month!

**Thanks for reading!**

**MSS Communications Committee:**

Resident Leads: Alexis Colley, Fernanda Romero-Hernandez

Medical Student Lead: Aileen Gozali

Newsletter: Allison Chang, Reta Behnam

Social Media: Rachel Huynh, Nikki Mahendru, Reta Behnam

If you have anything you would like to feature (articles, advice, work photos/achievements, family/personal photos/achievements, etc) in this new section of our newsletters, please send an email to [themurielsteelesociety@ucsf.edu](mailto:themurielsteelesociety@ucsf.edu).

The Muriel Steele Society is an inclusive community dedicated to inspiring, supporting, and promoting women and other gender minority surgeons so they can thrive at all stages of their careers. We will be hosting events throughout the year to foster a strong community of allies and to achieve the goal of continued excellence at UCSF. The Muriel Steele Society is dedicated to diversity, equity, and inclusion of colleagues, trainees, and learners at UCSF and beyond, who identify as women, transgender, and nonbinary in surgical fields. Our overarching goal is to advocate for a culture of belonging - free of bias and discrimination - that is focused on expanding the advancement of all genders and the broader LGBTQ+ community in surgery. All women and gender minority surgeons or medical students interested in surgery are included in the society but we recognize that some may have been inadvertently left out of these emails. Please forward to anyone who you think might like to be included in the MSS. If you are interested in membership, please email us at [themurielsteelesociety@ucsf.edu](mailto:themurielsteelesociety@ucsf.edu).

**For more information about the Muriel Steele Society**, please visit our website or follow us on Twitter.

**Have an opportunity or event that you'd like to share with the MSS membership?** Email us at [themurielsteelesociety@ucsf.edu](mailto:themurielsteelesociety@ucsf.edu).

**Want to become more involved with the Muriel Steele Society?** We especially welcome women in other surgical departments to join our Executive Council! Email co-chairs Mika Varma ([mika.varma@ucsf.edu](mailto:mika.varma@ucsf.edu)) or Lucy Kornblith ([Lucy.Kornblith@ucsf.edu](mailto:Lucy.Kornblith@ucsf.edu)) for more information.



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