



# MURIEL STEELE SOCIETY

## MARCH 2021 EVENTS AND UPDATES

Dear Muriel Steele Society Members,

Happy March! It's hard to believe it's been a full year since the first shelter-in-place orders were issued for San Francisco. Thank you all for your tireless dedication to our patients throughout these past challenging 12 months. With vaccine roll-outs ramping up across the country and throughout the world, we are all hopeful.

Next week on **March 8th** is **International Women's Day**. This year's theme is [#ChooseToChallenge](#). Similar to previous years, we are hoping to put together a collage of as many of our MSS members as possible. Please submit a photo of yourself (or in a group, properly masked!) with this year's pose, which is **raising your hand** (here is an [example](#)). We're also collecting short responses to the question: "Why do you choose to challenge gender bias and inequity?". We will compile these and share with the MSS and greater UCSF community on **#IWD2020!** **Please submit your responses [here](#).**

Last month, we hosted our **Annual Research Symposium**. This year's theme was "**Using Social Media for Dissemination and Promotion**".

We are grateful to our three panelists for their wisdom: **Dr. Julie Ann Sosa, MD, MA, FACS**, Leon Goldman, MD Distinguished Professor of Surgery and Chair, Department of Surgery at UCSF (@Jasosamd), **Dr. Sharmila Dissanaik, MD, FACS, FCCM**, Professor and Peter C. Canizaro Chair, Department of Surgery at Texas Tech University Health Sciences Center (@DissanaikMD), and **Dr. Mara Antonoff, MD, FACS**, Associate Professor of Thoracic & Cardiovascular Surgery at UT MD Anderson Cancer Center (@maraantonoff). A special thank you to **Caroline Melhado, MD** for spearheading and moderating this event!

In February, we also celebrated: **National Women Physicians Day**, **National Black Women Physicians Day**, and **Women in Science Day** by donning our UCSF Surgery and MSS scrub caps!



Looking forward, we are so excited for our three-month series of (Zoom-based, of course) **Wellness Workshops** by **Nfinite Strength** for our March-May Second Tuesday Events! Separate emails with sign-up information will be sent out shortly.

**March 9, 2021** - Alleviating Pain in the Workplace (7-8 PM PST)

Operative ergonomics

Mid-surgery stretches, alleviating neck strain

Zoom Link: <https://us02web.zoom.us/j/85768702562>

**April 13, 2021** - Stress and Time Management (7-8 PM PST)

Managing uncertainty and anxiety in the setting of the pandemic

Life Balance

**May 11, 2021** - Regeneration and Release Workshop (Active Session!) (7-8 PM PST)

Mobility & Stretching

We have included an article from the **Harvard Business Review**. In this article, the authors argue that the concept of Imposter Syndrome, which is often “diagnosed” in women, is actually harmful and problematic. PDF is attached, or you can access the article at this [link](#). Thank you to **Dr. Sanziana Roman** for sharing!

We want to share a new resource, **Physician Just Equity**, which can be accessed [here](#). Physician Just Equity is a team of experts assembled to support peers experiencing bias, harassment, discrimination or retaliation through workplace conflicts. Physician Just Equity exists to provide peer-support to physicians and surgeons in the United States who experience workplace conflicts, through education, research, empowerment and advocacy - Championing a Balanced Resolution - while facilitating institutional culture change that optimizes patient care. Thank you to member **Dr. Pringl Miller** for sharing with us.

This month, we do not have a new **MSS Spotlight** to share - our students are in the process of putting together some exciting new interviews for the next few months! While we wait, we want to know **who you want us to interview!** **Please fill out this [form](#)** and let us know who we should feature! To read prior Spotlights, the interviews are uploaded [here](#) on the MSS website.

Thanks for reading!

Your **MSS Communications Committee**

(J. Bautista, M. Boeck, M. Coleman, P. Conroy, L. Wong)

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The Muriel Steele Society is an inclusive community dedicated to inspiring, supporting, and promoting women 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.

All women surgeons or medical students interested in surgery are included in the society but we recognize that some women 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](#).

See what's coming up next on the [Muriel Steele Society's calendar of events](#).

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.