



# MURIEL STEELE SOCIETY

## DECEMBER 2020 EVENTS AND UPDATES

Dear Muriel Steele Society Members,

We hope everyone had a wonderful socially-distant but still turkey-filled Thanksgiving!

Our **Second Tuesday Wellness Events** have continued to be a great success! Our next Wellness Event, will be held on **Tuesday, December 8, 2020 from 7:30-8:30 PM** - this will be a (Zoom-based) **HeForShe Event**. We will be joined by some of our male colleagues for an open discussion. We hope to see many of you there!

This will be an interactive discussion **led by Dr. Wen Shen** and other faculty members of the Department of Surgery. We plan to meet as a large group and in smaller break-out rooms to discuss several relevant topics. Please forward the invitation to any of your male colleagues that you think might like to attend.

### **Zoom Information:**

**Tuesday, December 8, 2020 at 7:30 PM**

Meeting ID: 924 7715 5699

Password: 546250

<https://ucsf.zoom.us/j/92477155699?pwd=d0d3eGI3YmJZTIR0MHdFRUU4Ui9rQT09>

We wanted to also follow up on the **Lactation Event** we had a few months back. UCSF recently announced increased support for breastfeeding faculty - "Physicians, trainees and Advanced Practice Providers returning from childbearing leave who work at UCSF Health sites, will now be allowed to schedule one 30-minute lactation hold per half day clinic session for up to 1 year after the birth date of a child. For physicians who are paid on a productivity model, 1.5 wRVU credit per hold will be provided to the clinician's home department on a quarterly basis for disbursement of funds to the clinician. For APPs who rely on an RVU target, the target will be reduced by 1.5 wRVU credits per lactation hold. This support began on November 1st, 2020." You can read more about this fantastic news [here](#).

We are excited to continue sharing **The MSS Spotlights**. Our next spotlight features Dr. Sima Porten as interviewed by medical student Rachel Bigley. An excerpt is below and the whole interview will be uploaded [here](#) on the MSS website.

As you may have heard, the **MSS Scrub Caps** have arrived! If you ordered a cap, you should have received an email with pick-up information. *If you did not receive an email about pick-up, please email [patricia.conroy@ucsf.edu](mailto:patricia.conroy@ucsf.edu).*



PIXIE SCRUB HAT



PONY SCRUB HAT



UNISEX CAP



Some future events to look forward to (more details to come!): **Symposium on Social Media and Research** and our first **MSS Journal Club** (Early 2021).

Thanks for reading!

Your **MSS Communications Committee**

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

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**Muriel Steele Society Spotlight Series**

Dr. Sima Porten

Interview by Rachel Bigley

**What is one thing you know now that you wish you had known during training?**

There's never a good time to have kids. I very much wanted to plan everything out, like having my kids during my research year in residency. All of these things now in retrospect seem silly. When you go into surgery, the different parts of your life are going to blend together, and that's

ok. There will be times when you spend more time on your family, and then there are going to be times when you spend more time at work. And you'll know what you're going to need to do then. Back when I was younger and in training, I thought the way forward was rigid planning. But now I think it's more about flexibility. A better way of doing it is to realize I'm doing what I love, and I'm also paying attention to the people I love. It may look different every day, but in the end it'll balance out.

### Who do you admire?

The person who got me really interested in urological oncology, was my senior partner Dr. Max Meng. The reason I admire him is that he taught me first and foremost how to be a great doctor and to focus on the patient. He taught me that although we are surgeons, we have more tools than just our knives. You can do a lot of operations, but *should you* is the most important question. I have learned a lot from him about being a busy surgeon and an involved parent as he is very involved in his kids' lives. And I know that Dr. Meng is someone I can always lean on for day to day things like - "I'm going to be stuck in the OR, can you please go get my kids and bring them to the hospital?", or more serious topics like career planning.

### If not surgery, then what?

When I started out in medical school, I was obsessed with the movie Outbreak. So I got an MPH but it was in contact tracing and my thesis was on West Nile spread. I was thinking I'd be an ID doc, so I did research at the NIH, but I fell into a lab that did immunotherapy in surgical oncology for melanoma because I didn't like any of the ID labs I interviewed at. And then from there I got to scrub into the OR because it was surgical oncology translational science and then I was like, "oh my gosh, surgery."

### Do you have a favorite quote? Or quote/mantra you live by?









The rest of the interview will be uploaded [here](#) and features her perspectives on alternative career choices and her inspirations.

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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.