



MURIEL STEELE SOCIETY

NOVEMBER 2020 EVENTS AND UPDATES

Dear Muriel Steele Society Members,

We hope everyone had a wonderful socially-distant but still candy-filled Halloween! We are looking forward to Thanksgiving this month and hope everyone is able to celebrate safely this year!

Last week, we were delighted to host **Dr. Melina Kibbe**, Chair of the Department of Surgery at UNC, who joined us at UCSF (virtually) for the Annual Resident Research Symposium. Dr. Kibbe's talk on sex-bias in research certainly lived up to its reputation. If you missed it, Dr. Kibbe was featured on 60 minutes and you can watch the segment [here](#). Our MSS-hosted lunchtime conversation with Dr. Kibbe was phenomenal - thank you to everyone who joined!



Our **Second Tuesday Wellness Events** have continued to be a great success! In October, we hosted our first virtual, informal happy hour Zoom get-together. It was wonderful to see faculty, fellows, residents, and students from both sides of the Bay and from multiple subspecialties! Every second Tuesday of the month, the MSS will aim to host a Zoom-based Wellness Event. (Of note, there will be no Wellness Event in November due to scheduling conflicts.)

Our next Wellness Event, which will be held on **Tuesday, December 8, 2020 from 7:00-8:00 PM** - this will be a (Zoom-based) HeForShe Event. We will be joined by some of our male colleagues for an open discussion. **If anyone is interested in helping lead this discussion, please email patricia.conroy@ucsf.edu or**

sarah.mohamedaly@ucsf.edu - we would love to have you! Stay tuned for more details to come!

We are excited to continue sharing **The MSS Spotlights**. Our next spotlight features Dr. Julie Ann Sosa as interviewed by our star medical student Sophia Hernandez. An excerpt is below and the whole interview will be uploaded [here](#) on the MSS website.

As many of you have seen, we are thrilled to offer **MSS Scrub Caps** for purchase! We are extending the deadline for order placement and payment to this coming **Friday, November 6, 2020**. You can order through this [form](#). If you have filled out the order form but are unsure of whether your payment was submitted, you can email patricia.conroy@ucsf.edu. *If your payment is not in by Friday, November 6, 2020, unfortunately we will not be able to order your cap.*

We are also working with a company to offer **MSS Medical Hijabs** for purchase - thanks to Drs. Sanziana Roman and Shareef Syed for the inspiration (a real-life example of HeForShe)! These have been approved for use in the operating room by the UCSF OR Leadership. You can order a medical hijab [here](#). We will be taking orders for the hijabs until **Friday, November 13**.



Some future events to look forward to (more details to come!): **Leadership Coaching** (December 2020) and a **Symposium on Social Media and Research** (Early 2021).

Lastly, we have included an [article](#) published a few days ago by Dr. Rebecca Snyder, a surgical oncologist at East Carolina University. In this article, Dr. Snyder describes microaggressions she has faced as a (petite) woman in surgery. On a personal note, Dr. Snyder was my (P. Conroy) chief resident as a clerkship student, and she showed me that us petite women are built for surgery!

Thanks for reading!

Your **MSS Communications Committee**
(J. Bautista, M. Boeck, M. Coleman, P. Conroy, L. Wong)

Muriel Steele Society Spotlight Series

Dr. Julie Ann Sosa

Interview by Sophia Hernandez

Question 1: What is one thing you know now that you wish you had known during training?

JAS: When I was a learner, I trained at a program that produced hepatobiliary surgeons, specifically pancreatic surgeons. In the history of the residency program, you could count on one hand the number of trainees who did not go into hepatobiliary surgery. There were good reasons for this. It was a fantastic program in that area, the faculty were the strongest, the science was focused there, the chair was that kind of surgeon. So, you produce people who look like you, and that is what you are comfortable doing, and so you do it. My first job in Connecticut was doing pancreatic surgery. I did it for three years and I woke up every day during those three years thinking, "What is this? I am not joyful." So, three years into my career as an attending and I had to recalibrate and redirect. Eventually, I got where I needed to be. Early on, I did not keep my eye on the prize, which is to do what brings you joy. This is the biggest lesson I would give to my former self so many years ago. You need to know your joy. It sounds very easy, but it is actually very hard. You have to know yourself; you have to understand what brings you joy, what you are passionate about first and foremost, and THAT should drive everything thereafter. I think people get all the stuff thereafter in front of that, and that gets lost sometimes. You have to have self-awareness. That takes time, energy, and focus.

Question 2: Who do you admire?

JAS: One of the most extraordinary people in my life as measured by the impact that they have had on my career is Dr. Neil Powe. He is the Chief of Medicine at San Francisco General Hospital. He is an internist, a health services researcher; I'm a surgeon. He has changed my life in many ways.

Question 3: What impact has mentorship had on your surgical career?

JAS: I have been very blessed in my life to have had extraordinary mentors, but I will call out one. Dr. Powe was my mentor when I was a resident at Johns Hopkins and a Robert Wood Johnson Clinical Scholar. He does not look like me; he is a man, he is Black, he is an internist, and he has had a totally different life-experience than me. What he taught me has nothing to do with any of those things. What he taught me was how to approach a problem, be evidence based and thoughtful and rigorous at the same time that you are creative. Life is strange and the world is small, but when looking for a mentor you must be open. Don't think that you know what they will look like, don't think that they will resemble you in any way. Be open to life

experience, and, when you have extraordinary life experiences, cherish them. I would not be who I am or where I am if it were not for Dr. Powe.

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Question 8: What are your hobbies outside of the hospital?

JAS: My hobby is one word: Twinkie! My pup. She is an avocation. It may even be a profession. It is the thing I love so much, and it is time consuming!



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

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.

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.

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) or Lucy Kornblith (Lucy.Kornblith@ucsf.edu) for more information.