

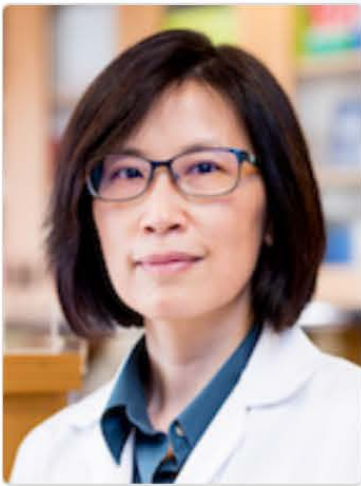


MURIEL STEELE SOCIETY

Dear faculty and learners,

As the leaves begin to change and a new season unfolds, we bring you a new edition of the MSS newsletter with captivating articles and updates that are sure to pique your curiosity.

CONGRATULATIONS



Dr. Qizhi Tang and co-PI's Audrey Parent, PhD & Michael McManus, PhD, have been awarded a \$3,875,149 "iSTAR Tregs" grant from the NIH National Institute of Diabetes and Digestive and Kidney Diseases



Dr. Andrea Long has been admitted into The Haile T. Debas Academy of Medical Educators as a new member.



Dr. Cheryl Ewing has been chosen to receive Haile T. Debas Academy of Medical Educators annual peer-nominated Excellence in Teaching Award for 2023



Dr. Clara Gomez-Sanchez has received the 2023 Excellence in Teaching Award from UCSF's Haile T. Debas Academy of Medical Educators

Dr. Hirra Ali, is now a recipient of the 2022-2023 Bridges Curriculum – Foundations 1 & 2 Teaching Awards for Inspirational Teaching



Exploring Parenthood and Career Choices among Women Physicians

Published in JAMA Surgery, this thought-provoking survey study authored by Bakkensen et al. delves into the intricate balance between pursuing a medical career and the decision to start a family. Bakkensen and their colleagues shed light on the challenges faced by women in medicine, revealing that despite being well-informed about age-related fertility decline, a significant three-fourths of respondents chose to delay childbearing. More than one-third of participants also experienced infertility. These findings underline the tough choices women physicians encounter and the potential impact on their career trajectories.

 **READ MORE**

[doi:10.1001/jamanetworkopen.2023.26192](https://doi.org/10.1001/jamanetworkopen.2023.26192)

thebmj

Aug 26

Women's
equality
day



In a thought-provoking article by Scarlett McNally, a distinguished orthopedic surgeon, the challenges faced by women surgeons are candidly addressed.

Delve into the past and present experiences of women in surgery, and explore the path towards a more inclusive and respectful environment. Join the conversation on Women's Equity Day as we reflect on the progress made and the work still ahead to ensure equality and support for women in surgical training.

<http://doi.org/10.1136/bmj.p1616>

 **READ MORE**

Mark
YOUR
Calendar



An invitation to unlock any tension and decompress in
Golden Gate Park.
You deserve it.



Learn science-backed stretching and movement techniques that aid in releasing tightness that can be applied in the OR and throughout your workday!



In this session, our Corrective Exercise Specialist will lead you through ergonomic stretches and release tips to alleviate tension in your neck, shoulders, hips, knees, and lower back.



Walk away feeling more mobile and calm. Unwind and rejuvenate, right here with us in Golden Gate Park.

Saturday, October 14, 2023 10am-11am

Hellman Hollow Picnic Area (800 John F Kennedy Dr)

Please bring your yoga mat and a water!

info@pancea.ai

www.pancea.ai

On behalf of the [MSS Wellness Committee](#), we would like to invite you to an in-person breakfast and stretching/ergonomics session with [Pancea](#).

Pancea is a robust wellness and ergonomic program rooted in the expertise of [Nfinite Strength's](#) founders. With a track record of serving 30+ companies and improving the well-being of numerous employees, Pancea's mission is to expand the accessibility of their tailored wellness and ergonomic programs, fostering well-being for employees, anytime, anywhere!

[More info](#)
www.pancea.ai

Thanks for reading,
MSS Communications Committee

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.

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. 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 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. 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.