Chair’s Message

I am delighted by the growth and solidarity of Woman in Neurosurgery over the past several years. Women now comprise 20% of neurosurgical residents, and the numbers are rising year over year. To this end, over the past several years we have established the WINS Medical Student Committee and the WINS Resident Committee, who have quickly made great strides in increasing student membership, organizing events at our annual meetings, engaging with our community through social media, and spearheading essential diversity, equity and inclusion research. Over the past several years, we have also increased engagement with women neurosurgeons around the country, and the world, through our WINS mentorship program, with targeted mentorship for medical students, neurosurgical residents, as well as early faculty members.

In this newsletter, we are thrilled to share with you the incredible work being done by our WINS members. Here, we launch our new Legacy Interviews featuring WINS founding members, continue our WINS Member Spotlight, look back on our remarkable WINS 30th Anniversary Celebration at the 2023 AANS, and highlight the work of our medical students and residents.

This Fall, we look forward to seeing you all at the CNS 2023 Annual Meeting in Washington, DC, where you will have the opportunity to hear from leaders in our field at our WINS Symposia on Sunday, September 10, 2023 (Neurosurgeons as Trailblazers, Maximizing Your Neurosurgical Employment Opportunities) followed by seminars, sessions, and social events throughout the conference.

Be sure to catch our upcoming Virtual Symposium Series and WINS Social Media Initiatives to stay connected to our vibrant and dynamic WINS community. If you are interested in joining our community and becoming a member of WINS, please follow this link to apply: http://www.neurosurgerywins.org/membership.

Membership is free for all medical students and residents, and engagement at all levels is critical to our ongoing success!

Sincerely,

Sharona Ben-Haim, MD
Associate Professor, UC San Diego School of Medicine
Chair, Women in Neurosurgery
Congratulations to Dr. Alexa Canady for receiving the AANS 2023 Humanitarian Award.

Spotlight on WINS
Celebration of Success

Attention WINS Community – join us in celebrating the incredible successes of our colleagues:

Congratulations to Dr. Alexa Canady for receiving the AANS 2023 Humanitarian Award.

Congratulations to Dr. Ellen Air on her role as Chair of Neurosurgery at Henry Ford Health.

Congratulations to Dr. Deborah Benzil:
Dr. Benzil is Vice Chair of Neurosurgery at the Cleveland Clinic, Professor of Neurosurgery at Cleveland Clinic Lerner College of Medicine and a founding member of WINS. Dr. Benzil’s pursuit of neurosurgery began on a neurology clinical rotation with too many students and ended with her walking through the door to becoming the excellent neurosurgeon she is today. As she reflected on the accomplishments she is most proud of over the past thirty-five years, she highlights her contributions such as publishing on sexual harassment and establishing policy on professionalism in Diversity, Equity, and Inclusion, her innovation of including comprehensive socioeconomic curriculum in resident education, and her work to include neurosurgical education addressing topics like leadership, impact of age/obesity on neurosurgery, and developing business plans. Check out more of Dr. Benzil’s WOM interview on twitter where she talks about her path to neurosurgery, accomplishments, challenges, and favorite surgical cases. Her advice about women interested in neurosurgery or currently pursuing neurosurgery, “Just do it!”

Congratulations to Dr. Renée Reynolds:
Dr. Reynolds is Clinical Associate Professor of Neurosurgery at SUNY at Buffalo, Medical Director of Pediatric Neurosurgical Outreach and Education at Kaleida Health, and Program Director. When asked about her accomplishments, she is most proud of “Staying true to my roots. At the end of the day, I still consider myself a fairly simple person who values respecting others, leading with kindness, and the simple pleasures in life including spending time with my family and friends. These were instilled in me by my parents and I focus on keeping them in my focus.” She also says “At least exteriorly balancing a busy clinical career and busy family life being married and having 5 children. It isn’t easy, requires extreme structure and is far from perfect, but at the end of the day, my kids are happy and healthy!” Read the rest of the interview thread from Dr. Reynolds on twitter!

Congratulations to Dr. Sonia Eden:
Dr. Eden is President-Elect and a founding member of the American Society of Black Neurosurgeons and practices out of Semmes Murphey Clinic. Our interview included asking Dr Eden about some of the challenges she has faced as a woman in neurosurgery and responded with, “I have faced challenges with being accepted as a neurosurgeon by some colleagues and have faced challenges with some colleagues questioning my clinical judgment. I have overcome these challenges through always practicing evidence-based medicine and practicing in supportive practices and healthcare organizations. Her favorite surgery to perform is the minimally invasive transverse lumbar interbody fusions which she learned from the inventor of the procedure, Dr. Kevin Foley. Finish reading the interview from Dr. Eden on twitter (and head there to see her unique group of pets)!

Congratulations to Dr. Betsy Grunch:
Dr. Grunch practices out of Longstreet Clinic in Gainesville, Ga. Dr. Grunch was interviewed on some of the challenges she has faced as a women in neurosurgery and responded, “Being assertive enough to gain respect but not too much to lose it, is a fine line that we walk being in any male dominated specialty. Additionally, being a mom in this field comes with unique challenges in regards to time management and allowing yourself to be a present parent.” Her favorite surgical case to perform is the artificial disc replacement and believes that this procedure is “such a rewarding procedure to give the gift of motion preservation to patients.” Join us on twitter to learn more about Dr. Grunch’s path to neurosurgery, accomplishments, advice, hobbies, and more!

WINS Woman of the Month

Enjoy these highlights and photos from our recent WINS Woman of the Month posts!

Dr. Debrah Benzil:

Dr. Renée Reynolds:

Dr. Sonia Eden:

Dr. Betsy Grunch:

Congratulations to the 2023 Future Women Leaders in Neurosurgery Scholarship Recipients: Dr. Tracy Flanders (domestic recipient) and Dr. Maya Bhattachan (international recipient).
Dear Colleagues,

It is an honor and a pleasure to invite you and your family to the 2023 CNS Annual Meeting in Washington, D.C. September 9-13, for the 2023 CNS Annual Meeting to explore our theme, Imagine, Innovate, Inspire. We hope that our interactions will challenge the way we perceive evolving neurosurgical care. Concomitantly, we aspire to augmenting and enhancing our lifelong training with the tools to drive neurosurgery to a future of imagination, innovation, and inspiration. Working with Annual Meeting Chair, Lola Chambless; Scientific Program Chair, Garsal Bakhoundarian; and Vice Chair, Edjah Nduom, we have built a robust scientific program that is authentic, immersive, and enjoyable.

An outstanding lineup of next generation physician scientists and clinicians headline each general scientific session, including our first ever Dorothy K. Nash Lectureship, featuring a moderated discussion with lawyer and global human rights advocate, New York Times Magazine Woman of the Year, Amal Clooney. We have also received record abstracts and are building more speaking opportunities throughout the meeting in our sunrise sessions, section sessions and our Interactive Poster Presentation Session.

We hope you customize your experience by selecting optional courses, creating immersive learning on clinical and non-clinical topics relevant to your practice of neurosurgery. Of special interest are two Sunday Symposia developed in partnership with WINS—SYM18A: Neurosurgeons as Trailblazers introduces medical students, neurosurgery trainees and junior faculty to the breadth of opportunities that exists as a neurosurgeon such as global outreach, business, innovation, community outreach and academics, with an emphasis on alternate and parallel career paths. Meanwhile, SYM18B: Maximizing Your Neurosurgical Employment Opportunities is intended for senior neurosurgery residents and graduating fellows who are in the process of interviewing for employment. The faculty will discuss topics relevant to job applicants from the perspective of chairpersons, program directors, and recruiters, and give applicants an opportunity to have their CVs reviewed and obtain interview tips from experts in this area. The breakfast session, Mentorship:101 on Monday morning is co-sponsored by the American Society of Black Neurosurgeons (ASBN) to bring back the successful Pathways to Neurosurgery program that introduces local urban high school students to neuroscience and technologies at the CNS Annual Meeting. We excitedly welcome volunteers who can stop by, meet the students, and participate in mentorship. Participation from WINS members would be particularly valued by the students. Please be sure to look out for volunteer sign-up through the CNS Foundation website: https://foundation.cns.org/volunteer.

It is my privilege to welcome our 2023 Honored Guests, Nick Hopkins and Doug Kondziolka. Dr. Hopkins is a pioneer in the catheter-based treatment for many pathologies formerly treated with traditional open surgical approaches. Meanwhile, Dr. Kondziolka will give a talk titled “The Future of Stroke is Multifaceted Innovation,” while Dr. Kondziolka will give a talk titled “The Future of Stroke is Multifaceted Innovation.”

We hope you enjoy your arrival in Washington, D.C., with breathtaking monuments, world-class museums, diverse communities, and incredible cuisine. This is just a glimpse of all that is planned. On behalf of the CNS Executive Committee and the entire Annual Meeting Committee, I want to express our gratitude to all WINS members for their work in imagining, innovating, and inspiring this incredible program. We sincerely look forward to meeting you in D.C.

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The WINS Resident Committee recently welcomed new leadership for this year. We are looking forward to seeing all they accomplish! Meet the 2023-24 Resident Committee Executive Board:

**Committee President**
Nina Yoh, MD
Columbia University

**Events Chair**
Cordelia Ottorino, MD
New York University

**Membership Chair**
Katie Kearn, MD
University of Virginia

**Research Chair**
Nora Kim, MD
New York University

**Social Media Chair**
Sandra Yan, MD
University of Florida

**Insights for Intern Year**

Are you a new intern? If so, you have accomplished a long-standing dream - matching into neurosurgery. Now filled with great excitement, high expectations, and perhaps some anxiety, you embark on a journey of 7 years.

With our sincerest congratulations, WINS welcomes all PGY-1s to the world of neurosurgery. Know that our community is here to support you through all of the trials and tribulations that neurosurgical training entails. We asked residents in the WINS community to share words of advice for incoming interns. Here are their insights - some serious and some humorous:

- “Attempt to put a positive spin on every task. Remember it is a privilege to serve our patients and we are uniquely placed to help patients and other services in very high intensity situations. Even the simplest task can be a learning opportunity or a chance to provide care to someone in need.”
- “Ask for help when you need it. This applies to everything from a procedure to mental health.”
- “Buy lots of underwear and socks.”
- “Intern year will be difficult and the pressure will be high. Set your goals to be aligned with how to best take care of patients. You cannot control other people’s expectations and opinions, but you can control where you focus your time and effort.”
- “Make sure you have a fine tip pen for all the list writing.”
- “Remember you were not born knowing neurosurgery (neither were your seniors or attendings). You have to start somewhere; you will learn with time.”

**WINS Medical Students**

The WINS Medical Student Committee demonstrated remarkable success in its first year. The committee continues to provide incredible opportunities for medical students interested in neurosurgery. After the 2023 Match Season, we hosted 6 Post-Match Panels via Zoom representing residency programs in the following regions: Northeast, Mid-Atlantic, Midwest, South, Southeast, and West. Attendees learned about the residency application process and received sound advice from newly matched fourth-year medical students. We would like to thank all panelists for their participation - you have empowered and inspired the next generation of WINS!

More recently, the WINS Medical Student Committee held Guide to Research in Neurosurgery for Medical Students: Part 1 – Getting Started on June 20, 2023 under the leadership of Research Chair Karen Malaceon. A total of 85 medical students attended. Events Co-Chairs Debarati Bhanja and Megan Bauman also hosted a personal statement workshop event on July 24, 2023. Each of these events aimed to equip medical students interested in neurosurgery with valuable knowledge and skills. Upcoming events include Guide to Research in Neurosurgery for Medical Students: Part 2 and a session focused on ERAS this August. We hope you can join us!

As you can see, WINS is making strides to connect medical students interested in neurosurgery with incredible opportunities. We are excited to see what this upcoming year holds under new leadership! Meet the 2023-2024 Medical Student Committee Executive Board:

**Co-President**
Caren Stuebe
University of Virginia

**Events Chair**
Cordelia Ottorino
New York University

**Membership Chair**
Katie Kearn
University of Virginia

**Research Chair**
Nora Kim
New York University

**Social Media Chair**
Sandra Yan
University of Florida

**Recognizing Resident Achievement**

We are constantly impressed by the residents of the WINS community. Let us celebrate the accomplishments of these rising stars in the field of neurosurgery:

- Congratulations to Dr. Nina Yoh, PGY-5 at Columbia University and WINS Resident Committee President, for receiving the prestigious Conquer Cancer – The Sohn Foundation Young Investigator Award.
- Congratulations to Dr. Katie Kearn, PGY-3 at University of Virginia and WINS Resident Committee Membership Chair, for receiving the Mulholland Resident and Fellow Teaching Award for her dedication to medical student education.
- Congratulations to Dr. Whitney Muhlestein, PGY-6 at the University of Michigan, for being awarded the 2023 WINS Louise Eisenhardt Resident Travel Scholarship.
- Congratulations to Dr. Charuta Furey, PGY-6 at the Barrow Neurological Institute, for receiving the 2023 Shelly D. Timmons Leadership Award.
- Congratulations to Dr. Rukayat Taiwo, PGY-5 at Stanford University, and Dr. Sandra Yan, PGY-5 at the University of Florida and WINS Resident Committee Social Media Chair, for receiving the SNS Allan Friedman RUNN Research Grant.
- Congratulations to Dr. Charuta Furey, PGY-6 at the Barrow Neurological Institute, and Dr. Kate Carroll, PGY-6 at the University of Washington, on being selected for the 2023 SNS Neurosurgeon-Scientist Training Program.

**Karin M. Muraszko Mentorship Award**

Congratulations to undergraduate students Samantha Melendez and Katie Stark on receiving the Karin M. Muraszko Mentorship Award! They attended the 2023 AANS Annual Scientific Meeting in Los Angeles.
The “Legacy Interview” is a new feature of the WINS Newsletter aimed at highlighting veteran members of the WINS community. Trailblazers in the field of neurosurgery, these women have exemplified outstanding grit and grace. They have dedicated their careers to empowering the women around them, paving the way for the next generation of WINS. For our first segment in this series, we had the honor of interviewing Dr. Gail Rosseau:

How would you describe your journey in neurosurgery?
I saw my first craniotomy and knew I wanted to be a neurosurgeon!

Throughout the course of your career, what are some of the accomplishments you are most proud of?
Without a doubt, I am most proud of the two children that my husband and I have raised. They are now incredible young adults who saw how much my husband and I love our surgical professions and we hoped they would find the same meaning in the work they chose for themselves. Our daughter is a physician, and our son is an entrepreneur in the space industry.

What does the “Spirit of WINS” mean to you? How have you embodied that throughout your career?
“Spirit of WINS” means taking the time to welcome and support the people in our community. It means answering the call, writing the letter, sending the invitation to give a talk or collaborate in research. It means caring about the success and happiness of others, and doing whatever you can to appreciate any help one has been given, and then pass it forward.

What are your aspirations for the future of WINS and the field of neurosurgery as a whole?
I am very encouraged by the large number of neurosurgeons who are devoting their time and talent to Global Neurosurgery. In our global world, I believe that we neurosurgeons have acquired an additional core responsibility: to do what we can to provide access to safe, affordable quality neurosurgery to everyone, everywhere. This is a big challenge, as more than 5 billion people currently lack this care, but many neurosurgeons from all over the world are working to address this critical need.

What words of wisdom would you like to share with WINS members?
Treat your patients as you would want your family to be treated. Strive for excellence. Teach others what you learn. Center your life on your faith and your family.

What is your most cherished WINS memory?
There are several, but all involve a young person who was in some way been helped or inspired to believe that she or he could follow their own dream of a career in neurosurgery.

Dr. Rosseau, we sincerely thank you for your insight and advice!
The WINS Mentorship Program was created to help build enduring, meaningful relationships within our community. Through this program, we pair medical students with resident/fellow mentors, residents/fellows with faculty mentors, and early-career faculty with senior faculty mentors. Applications for this year’s WINS Mentorship program closed on June 30, 2023.

Thank you to all of the participants, including the volunteer mentors who donate countless hours to this important initiative. We look forward to another year filled with networking and empowerment. We are thrilled to continue to grow this program and build our incredible multi-generation community of mentorship, and applications for the following year will re-open in June 2024. If you are interested in more information regarding our program please visit the following links:

Residents: [http://www.neurosurgerywins.org/residents](http://www.neurosurgerywins.org/residents)

Medical Students: [http://www.neurosurgerywins.org/medical-students](http://www.neurosurgerywins.org/medical-students)

**Women Neurosurgeons Virtual Symposium Series**

The Women Neurosurgeons Virtual Symposium Series commenced with Navigating Your Future: Strategies for Successfully Matching with and Maximizing Your Potential in a Neurosurgical Residency on April 19, 2023. The program was presented by WINS alongside Northwell Health and Maimonides Medical Center. Attendees received incredible guidance on pursuing a career in neurosurgery from keynote speakers Dr. Cara Sedney, Dr. Zarina Ali, and Dr. Martina Stippler. Thank you to industry sponsor Playback Health for making this event possible. The next event in this fantastic series was Cutting A Path: The Power of Purpose, Discipline, and Determination featuring keynote speaker Dr. Sheri Dewan on August 9th.

**WINS Website Update**

The WINS website is getting a makeover! WINS Medical Student Committee Website Representative, Maggie Burroughs, has been working to update our online platform. Our link will remain the same, but stay tuned to see the WINS website’s new look! Link to the WINS Website: [http://www.neurosurgerywins.org](http://www.neurosurgerywins.org)

**WINS Social Media Features**

Do you have an upcoming event that you would like publicized on WINS social media pages? Do you know an outstanding neurosurgeon who you would like to nominate for WINS Woman of the Month or Trainee Tuesday? We are happy to announce that you can now upload requests for features on WINS social media platforms! Use the following link:

https://docs.google.com/forms/d/e/1FAIpQLSfnAaFiUX-IsEeEdoLPJWXxEN_2JuOM6gW5f2ATExej0ta87d/viewfor m?usp=sf_link

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**See below for more information about our current WINS social media initiatives:**

### #WINRxResearchMonday

Keep an eye out for the WINS Research Monday Initiative! Our weekly Twitter posts have been aimed at raising awareness of research publications related to Women in Neurosurgery. We recently featured “Gender-Based Disparities in Academic Productivity Arise During Neurosurgery Residency: A Systematic Review”. The authors found that despite having a similar number of pre-residency publications, male residents had significantly higher median residency publications than their female counterparts. Another #WINRxResearchMonday Twitter post shared the findings of “Projected timeline to achieve gender balance within the United States neurological workforce exceeds 150 years: a National Plan and Provider Enumeration System Analysis”. Did you know that the neurological workforce will take approximately 156 years to achieve a gender distribution comparable to the US medical profession and 246 years to achieve a gender distribution comparable to the overall US population?

Despite the incredible progress women have made in the field of neurosurgery, gender-specific barriers clearly persist. Want to help us spread the word? Share your research using the hashtag #WINRxResearchMonday!

### #WINRxPrideMonth

Twitter posts throughout the month of June focused on highlighting the intersectionality of the LGBTQ+ and Women in Neurosurgery community. One post featured Alice Rosenstein, Germany’s first female neurosurgeon. After immigrating to the United States in 1934, she served as a US Army physician and strong advocate for lesbian soldiers.

### #TraineeTuesday

Our June #TraineeTuesday post featured Dr. Felicia Sun, PGY-3 at Brown University Neurosurgery: “As a queer woman of color, Felicia is delighted to find a home at Brown Neurosurgery, dedicated to providing culturally competent care in a safe and affirming environment. Her clinical interests lie in spine, her research interests in the intersection of gender and neurosurgery. When not trapped in the hospital, Felicia enjoys electronic dance music, competitive pole dance, and being a genuine straw feminist.”

Our July #TraineeTuesday post highlighted Dr. Roberta Sefcik. “Dr. Roberta Sefcik is a PGY-7 resident and enfolded spine fellow at the University of Pittsburgh Medical Center. Her clinical and research interests are focused on spine and quality outcomes. As a new mother herself, she is currently investigating surgeon mother’s lactation experiences - stay tuned for opportunities to get involved! Dr. Sefcik is thankful for the mentorship that she has received through the WINS community and hopes to give back to the next generation of residents as she enters the next phase of her career.”

Follow WINS to stay updated!

Facebook: @Women in Neurosurgery
Twitter: @WINSnearsurgel
Instagram: @wins_womeninneurosurgery