

Nomen In Veurosurger

Fall 2023 Newsletter

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: <u>http://www.neurosurgerywins.org/membership</u>

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

WINS Executive Leadership



Chair: Sharona Ben-Haim, MD UC San Diego Health, La Jolla, CA



Chair-Elect: Maryam Rahman, MD University of Florida Health, Gainesville, FL



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Community Updates

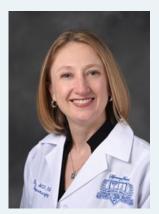
Spotlight on MMS

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

WINS Woman of the Month

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

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 one 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!"



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!

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)!

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 she responds, "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!







CNS Preview

Mark your calendars – please join us for the following WINS events at the CNS Annual Meeting in Washington, DC. Attendings, residents, and medical students of all genders welcome to attend:

Sunday, September 10th:

- WINS Section Meeting: 12:00-2:00PM
- Location: Marriott Marquis Washington DC, Room: Liberty L • SYM18A: Neurosurgeons as Trailblazers: 8:00AM-12:00PM
- Location: Walter E. Washington Convention Center, Room: 101
- SYM18B: Maximizing Your Neurosurgical Employment Opportunities: 12:45-4:15 PM Location: Walter E. Washington Convention Center, Room: 101

Monday, September 11th:

- DEI Breakfast Seminar: Mentoring 101: 7:00-8:30AM Location: Walter E. Washington Convention Center, Room: 20
- Advancing Your Career: Steps to Keep You Climbing: 12:20-1:50PM
- Location: Walter E. Washington Convention Center, Room: 103B
 WINS Medical Student Social: 4:00-5:45PM
- Location: Dacha, 1600 7th St. NW, Washington, DC 20001 • WINS Reception: 6:00-7:30PM
- Location: Marriott Marquis Washington DC, Room: Shaw

Tuesday, September 12th:

Interactive Poster Presentation Session: 6:00-7:30PM
 Location: Walter E. Washington Convention Center, Room: Hall E

Wednesday, September 13th:

 Building Your Brand: Using Social Media to Drive Your Reputation: 12:20-1:50PM Location: Walter E. Washington Convention Center, Room: 102A

AANS in Review

The AANS WINS Gala celebrating its 30th anniversary was an incredible success. The event featured 251 attendees with seven Platinum Plus Sponsors, six Platinum Sponsors, six Gold Sponsors, and nine Silver Sponsors, representing a tremendous amount of support from neurosurgical programs across the country! Attendees ranged from medical students, residents, fellows, to attendings, with broad and diverse support. The 30th anniversary event brought together our national and international neurosurgery communities to celebrate the trailblazing women who founded WINS, continuing to lift up the from Dr. Sarah Woodrow, outgoing chair of WINS, and Dr. Sharona Ben-Haim, chair of WINS. Dr. Deborah Benzil recounted the story of organizing WINS over three decades ago and her journey since then. Dr. Karin Muraszko, the first female chair of neurosurgery in the US, followed with her inspirational and motivational story and experiences. In keeping with the celebratory spirit, the event featured a special performance from Tik Tok star and social media personality, Dr. Glaucomflecken! In all, the WINS Gala was a tremendous success which highlighted the incredible community built under the vision of our original founding members. Thank you to all who supported the event, both in-person and in spirit! We are excited to see WINS grow and looking forward to what the future holds!



A message for the MMS Community

from Dr. Elad Levy, President of CNS:



It is an honor and a pleasure to invite you and your family to 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, Garni Barkhoudarian; 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 WINS and the American Society of Black Neurosurgeons (ASBN) alongside the CNS Diversity, Equity and Inclusivity (DEI) committee, to help engage our students, trainees and young neurosurgeons within the neurosurgical establishment.

The Annual Meeting committee will also partner with the CNS Foundation (CNSF) 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: <u>https://foundation.cns.org/volunteer.</u>

It is my great privilege to welcome our 2023 Honored Guests, Nick Hopkins and Doug Kondziolka. Dr. Hopkins is a pioneer in the catheter-based treatment of neurovascular disease and stroke and has trained many endovascular neurosurgical leaders. Dr. Kondziolka is the Gray Family Professor of Neurosurgery, NYU Langone Health, a Past President of the CNS, and the current Editor in Chief of Neurosurgery Publications. His visionary efforts have helped create a specialty of stereotactic radiosurgery, in turn cementing this technology as first-line treatment for many pathologies formerly treated with traditional open surgical approaches. Dr. Hopkins will deliver a lecture titled "The Future of Stroke is Multifaceted Innovation," while Dr. Kondziolka will give a talk titled "The Nature of Things." Our honored guests will also host meet and greet sessions in the CNS Xperience Lounge, where you can also connect with your colleagues and corporate partner contacts.

With great anticipation, we are awaiting your arrival in Washington, D.C., famous for 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 these volunteers for their work in imagining, innovating, and inspiring this incredible program. We sincerely look forward to meeting you in D.C.



WINS Residents

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:







Nina Yoh, MD Columbia University New York University

Katie Kearns, MD University of Virginia



Insights for Intern Geor 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

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.

WINS Medical Students

matched fourth-year medical students. We would like to thank all panelists for their participation - you

More recently, the WINS Medical Student Committee held Guide to Research in leadership of Research Chair Karen Malacon. A total of 85 medical students attended. Events Co-Chairs Debarati Bhanja and Megan Bauman also hosted a personal statement interested in neurosurgery with valuable knowledge and skills. Upcoming events include

holds under new leadership! Meet the 2023-2024 Medical Student Committee Executive













Congratulations Corner

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

- Congratulations to Dr. Nina Yoh, PGY-5 at Columbia University and WINS Resident Committee President, for receiving the Foundation Young Investigator Award.
- Congratulations to Dr. Katie Kearns, 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.
- 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 selected for the 2023 SNS Neurosurgeon-Scientist Training Program.

Karin M. Muraszko **Mentorship Award**

students Samantha Melendrez and Katie Stark on receiving the Karin M. Muraszko Mentorship Award! They attended the 2023 AANS Annual Scientific Meeting in Los Angeles.



WINS Legacy Interview

Featuring Dr. Jail Rosseau

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!

I have had the great good fortune to have had excellent mentors and role models. I was trained by Ed Laws, whose example of excellence and taking responsibility for the entire patient have guided me throughout my entire career. I am deeply grateful to Peter Jannetta and Laligam Sekhar, who provided me with first rate training in Cranial Base Surgery and fostered a community of superb colleagues in every subspecialty at the University of Pittsburgh. So many wise and generous colleagues have taught me along the way. My faculty colleagues at GWU, our residents and students are superb, and I have always been proud of our institution. Every one of my colleagues at Barrow, from student to founder, researcher to chairman...this team is truly inspirational. And I continue to be inspired by those neurosurgeons from all over who are working every day to share knowledge and help prepare the next generation.

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.

Regarding personal accomplishments, I am proud of playing a role, along with many others, in working to expand access to neurosurgical care and training, domestically and globally.

As a trailblazing woman in neurosurgery, what are some of the challenges you faced? How did you overcome them?

Many of the problems come from errors of omission, rather than commission. I have encountered very few people in our field who actively desire to exclude women. The problem is more often one of being overlooked or not considered. This is where WINS has been so effective: setting up a network of women with experience and credentials who get the job done well and, in so doing, create opportunities for others.

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.

One recent cherished memory is from our last meeting, in Los Angeles for the WINS 30th Anniversary Gala. It was a special moment when I raised my camera to take a photo of the group- that had started with just 8 of us in 1989 -and had to adjust the settings to "panorama" to fit several hundred people into the frame! It has been deeply satisfying to see this productive group evolve and grow, I am very optimistic about the future of WINS and of neurosurgery.

And I must include my cherished GOGN, our "Good Old Girls Network" of treasured friends from WINS who have met at every annual meeting over the past three decades to support one another through careers and through life.

Dr. fosseau, we sincerely thank you for your insight and advice!



WINS Mentorship Program

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 thi important initiative. We look forward to another yea

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

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

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:

<u>https://docs.google.com/forms/d/e/1FAIpQLSfnAaFIUX-lsEoe0oLPJWXEN_2JuOM8pW5f2ATexegi0ta9iw/viewform?usp=sf_link_</u>

My in the Joupe

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

#WINSxResearchMonday

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 #WINSxResearchMonday 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 neurosurgical 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, genderspecific barriers clearly persist. Want to help us spread the word? Share your research using the hashtag #WINSxResearchMonday!

#WINSxPrideMonth

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."



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