The core mission of the Penn Women in Cardiology is to advance opportunities for female cardiologists throughout our careers. We will accomplish this through programming focused on professional skill development, leadership, networking, mentoring, and advocacy for all levels of trainees and faculty. By focusing on these pillars, we aim to promote the recruitment and retention of women cardiovascular physicians and achieve gender parity across personal and professional career domains.

### 2017-2018 Penn WIC Events

- **5/31/2017**: Kickoff Social Dinner
- **11/30/2017**: Speed Mentoring & Networking Mixer
- **12/12/2017**: Time & Project Management with Neha Patel, MD*
- **3/6/2018**: Finding Your Presence: Physician Leadership Workshop for Women with Lauren Hirshon*
- **5/9/2018**: Achieving Personal Mastery with Yolanda Hegngi, PhD*

*handouts from session available on Canvas

### 2017-2018 Grand Rounds

#### Speaker WIC Mentorship Sessions

- **5/18/2017**: Wendy Zhou, MD
- **6/1/2017**: Jeanne Poole, MD
- **1/4/2018**: Minnow Walsh, MD
- **4/5/2018**: Jennifer Mieres, MD

#### Tentative Fall 2018 Sessions

- **9/13/2018**: Sharlene Day, MD
- **9/27/2018**: Karen Stout, MD
- **12/6/2018**: Priscilla Hsue, MD

### Upcoming Local/Regional/National Events

- **8/23/2018**: PaACC WIC Negotiation Workshop, Philadelphia, PA
- **9/30/2018**: ACC WIC Leadership Workshop, Washington, D.C.
- **10/12/2018**: Penn FOCUS on Health & Leadership for Women Annual Fall Conference, Philadelphia, PA
- **11/10/2018**: AHA 2018 Scientific Sessions WIC Luncheon, Chicago, IL

### Congratulations to our new fellow/faculty mothers!

Allison Padegimas, MD  
Dipika Gopal, MD  
Jenna Kay, MD  
Suparna Chandra Clasen, MD  
Sara Partington, MD  
Jana Goldberg, MD
In April 2018, a committee of WIC collaborated to create the first edition of the Division of Cardiovascular Medicine’s Guidelines for the Wellness of Breastfeeding Cardiology Fellows. These guidelines promote a supportive environment for physician-mothers who breastfeed after returning from maternity leave. Our fellowship Canvas website was expanded last year to include resources for scheduling maternity and paternity leave and information from the Penn Nursing Mothers Program. This year’s edition of the Penn CVD Fellows Manual includes a section on Pregnancy, Parental Leave, and Lactation. We are also creating a new resource for trainees on fertility preservation/egg freezing. Thanks to all involved in these important advocacy efforts!
Recent publications regarding women in cardiology

*Diversity Matters: JACC Leadership Page - JACC September 2017*

*How do we attract and retain women in cardiology? - Clinical Cardiology February 2018*

*Choosing a Career in Cardiology: Where Are the Women? - JAMA Cardiology May 30, 2018*

*Women’s Voices in Cardiology: An Uncomfortable Silence - JAMA Cardiology May 30, 2018*

*The $2.5 Million Dollar Wage Gap in Cardiology - JAMA Cardiology May 30, 2018*

*Career Preferences and Perceptions of Cardiology Among US Internal Medicine Trainees - JAMA Cardiology May 30, 2018*

*Sex Differences in Authorship of Academic Cardiology Literature Over the Last 2 Decades - JACC August 7, 2018*

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**Penn WIC Local Impact**

Our WIC initiative has inspired the organization of other women’s groups at Penn! We worked closely with the newly founded Penn Women in GI to share programming opportunities last year. This year, 3 WIC (Nosheen Reza, Jenna Kay, Katherine Kunkel) are representing Cardiology on the newly formed Penn Women Fellows in Medicine Committee, a group of women fellows from the DOM divisions organized to share best policies and practices for the advancement of women in the DOM.

Regionally, FITs at Jefferson established their institution’s WIC group this month and looked to the Penn WIC mission statement and organization as an example for their committee.

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**WIC Mentorship Success Stories**

In June 2017, Helene Glassberg, Jenn Lewey, Marietta Ambrose, Rupal O’Quinn, and Nosheen Reza hosted a local 8th grader (AM) for a visit to the Penn CVD. AM was a star student at an urban middle school in New Jersey where almost 90% of the students live below the poverty level. She expressed her desire to be a cardiologist, and with the help of her teacher, she spent the afternoon shadowing our role model WICs! Her teacher said “I really appreciate all the time and energy you and your colleagues shared with her. I hope she will continue to learn and grow through strong female role models like you. Please share my appreciation with your coworkers-- you were all so friendly and welcoming--THANK YOU!”

Through our WIC initiative, Penn IM residents considering training in cardiology now have access to structured coaching, mentoring, and sponsorship. Last year, we were able to help one star IM resident decide that cardiology is the specialty for her, and she is planning to apply for fellowship next year! We will continue to welcome interns and residents at our events this year and work with IM leadership to increase WIC visibility in the IM program.