

# F O C U S

Quarter 1 | 2025



# AAWR

The Official Newsletter of the American Association for Women in Radiology

# INDEX

|                     |    |
|---------------------|----|
| President's Address | 3  |
| Editors Note        | 4  |
| New Interest Group  | 5  |
| Upcoming Events     | 6  |
| Kudos               | 7  |
| New Members         | 10 |

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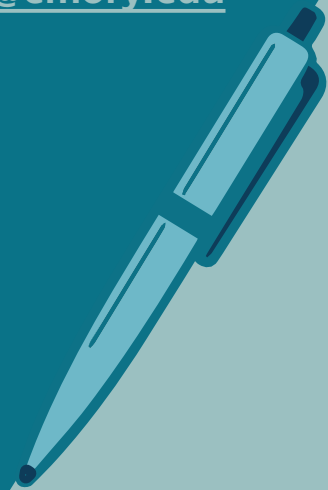


American Association for Women in Radiology

## CALL FOR ARTICLES

Have an article or research publication you would like featured in our next Focus Newsletter? Let us know!

Submit your article by emailing Jean Kunjummen, Newsletter Chair, at [jean.kunjummen@emory.edu](mailto:jean.kunjummen@emory.edu)



# President's Address



**Meridith J. Englander**  
**MD, FSIR, FACR**

President, AAWR  
Albany Medical College

There has never been a better time to be a member of the AAWR than now. As an organization, we have a clear idea about who we are, what we want to be and what we offer to our members. AAWR has a proud history of supporting and promoting women. This tradition continues and the programming, awards and opportunities available through the AAWR reflect this commitment.

I am grateful to the trailblazing women radiologists who banded together more than forty years ago and formed AAWR. Their vision to create an organization to represent them and meet their needs was inspired. What an amazing sense of accomplishment, of purpose, they must have felt. But was it isolation and feeling unappreciated and overlooked that drove them to unite? How lucky we are today that we have AAWR, that we have role models who have opened doors for us to walk through?

Serving as President gives me one year to lead AAWR. But I see it more as an opportunity to serve this organization that has helped open doors for me. As President, it is my role to assure that AAWR continues to grow and to thrive. I cannot do this alone, and I look forward to working with members of the Board and Executive Committee. In December, we had a productive strategic planning session, and we have outlined short and long-term goals to strengthen our governance, reorganize our committee structure, implement new member benefits and plan for a freestanding AAWR conference.

This is a great time to be a member of AAWR. We are going to host satellite events at many subspecialty meetings in addition to our usual meetings at the ACR and RSNA. We are growing our affiliations with women in radiology groups around the country. We continue to sponsor and co-sponsor impactful webinars that cover topics that are important for women in radiology. By creating a community for women, we are creating a space where women can meet and learn together.

AAWR meets many needs. Whether you are looking to network with hopes of finding a new job, or just want to make new friends, come to the AAWR. Getting involved in AAWR is an easy way to get leadership experience and learn the process for getting involved in other radiology societies. Our advocacy committee has successfully navigated policymaking at the ACR, standing up for paid family leave and reproductive healthcare. Physicians should see themselves as advocates and AAWR can help you be more effective in this role.

I am a proud member of AAWR and hope to serve as its champion this year. My hope is to fulfill the vision of AAWR, to help women achieve personal and professional fulfillment through equal recognition and opportunities while ensuring that issues unique to women are acknowledged and addressed by all members of our profession. I hope to honor the sacrifice and strength of our founders and push for more representation and opportunity. Please join me as I storm the castle.

# Ringling in 2025 with Resilience!

## Three Top Tips from a Ted Talk!



**Claudia F.E. Kirsch**  
**MD, FACR, FASNR,**  
**PhD Candidate**

The Oxford Language Dictionary, defines "resilience" as a noun, and "the capacity to [withstand](#) or to recover quickly from difficulties; [toughness](#) and the ability of a substance or object to spring back into shape; elasticity."<sup>1</sup> I prefer to think of resilience as cited in the Ted Talk by Lucy Hone, who studied resilience at the University of Pennsylvania, and then she herself had to apply these principals to herself after suffering a tragic loss, who gives a terrific TED talk on "The 3 secrets of highly resilient people."<sup>2</sup>

Given all that is going on in the world right now, and as a woman scientist, I wanted to share those three key concepts with you. These three simple concepts have proven handy for dealing with daily work stresses. One exceptionally busy evening on call, a particularly "black cloud" of a shift, we suddenly got inundated, I watched the fellow literally panic and freeze, I talked him off the ledge and utilized the "three secrets" from Hone's talk. This editorial is for anyone going through it right now, and I hope you find Hone's 3 secrets helpful.

Firstly, resilient people get \*\*it happens, a bad call night, a bad day, the experience of suffering is part of life. Resilient people don't encourage it or welcome it into their lives, no one is that crazy, they just realize it is just part of the human existence, experienced by everyone and don't feel discriminated against when the tough times happen, the don't ask "why me?", the reality is "why not any of us." Terrible things happen to everyone all the time, ask instead "how do I solve it?" In a world, where many look at Facebook or Instagram feeds thinking

everyone has a shiny, perfect life, reality could not be further than truth. People only post what they want people to see. I remember a friend talking about a mutual colleague stating, "she seems to have a perfect life, her trips, bragging about her kids." She was unaware this same colleague was despairing over a recent diagnosis of mental illness in one of her children. In life, people are always going through something, on the internet, people are selective about what they share. All of us experience loss, however that loss is a powerful reminder, that no one lives forever, so with the time we have, make the absolute best of it!

Secondly, find the good. One of my first Editorial's was on attention, in this line of thinking, Hone notes that "resilient people are really good at choosing carefully where they select their attention. They have a habit of realistically appraising situations, and typically, managing to focus on the things that they can change, and somehow accept the things that they can't. This is a vital, learn-able skill for resilience. As humans, we are good at noticing threats and weaknesses. We are hardwired for that negative. We're really, good at noticing them. Negative emotions stick to us like Velcro, whereas positive emotions and experiences seems to bounce off like Teflon."

Although our brain's heightened awareness for negatives, such observing lightening in a thunderstorm and getting out of the water, is critical for our survival, to avoid danger, in our current age, we are constantly hit with negative stressors. Think about your daily barrage of e-mails, requests, etc., all the time, keeping our stress titers at all-time highs. Our brains are very much attuned to negatives. Think how this is true for all of us, if you give a talk or teaching session and 99 reviews were good, and one was negative, be honest, would you persevere over the negative comments! According to Hone,

"Resilient people don't diminish the negative, but they also have worked out a way of tuning into the good."

I utilize this comment every day, I try to find the good in any situation, if there is a discussion point and it doesn't agree with mine, I try to find the "good" points and see the other view, the ability "to find the good", has been shown scientifically to be very powerful! In 2005, Martin Seligman conducted an experiment, asking people to think of 3 good things that happened to them each day".<sup>3</sup> Within the six months during this study, the people doing this simple habit showed higher levels of gratitude and happiness and less depression. <sup>3</sup> I now make it a habit to try to journal 3 good things that have happened to me every day!

Lastly, in any experience, ask yourself, "Is this helping me or harming me". During the exceptionally busy call night, I told the fellow, think of this as helping you become a great neuroradiologist! In any situation, you choose your reaction, and it is prudent to do the helpful

as opposed to harmful. According to Hone, "asking yourself whether what you're doing, the way you're thinking, the way you're acting is helping or harming you, puts you back in the driver's seat. It gives you some control over your decision-making."

In these unique times, I am honored that I get to focus on the good people of the AAWR, and that I get this opportunity to share my thoughts with you, as Co-Chair and Editor of the newsletter with my wonderful colleague Dr. Mai Lan-Ho. Wishing everyone a Happy 2025 and a great upcoming New Year.

1. [https://www.oed.com/dictionary/resilience\\_n?tl=true](https://www.oed.com/dictionary/resilience_n?tl=true)
2. [https://www.ted.com/talks/lucy\\_hone\\_3\\_secrets\\_of\\_resilient\\_people/transcript](https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people/transcript)
3. Seligman, M, Steen T, Park N and Peterson, C. Positive psychology progress: empirical validation of interventions. Am psychol 2005 July – August;60 (5):410 – 421

## New Interest Group

*Introducing the AAWR Pediatric Radiology Interest Group!*

*This initiative is designed to empower, uplift, and amplify the voices of women in pediatric radiology. We strive to build a supportive community that can overcome challenges together and break barriers for women in the field.*

### Upcoming events include:

**Virtual Meeting:** Wednesday, March 12, 2025, from 5-6 PM ET

**Breakfast at the Society for Pediatric Radiology (SPR) Annual Meeting:** Tuesday, April 8, 2025, from 7-8 AM HT

We welcome medical students, trainees and pediatric radiologists - including male allies. If you are interested in joining for a 3-year term, please complete [this form](#).



# Upcoming Events

## **AAR 73rd Annual Meeting**

March 11-14, 2025

Los Angeles, California

[Register Here](#)

## **RadEqual Webinar: Mastering Administration & Management Aspects of Leadership**

Tuesday, March 11 | 11 am EST

Join us on March 11 from 11 a.m. to noon EST for a deep dive into the critical administrative and management aspects of leadership. Hear from Dr. Geraldine McGinty, Professor of Clinical Radiology and Population Health Sciences at Weill Cornell Medicine, and Dr. Amy Kotsenas, Professor of Neuroradiology and Clinical Informaticist at Mayo Clinic, as they discuss how to run efficient meetings, foster a respectful and productive team environment, and develop strategies for empowering diverse leaders. Whether you're managing a small team or leading a large department, this session will provide you with actionable insights to enhance your leadership effectiveness. The webinar is proudly sponsored by the American Association for Women in Radiology (AAWR) and Intelrad. [Register here!](#)

## **AAWR Pediatric Radiology Interest Group Upcoming Meetings**

Wednesday, March 12 | 5-6 pm EST

Join Zoom Meeting

<https://zoom.us/j/98241216138?pwd=N6JnONaJHdq5h7VK9W64LNj7YDhGn.1>

Meeting ID: 982 4121 6138

Passcode: 147192

One tap mobile

+12532050468,,98241216138#,,,,\*147192# US

+12532158782,,98241216138#,,,,\*147192# US

(Tacoma)

## **AAWR Breakfast Roundtable on Mentorship, Sponsorship and Coaching**

Thursday, March 13 | 7 - 8 am

AAR Annual Meeting

Rooms: San Francisco and Sacramento

Moderated by Lori Deitte, MD FACR FAAR,

Description: We invite you to join our roundtable discussion on the role of mentorship, sponsorship, and coaching in career advancement and professional fulfillment. We will discuss the benefits of mentorship, sponsorship, and coaching relationships during different career stages as well as practical tips on how to navigate these relationships.

## **Breakfast at the Society for Pediatric Radiology (SPR) Annual Meeting**

Tuesday, April 8 | 7-8 am HT

We welcome medical students, trainees and pediatric radiologists - including male allies. If you are interested in joining for a 3-year term, please complete [this form](#).

## **SPR 2025 Annual Meeting**

April 7 – 11, 2025

Honolulu, Hawaii

[Register Here](#)

## **ACR Meeting**

May 3 – 7, 2025

Washington DC

[Register Here](#)

## **AARS 2025 Annual Meeting**

April 27 – May 1

San Diego, California

[Register Here](#)

# KUDOS A little birdie told us...

Cheri L Canon @CheriCanon

DEI achievement award at SAR

Pari V. Pandharipande

Penn Medicine's ninth Chair of Radiology

Amy K. Patel @amykpatel

Radiology Business Forty Under 40 Class of 2025

Ashley Prosper @AshleyEProsper

Invited speaker for JACR CASE webinar "Emerging technologies in lung cancer screening"

Amy K. Patel @amykpatel

Recent appointment to the @AmericanCancer National Breast Cancer Roundtable Steering Committee

Claudia Kirsch @CfeKirsch

Selected speaker for the ASNR 2025 Anne G. Osborn International Visiting Professor Program

Dana Ataya @DanaAtayaMD

Released new music album "Happy Holidays" with #TheReMissions

Erin Schwartz

Invited speaker at ASNR Comprehensive Neuroradiology Course (CNC)

**HELP US AMPLIFY  
THE ACCOMPLISHMENTS  
OF RAD WOMEN**

# #AAWRKUDOS

We want to amplify the accomplishments of our members and we need your help! If you or someone you know has a triumph to share, let us know by using the hashtag #AAWRKudos and/or tagging @AAWR\_org on X.

Thank you for continuing to uplift and celebrate #radwomen across the nation!

# Welcome, New Members!

Mollie Rashid  
Sudha Anupindi  
Elizabeth Jones  
Natosha Monfore  
Inas Mohamed  
Andrea Doria  
Nancy Resteghini  
Arthy Saravanan  
Rupa Radhakrishnan  
Jennifer Kemp  
Judith Amorosa  
Lisa Sorger  
Noriko Aida  
Ariel Kniss  
Maleeha Ahmad  
Sundus Aziz  
Ashni Terapalli  
Himi Begum  
Soha Mohammadi  
Margit Szabari  
Shreya Patel  
Meha Patel  
Elda Ramos  
Serena Pham  
Alisha Patel  
Erina Quinn  
Sedinam Adamaley  
Kerem Nerneki  
Sahar Alizada  
Diana Vera Garcia  
Meghavi Mashar  
Azadeh Eslambolchi  
Niloufar Rafiei Alavi  
Fregenet Gichamo  
Bahar Ataeinia  
Haniyeh Zamani  
Bryant Chang  
Jade Iwasaka-Neder  
Bahareh Gholami  
Stephanie El Omeiri  
Michelle Alexander  
Olivia Heltman  
Susan Dhamala  
Emily Smith  
David Wu  
Eric Hsu

Justin Jagodinsky  
Yugmel Nijjar  
Fereshteh Khorshidi  
Kailyn Li  
somya shesadri  
Agata Nowelli  
Lisa Americo  
Shuch Zinzuwadia  
Stephanie Soderlund  
Amy Ho  
Lauren Eckhardt  
Christa Lam  
Mahnoor Malik  
Julia Fisher  
Ony Otiocha  
Laiken McKay  
Kirsten Jin  
Alexandra Orahovats  
Joud Almogati  
Jennifer Dang  
Sandra Scroggins  
Aubrey Smyly  
Rachel Tao  
Crystal Chukwurah  
Katelin Maggard  
An Hoang  
Andrea Fuentealba Cargill  
Christin Tran  
Oyinlola Thomas  
Mili Rohilla  
Nicole Gamboa  
Sreenavya Gandikota  
Millie Huang  
Karnvir Brar  
Seungyeon Yoon  
Kemunto Matini  
Evelyn Junaid  
Baihui Yu  
Jacqueline Chan  
Leah Perez  
Suzie Byun  
Melody Yu  
Rachel Lee  
Yuri Nishizawa  
Elizabeth Asonye  
Julia Liu

Grace Smith  
Emily Yang  
Jingyi Zhang  
Ludovica Stilli  
Ambika Paulson  
Charlene Allison Manipon  
Sarah Montaquila  
Omar Altabbakh  
Ria Dave  
Amin Parvizi  
Ameena Patel  
Laura Carrasquilla  
Astra Yu  
Shivani Nagamalla  
Linda Liu  
Olivia Ballentine  
Usha Trivedi  
Alina Truong  
Jennifer Bratton  
Bonnie Cola  
Christine Yoon  
Audrey Zauher  
Janelle Hartwell  
Crystal Li  
Janet Oluwole  
Nadia Briones  
Hannah Walsh  
Vanessa Okechuku  
Megan Lander  
Michelle Tang  
Carolyn Bridgman  
Regene Tell Mosely  
Jenna Lehn  
Jiaxin Bai  
Alexander Antigua Made  
Zenab Jamil  
Kris Au  
Clara Stoughton  
Kelly Trinh  
Dyutika Kantamneni  
Olivia Mescher  
Caroline Albright  
LynAriane Lucas  
Elizabeth Ogunjinmi  
Thais Reif de Paula