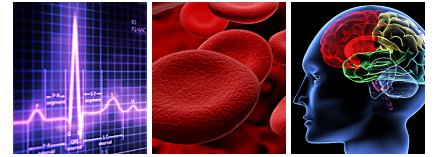




Newsmakers In Medicine

Inside the Stanford DOM



Profiles in Leadership: Spotlight on Stanford Women

The faculty in the Department of Medicine continues to be on the frontline in research, clinical care, and academic leadership. Their extraordinary work impacts the quality of health care worldwide. With this special issue, we highlight a few exceptional women, whose pioneering work have and will transform the future of national health care.

Doors Open for Women in Academic Medicine

Leading the way in career development and diversity

There were few women at London University medical school when Hannah Valentine trained there in clinical cardiology. There were, however, successful men who saw in Valentine, “the potential to do this work and succeed. They gave me an opportunity at a very unlikely time.”

And so Hannah Valentine MD, professor of cardiovascular medicine and senior associate dean, specialized in cardiac transplantation. When she came to Stanford, she worked with cardiologists Norm Schumway, Richard Popp, Sharon Hunt, and John Schroeder. Under their tutelage Valentine thrived. She remembers learning and practicing “in a socially inclusive mentoring environment that stretched beyond career development.” Today she continues to be inspired and driven by clinical questions, research, and her relationships with patients and families.

“In cardiac transplantation you’re looking after patients who are so critically ill. You walk a mutual journey of healing. They are also with you in the research mission to learn how to improve treatment. After 25 years it still causes me to pause when I think that you can take an organ out of a dead person put it into a live person and it works,” said Valentine.

Leveling the Playing Field

In addition to clinical work and research, Valentine heads the Office of Career Development and Diversity. She proudly explained what her office has accomplished over the past 4 years. “We were below national standards in averages for women in each of the 3 academic ranks. Now according to last year’s data, Stanford surpassed the national average for women at assistant, associate, and full professor

level.” Additional statistics show that nationally 17% of full professors are women; at Stanford the number goes up to 20%, with the biggest change over the last 3 years in the full professor rank.

Valentine admits that progress, although slow, is real. She is optimistic about the future for academic women in terms of diversity. “My vision for Stanford is that it will attract the very best and be a place where women and other unrepresented say that’s the place I’m going to practice medicine.”



Hannah Valentine MD

Featured in this Issue

Pioneers in Medical Science

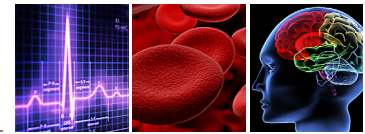
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Pioneers in Medical Science

Men, Women, Hormones, and Health

Principal investigator for Stanford's Women's Health Initiative Center, Marcia Stefanick PhD is focused on understanding the effects of post menopausal hormones on heart disease. Her true love, however, is physiology. "I'm just as interested in men's hormones that relate to sex issues. If you research hormones you also study heart, bone, brain, and cancer. Almost every system is affected by estrogen and testosterone."

Gender differences and heart disease

Growing up in a large family, Stefanick always wondered what made her brothers different from her sisters. Now it's a medical research question: do we need to treat men and women differently? Apart from gender-specific cancers based on genitalia and reproductive organs, the largest body of knowledge about sex differences and health lies in the area of

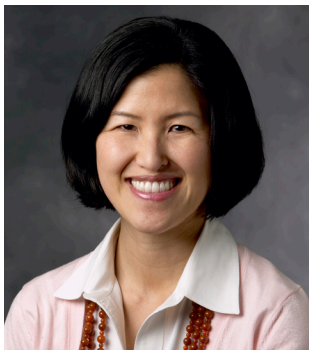
cardiovascular disease. And although it exceeds breast cancer as a cause of death for women, many still fail to recognize the signs of a heart attack, said Stefanick, who educates women about the dangers of heart disease.

Stefanick has plans to combine her work in women's cardiovascular health and gender differences into research about aging. After all, "It's really an aging issue, since the vast majority of deaths from heart disease in women happen after age 70."



Marcia Stefanick PhD

Researcher Treats Underserved Population



Sun Kim MD

Her mother wanted her to become a doctor. Sun Kim resisted but her strong interest in biology won out. Medical school came next and then the realization that internal medicine suited her best. A developing interest in diabetes led to a fellowship in endocrinology. "I really hope to add something meaningful to the field. Not

just a paper here and there but something important that really helps people," said Kim MD, an assistant professor.

Currently, Kim's research is with individuals with psychiatric disorders especially schizophrenia who tend to have higher risk for metabolic disorders. She works with county mental health professionals to find unique ways to help this challenging population. It's a group the medical community tends to ignore, although studies show two to three times higher risk for diabetes and cardiovascular disease in the mental health population.

"There are interesting ideas as to whether schizophrenia is related to diabetes from an origin point of view," said Kim. "It's fascinating research and an area where we can make great inroads."

In Science It's the Data That Counts

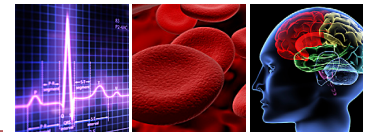
Tucked away inside her lab in the Grant Building, Upinder Singh MD is the principal investigator doing research on a parasite with a name harder to pronounce than it is to spell. *Entamoeba histolytica* causes 100,000 deaths a year from serious colonic and liver disease, predominately in developing countries around the world that lack the resources to treat contaminated water supplies the parasite inhabits.

She's a scientist at heart and nothing thrills her more than seeing new data for the first time. "You can be a man or a woman, but when it comes to science, it's the data that's



Upinder Singh MD

Cont'd. next page



Trailblazers

The Difference a Good Mentor Can Make

In 1967, 7 out of 62 candidates accepted into Stanford Medical School were women. Fortunately for her, Sharon Hunt was one of them. Fast forward 30 years and meet Sharon Hunt MD, professor of cardiovascular medicine and medical director of the heart transplant program. As she remembers, “It was a big deal to be a woman back then; they expected more of you because you’d broken into the place.”

Hunt grew up in Cleveland, Ohio. As the winner of her high school science fair she got an opportunity to work in the laboratory of a prominent cardiologist at the Cleveland Clinic. In college she studied biology and was being mentored by a plant physiologist when she realized “that cardiovascular research was a lot more fun than photosynthesis and applied to medical school.” A recommendation

from the noted male mentor at the Cleveland Clinic helped “a little girl from Ohio” get into Stanford.

Many things have changed for women since Sharon Hunt entered the field. Although a few barriers linger, additional resources are available, and a more supportive atmosphere exists for women to achieve what they strive for professionally in academic medicine.



Sharon Hunt MD

Cardiology Instructor Paves New Path



Jennifer Tremmel MD

Jennifer Tremmel always knew what she wanted to do. Even if it meant being a bit of a maverick, Tremmel followed her instincts. She believed that interventional and preventive cardiology worked well together so she trained in both.

“A lot of people said that it didn’t make any sense,”

said Tremmel MD, director of the Women’s Heart Health Clinic at Stanford. Without a specific example to follow, Tremmel worked with various mentors through

different groups in intervention and prevention to get to where she is now.

Since finishing her fellowship, Tremmel plans to mentor the women coming up behind her to help them get the crucial experience they need to succeed. And when it comes to leadership, she adds, “If you don’t see women in those positions you don’t know how to get there — or what it takes.”

However, the two things they will need are better negotiation skills and more familiarity with workplace politics. “We don’t need to act like men, and do what men do,” said Tremmel. “We can be a woman in our field and interact with men on our own terms. It’s a new way of finding common ground to work together.”

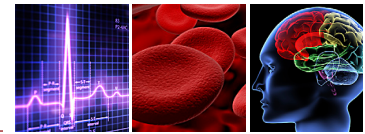
Upinder Singh cont’d. from page 2

important,” said Singh. Combining genetic and genomic approaches to identify virulence determinants and understand the mechanisms the parasite utilizes to invade the human host, Singh strives to find strategies to prevent and eradicate parasitic diseases.

In medical school and throughout her training, Singh was so busy learning that being a woman in academic medicine never crossed her mind. Until, that is, during her fellowship

when she realized that there were no women faculty in the division where she trained.

“When I came to Stanford all that changed, there were so many women scientists to look up to. “Excellent mentorship,” added Singh. “It’s what I want to perpetuate with the people in my lab, to help show them that as women, you can do it all.”



Work/Life Balance

Can Women Really Have it All

Sandra Horning MD remembers going to faculty meetings with only 1 or 2 other women after completing her oncology fellowship in 1980. Pleased that the number of women faculty has grown over the years, she's excited to observe their accomplishments as clinicians, teachers, and scientists. Today, Horning is a national leader in the field of lymphoma but can still recall a time when she thought she had to prove herself to fit in. "To compete, I felt I had to be better prepared. I had to know all the answers."

Horning is passionate about creating new medical knowledge and extending it to patient care. She believes, "if you have that passion I don't think it makes a difference if you're male or female. However, women tend to be more patient

and good listeners, traits that serve you well when working with seriously ill patients and their families."

As a mother of two, including a son in medical school, Horning now realizes that there are various ways to juggle career and family.

And as someone once told her, "Women can have it all, but not at the same time. Those words have always kept me going, if not to say that if not now, later."



Sandra Horning MD

Junior Faculty Member Balances Work and Family



Eliza Chakravarty MD and daughter, Kiran

One of the things Eliza Chakravarty MD enjoys most about rheumatology is the long-term relationships she has with her patients. "I know them for life and they truly inspire me."

As assistant professor in the division of immunology and rheumatology, Chakravarty helps women with serious underlying medical

conditions to have as normal lives as possible. And that means having families. In the past, many of her patients were advised by their physicians not to have children. She counsels them on the potential danger but with the caveat that she's with them all the way.

Chakravarty's clinical practice inspires her research, some of which resulted in the first nationwide study comparing

pregnancy outcomes in women with rheumatic disease with normal pregnancies in unaffected women.

She presents a role model for her daughter that she can be a doctor, a lawyer, or do whatever she wants and still be a great mom.

Being a mother herself, Chakravarty admits occasionally feeling torn between working and spending time with her young daughter. "It's a time when you either make it or break it, both in your work and your relationship with your children." But despite the innate challenges working as a physician, Chakravarty knows she presents a role model for her daughter that she can be a doctor, a lawyer, or do whatever she wants and still be a great mom.

Newsmakers in Medicine is written and produced by Rita Kennen, DOM Public Relations Officer. For comments, story ideas, or to learn more about DOM, please contact Rita Kennen at: DoMWeb@stanford.edu.

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