



# 13<sup>TH</sup> ANNUAL INTERNATIONAL WOMEN IN SURGERY CAREER SYMPOSIUM



## Advancing Women as Agents of Change: Leading Outside the Lines with Continuous Innovation

February 24-25, 2023

Sheraton Sand Key Resort • Clearwater Beach, Florida



### CHAIR

**Sharona B. Ross, MD, FACS**

Professor of Surgery, University of Central Florida  
Director, Minimally Invasive Robotic Surgery and Surgical Endoscopy  
Director, Center for Digestive Disorders & Pancreatic Cancer  
Director, Mickle Center for Esophageal Reflux and Cancer  
Director, Advanced GI And HPB Surgical Fellowship Program  
Digestive Health Institute, AdventHealth Tampa



### CO-CHAIR

**Julie A. Freischlag, MD, FACS, FRCSEd(Hon), DFSVS**

CEO, Atrium Health Wake Forest Baptist  
President, American College of Surgeons  
Dean, Wake Forest School of Medicine  
Chief Academic Officer, Atrium Health Vascular Surgeon  
Winston-Salem, NC



Register online at [www.women-in-surgery.com](http://www.women-in-surgery.com)



## COURSE DESCRIPTION

The Women in Surgery (WIS) Career Symposium is a professional and academic event dedicated to encouraging more women to pursue a career in Surgery. It promotes both personal and professional growth and is designed to foster mentorship as well as a peer network. It also provides a forum to discuss contemporary issues and opportunities for women who have chosen or may choose a career in Surgery.

Participants will be able to interact with women who are thought leaders in Surgery and pioneers in advancing women in Surgery.

The annual WIS career symposium serves as a forum to discuss the issues and challenges confronting women as they seek to advance in a changing but still male-dominated field and to share successes and advice for breaking the glass ceiling in Surgery.

Furthermore, the intention is to highlight the importance of advancing women toward careers in Surgery by providing meaningful avenues for surgical professionals and students to interact, exchange ideas, and formulate effective strategies in advancing this important endeavor.

## OBJECTIVES

Upon completion of this symposium, participants will be able to:

- Learn how to differentiate yourself in online medical school, residency, and fellowship applications and interviews
- Understand the importance of enhancing your professional image, on and offline
- Develop strategies to build your brand
- Learn how to navigate social media and use it to your advantage
- Identify the specific issues women face in Surgery
- Gain an understanding of the basic skills and requirements for pursuing leadership positions
- Identify where and why there is an immense need for women in leadership roles
- Understand how to embrace diversity and create an empowering environment for others
- Cultivate techniques and thoughts that promote a diverse surgical field with inclusive philosophies
- Learn how to handle conflict and discrimination in the workplace effectively and professionally
- Learn how to find mentors and cultivate upon existing mentor/mentee relationships
- Gain basic strategies for financial planning, negotiating, and investments
- Learn how to fight the fear of monotony and welcome innovation in medicine
- Learn about the importance of implementing innovation in all stages of your surgical training and practice
- Generate reasonable expectations regarding lifestyle in medical school, residency, and an early career in medicine
- Learn how to balance personal relationships and family life in the face of a demanding profession
- Cultivate an understanding that not taking care of your physical and mental well-being affects your care of others

## TARGET AUDIENCE

This symposium is designed for women who aspire for a career in Surgery or wish to enhance their career in Surgery. The target audience includes physicians, fellows, residents, PA/ARNP, medical students, graduate and undergraduate students, STEM students, and other healthcare professionals.



## LOCATION

**SHERATON SAND KEY RESORT**  
1160 Gulf Blvd., Clearwater Beach, FL 33767 • (727) 595-1611  
Marriott.com/TPASI

Experience the style, preferred amenities and waterfront accommodations of **Sheraton Sand Key Resort**. Located in stunning Clearwater Beach, Florida, our resort hotel boasts 375 hotel rooms and suite accommodations, each with their own balcony or patio. After a restful night's sleep on our acclaimed signature mattresses, lounge by our sparkling beachfront pool sipping a Caribbean-inspired cocktail, relax on the powder-white sands of our 13-acre private beach or enjoy a day filled with beach activities like parasailing and wave running. After enjoying our resort amenities, explore the best of Clearwater Beach. Dive into adventure at Clearwater Marine Aquarium, watch the sunset on Pier 60 or play a round of world-class golf at nearby courses. Back at the resort, enjoy award-winning cuisine at Rusty's Bistro, one of four onsite dining options.

### Accommodations

A limited number of rooms have been blocked for this meeting at the special group rate of \$249 for queen/double occupancy.

### Reservations

You may book your room online. Please visit our website at [women-in-surgery.com](http://women-in-surgery.com) or call the hotel directly at 1-727-595-1611 and ask for the group rate for the Women in Surgery Career Symposium. The group rate cut-off date is January 23, 2023. Rooms will fill quickly, so book early!

Hotel room arrival/departure date changes or cancellations must be made at least 72 hours prior to the scheduled arrival date to avoid additional fees.



## FEES & REGISTRATION

Register online at [Women-In-Surgery.com](http://Women-In-Surgery.com). You may register online even if paying by check.

Attendee Type	
Physician	\$250
Fellow* or PA/ARNP	\$75
Resident* or Medical Student* or Undergraduate Student*	\$25
High School STEM Student*	\$0
Guest Fee for Welcome Reception (free to registrant)	\$35

### Cancellation Policy

Cancellations must be requested in writing via e-mail to [Kaitlyn.Crespo@AdventHealth.com](mailto:Kaitlyn.Crespo@AdventHealth.com) by **February 6, 2023** to receive a refund. A \$50 cancellation fee will be assessed to cover administrative costs. There are no refunds for no-shows or for cancellations received after February 6, 2022; however, substitutions are welcome without penalty.

AdventHealth Tampa reserves the right to cancel this activity due to unforeseen circumstances. In the event of such cancellation, only the registration fee will be returned to the registrant. Women in Surgery and AdventHealth Tampa will not be responsible for travel expenses incurred by the participant in case of cancellation.

### Accommodations for Disabilities

Please notify within a minimum of 30 working days in advance of the event if a reasonable accommodation for a disability is needed.

### Accreditation and Faculty Disclosure

AdventHealth Tampa designates this live activity for a maximum of 16 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AdventHealth Tampa is accredited by the Florida Medical Association to provide continuing medical education for physicians.





## CHAIR

### Sharona B. Ross, MD

Professor of Surgery, University of Central Florida  
Director, Minimally Invasive Robotic Surgery and Surgical Endoscopy  
Director, Center for Digestive Disorders & Pancreatic Cancer  
Director, Mickle Center for Esophageal Reflux and Cancer  
Director, Advanced GI And HPB Surgical Fellowship Program  
Digestive Health Institute, AdventHealth Tampa

## CO-CHAIR

### Julie A. Freischlag, MD

CEO, Atrium Health Wake Forest Baptist  
President, American College of Surgeons  
Dean, Wake Forest School of Medicine Chief Academic Officer, Atrium Health Vascular Surgeon  
Winston-Salem, NC

## FACULTY

### Nita Ahuja, MD

William H Carmalt Professor of Surgery and Pathology  
Chair, Department of Surgery, Yale School of Medicine  
Surgeon-in-Chief, Yale New Haven Hospital  
Chair, Yale Medicine Faculty Practice Plan Board  
New Haven, CT

### Adnan Alseidi, MD

Professor of Surgery, Department of Surgery at University of San Francisco  
Division of Surgical Oncology  
Vice Chair for Education  
Department of Surgery  
San Francisco, CA

### Maria S. Altieri MD

Assistant Professor, University of Pennsylvania  
Section Chief, GI Surgery Section, Pennsylvania Hospital

### Melissa Alvarez-Downing, MD

Assistant Professor of Surgery  
Assistant Program Director, General Surgery Residency  
Rutgers New Jersey Medical School  
Newark, NJ

### Maureen Ayril, MBA

Managing Director- Investments  
Wells Fargo Advisors

### “CJ” Christopher Burnett

Financial Advisor  
Next Step Planning Group  
Tampa, FL

### Alisa M. Coker, MD

Assistant Professor  
Director, Robotic Surgical Education  
Division of Minimally Invasive Surgery  
The Johns Hopkins University School of Medicine  
Baltimore, MD

### Lucy M. De La Cruz, MD

Chief of Breast Surgery  
Director of Ourisman Breast Health Center  
Co-program Director of Breast Fellowship  
Medstar/Georgetown University Hospital

### Tanuja Damani, MD

Chief, Division of General Surgery  
Surgical Director, Center for Esophageal Health  
Program Director, Minimally Invasive and Robotic Surgery Fellowship  
Associate Professor of Surgery, NYU Grossman School of Medicine  
NYU Langone Health

### Rahila Essani, MD

Clinical Associate Professor of Surgery  
Texas A&M University  
Temple, TX

### Vivian Gahtan, MD

Chair, Department of Surgery  
Loyola Medicine  
John P. Iginii MD Professor of Surgery, Loyola University  
Chicago Stritch School of Medicine  
Chicago, IL

### Scott Gallagher, MD

Associate Professor of Surgery; Duke Department of Surgery  
Lead Physician, DRAH ACS Program & General Surgery  
Director, DRAH TPN-Nutrition

### Nadine Hachach-Haram, MD

Consultant Plastic Surgeon  
Director of Clinical Innovation & Strategic Partnerships  
Guy's and St. Thomas' NHS Foundation Trust  
CEO and Founder, Proximie

### Krista Haines, DO

Assistant Professor of Surgery  
Division of Trauma, Critical Care, and Acute Care Surgery  
Medical Director of Ethics, Duke University Health System  
Chair of Ethics Committee, Duke University Hospital  
Durham, NC

### Caitlin Halbert, DO

Chief of Surgical Services, Christiana Care  
Wilmington Hospital  
Medical Director, Christiana Care Bariatric Program  
Clinical Associate Professor of Surgery, Sidney Kimmel Medical College of Thomas Jefferson University

### Pamela J. Hodul, MD

Senior Member  
Dept of GI Oncology, Surgical Oncologist  
Pancreas Disease Site Lead  
Medical Director, GI Clinic  
Chief Operating Officer, GI Department

### Melissa Hogg, MD

Division Chief GI & General Surgery  
Clinical Professor of Surgery, University of Chicago

### Caitlin Houghton, MD

Assistant Professor of Surgery  
University of Southern California Keck School of Medicine  
Los Angeles, CA

### Marybeth S. Hughes, MD

President, Association of Women Surgeons  
Chief and Professor of Surgery, Eastern Virginia Medical School  
Norfolk, VA

### Darla Hutton, MBA

Intuitive  
Vice President  
Commercial Operations and Marketing  
Asia

### Leena Khaitan, MD

Professor of Surgery, CWRU School of Medicine  
Division Chief, General Surgery, University Hospitals  
Director, Esophageal and Swallowing Center, Digestive Health Institute  
Director, Bariatric Surgery Program, UH Digestive Health Institute  
Director, Minimally Invasive Surgery, UH Regional Hospitals Geauga Campus  
Chardon, OH

### Marina Kurian, MD

Clinical Professor of Surgery  
NYU Langone Health

### Christine Laronga, MD

Past President, Association of Women Surgeons  
Professor of Surgery, University of South Florida  
Senior Member, Department of Women's Oncology  
Moffitt Cancer Center

### Anne Lidor, MD

Professor of Surgery  
Chief, Division of Minimally Invasive and Bariatric Surgery  
Director, Advanced GI/MIS/Bariatric/Foregut Fellowship  
Department of Surgery/University of Wisconsin School of Medicine and Public Health  
Madison, WI

### Mary E. Maniscalco-Theberge, MD

COL (Ret), US Army  
General Surgery  
Recipient of the ACS Mary Edwards Walker Inspiring Women in Surgery Award  
Reston, VA

### John Marks MD

Chief of Colorectal Surgery, Main Line Health System  
Executive Committee National Accreditation Program for Rectal Cancer  
Program Director, Minimally Invasive Colorectal Surgical and Rectal Cancer Management Fellowship  
Lankenau Medical Center  
Wynnewood, PA

### Kellie McFarlin, MD

Clinical Assistant Professor, Wayne State University School of Medicine  
Senior Staff Surgeon, Henry Ford Health  
Detroit, MI

### Jessica Minesinger, CMOM, CMPE, FACMPE

Founder & CEO  
Surgical Compensation & Consulting  
MGMA Consultant  
Troy, Ohio

### Melissa Mora, ESQ

Division Chief Legal Officer  
AdventHealth Tampa

### Leigh Neumayer, MD

Professor and Chair  
Department of Surgery  
University of Florida College of Medicine  
Jacksonville

### Kim-Phung Nguyen, MD

Colorectal Surgery Specialist  
AdventHealth Medical Group Digestive Health  
Tampa, FL

### Patricia Numann, MD

Founder of Association of Women Surgeons  
Lloyd S. Rogers Professor of Surgery Emeritus  
Upstate Medical University State University  
New York Distinguished Teaching Professor Emeritus  
Endocrine Surgeon  
Syracuse, NY

### Lynn M. O'Connor, MD

Director, Colon & Rectal Surgery of New York  
Chief, Division of Colon & Rectal Surgery  
Mercy Hospital, St. Joseph Hospital  
Assistant Professor  
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

### Andrea Pakula, MD

Medical Director of Robotic Surgery  
General, Bariatric and Hernia Surgery  
Trauma, Critical Care and Acute Care Surgery  
Adventist Health Simi Valley, CA

### Ana M. Parsee, MD

Cardiothoracic Surgery & Surgical Critical Care  
Assistant Director HWICU UPMC Central

### Silvana Perretta, MD

Professor of Surgery,  
Department of Digestive and Endocrine Surgery,  
University of Strasbourg, France  
Vice-President, IRCAD France

### Melissa S. Phillips, MD

Professor, General Surgery,  
University of Tennessee Graduate School of Medicine Knoxville

### Aurora Pryor, MD

Professor of Surgery  
Chief Bariatric, Foregut, and Advanced GI Surgery  
Vice Chair for Clinical Affairs  
Stony Brook University

### Alia Qureshi, MD

Associate Professor, Department of Surgery  
Minimally Invasive Surgery Fellowship, Program Director  
Division Head of Bariatric Surgery - Interim  
Division of General & GI surgery: Foregut Surgery  
Oregon Health & Science University  
Portland, OR

### Laila Rashidi, MD

Assistant Professor of Surgery, Washington State University  
Medical Director- Colorectal Surgery  
Chair, MultiCare GI tumor board and Robotic Committee  
Program Director, Advanced GI/Minimally Invasive Surgery  
Founder, Women in Northwest Surgery (WINS)  
Seattle, WA

### Linda Richetelli-Pepe, MBA

Senior Director of Healthcare Economics, Policy and Reimbursement for Medtronic  
Executive Director of Medtronic's Women in Surgery  
Past Adjunct professor/lecturer in business at both Quinnipiac University and Southern Connecticut State University

### Sanziana Roman, MD

Professor of Surgery and Medicine  
Director of Procedural Specialties Learning Environment  
Dean's Diversity Leader and Faculty Equity Advisor  
UCSF

### Jana Sacco, MD

Assistant Professor of Surgery  
University of Florida College of Medicine  
Jacksonville, FL

### Sarah Samreen, MD

Assistant Professor, Division of Minimally Invasive and Foregut Surgery  
Director, Metabolic and Bariatric Surgery  
Surgery Clerkship Co-Director, John Sealy School of Medicine  
University of Texas Medical Branch  
Galveston, TX

### Lana Schumacher, MD

Assistant Professor, Harvard School of Medicine  
Director, Thoracic Robotic Surgery  
Program Director, Robotic Surgery Education  
Faculty for the American Association for Thoracic Surgery Graham Foundation Robotic Fellowship  
Massachusetts General Hospital Network  
Boston, MA

### Moran Slavin, MD

Advanced GI/HPB Fellow  
Foregut and HPB Division, AdventHealth Tampa  
Tampa, FL

### Jennifer Snider

President and CEO  
AdventHealth Medical Group West Florida

### Mark Soliman, MD

Chief of Colorectal Surgery and Program Medical Director  
AdventHealth Digestive Health and Surgery  
Institute

### Julie Ann Sosa, MD

Leon Goldman, MD Distinguished Professor of Surgery  
Chair, Department of Surgery  
Professor, Department of Medicine  
Affiliated faculty, Philip R Lee Institute for Health Policy Studies  
University of California San Francisco (UCSF)

### Alexa Sout, MD

Assistant Professor of Surgery  
Eastern Virginia Medical School  
Norfolk, VA

### Iswanto Sucandy, MD

Associate Professor of Surgery  
University of Central Florida – College of Medicine  
Digestive Health Institute, AdventHealth Tampa

### Patricia Sylla, MD

System Chief of Colon and Rectal Surgery, Mount Sinai Health System  
Professor of Surgery, Icahn School of Medicine Mount Sinai Hospital Department of Surgery  
Associate Director, Surgery Fellowship Program  
President-elect of SAGES  
New York City, NY

### Jennifer Tseng, MD

Chair and Professor of Surgery  
Department of Surgery, Boston University School of Medicine  
Surgeon-in-Chief, Boston Medical Center  
Boston, MA

### Janet E. Tuttle-Newhall, MD

Walter J Pories Distinguished Professorship in Surgery  
Senior Policy Fellow, Centers for Medicare and Medicaid Services  
Transplant Surgeon  
Greenville, NC

### Omaida Velazquez, MD

Professor of Surgery, Radiology, Biochemistry, and Molecular Biology  
David Kimmelman Endowed Chair in Vascular and Endovascular Surgery  
Chair of the DeWitt Daughtry Family Department of Surgery  
University of Miami Miller School of Medicine  
Miami, FL

### Alice C. Wei, MD

Associate Professor of Surgery, Weill-Cornell Medicine  
Associate Attending Surgeon, Hepato-Pancreato-Biliary Service  
Department of Surgery, Memorial Sloan Kettering Cancer Center  
Co-Director of Surgical Initiatives, David M. Rubenstein Center for Pancreatic Cancer Research  
Memorial Sloan Kettering Cancer Center  
New York, NY

### Sandra Wong, MD

Chair, Department of Surgery  
William N. and Bessie Allyn Professor of Surgery  
Professor of The Dartmouth Institute for Health Policy and Clinical Practice  
The Geisel School of Medicine at Dartmouth Senior Vice President, Surgical Service Line Dartmouth-Hitchcock Medical Center Lebanon, NH

## FRIDAY, FEBRUARY 24, 2023

2:30-4:45 pm | Workshop Sessions (RSVP Required)

### Session A: Undergraduates/ Medical Students

**MODERATOR:** Anne Lidor, MD  
**PANEL:** Alisa Coker, MD; Rahila Essani, MD; Andrea Pakula, MD; Lana Schumacher, MD; Lucy De La Cruz, MD; Christopher Burnett; Sarah Samreen, MD

#### First Impressions are Essential

- Dress to Impress
- Conference Etiquette
- Crafting a Memorable Elevator Pitch

#### Enhancing Your Profile: How to Gain Credibility

- My Personal Statements
- Curriculum Vitae: Best Designed Resume
- Pursuit of Publications: Involvement In Research
- MCAT/USMLE Tips

#### Financial Planning & Wellness: How to Best Handle Debt

##### Interactive Sessions:

- Hitting a Homerun with Your Interviews
  - Role-Play Interviews
- How to Maximize Networking
  - Mentor Scavenger Hunt
  - ABC's of a Successful Mentor/Mentee Relationship

5:00-6:00 pm | Women In Surgery Research Poster Competition Session Leigh Neumayer, MD

6:15-9:00 pm | Welcome Reception/13th Anniversary Celebration

### Session B: Residents/Fellows

**MODERATOR:** Tanuja Damani, MD  
**PANEL:** Adnan Alseidi, MD; Lynn O'Connor, MD; Kellie McFarlin, MD; Jessica Minesinger, CMOM; Marina Kurian, MD; Caitlin Houghton, MD; Laila Rashidi, MD

#### Transitioning to residency or fellowship

- How Assertive Should I Be?
- How to Stand Out while Remaining a Team Player
- How Should I Evaluate the Advanced Technology Access and Training I Will Receive During the Program?
- How Should I Assess the Culture of the Organization?

#### Financial Planning 101

- Personal Financial Planning
- How to Handle Debt
- When Should I Develop an Investment Portfolio?

#### Is it Important to Join Surgical Organizations?

- How Would a Membership Benefit my Career
  - How to Choose Which Surgical Society Should I Join First
- Optimal Time to Start Family Planning
- How to Master Networking

## SATURDAY, FEBRUARY 25, 2023

8:15-10:30 am | STEM Students Robotic and Laparoscopic Surgical Competition

7:00-8:00 am | Registration/Exhibits/Networking Breakfast

8:10-8:15 am | Program Chair Opening Remarks Sharona Ross, MD

8:15-8:30 am | How to Become the Woman Who Elevates Other Women as She Climbs the Ladder: Viewing Meritocracy Through an Objective Lens Julie Freischlag, MD

8:30-9:30 am | Plenary #1: My Journey to Global Leadership

**MODERATOR:** Julie Freischlag, MD  
**PANEL:** Janet Tuttle-Newhall, MD; Julie Ann Sosa, MD; Omaidia Velazquez, MD; Nita Ahuja, MD; Mary Maniscalco-Theberge, MD; Silvana Perretta, MD; Jennifer Tseng MD

9:30-10:30 am | Plenary #2: Diversity and Equity in Leadership

**MODERATOR:** Sanziana Roman, MD  
**PANEL:** Lynn O'Connor, MD; Patricia Numann, MD; John Marks, MD; Sandra Wong, MD; Alice Wei, MD; Tanuja Damani, MD; Marina Kurian, MD

- Obstacles to Leadership: What are the Opportunities?
- Leading with an Equity Lens: Integrating Equity, Diversity, and Inclusion in Surgery
- Learning How to Make "Difficult" Decisions as a Leader
- Underrepresented in Medicine
- Conquering Imposter Syndrome
- How to Gain Leadership Respect
- Grit and Grace: How to Master Both

10:30-11:30 am | Plenary #3: Networking – Mentorship vs. Sponsorship

**MODERATOR:** Aurora Pryor, MD  
**PANEL:** Leigh Neumayer, MD; Patricia Sylla, MD; Mark Soliman, MD; Adnan Alseidi, MD; Leena Khaitan, MD; Lana Schumacher, MD; Sarah Samreen, MD

- Understanding the Differences
- How to Find a Mentor and/or Sponsor
- When Does it Work
- What are the Barriers and How to Overcome Them
- Reinventing Networks of Support
- Amplifying Allyship: How to Truly Be a Mentor for Others

11:30-1:00 pm | Networking Lunch

1:00-2:00 pm | Plenary #4: Deconstructing Financial Decisions

**MODERATOR:** Julie Ann Sosa, MD  
**PANEL:** Melissa Phillips, MD (Surgeon Candidate); Melissa Mora, ESQ (Employment Attorney); Jennifer Snider (CEO of Physician Group); Jessica Minesinger, CMOM (Financial Consultant); Maureen Aryal, MBA (Financial Planner); Sanziana Roman, MD (Spouse)

- Contract Negotiations
  - Act 1: First Job
  - Act 2: Recruitment to Another Institution
  - Act 3: Promotion to a Leadership Position
- Tools and Recipes to Negotiate Contracts With One or Multiple Offers: Do's and Don'ts
- Compensation Structure:
  - Base Salary, RVU Requirements
  - Bonus Structure
  - Productivity vs. Value Compensation
  - Tips and Tricks
- Closing the Gender Wage Gap in Surgery
- How to Evaluate Your Salary and Prevent Burnout
- Financial Planning
  - Managing Debt
  - Cash Flow
  - Savings
  - Estate
  - Retirement
  - Investments
  - Insurance

## SATURDAY, FEBRUARY 25, 2023

2:00-2:50 pm | Plenary #5: Innovative Technology in Healthcare

**MODERATOR:** Melissa Hogg, MD  
**PANEL:** Darla Hutton, MS; Linda Richetelli-Pepe, MBA; Jessica Minesinger, CMOM; Nadine Hachach-Haram, MD; Laila Rashidi, MD

- Video-Based Assessment: Eliminating Bias
- Embracing Cutting-Edge Surgical Care in Outpatient Settings
- Encouraging Women to Become Innovators
- Leveraging the Power of Digital and Data: The Need for Data Transparency
- Women are Multitaskers by Nature: How Can We Bring This into Integrating Technology

2:50-3:50 pm | Plenary #6: Career and Personal Life: Can we have it all?

**MODERATOR:** Patricia Sylla, MD  
**PANEL:** Laila Rashidi, MD; Alisa Coker, MD; Anne Lidor, MD; Rahila Essani, MD; Caitlin Houghton, MD; Kellie McFarlin, MD; Melissa Phillips, MD; Moran Slavin, MD; Pamela Hodul, MD

- Being Wonder Woman Is Not Easy: The Balancing Act of Work/Life Balance
- Being Single, Is It That Bad? What Are The Pros and Cons?
- When Should I Seek a Fertility Specialist?
- Challenges About Life Outside of Work
- Power and Vulnerability
- When Is It Okay to Say 'No'... When You're a Leader?
- Prioritizing Your Health: Dealing with Mental Health Issues/ Stress
- Empathy Exhaustion: Optimal Performance Starts Outside of the OR
- Dealing With Harassment From Patients And Leadership
- Post COVID Climate

3:50-4:00 pm | Snack Break/Networking/Mentorship Social

Parallel Sessions

4:00-5:30 pm | Undergraduate/Medical Students Parallel Session

**MODERATOR:** Vivian Gahtan, MD  
**PANEL:** Krista Haines, DO; Lucy De La Cruz, MD; Pamela Hodul, MD; Ana Parsee, MD; Kim-Phung Nguyen, MD; Iswanto Sucandy, MD; Andrea Pakula, MD; Scott Gallagher, MD

- Tips on Applying to Medical School and Residency:
  - Distinguishing Yourself Without Step 1
  - Personal Statements, LORs, and Extracurricular
- DO vs. MD: Are They One in the Same?
- Fill The Gap: How to Make the Most of a Gap Year
- Building Your Brand: How to Use Social Media to Your Advantage
- Family Planning
- Mental Health Maintenance

Q&A Panel: All Faculty

4:00-5:30 pm | WLISS (Women's Leadership in Surgery Society) Residents/Fellows Parallel Session

**MODERATOR:** Aurora Pryor, MD  
**PANEL:** Julie Freischlag, MD; Patricia Sylla, MD; Anne Lidor, MD; Alia Qureshi, MD; Caitlin Halbert, DO; Maria S. Altieri, MD

- Cultures to Promote Wellness
- Choosing the Right Job For YOU
- How To Set Up For a Successful Career
- Fertility Considerations for Family Planning
- Dealing With Loss
- Strategies to Maintain Personal Health

Q&A Panel: All Faculty

4:00-5:30 pm | AWS (Association of Women Surgeons) Attendings Parallel Session

**MODERATORS:** Christine Laronga, MD & Marybeth Hughes, MD  
**PANEL:** Alexa Soutl, MD; Jana Sacco, MD; Melissa Alvarez-Downing, MD

- Ergonomics in the Operating Room
- Financial Wellness and Negotiations
- Disability 101 for Surgeons

Q&A Panel: All Faculty

5:30-5:40 pm | Symposium Plenary Closing Remarks

7:00-9:00 pm | Faculty Dinner

INTUITIVE



Medtronic  
Engineering the extraordinary



13th Annual International

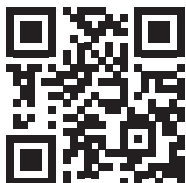
**WIS**

**WOMEN IN SURGERY**

Career Symposium



Scan to  
Visit Our  
Website



**February 24-25, 2023**  
**Sheraton Sand Key Resort**  
**Clearwater Beach, Florida**

Register online: [www.women-in-surgery.com](http://www.women-in-surgery.com)

Join the conversation:  
**#WISSymposium #WIS2023**

Scan to  
Register

