


The AMWA South Florida Chapter Journal

Not your every day *medical journal*.

Welcoming our Newest Members of the South Florida Chapter *A Message from the President.*

Our South Florida Branch of the American Medical Women's Association has and continues to grow by leaps and bounds. The combined strengths and resources of our members brings richness and diversity allowing us to expand our focus and community efforts. From our "re-birth" in February to our current endeavors, we have compounded an impressive timeline of events. From targeted networking, fitness, charity support and our upcoming women's wellness health fair we are charging ahead full force. The voice, vision and mission of our chapter continues to mature and strengthen with our growing membership. Please spread the word of our efforts and events.

Upcoming events include a self defense and safety class with Commander Calderin from the Broward Sheriff's Office. This will be held at USA Kenpo in Coral Springs. We will have an MMA fighter and many great safety tips for women and their families. Join our efforts to motivate and inspire the youth at HANDY (Helping abused disadvantaged youth) this summer.



Farzanna S. Haffizulla, M.D.

We will share our personal stories that lead to accomplishing our life goals narrated with a strong flavor of optimism and inspiration. On Saturday December 15th we have our first annual Women's wellness healthfair. This will be held at American Heritage School in Plantation. This comprehensive fair will offer health screenings by specialty and will also offer education forums on topics such as weight loss and nutrition and raising awareness of preventing disease.

Thank you for your membership and as president, I look forward to our future of initiating and continued positive change in our members and our community at large.

Upcoming News & Events

-AMWA South Florida's first annual Women's Wellness Health Fair: Saturday Dec. 15th 2012 at American Heritage School in Plantation at 12:00 pm

--Dr. Haffizulla was a guest speaker on All Points Bulletin Radio Station AM 1470. During the first show, she discussed AMWA's purpose, goals, past and future efforts. On the second show, her book on balancing one's work and life titled "Harmony of Spheres: Career, Family, and Community- A Working Mom's Lessons of love, strength, and balance." The show aired on AM 1470. Log on to www.bsolive.org for the video feed.

-Book signing on May 19th organized by U of M. Venue TBA.

-H.A.N.D.Y. motivational lecture. Dr. Haffizulla will host an inspirational lecture for the youth of the organization H.A.N.D.Y (Helping Abused Neglected and Disadvantaged Youth) Saturday, May 12 at 1:30pm at Volunteer Park.

-Self Defense and Safety Course led by Commander Calderin with a special guest MMA fighter. This course will be located at USA Kenpo over the summer. Date TBA

First General Meeting of the S. Florida Chapter



Top President, Dr. Haffizulla speaking at the first general meeting of 2012
Bottom: Members signing up and participating in the raffle

The first general meeting of the South Florida Chapter of the American Medical Women's Association was held at the Cleveland Clinic Florida. The epitome of the empowered woman, Dr. Haffizulla expressed AMWA's desire to help the community using the unique perspective of women by encouraging women to run for political office and take action in South Florida. She gave examples of charities that AMWA will be involved with in the upcoming months (for additional information on events, check the "Upcoming Events" section above).

Dr. Haffizulla gracefully thanked the AMWA Sponsors, including Hospice by the Sea, Community Home Health

Services, Diamond Diagnostics, Woman Heart National Coalition, and WPSA. Also, she presented the Honorable Guest Award to Albert Masters for his continued service to the South Florida AMWA and to Dr. Diana Galindo for her continued leadership and guidance. The meeting was closed off by a raffles where members won spectacular prizes!

-Laura Grau



GET INVOLVED! JOIN OTHER ACTIVE AMWA SOUTH FLORIDA MEMBERS!



Left to right: Dr. Lyssette Cardona (member at large), Dr Naushira Pandya (co-Secretary), Dr. Diana Galindo (Chapter Advisor), Dr. Szilvia Udvari Nagy (co-Treasurer), Dr. Farzanna Haffizulla (President), Dr. Heidi von Harscher (co-Treasurer), Dr. Dalia McCoy (Vice President), absent: Dr. Maria Diaz (member at large), Dr. Stacy Frankel (Secretary)



**FIU AMWA Social:
on Fischer Island,
Miami Beach**



**All Points Bulletin
Radio show AM 1470
Sundays at 2:00pm**

"It is not easy to be a pioneer -- but oh, it is fascinating! I would not trade one moment, even the worst moment, for all the riches in the world."

-Elizabeth Blackwell First Woman Doctor in the United States

Upcoming Events & News: First Annual Women's Wellness Health Fair

Join us at the First Annual Women's Wellness Health Fair located at American Heritage School in Plantation on Saturday, December 15th. Topics and stations include Breast Cancer, pap smears, GI Health, Obesity and Metabolic syndrome, safety and rape prevention, domestic violence, cardiovascular health (ABI U/S, cholesterol checks), sexuality, prenatal care and obstetrics, skin care, lifestyle including diet and exercise, graceful aging, family wellness (household happiness/work/life balance), childhood obesity prevention, ancillary services and more!!

We are raising money to support many local charities and our student scholarship funds. Breast cancer walks, helping abused women and children and initiating change to equalize the standing of women in the workplace are just a few more of our plans!

Contact info:

Sfrankel94@yahoo.com (Dr. Stacy Frankel, secretary)

info@housecallsmd.us (Dr. Farzanna Haffizulla, President)

Support HANDY Youth!

Join us in **Helping Abused
Neglected and Disadvantaged
Youth!**

The event will be held on
Saturday May 12th at 1:30 pm at
Volunteer Park!

All are welcome!

SAVE THE DATE!

December 15th 2012

American Heritage School
12200 West Broward Blvd.
Plantation, FL 33325

Everyone welcome!
Hope to see you there!

Bring this newsletter to be automatically
entered in our raffle at the **First Annual
Women's Wellness Health Fair!**

Radio Show AM 1470



Left to Right: Jack Namer, Jade Alexander, Dr. Farzanna Haffizulla, Commander Calderin

**All Points Bulletin
Radio show AM 1470
Sundays at 2:00pm**

To become an AMWA member, please contact Dr. Stacy Frankel or Dr. Farzanna Haffizulla at the following: Sfrankel94@yahoo.com or info@housecallsmd.us

The application will soon be found at the following link: www.busymommd.com



An expert about AMWA's South Florida Branch and the 97th National Meeting

The American Medical Women's Association had its 97th Annual National Meeting on April 13th-15th at the Sofitel Hotel in Miami, Florida. Women physicians, medical students, and residents from the United States and abroad came together in this career and development conference. There were multiple sessions with notable speakers who spoke about varying topics such as hormone therapy, advances in new imaging techniques, human papilloma virus vaccines, and evolutionary medicines. Dr. Hilit Mechaber from the University of Miami spoke about breaking the glass ceiling that sadly still exists through the use of data and benchmarks of each institution to start policy changes.

Representing our South Florida branch, Dr. Farzanna Haffizulla addressed the general assembly at the national

meeting. Both she and Dr. Cardona participated in the resident and student poster judging. Students presented posters on a wide variety of subjects within the medical field. Examples of displayed topics include the immunomagnetic isolation of fetal trophoblast cells from transcervical specimens, social barriers to HIV prevention, and neuropsychiatric manifestation of SLE in a trauma victim.

Dr. Ligaya Prystowsky praised the event, saying, "The medical students and residents are enthused and revived. There is again a sense of purpose and pride. There are so many issues to tackle, and we will take the challenge once again." We all look forward to this upcoming year with our new branch and to another successful 98th national meeting in New York City. -V. Salazar

Fitness at its Finest.

I am currently a high school senior, athletic, and always looking for a good workout. On April 1st, I spent the afternoon at my very first Orange Theory fitness class. At first, I did not know what to expect from Orange Theory, but it turned out to be a great experience.

I arrived at the fitness center and within ten minutes I was hooked up to the heart rate monitor and ready to exercise. The workout was very unique. During

the first phase of the workout, which was the longest of the three phases, we were instructed to switch off between running, rowing, and doing push-ups. The second and third phases focused on exercising our lower bodies and abs.

An experienced and motivating trainer led all three phases. At the end of the workout, we were able to judge our performance based on our heart rates during each part of the

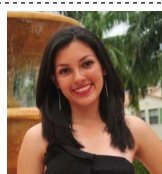


exercise. The Orange Theory fitness class gave me an entirely new perspective on exercise and I will never work out the same way again! - Elizabeth Deckler

MEET THE NEWSLETTER STAFF



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American Medical Women's Association
The Vision and Voice of Women in Medicine since 1915

South Florida Chapter

Membership Application/Donation Form

AMWA VISION

AMWA empowers women to lead in improving health for all within a model that reflects the unique perspective of women.

AMWA MISSION



AMWA is an organization which functions at the local, national, and international level to advance women in medicine and improve women's health. We achieve this by providing and developing leadership, advocacy, education, expertise, and mentoring, and through building strategic alliances.

Executive Board

President:	Dr. Farzanna Haffizulla
Chapter Advisor:	Dr. Diana Galindo
Vice President:	Dr. Dalia McCoy
Treasurers:	Dr. Heidi von Harscher
	Dr. Szilvia Udvari-Nagy
Secretaries:	Dr. Stacy Frankel
	Dr. Naushira Pandya
Members at Large:	Dr. Lysette Cardona,
	Dr. Maria Diaz

Name _____

Professional Designation (use abbreviation) _____

Business/Practice Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail Address _____

If Resident or Fellow, Completion Year (if applicable) _____

If Student, Year of Graduation _____

Specialty or Field of Expertise _____

We support many local charities and help fund scholarships for our members

Membership Options

- Lifetime membership **\$500**
- I am a NEW AMWA Member I'm renewing
- I am a member of a Branch affiliated with National.
Branch: _____ **\$125/year**
- Regular Physician Member - **\$125/year**
- Discounted & Non-Physician Member - **\$75/year**
(includes retired, part-time, and transitional members)
- Resident Member - **\$50**
- Medical/Graduate Student Member - **\$25**
Or \$75 for 4 years
- Undergraduate Student Member - **\$15**

Support South Florida chapter of AMWA

Yes, I am donating to South Florida AMWA !

Donation Amount: \$ _____

Thank you for your payment. AMWA is a 501(c)3 organization (tax ID number 90-0794999).

Please Select Payment Method: Check # _____ Visa MC AMEX

Credit Card#: _____ Expiration Date _____ cvv: _____ Total Amount \$ _____

Signature _____ Date: _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail Address _____

If Resident or Fellow, Completion Year (if applicable) _____

If Student, Year of Graduation _____

Specialty or Field of Expertise _____

1. What motivates you to join a professional society?

2. What could AMWA provide you that you do not get from your current professional society memberships?

3. How did you learn about AMWA?

2. What AMWA activities appeal to you? (check all that apply)

Mission and vision

Charitable activities

Leadership opportunities

Advocacy activities

Continuing educational initiatives

Networking opportunities

Serving as a mentor

Being mentored

Helping build strategic alliances

Other _____

American Medical Women's Association

South Florida Chapter

sfrankel94@yahoo.com

info@housecallsmd.us

Mail membership forms and payments to :

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