

# 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.*

On behalf of all members of the executive board of South Florida AMWA, please accept our sincerest gratitude for your support and involvement in our first annual women's wellness health fair. You helped us make history! We are especially appreciative to Mr. Laurie, Dr. Laurie, Dr. Pulido, faculty and staff at American Heritage and their pre-med club for generously offering the venue, services and resources. All of our physicians, professionals, businesses and hospitals offered tremendous eclectic health information resources to all in attendance. Our health fair started with the main purpose of disseminating valuable health information to community patients but rapidly grew into an event studded with extensive networking, mentoring opportunities and professional partnerships. Our hope is to continue to augment and refine all facets of this annual event. This will only be possible with your continued support and involvement. We are looking forward to your continued support and participation in our next health fair!

**AMWA's 98th national meeting** is quickly approaching. Our national meeting takes place in New York this year from March 15-17th. Please visit [www.amwa-doc.org](http://www.amwa-doc.org) to register for our meeting that will feature many impressive lecturers and many opportunities for leadership, successful strategizing and mentoring. Voting for our newest members of National AMWA's executive board takes place very soon.



Farzanna S. Haffizulla, M.D.

Please check your email for the voting ballots. Thank you all in advance for your continued support of my candidacy for President-elect. Just as our current and past AMWA leaders have, I hope to continue to lead AMWA to new heights of outreach, positive change, expanding professional opportunities for our members and refining our status and balance as professionals. Thank you for your membership, involvement and support of the South Florida branch of the American Medical Women's Association. Our organization's strength comes from the combined efforts of our leaders and members alike. Let's forge forward together and continue to elevate AMWA's success in outreach, education, empowerment, mentoring and networking. I'm looking forward to seeing everyone in New York in March. Please have a very happy, safe and healthy new year.

### Upcoming News & Events

-**AMWA 98th National Meeting March 15-17th, New York.** Go to <http://www.amwa-doc.org/meetings-and-events/upcoming-meetings/amwa-s-98th-anniversary-meeting-in-new-york-city> to register.

-Get involved in National AMWA! If you are a current active member of our local South Florida Branch and would like to join National AMWA, your dues are discounted. Dr. Haffizulla is co-chair of National AMWA's Public Relations Committee and she is a member of both the Membership and Global Outreach Committees. Please join her or get involved Nationally! Go to [www.amwa-doc.org](http://www.amwa-doc.org) for more information and to join.

Join us on **Saturday February 2nd at 12:45 PM** for our AMWA exclusive **Orange Theory Plantation Fitness session!** Spouses and guests are welcomed!

-AMWA South Florida will be hosting a **General Annual Meeting in April.** Time/Venue TBA.

January celebrates:

National Volunteer Blood Donor Month

Family Fit Lifestyle Month

National Personal Self-Defense Awareness Month

February celebrates: American Heart Month

March celebrates:

National Kidney Month

## First Annual Women's Wellness Health Fair



The First Annual Women's Health Fair on December 15, 2012 was a huge hit! Throughout the day, those who attended the fair got a crash course on staying healthy. Guests also learned new ways of teaching others to stay healthy. An array of medical professionals welcomed guests and educated them about different fields of medicine. Upon arrival, guests were encouraged to take part in free medical screening. This included measurements of BMI, blood pressure, and blood cholesterol levels. Blood pressure checks were readily available, and information about weight loss, fitness, heart health, cholesterol info, and cancer facts was given to everybody who attended. The American Heritage School campus, generously made available to AMWA by the Laurie family, was the perfect setting for such an important event. The First Annual Women's Health Fair exceeded all of our expectations, and we are excited to see what is in store for next year's fair!

-Elizabeth Deckler and Laura Grau



**Live lectures, medical education and prevention, blood pressure checks, cholesterol screening, vascular ultrasound screenings, dental health information session, reiki, fitness and wellness information session, and much more!**

"Let us be the ones who say we do not accept that a child dies every three seconds simply because he does not have the drugs you and I have. Let us be the ones to say we are not satisfied that your place of birth determines your right for life. Let us be outraged, let us be loud, let us be bold." -Brad Pitt.

## AMWA South Florida Pre-Health Fair Social

On Saturday November 10th, 2012, South Florida AMWA leaders hosted an evening of networking, dinner, and gratitude in anticipation of their large scale women's wellness health fair to be held in December. This event brought together health fair sponsors, participating physicians, medical students and many other professionals and business owners. Both the flavor and message of the evening was one of positivity and infectious enthusiasm in joining South Florida AMWA's efforts in community outreach, wellness, education and empowerment.

The spirit of AMWA's pioneers enveloped the crowd as branch President, Dr. Farzanna Haffizulla led the presentation for the evening. Every attendee was acknowledged and thanked for their involvement in South Florida AMWA's first annual health fair and other upcoming events. The event was held at the home of South Florida AMWA's fundraising chair,

Dr. Shahnaz Fatteh and it was sponsored by Citibank . There was also a stimulating guest lecture by Mr. Ronald Finkelstein on practice options.

Interest in AMWA continued to peak as Dr's Galindo, McCoy and Haffizulla discussed AMWA's National meeting in March and avenues to get involved. The event was very well attended and all attendees left with a renewed sense of empowerment, passion for outreach and heightened enthusiasm. South Florida AMWA's health fair will be held on Saturday December 15th from noon-4pm at American Heritage School in Plantation, Florida. Several planning meetings were held in lieu of South Florida AMWA's first annual Health fair. These meetings also serve as a welcome to new members and personal celebrations amongst members are refreshingly inserted!

GET INVOLVED! JOIN OTHER ACTIVE AMWA SOUTH FLORIDA MEMBERS!



Dr. Lysette 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



### AMWA Spotlight:

We are proud to announce that **Dr. Dalia McCoy** was given the inspirational award by Mujeres Latinas. She continues to inspire and empower with her infectious enthusiasm! Congratulations from all of us at AMWA!

We welcome **Stefanie LaManna** as our Allied Health Professions Liaison! Stefanie is an Assistant Professor of the ARNP Program at Nova Southeastern University's College of Nursing. She brings great energy and enthusiasm to our ever growing organization. Welcome Stefanie!

Congratulations to **Yaskary Reyes**, our community liaison. She was just named as a spokesperson for the Women Heart Organization, the National Coalition for Women with heart disease. Thank you for your valuable service to our community and to AMWA!

We warmly welcome **Dr. Shahnaz Fatteh** to our membership and to our executive board. She was appointed South Fl. AMWA's Fundraising chair . If you would like to give a donation or to sponsor one of our events please contact her at [fattehdoc@yahoo.com](mailto:fattehdoc@yahoo.com). Dr. Fatteh is a practicing allergist in Broward. Dr. Shahnaz Fatteh was recently appointed the program director of the Allergy and Immunology program at Nova Southeastern University. She is a valuable addition to our organization. Welcome Dr. Fatteh!

We are also proud to have **Mrs. Scarlett Aldana-Bosch** serve as our medical student liaison. Scarlett currently works at the Herbert Wertheim College of Medicine at FIU. Her enthusiasm and organizational skills are impressive. Welcome Scarlett!

## Networking Experience at the Pre-Health Fair Social

As a Pre-Med undergraduate student, the Pre-Health Fair Social was an invaluable learning and networking experience. I had the opportunity to spend time with medical students from the Herbert Wertheim College of Medicine at FIU and the Charles E. Schmidt College of Medicine at FAU. All of the medical students I met were extremely friendly and very enthusiastic about working with the American Women's Medical Association. The medical students were also eager to offer me advice with my science classes. After socializing, we listened to interesting presentations given by the event sponsor, Citigroup, as well as the women who represent the South Florida branch of the American Medical Women's Association. AMWA's special guest, Mr. Ron Finkelstein, spoke about ACA and clinical intergration. Mr. Ron Finkelstein is a CPA/Advisor in Ft. Lauderdale, Fl. The Pre-Health Fair Social was both informative and fun!

-Elizabeth Deckler



**Left to right: Dr. Fatteh, Dr. Farzanna Haffizulla**



**Left to right: Dr. McCoy, Dr. Galindo and Dr. Canizales**



**Pre-Health Fair Social**



**Left to right: Citibank sponsors, Dr. Farzanna Haffizulla**



**Pre-Health Fair Social**

## New Year and Healthy Living

The start of a new year can be a time of contemplation and self-reflection. We equate the New Year with new beginnings, a chance to start over and change whatever about our lives we are less than satisfied about. I invite you to take a chance and reflect on your body. Have you been taking care of it the way you should? Do you give it the same time and dedication as you do with other aspects of your life? We all live busy lifestyles, and sometime our bodies' needs are thrown to the wayside. Remember to give

yourself a break every once in a while. You and your body deserve it.

Eat healthy. Try to exercise 30 minutes daily; a short walk or jog will do. Take care of your body. You will feel happier and have a lot more energy to focus on your family, career, and the other important things in life. Have a Happy New Year!

-Vanessa Salazar

## Healthy Recipe

### Cheesy Shrimp and Rice Casserole Healthy Recipe

As a new year begins, New Years resolutions set in and many people make the promise to live a healthier lifestyle. This recipe for a cheesy shrimp and rice casserole is both healthy and delicious thereby helping some maintain their new healthier habits. Containing only 313 calories per serving, this easy to make meal can serve up to six if one follows the following recipe:

The ingredients to make the cheesy shrimp and rice casserole are a chopped onion, a cup of a bunch chopped scallions, a cup of fresh chopped mushrooms, one and a half cups of shredded

reduced-fat Cheddar cheese, one and a half pounds of peeled medium sized shrimp, a teaspoon of minced garlic, a third of a cup of chunky salsa, half a cup of evaporated skim milk, a tablespoon of Worcestershire sauce, and three cups of cooked rice.

At a medium high heat, sauté the garlic, mushrooms, shrimp, and garlic in a large nonstick frying pan for about 5 to 7 minutes. Afterwards add the skimmed milk, scallions, Worcestershire sauce, cheese, and chunky salsa to the mix. Stir this all in the cooked rice. To finish the meal, cook this until the cheese has fully melted and mixed well into the casserole which takes approximately 10 minutes. You can now serve and enjoy!

-Melissa Salazar



On behalf of all of our members, staff, and executive board, We'd like to thank you for your endless support. Your successful contributions to AMWA South Florida are appreciated immensely. Your contributions extend pass your sponsorship, for the rewards of such events are immeasurable.



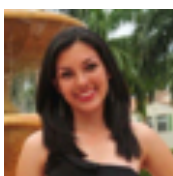
### MEET THE NEWSLETTER STAFF



**Lauren Cardenas**  
*Editor in Chief*  
Undergraduate at Columbia University



**Elizabeth Deckler**  
*Co-Editor*  
Undergraduate at University of Miami



**Vanessa Salazar**  
*Columnist*  
Undergraduate at Washington University



**Melissa Salazar**  
*Columnist*  
American Heritage Plantation



**Laura Grau**  
*Staff Member*  
Undergraduate at Johns Hopkins University

## Special Thanks to our Honorary Members

Thank you, **Mr. William Laurie, Dr. Douglas Laurie, Dr. Carlos Pulido, and Mrs. Kristina Siegel of American Heritage School** for your contribution to AMWA South Florida's First Annual Women's Wellness Health Fair. Information on American Heritage can be found at [www.ahschool.com](http://www.ahschool.com).

Thank you, **Mr. Albert Masters**, for volunteering your professional accounting services to South Fl AMWA. Mr. Masters can be reached at [almasters@bellsouth.net](mailto:almasters@bellsouth.net).

Thank you, **Commander Michael J. Calderin** for your continued support of South Florida AMWA. Please visit his website at [www.saintjudeministries.org](http://www.saintjudeministries.org).

Thank you, **Mr. Kai Black Star** for your support of South Florida AMWA. Visit his website at [Studio4martialarts.com](http://Studio4martialarts.com)

## Extended Gratitude to Our Sponsors and Honorary Affiliates

Thank you to our participating physicians, medical students, local businesses, and all participants.

Dr. Shahnaz Fatteh  
Stefanie Lamana Ph.D.  
Dr. Lauren Fine  
Phadia US, Inc. (ThermoFisher Scientific)  
Lydia Lazcano of Quest Diagnostics  
Debbie Cumbie of Vitas  
Kelly Newell of Palm Beach Gardens Lifestyle  
Mildred Rodriguez and Andee Weiner of WomenHeart Coalition  
Dr. Rishi Anand and Dr. Payal Anand  
Dr. Yaskary Reyes  
Dr. Kara Williams  
Commander Michael Calderin  
Dr. Jacqueline Canizales  
Dr. Kathryn Zeoli  
Dr. Mudit Jain  
Dr. Robert Dollinger  
Somy Ali of No More Tears  
Dr. Seth Grossman of The Center For Psychological

Fitness  
Dr. Stephanie McKee of Hospice By The Sea  
Taggrid Hassan  
William Laurie and Dr. Douglas Laurie of American Heritage  
Dr. Everold Haffizulla  
Dr. Jason Haffizulla  
Dr. Farzanna Haffizulla  
Dr. Kristina Deeter  
Jorge Camillo Mora  
Dr. Marion Colas-Lacombe  
Dr. Asma Saleem  
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Dr. Matthew Fine  
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Dr. Milan Khakharia

David Smith and of Hospice By The Sea  
Karime Demorizi  
FIU and FAU medical students  
Dr. Nigam Parikh  
Scarlett Aldana-Bosch  
Angela Haffizulla  
Dr. Kristin Haffizulla  
Ujas Parikh  
Ellen Parker and team of MDLive  
Dr. Diana Galindo  
Dr. Dalia McCoy  
Dr. Szilvia Udvari-Nagy  
Dr. Lysette Cardona  
Zarina Haffizulla  
Anisa Haffizulla  
Nadia Haffizulla  
Adam Haffizulla  
Dr. Anjalie Goel and family  
Emilio Labrador  
American Heritage Parent Volunteers  
Dr. Naushira Pandya and family  
Dr. Stacy Frankel and Dr. Ralph Zagha and family  
Pre-med club officers and members of American Heritage  
Mrs Kristina Siegel

Dr. Carlos Pulido  
West Side Regional Hospital  
University Hospital  
Joe DiMaggio Children's Hospital  
Quest Diagnostics  
Vitas  
Plantation General Hospital  
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*Please contact newsletter staff if your name is not present on this list, we will be more than happy to publish your name on the upcoming newsletter.*



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## *Honors and Recognitions*

- **36 National Merit Semifinalist Scholars: number one high school in the state**
- **21 National Merit Commended Scholars**
- **13 National Hispanic Scholars**
- **7 National Achievement Scholars**
- **90%** passing rate on **Advanced Placement tests** (highest among all South Florida schools)
- More than **\$50 million** in college scholarships awarded to the Class of 2012
- **#1 private school in national math competitions**
- **#1 Calculus student in the nation**
- **#1 private school in national Mock Trial competitions**
- Among the top science research schools at the Florida State Science Fair
- **Nationally ranked** in the top 5% of all debate programs
- All-Florida rating for WAHS News by the Florida Scholastic Press Association
- First place at Florida State Thespian Convention for the production of *Phantom of the Opera*
- **20 consecutive years** of "Superior" ratings for one-act plays performed at Florida State Thespian Convention
- Nine gold or silver keys awarded to students for art and photography by the National Scholastic Art Awards
- First place awards from American Scholastic Press for Heritage's yearbook, literary magazine and student newspaper
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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) \_\_\_\_\_

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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).**

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*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

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