

EMORY GYNECOLOGY & OBSTETRICS

SUMMER 2018

A woman with short blonde hair, wearing a white lab coat over an orange top, is smiling and looking out a large window. The foreground is filled with out-of-focus green leaves and branches, creating a layered effect. The background outside the window shows more greenery and a hint of a building.

EXPANDING THE
HORIZON
OF WOMEN'S HEALTH
A TIME OF GROWTH,
EXPANSION AND NEW
VISION - WHY NOW AND
WHAT IS TO COME.

CANCER AND FERTILITY

SIMULATED REALITY

MAPPING THE FUTURE

EMORY

REPRODUCTIVE CENTER

Emory Reproductive Center offers the latest innovations in analysis of fertility issues and in assisted reproductive technologies. We offer compassionate care coupled with top-notch expertise – our IVF success rates consistently exceed the national average.

NEW
LOCATION

Emory University Clifton Campus

Building A, 4th Floor
1365 Clifton Road, NE
Atlanta, GA 30322
404-778-3401



Emory Reproductive Center, 550 Peachtree St., NE

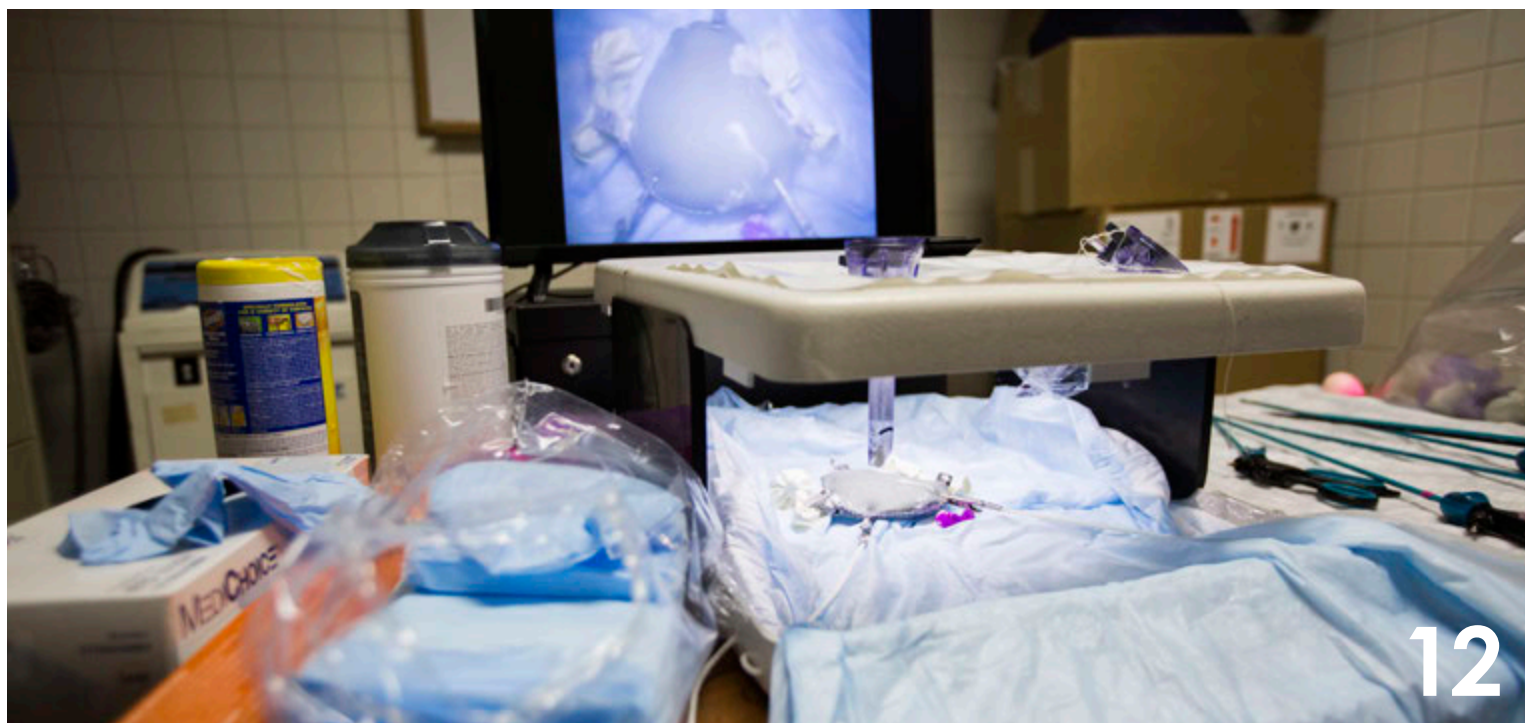
MAKING THE DREAM OF PARENTHOOD A REALITY

Our services include in vitro fertilization, intrauterine insemination, intracytoplasmic sperm injection, preimplantation genetic testing, donor programs, fertility preservation, and treatment of all conditions that affect reproductive health.

For appointments: 404-778-3401



Suite 1800, Atlanta, GA 30308 • www.emoryivf.org



| Features

12 Simulated Reality for Safer Clinical Outcomes

How using hands-on learning is benefitting the next generation of GYN-OB physicians.

14 Empowering Teens with Open Doors, Honest Conversations

Tiffany Hailstorks, MD, MPH with Emory Department of Gynecology and Obstetrics Family Planning Division offers patients empathy, education, and support.

20 Bridging the Gap: Delivering Care, Expertise When Girls Need it Most

Atlanta's only fellowship-trained pediatric gynecologist supports patients and providers with multidisciplinary care.

28 Cancer and Fertility: Emory Reproductive Endocrinologists Guide Patients Along Their Journey

| Articles

11 Department Out and About: Community Outreach, Events, and Honors

24 Denise Jamieson, MD, MPH named James Robert McCord Chair in Gynecology and Obstetrics

32 National Women's Health Week brunch and learn event - Reproductive Health: Every Age, Every Stage

40 Making Your Patient Care Mobile

42 Health for the Whole Woman

42



28



24



34



| Cover Story

07 Expanding the Horizon of Women's Health

Interim Chair Penny Castellano, MD talks growth, expansion, and what's next for Emory Department of Gynecology and Obstetrics.

| Interviews

34 Mapping the Future: Using Research to Better Understand Women's Health

Alicia Smith, PhD looks for discovery, breakthrough for women.

Emory | Gynecology and Obstetrics Magazine

Executive Editor and Art Director:

Bryetta Calloway,
Department of Gynecology and Obstetrics
Communications Manager

Photography:

Kay Hinton
Shelby Rae Photography
Katie Tiller Photography

Contributing Writers:

Elaine Zeinner
Kalinda Woods, MD

Emory | Gynecology and Obstetrics Magazine is published biannually by the communications office of Emory Department of Gynecology and Obstetrics, a part of the School of Medicine of Emory University. Articles may be reprinted in full or in part if source is acknowledged. If you have story ideas or feedback, please contact bryetta.calloway@emory.edu

© Summer 2018

Emory University is dedicated to providing equal opportunities and equal access to all individuals regardless of race, color, religion, ethnic or national origin, gender, genetic information, age, disability, sexual orientation, gender identity, gender expression, and veteran's status. Emory University does not discriminate in admissions, educational programs, or employment on the basis of any factor stated above or prohibited under applicable law. Students, faculty, and staff are assured of participation in University programs and in the use of facilities without such discrimination. Emory University complies with Executive Order 11246, as amended, Section 503 of the Rehabilitation Act of 1973, the Vietnam Era Veteran's Readjustment Assistance Act, and applicable executive orders, state and federal regulations regarding non-discrimination, equal opportunity and affirmative action.

WELCOME TO EMORY DEPARTMENT OF GYNECOLOGY AND OBSTETRICS

Emory Gynecology and Obstetrics is part of Emory University's School of Medicine, a globally recognized leader in health care innovation, and the Emory Clinic and Emory Healthcare, a comprehensive health system that includes hospitals, offices, and research facilities.

As part of a university-based health care system, our department has access to state-of-the-art resources and tools. Our physicians and researchers are engaged in translating the latest research and advances into effective practice. We also have the opportunity to collaborate across departments and disciplines, ensuring that complex cases receive quality care – all under one roof.

The department's tradition of outstanding patient care is due to the expertise of our specialty and subspecialty trained physicians. Emory gynecologists and obstetricians are acknowledged as local, regional, national, and international experts in their fields.

I invite you to learn more about our department's offerings and to let us know if we may be of service.

Sincerely,

Penny Castellano, MD
Interim Chair,
Department of Gynecology and Obstetrics



“

At Emory Gynecology and Obstetrics, we are able to leverage our energy and excellence in ways that truly optimize the health of those we serve.

”

VISION: Expanding the Horizon of Women's Health

LOOKING AT THE GROWTH, INNOVATION AND EXPANSION OF
EMORY'S DEPARTMENT OF GYNECOLOGY AND OBSTETRICS -
WHY NOW AND WHAT IS TO COME.

by: Bryetta Calloway

Most Wednesday mornings find Department of Gynecology and Obstetrics Interim Chair, Penny Castellano, MD, making her way to the Glenn Auditorium through the glass-encased corridor at Emory University Hospital Midtown. Early in the morning, with the sun just rising over Midtown Atlanta, she's joined by other faculty and staff who are headed to the week's Grand Rounds.

Discussions of clinical cases ... sharing new research progress ... strategizing growing clinic spaces and services — all this and more takes place from the lobby to the rows of seats in the auditorium. Proof that over the last several years, the numbers of those attending these weekly meetings have grown exponentially and quite intentionally.

Meeting the Ever-changing Needs of Atlanta's Women

The growth, in both faculty and location, reflects the varied health challenges of the women the department serves and its commitment to best meet those needs. With multiple presences, the Emory Women's Center and Emory Reproductive Center have worked to meet the reproductive issues and challenges of Atlanta women for more than 75 years. In the last several years, the progressive shift of health services geared to these women has resulted in expanded models of care that are as comprehensive as the health demands of the population they serve.

Penny Castellano, MD, has focused on implementing programs and services that encompass a woman's entire lifespan. The programs increasingly integrate subspecialty providers who speak to the nuances of a woman's health. Moreover, multi-disciplinary clinic settings and comprehensive care offerings have allowed for an expanded footprint outside the metro-Atlanta area. These settings and offerings span the continuum of care from prevention to clinical interventions.

"As the population in Georgia and the Atlanta area continues to grow, Emory's role remains one of commitment to providing the most advanced and comprehensive care to the women of our region," Dr. Castellano states. "Given the breadth and depth of the Emory Healthcare team, the academic resources of our University and the advances in medical science that present themselves daily, we are able to leverage our energy and excellence in ways that truly optimize the health of those we serve. Our team continues to grow and expand as the needs of our patients grow. We are bringing our services to more locations to meet those needs."

Meeting the Growing Demand for Women's Health Care

The Journal of Women's Health reported in 2013 that the national demand for women's health care is expected to grow six percent by 2020. The majority of those services will be related to ob-gyn (81 percent), and impact women of reproductive age: 18-44 years old. This need ultimately translates to a growing demand for physicians and clinicians.

Dr. Castellano shares, "As scientific discovery continues, and researchers learn new information about how we are physiologically functioning, the demand for new care capabilities increases. The more we understand about what can go wrong, the more we are able to define strategies for cures.

"Women's health has become scientifically much more complex," continues Dr. Castellano, "but we are able to offer care that was not thought of just a few years ago. From infertility treatment to cancer therapy to advanced prenatal care and healthy aging, the need for more focused subspecialists is clear."

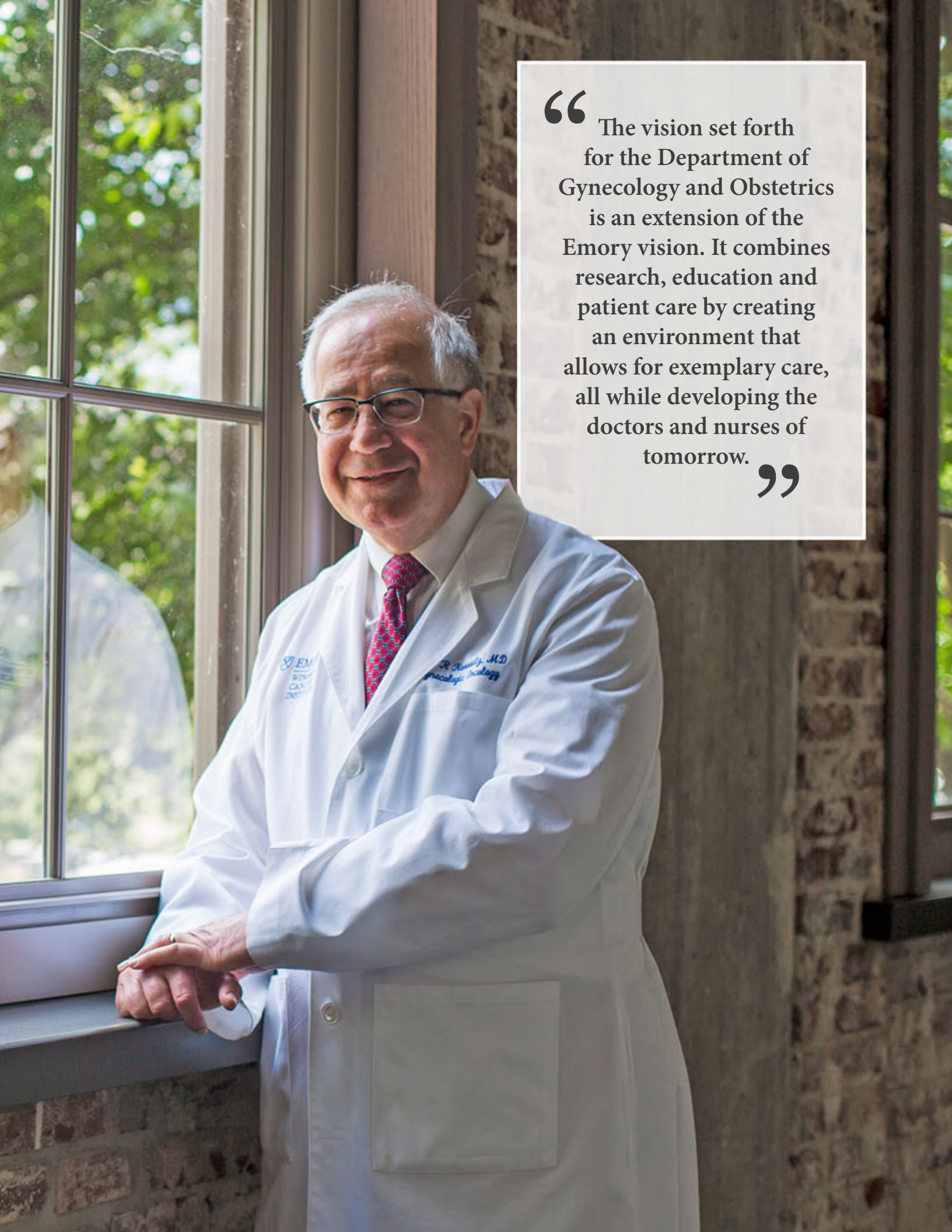
Building the Multi-Disciplinary Model

The multi-disciplinary reproductive care model is one that Emory Department of Gynecology and Obstetrics has continued to refine and offer as an extension of Dr. Ira Horowitz's vision, one set forth during his tenure as Department Chair.

As it relates to the vision of this model of care, Dr. Horowitz states, "By increasing access to state-of-the-art clinicians, predicated on their teaching and research ties to Emory School of Medicine, new patients are seen quickly and locally. They are no longer restricted by existing practice locations only in Midtown and Decatur. The new sites also ease access worries for existing patients — they can continue being seen and treated close to home."

These locations are also a platform for future growth within the Department and the women's health specialty as a whole.

"We have created a platform that allows our residents, fellows and medical students to learn a more holistic approach to care," states Dr. Horowitz. "For example, we have created an environment where a woman who has preeclampsia can be seen post-childbirth by a cardiologist. Because she is at higher risk for heart issues as she gets older, this offers a continuum of care that benefits both the patient and the providers who work to address

A photograph of a man with white hair and glasses, wearing a white lab coat over a white shirt and a red patterned tie. He is standing next to a large window with a view of green trees outside. His hands are clasped on the windowsill. The lab coat has two patches: one on the left chest that says 'EMORY UNIVERSITY' and 'Gynecology and Obstetrics', and another on the right chest that says 'R. Hershovitz, MD' and 'Gynecologic Oncology'.

“ The vision set forth for the Department of Gynecology and Obstetrics is an extension of the Emory vision. It combines research, education and patient care by creating an environment that allows for exemplary care, all while developing the doctors and nurses of tomorrow. ”

her health needs.”

To best meet community health demands, department faculty at the Saint Joseph’s Emory Women’s Center location and the recently opened campus at Emory Johns Creek are uniting their research efforts, wide-range of specialty and subspecialty expertise, as well as their commitment to women’s health. For instance, the Saint Joseph’s Emory Women’s Center location is the first of its kind in Georgia to combine:

- Female Pelvic Medicine and Reconstructive Surgery
- General Gynecology/Obstetrics and Menopause Care
- Gynecologic Oncology

Emory Women’s Center Johns Creek will also extend this model of a comprehensive multi-disciplinary practice. When fully realized, the practice will house subspecialty physicians, as well as labor and delivery, under one roof.

In 2017, the doors of the Emory Women’s Center at Johns Creek opened and services began when a urogynecologist and gynecological oncologist were placed. These subspecialties meet a wide array of needs, from minor gynecological issues to minimally invasive surgical procedures for more acute problems. Through the remainder of 2018, the clinic will again expand its service provision reach to offer care for a more extensive array of issues, needs and patients, including a new labor and delivery site and the addition of General Gynecology and Obstetrics services.

By merging academic best practices and local hospital settings, the Emory Department of Gynecology and Obstetrics can continue to meet its strategic goals to place high-levels of care in settings that extend beyond the Metro-Atlanta area.

Expanding the Vision for Women’s Health

Implementing these strategies has continued to expand the vision for treating women’s health issues and how the Department will accomplish that vision.

“The vision set forth for the Department of Gynecology and Obstetrics is an extension of the Emory vision. It combines research, education and patient care by creating an environment that allows for exemplary care, all while developing the doctors and nurses of tomorrow,” says Dr. Horowitz.

When looking at the future of services provided through Emory’s Department of Gynecology and Obstetrics, as well as expanding the multi-disciplinary women’s health model, Dr. Castellano believes that the ongoing connection to scientific advancement

is key. “The real art is keeping the science integrated to provide a collaborative and synergistic approach to patient care,” says Dr. Castellano. “This truly optimizes the health outcomes for our patients.”

EVEN MORE

Emory University’s Department of Gynecology and Obstetrics offers a full range of medical care for women’s health provided by physicians specializing in general obstetrics and gynecology, family planning, maternal-fetal medicine, infertility, urogynecology, gynecologic oncology, and women’s wellness.

There are several divisions within the Department of Gynecology and Obstetrics at Emory University. For more information, visit us online at gynob.emory.edu ■

Department Out and About: Community Outreach, Events, and Honors



ZIKA CONTRACEPTION ACCESS NETWORK RECEIVES RECOGNITION

Eva Lathrop, MD, MPH served as the lead for contraception on the Pregnancy and Birth Defects Task Force during CDC's Zika virus response efforts. Two other Emory faculty members, Denise Jamieson, MD, MPH, and Erin Berry-Bibee, MD, MPH, both with Emory's Department of Gynecology and Obstetrics, also worked on the Z-CAN program. The program was designed to prevent unintended pregnancies and reduce birth defects during the height of the 2016-17 Zika virus outbreak in Puerto Rico and successfully served more than 21,000 women during a 16-month period.



WHITE COAT GRADY GALA 2018

Our Department Grady providers attended the 8th Annual White Coat Grady Gala. Our faculty and staff joined their colleagues in honoring all of the healthcare heroes of the night, Dr. Louis Sullivan, Dr. Sheryl Gabram, Dr. Yousuf Khalifa, Bob Meyers, and Kristina Miles.



DR. CARRIE CWIAK, MD, MPH RECOGNIZED

On March 19, 2018 Family Planning Division Director and Grady Family Planning Clinic Medical Director, Carrie Cwiak, MD, MPH was recognized by State Representative Park Cannon and the Georgia House of Representatives for her continued commitment to instituting evidence-based protocols at Grady Health Family Planning Clinic, as well as, maintaining a leadership role that enables patients to receive excellent clinical care.

Picture Recognition (Left to Right): State Representative Deborah Gonzalez, Lisa Haddad, MD, MS, MPH. State Representative Park Cannon, State Representative Pat Gardner, Carrie Cwiak, MD, MPH, Denise Jamieson, MD, MPH.



ATLANTA MEDICINE MAGAZINE

The newest issue of Atlanta Medicine Magazine features some of our esteemed Emory Gynecology and Obstetrics faculty and fellows. Cherie C. Hill, MD, FACOG was the guest editor and also contributed an article, "The Peach State and STDs - The silent offenders and the downstream fertility impact." You will also find contributing articles from Denise Jamieson, MD, MPH; D. Austin Schirmer III, MD; and Kalinda Woods, MD, FACOG.

Simulated Reality for Safer Clinical Outcomes

Pictured: Dr. Lauren Espinosa (resident) works with Dr. Marko Klisovic (faculty) during a simulation training session.



Learning to become a skilled practitioner indeed takes practice. Emory's Department of Gynecology and Obstetrics offers its Residents and Fellows the opportunity to focus on skills such as team dynamics and communication skills, as well as basic gynecological and obstetrical procedures and surgical skills. Residents gather together monthly at one of two simulation centers to train in skills such as breech vaginal delivery, postpartum hemorrhage, laparoscopic ovarian cystectomy and more. Residents receive simulation training once a month. All residents and surgical fellows are also required to be FLS certified which has been shown to improve operative laparoscopic abilities.

With the increase in simulation team training over the recent years, our residents are also benefitting from learning and practicing alongside dedicated faculty and multi-disciplinary teams (including obstetricians, gynecologists, anesthesiologists, neonatologists, nursing staff and other members of the perinatal or surgical team). This level of focused mentorship gives residents the opportunity to both increase their knowledge and confidence but allows faculty the ability to



Top Center and Bottom Left: Residents - Dr Jerrine Morris and Dr. Bradley Sipe complete simulated scenarios at one of three stations.

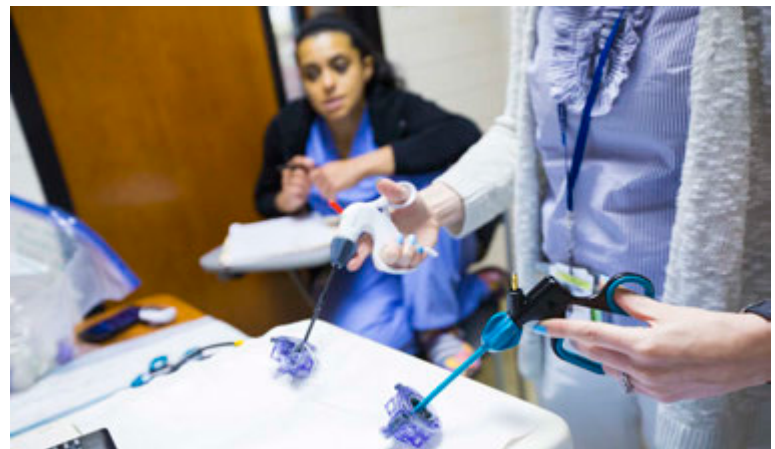
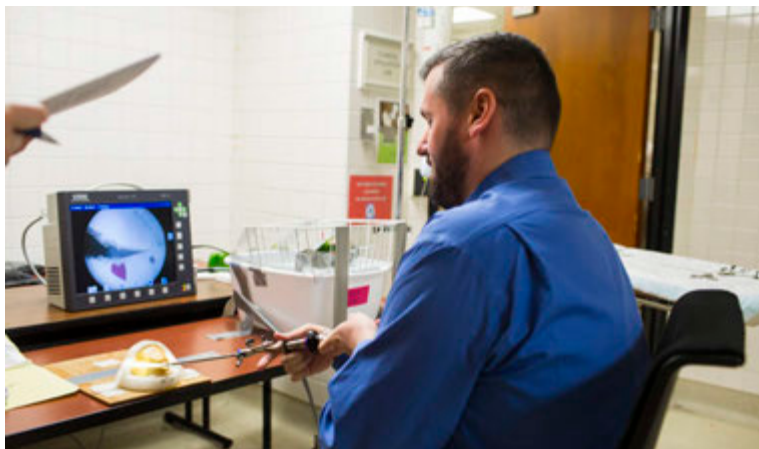
Bottom Right: Faculty - Dr. Sara Rizk observes a resident during their simulation assessment.

mentor residents in an ongoing effort. By promoting best practices in closed-loop communication, information sharing, assertiveness, adaptability, and leadership skills, simulation training raises the skill-level of participating residents while providing opportunities for specific simulated experiences.

According to E. Britton Chahine, MD, Director of Gynecology and Obstetrics Simulation, the mission of the Emory GYNOb simulation training curriculum is to, "Combine hands on learning with evidence-based medicine for better, safer clinical outcomes."

This emphasis on better clinical outcomes, and increased patient safety means a better experience for patients. Simulation training takes place primarily within the Emory Center for Experiential Learning (ExCEL) at Emory University School of Medicine. With a theatre style set-up, faculty can both monitor and guide residents as they navigate routine and emergency scenarios without risk of injury to actual patients.

To learn more about Emory's Department of Gynecology and Obstetrics residency program, you can visit, www.gynob.emory.edu/education/residency_program.





TIFFANY HAILSTORKS, MD,

Empowering Teens with Open Doors, Honest Conversations

TIFFANY HAILSTORKS, MD, MPH WITH EMORY DEPARTMENT OF GYNECOLOGY AND OBSTETRICS FAMILY PLANNING DIVISION OFFERS PATIENTS EMPATHY, EDUCATION, AND SUPPORT.

A simple, unassuming poster hangs on the wall of Tiffany Hailstorks' MD, MPH exam rooms. It outlines 21 reasons for women to see the gynecologist before they turn 21 years old, and covers overall health, periods, pregnancy, sexual health, sexuality and sexually transmitted infections.

"That poster is one of my favorite resources to help educate my patients," says Dr. Hailstorks. "Women see it and remark, 'I didn't know you could help with that' or 'I wouldn't have thought to ask you about this.' It is a great conversation starter for important reproductive health topics."

Conversation and education play key roles in Dr. Hailstorks' approach to reproductive health. As a member of the Family Planning Division within the Department of Gynecology and Obstetrics at Emory Healthcare, she works with teens and young adults across Atlanta, educating them about their reproductive health and empowering

them to make healthy and safe choices that last a lifetime.

"It can be hard for teens to see how a decision when they're 15 can affect their future," she says. "Teaching them about their reproductive health - and that's everything from understanding their periods and reproductive cycles to learning about contraception or how to maintain healthy relationships - can help teens make more informed decisions about their bodies."

A Personal Approach to Care

Dr. Hailstorks has long understood the value of advocating for and supporting her patients. In fact, it was the opportunity to help and connect with others that drew her to medicine. As a young girl, she would often run clinics for her dolls, taking care of their ailments and even pretending to perform surgery on "serious" cases. Her neighbor, a primary care physician, noticed her interest and agreed to sit down for an

MPH

informational interview.

It was that conversation, and her experience as a volunteer at a local children's hospital, that showed her the power of the patient-provider relationship. In medical school, she discovered the perfect specialty that allowed her to combine her passion for patients along with her interest in surgery - obstetrics and gynecology. She later had a mentor during medical school who

introduced her to family planning.

"I would just pick my mentor's brain - asking her about family planning and her background and training," Dr. Hailstorks says. "I quickly realized that family planning incorporated everything I was interested in - from adolescent health to teen pregnancy prevention and contraceptive health, along with the ability to build lasting relationships with my patients."



Dr. Hailstorks was accepted into the family planning fellowship at Emory University School of Medicine. In the program, she received specialized training on reproductive health and contraceptive care. Now, she works closely with her patients, educating and involving them in their reproductive health.

“I treat patients how I would want someone to treat my family,” she says. “That mindset helps you always put your best foot forward and think first about your patients. Some days it may be hard, but it always makes a difference. You’re really helping the lives of the women who need that support and empowerment.”

Even though she recently finished her fellowship and completed a Masters in Public Health at Emory Rollins School of Public Health, Dr. Hailstorks has no plans for slowing down her personal learning and growth.

“Fellows in reproductive health often pursue a master’s degree in public health,” she shares. “My ultimate goal would be to influence what the school system is teaching when it comes to reproductive health or to work with the health department. Reproductive health education should go far beyond contraception to share accurate and relatable information.

“I love being able to tell people about all their options,” Dr. Hailstorks continues. “But sometimes, my patients just don’t know or aren’t aware of what’s available to them, or what may be best for them given their health or personal situation and goals. Education can help change that.”

Removing the Stigma

Dr. Hailstorks acknowledges that a woman’s reproductive health can be a difficult subject for many women to broach with their doctor. That embarrassment and uncertainty can be especially acute for teens and young adults who are just beginning to learn about their bodies. “The gynecologist is a safe, neutral space,” she says. “Our bodies are nothing to be ashamed of, and I encourage my patients to ask whatever questions they may have - without worrying that I will judge them for whatever it is they

want or need.”

Dr. Hailstorks firmly believes that the key to bridging that gap is, once again, education: When women understand their bodies, they are confident to ask questions, bring up issues and seek medical care.

“Here, it doesn’t matter where you come from or what you need,” Dr. Hailstorks says. “I want to work with each of my patients and understand their unique needs. I want to advocate for them and help them advocate for themselves. When you educate and involve patients in their reproductive health, everyone wins.”

This comprehensive, empowering approach to reproductive health is a hallmark of family planning. Services include

educational, medical or social services that help patients decide if, when and how they want to become pregnant.

Building Trust

The Emory Healthcare family planning team is dedicated to offering high-quality care - including routine gynecological and reproductive health care, contraceptive care, education and support - in a safe and non-judgmental environment.

When teens and young adults are ready to talk about sex and contraception, Dr. Hailstorks and her colleagues are here to have open and honest

conversations.

“We’re going to talk about all the options, and it’s okay to talk about those options,” Dr. Hailstorks says. “It’s comforting for patients to hear that.”

Patients are also often relieved to find that Dr. Hailstorks’ office is a confidential space.

“The only way I can work with my patients to find a solution that will work for them, and keep them safe and healthy, is to build trust and confidence,” she says. “That’s important for all my patients, and particularly teens and young adults.”

Dr. Hailstorks is dedicated to walking through each of the

“Our bodies are nothing to be ashamed of, and I encourage my patients to ask whatever questions they may have - without worrying that I will judge them for whatever it is they want or need.”

contraceptive care options available and finding the one that will work best for the patients.

“Sometimes there are medical reasons a patient should try a specific type of contraception,” she says. “Other times, it’s a personal preference or what works with their lifestyle. I’m not going to ask a patient to come see me every month to get a pack of pills if they have school or need to take three buses to get to the office. We’ll work together to find the right solution for her.”

Meeting Patients Where They Are

According to the Guttmacher Institute, more than 19 million women in the U.S. do not have reasonable access to contraceptive care in their counties. The Family Planning team at Emory is working to deliver better access to care by partnering with organizations across the area and offering services at multiple locations.

Currently, the team rotates across five locations, including Grady Memorial Hospital, Emory University Hospital Midtown, Feminist Women’s Health Center, Atlanta Women’s Center and Planned Parenthood of Atlanta. There are teen clinics at Grady Memorial Hospital, Emory University Clifton Campus, carafem Health Center, and most recently, at Emory Saint Joseph’s Hospital.

“One of the biggest barriers for teens to overcome is getting to appointments between 8 and 4 during the school day,” Dr. Hailstorks says. “The Teen Clinic at Grady helps knock down some of those obstacles with hours after school and on the weekend. That makes it easier for teens to get birth control, take a pregnancy test, have their annual exam or address any other gynecologic issue they’re experiencing.”

It’s not just teens that are benefitting from reproductive health outreach. Partnering with organizations like Planned Parenthood, Atlanta Women’s Center and The Feminist Women’s Center ensures high-quality care is available to women of all ages.

“We meet patients wherever they are,” says Dr. Hailstorks. “We rotate through a lot of different clinics, but we’re still offering the same level of care as we do to patients at Emory. That offers a layer of comfort and confidence to the women we see. They can trust that we are here to help them think through all their options, and help them find what is best for them.”

Schedule an Appointment

Learn more about the Family Planning team at Emory Healthcare by calling 404-778-3401 or by visiting emoryhealthcare.org/emory-clinic/gynecology-obstetrics.





FAMILY PLANNING

The Family Planning division provides complex contraception and abortion services. We offer the full range of contraceptive options and work with each patient to determine the best method for her lifestyle and health. Our physicians provide counseling on pregnancy options in the case of maternal illness or fetal anomalies, and manage treatment for miscarriage and fetal demise.

Our team is especially skilled in complex contraception for women with chronic conditions who have a medical need to avoid pregnancy. These conditions include cancer, cardiac disease, diabetes, epilepsy, hematologic disease, history of bariatric surgery, history of organ transplant, HIV/AIDS, liver diseases, and rheumatologic disease.



Erin Berry-Bibee, MD, MPH

Assistant Professor, Gynecology and Obstetrics

*Medical Education: Oregon Health and Science University School of Medicine
Residency: Emory University School of Medicine
Fellowship: Emory University School of Medicine
Graduate Education: Rollins School of Public Health, Emory University*



Carrie Cwiak, MD, MPH

*Associate Professor of Gynecology and Obstetrics
Division Director, Family Planning
Fellowship Director, Family Planning
Chief of Service, Gynecology and Obstetrics, Emory University Hospital Midtown
Medical Director, Family Planning Clinic, Grady Health System*

*Medical Education: St. Louis University School of Medicine
Residency: University of Connecticut Health Center
Fellowship: Emory University School of Medicine
Graduate Education: Rollins School of Public Health, Emory University*



Tiffany Hailstorks, MD

Assistant Professor, Gynecology and Obstetrics

*Medical Education: Meharry Medical College
Residency: Howard University Hospital
Fellowship: Emory University School of Medicine*



Eva Lathrop, MD, MPH

*Associate Professor, Gynecology and Obstetrics
Assistant Director, Family Planning Fellowship*

*Medical Education: University of Vermont College of Medicine
Residency: Maine Medical Center
Fellowship: Emory University School of Medicine
Graduate Education: Rollins School of Public Health, Emory University*



Megan Lawley, MD

Assistant Professor, Gynecology and Obstetrics

*Medical Education: Emory University School of Medicine
Residency: Emory University School of Medicine
Fellowship: Emory University School of Medicine*

For appointments: 404-778-3401

Location:

*Emory Clinic, Emory University Hospital Midtown
Medical Office Tower, 8th Floor
550 Peachtree Street, NE, Atlanta, GA 30308*

*Emory Saint Joseph's Hospital Campus
5673 Peachtree Dunwoody Road, Suite 700
Atlanta, GA 30342*

As a pediatric and adolescent gynecologist, Dr. Childress treats girls from birth to age 21 years with general and complex gynecologic needs, both medically and surgically, performing minimally invasive surgery when indicated.



Bridging the Gap: Delivering Care, Expertise When Girls Need it Most

ATLANTA'S ONLY FELLOWSHIP-TRAINED PEDIATRIC GYNECOLOGIST
SUPPORTS PATIENTS AND PROVIDERS WITH MULTIDISCIPLINARY CARE

Krista Childress, MD a pediatric and adolescent gynecologist gets the type of reaction many providers would hope for:

"One of the first things providers and my patients' families tell me is how excited they are to meet with me and how long they've waited for a pediatric gynecology specialist in the Atlanta area," she shares. "I feel very fortunate to be in a position where I can help so many children, adolescents and their families.

Dr. Childress is one of only two fellowship-trained pediatric gynecologists in the entire state of Georgia, and the only one in the Atlanta area. She came to Atlanta after completing a two-year fellowship at Baylor College of Medicine at Texas Children's Hospital. Now, she serves as an Assistant Professor of Gynecology and Obstetrics at Emory University and sees patients at Children's Healthcare of Atlanta.

As a pediatric and adolescent gynecologist, Dr. Childress treats girls from birth to age 21 with general and complex gynecologic needs, as well as, performs minimally invasive surgery when necessary. She sees patients experiencing a wide-range of endocrine and reproductive disorders, including:

- Menstrual problems including irregular menses or painful periods
- Congenital reproductive tract abnormalities
- Disorders of sexual development, including Turner Syndrome and females with ambiguous genitalia
- Puberty abnormalities
- Contraceptive counseling: including

insertion of subdermal implants and intrauterine devices

- Prepubertal and pubertal vulvovaginal problems
- Ovarian or fallopian tube masses
- Premature ovarian failure
- Reproductive health concerns of girls with cancer or blood disorders
- Polycystic ovary syndrome (PCOS)
- Sexually transmitted infections

Serving a need in the community

“Pediatric gynecology is a new and growing field,” says Dr. Childress. “There’s a huge gap in care for children and adolescents experiencing gynecologic issues. OB-GYN training in medical school and residency focuses on adults with some exposure to older adolescents, but often not children and adolescents younger than the age of 15. Because of that, many gynecology providers aren’t as comfortable treating children due to lack of exposure and training in the patient population.”

Dr. Childress’ training has given her unique insight into the needs of her patients, including how to make children and their families feel comfortable during appointments, and the specific gynecologic concerns of children and teens. Baylor offers one of only 13 pediatric and adolescent gynecology fellowships available in the US and Canada. During her time at Baylor, she gained valuable experience treating this patient population both medically and surgically.

“I absolutely loved my fellowship,” Dr. Childress shares. “I truly enjoyed my patients and I love working at a children’s hospital. Gynecology can be very scary to teens and children, and it was a great honor to be that person to have conversations with these young girls to help them understand and feel comfortable with their bodies.”

Changing course after an overheard conversation

Like most healthcare providers, Dr. Childress wasn’t even aware pediatric gynecology was a specialty that could become a career when she started her medical training. She quickly fell in love with obstetrics and gynecology in medical school, and during residency realized her special interest in working with

adolescents and managing reproductive tract anomalies.

One day she happened to overhear a conversation about pediatric gynecology and was intrigued by the idea of such a specialty. So, she did what most of us do when we want to learn more about something -

“I Googled it,” she admits. “I started reading about it and became more and more fascinated. I went by myself to a conference hosted by NASPAG, the North American Society for Pediatric and Adolescent Gynecology, and had an ‘aha’ moment. I also had the opportunity to meet mentors in pediatric gynecology who were excited to support and educate me during my journey in determining the correct career path for me. I feel very fortunate to have had this awesome experience early in my GYN/OB residency training.”

“I realized this specialty combined everything I loved - the ability to focus on specific areas in gynecology that intrigued me the most and the opportunity to work with adolescents and children to help empower and educate them,” she continues.

Delivering comfort and care

Dr. Childress works to put patients and parents at ease at the very beginning of her visits.

“I like to bring smiles and humor to my clinic visits, which I think is a huge advantage of working with children,” she says. “When I first see a patient, I make a point to have conversations with them outside of why they are here to see me. That can really go a long way to help them feel comfortable and see they can trust me, which is really important when you’re talking to a child or adolescent about a topic they may not understand or be embarrassed about.

“I let the child lead the exam,” she continues. “She can guide the conversation and feel in control, which really helps put her at ease. I also always make time to talk alone with my patients. A lot of them are really wondering about their bodies, and don’t know what to do about it, or who to ask.”

Working across disciplines

As Dr. Childress works to develop the pediatric and adolescent gynecology program at Children’s, she has been excited about her colleagues’ enthusiasm about this new specialty and the welcoming environment CHOA and Emory have provided with her transition to Atlanta.

“Pediatric issues are often complex and require a multidisciplinary approach,” she says. “I work closely with pediatric surgery, endocrinology, urology, hematology and other subspecialties so that we can look at the child as a whole and fix the entire system, instead of just one thing at a time.”

Dr. Childress strongly believes that the integration of this multidisciplinary approach is why Children’s is able to deliver well-rounded, quality care to children and their families across Atlanta, and the entire state of Georgia.

“Pediatric gynecology is a very new field and the idea of seeing a gynecologist can be scary for parents and children,” she says. “I feel very grateful to have the experience to deliver the care my patients need, and the support of an entire hospital to make sure we are considering every angle and treatment option.”

Focusing on the future

Dr. Childress is excited about the future of the pediatric and adolescent gynecology program at Children’s. She already has her eye on several projects and goals to expand and improve the multidisciplinary gynecologic care available at Children’s and Emory.

“Starting this summer, I will have Emory residents rotating with me so that they can get the much needed exposure to pediatric gynecology,” she says. “I’m really excited to work with residents to help advance their training and exposure to the field.

Dr. Childress also hopes to continue her work on pediatric fertility preservation by becoming more involved with the fertility preservation teams at CHOA and Emory.

“Sometimes, when a child or teen is diagnosed with cancer, no one is talking to her about the impact treatments will have on her reproductive health and ability to later have children,” she states. “I am very interested in helping grow the outreach to children and their families so they can better understand the impact of their

treatments, their fertility preservation options, and improve access to care.”

An Open Door

Dr. Childress encourages parents and providers to contact her with any questions, or to schedule an appointment. She very much looks forward to working with everyone. She can be reached at 404-785-1491 or krista.childress@emory.edu. Learn more about the pediatric and adolescent gynecology services available at Children’s by visiting <https://www.choa.org/medical-services/gynecology>.

EVEN MORE

Dr. Childress stands at the entrance of the Scottish Rite gardens. With blooming florals, shrubbery, and fruit and vegetable plants, the gardens at Scottish Rite hospital offers a place for parents and patients looking for peace, quiet and a breath of fresh air. Families can take a stroll on the walking paths, enjoy the beautiful landscaping and participate in special activities ■



DENISE JAMIESON, MD, MPH NAMED JAMES ROBERT MCCORD CHAIR IN GYNECOLOGY AND OBSTETRICS



In an interesting commentary on the well-deserved path to being named the James McCord Chair, Dr. Jamieson noted that Dr. McCord's portrait hangs just outside her office at Grady Hospital. This image joins the company of other paintings such as that of Dr. Luella Klein, the first female chair of a clinical department at Emory and the first female president of the American College of Obstetricians and Gynecologists. In hallways lined with pioneers in medicine and research, Dr. Jamieson continues to both uphold and perpetuate this long tradition of academic and clinical excellence.



On Thursday, April 12, 2018, colleagues, faculty, residents, and friends joined in celebrating Denise Jamieson, MD, MPH, being named the James Robert McCord Chair in Gynecology and Obstetrics. Emory University School of Medicine Dean, Vikas P. Sukhatme, MD, ScD, who is also the Chief Academic Officer of Emory Healthcare, offered his sincerest congratulations to Dr. Jamieson referencing her commitment and leadership within the Emory School of Medicine faculty community. Only the third person to be honored with this appointment, Dr. Jamieson has spent 20 years working with the CDC and searching for the next iteration of her career commitment to women's reproductive health.

"I looked all over the country," Jamieson explained. "The more I interviewed elsewhere, the more I began to realize how deeply I cared about Emory and our Department (of Gynecology and Obstetrics)." Her commitment to shaping the future of medicine, and her dedication to Emory as the Division Director for Gynecologic Specialties and Vice Chair of Population Health, is the foundation of Dr. Jamieson's many years of service.

The history of the James McCord Chair begins with one woman's commitment to the furtherance of reproductive research, a sentiment that is mirrored by the career trajectory of Dr. Jamieson. Heiress to the Mellon Fortune, Mrs. Cordelia Scaife May donated 9,925 shares of Gulf stock in 1966. Her enthusiastic support of women's rights and health and her commitment to Emory were the impetus for the creation of the James McCord Chair.

John D. Thompson Professor, Executive Associate Dean of Faculty Affairs and Professional Development for Emory University School of Medicine, and Interim Director of The Emory Clinic Ira R. Horowitz, MD, identified Dr. Jamieson as a natural extension of the original intent of the



“With this chair position,” said Dr. Jamieson, “I pledge to embrace and promote scientific inquiry and scholarship; strive for academic and clinical excellence; motivate and inspire medical students to pursue their passions; and teach, mentor, and support the next generation of obstetrician-gynecologists.”



endowment, which emphasized research and service responsibilities directly related to advancements in the field of fertility control. This appointment was based on Dr. Jamieson's impressive commitment to these missions and to the GYN-OB Department's research, teaching, and clinic missions.

The Department of Gynecology and Obstetrics currently has more than 13 CDC scientists who occupy adjunct appointments within the department. These physicians, under the leadership of Dr. Jamieson, represent 30% to 60% of the GYN-OB Department's resident research projects. Dr. Jamieson is a vital part of both Grady Memorial Hospital and departmental leadership.

**“I looked all over the country-
the more I interviewed
elsewhere, the more I began to
realize how deeply I cared about
Emory and our Department (of
Gynecology and Obstetrics).”**

“I could not think of a better recruit to join our department and to assist in establishing a health services research program,” Horowitz said.

“Denise has started to shift the landscape for population health in our department, leveraging existing models at Grady to harness data so that we can begin to look at emerging disease trends and identify priorities for improving health in our patient population,” said Department of Gynecology and Obstetrics Professor and Interim Chair, Associate Clinic Director and Chief Medical Officer, Emory Healthcare Physician Group Practice, Penny Castellano, MD, FACOG. Dr. Castellano recalled that even as she on-boarded Dr. Jamieson into the role of full-time faculty, her enthusiasm for residents and her energetic commitment to educational content remained unwavering. As Dr. Castellano reminded the celebration's attendees, whether it be her progressive research on Ebola or Zika or snow closures, Dr. Jamieson is a dedicated and cheerful constant. Her ability to foster intellectual curiosity amongst medical students and her compassion for patients

remains steadfast and at the core of her work.

In an interesting commentary on the well-deserved path to being named the James McCord Chair, Dr. Jamieson noted that Dr. McCord's portrait hangs just outside her office at Grady Hospital. This image joins the company of other paintings such as that of Dr. Luella Klein, the first female chair of a clinical department at Emory and the first female president of the American College of Obstetricians and Gynecologists. In hallways lined with pioneers in medicine and research, Dr. Jamieson continues to both uphold and perpetuate this long tradition of academic and clinical excellence.

Standing in front of her friends, colleagues and fellow researchers, Dr. Jamieson humbly offered to continue to build upon the great work being done at Emory.

“With this chair position,” she said, “I pledge to embrace and promote scientific inquiry and scholarship; strive for academic and clinical excellence; motivate and inspire medical students to pursue their passions; and teach, mentor, and support the next generation of obstetrician-gynecologists.”



Pictured Above: James Robert McCord

“Women of reproductive age with a new cancer diagnosis benefit from discussing their future fertility with a reproductive endocrinologist. Whether or not they choose to freeze sperm, eggs, or embryos, we aim to help patients make informed decisions before their treatment begins.”
- Jennifer Kawwass, MD



Cancer and Fertility:

Emory Reproductive Endocrinologists Guide Patients Along Their Journey

A cancer diagnosis can be overwhelming and scary. Individuals face questions and decisions they often have to answer quickly. For women and men of childbearing age, those questions should include fertility preservation.

“Women of reproductive age with a new cancer diagnosis benefit from discussing their future fertility with a reproductive endocrinologist,” says Jennifer Kawwass, MD and medical director, Emory Reproductive Center. “Learning about the potential impact of cancer treatment on ovarian reserve and about existing fertility preservation options is important. Whether or not they choose to freeze sperm, eggs, or embryos, we aim to help patients make informed decisions before their treatment begins.”

Empower with Education

The team at Emory Reproductive Center is committed to working closely with patients and oncologists, helping everyone understand their options when it comes to fertility preservation and the ability to have children after treatment.

“We must do a better job talking with men and women of reproductive age who have just been told they have cancer,” Laurie McKenzie, MD, reproductive endocrinologist at Emory Reproductive Center says. “This is important to patients. We must give them the resources they need and offer the option to talk with a reproductive endocrinologist.”

Often, fertility preservation must be pursued quickly after the initial cancer diagnosis. The entire Emory Reproductive Center team - Dr. Jennifer Kawwass, Dr. Laurie McKenzie, Dr. Heather Hipp and Dr. Austin Schirmer under the leadership of Dr. Jessica Spencer, Division Director, Emory Reproductive Center - work to see patients quickly, often within 72 hours if possible.

“If patients want to learn more about fertility preservation, we do everything we can to see that individual as quickly as possible,” states Dr. Kawwass. “Whether or not they ultimately decide to pursue fertility treatments is up to them. It’s our goal to educate and empower individuals so they can make an informed decision.”

The first appointment at the Center is simply a conversation. The providers, nurses and staff are available to answer questions, discuss any possible impact treatments may have on fertility and discuss options.

Dr. Kawwass works closely with her colleagues, making sure every patient’s needs are understood and met. Every physician in the practice is a faculty member at Emory University School of Medicine and brings the latest advancements and thinking to each individual’s care. The team manages a range of conditions that impact reproductive health, including male and female factor infertility, recurrent pregnancy loss, uterine anomalies, unexplained infertility and much more.

Advances in Fertility Preservation

Cancer patients and their families have more options for preserving fertility today than ever before.

“New ideas, developments and innovations are what makes reproductive care so exciting,” Dr. McKenzie says. “What I’m doing today clinically is different from 5 years ago, from 16 years ago. That’s what is unique about reproductive endocrinology.”

Oocyte vitrification, which flash freezes a woman’s egg, is the most recent exciting breakthrough. Vitrification offers better outcomes and reduces the risk of damage to the egg, compared to



Jennifer Kawwass, MD stands in front of faculty research that fills the wall of the clinic hallway.

previous slow freezing methods.

“An egg is a very unique cell because of its large surface area,” says Dr. McKenzie. “Slow-freezing methods can create intracellular ice crystals and damage the egg – which can make it not viable. Now, vitrification offers a 90-95 percent survival rate for eggs.”

“Oocyte cryopreservation gives women so many more options,” she explains. “A woman in her twenties or thirties who has been diagnosed with cancer has more reproductive choices than she had in the past.

“This is a huge advancement for fertility preservation, and not just for cancer patients,” Dr. McKenzie continues. “Vitrification gives us the ability to better address age-related fertility decline. Women are starting families later in life. An egg frozen at 35 is more viable than a fresh egg at 42. That’s exciting news for many women.”

Another exciting advancement in fertility preservation is the ability to start fertility treatments independently of a woman’s menstrual cycle.

“It used to be that you had to time egg stimulation and retrieval to a woman’s menstrual cycle,” explains Dr. Kawwass. “Now, we’re able to quick start stimulation, regardless of where a woman may be in her cycle. This is really important, and beneficial for women who need to start chemotherapy quickly and can’t wait to time treatments to her cycle.”

Proven Impact

“I truly believe that I have the best job,” says Dr. Kawwass. “We have the opportunity to spend quality time with our patients and give them something that has such a lasting impact.”

Dr. Kawwass credits the Center’s success rate to the entire team’s dedication to their patients, as well as, their passion for research, evidence-based practices, and quality care.

“Our physicians are compassionate and detailed orientated,” she says. “We consider each patient as an individual and optimize their treatment plan. This approach is what has helped our clinic see results that are above the national average for successful fertility treatments.”

The entire team also looks forward to continued advancements in fertility preservation and reproductive medicine.

“Currently, we are looking at the long-term reproductive outcomes of cancer survivors,” Dr. McKenzie says.

“The S.A.F.E registry (Survivors And Fertility) we have established includes men and women that have undergone cancer treatment. We want to know how treatments affect reproductive health, outcomes of egg freezing and evaluate when and why they made decisions about fertility preservation.

“This prospective type of research will help us better understand what’s important to our patients, and also be able to identify any long-term trends and impact that we just aren’t able to see now,” she continues.

Another exciting research area involves studying the cells that support the growth and development of human eggs.

“At Emory, we are just beginning to look at how the changes in these supporting (granulosa) cells can give us information about the egg and its fertility potential,” Dr. McKenzie shares. “This could potentially lead to even better outcomes for our patients.”

The partnership between Emory’s Reproductive Center and the Winship Cancer Institute helps power and support these types of studies that offer hope and advancements for the future. Faculty is placed within the Emory School of Medicine so that research advancements and treatment innovations are built into the work being done from a clinical perspective.

Learn More

To learn more about Emory Reproductive Center and the Oncofertility Program, please visit emoryivf.org or call 404-778-3401.

Patient Resources

American Cancer Society - cancer.org
 Association of Cancer Online Resources (ACOR)- acor.org
 Cancer.net
 LiveStrong Fertility – livestrong.org
 StupidCancer.org
 Leukemia and Lymphoma Society – lls.org
 Oncofertility Consortium – oncofertility.northwestern.edu
 Coalition for Parenthood After Cancer –
Protectparenthoodaftercancer.org
 Team Maggie – teammaggiieforacure.org

NATIONAL WOMEN'S HEALTH WEEK BRUNCH AND LEARN EVENT - REPRODUCTIVE HEALTH: EVERY AGE, EVERY STAGE



National Women's Health Week (#NWHW) was May 13th - 19th and Emory Gynecology and Obstetrics joined women across the country who said "YES!" to their health by hosting a Brunch and Learn for fellow physicians, medical professionals, researchers, and women's health advocates.

Pictured left to right: Penny Castellano, MD, Associate Director and CMO for Emory Clinic and ESA Professor and Interim Chair, Gyn/OB, Emory University School of Medicine, Gaylyn Henderson, Public Health Advisor/ Regional Women's Health Coordinator (Acting) US Department of Health and Human Services, Andrea Joyner, MD, FACOG, IBCLC, Cherie Hill, MD, Laurie McKenzie, MD, and Melissa Kottke, MD, MPH, MBA.

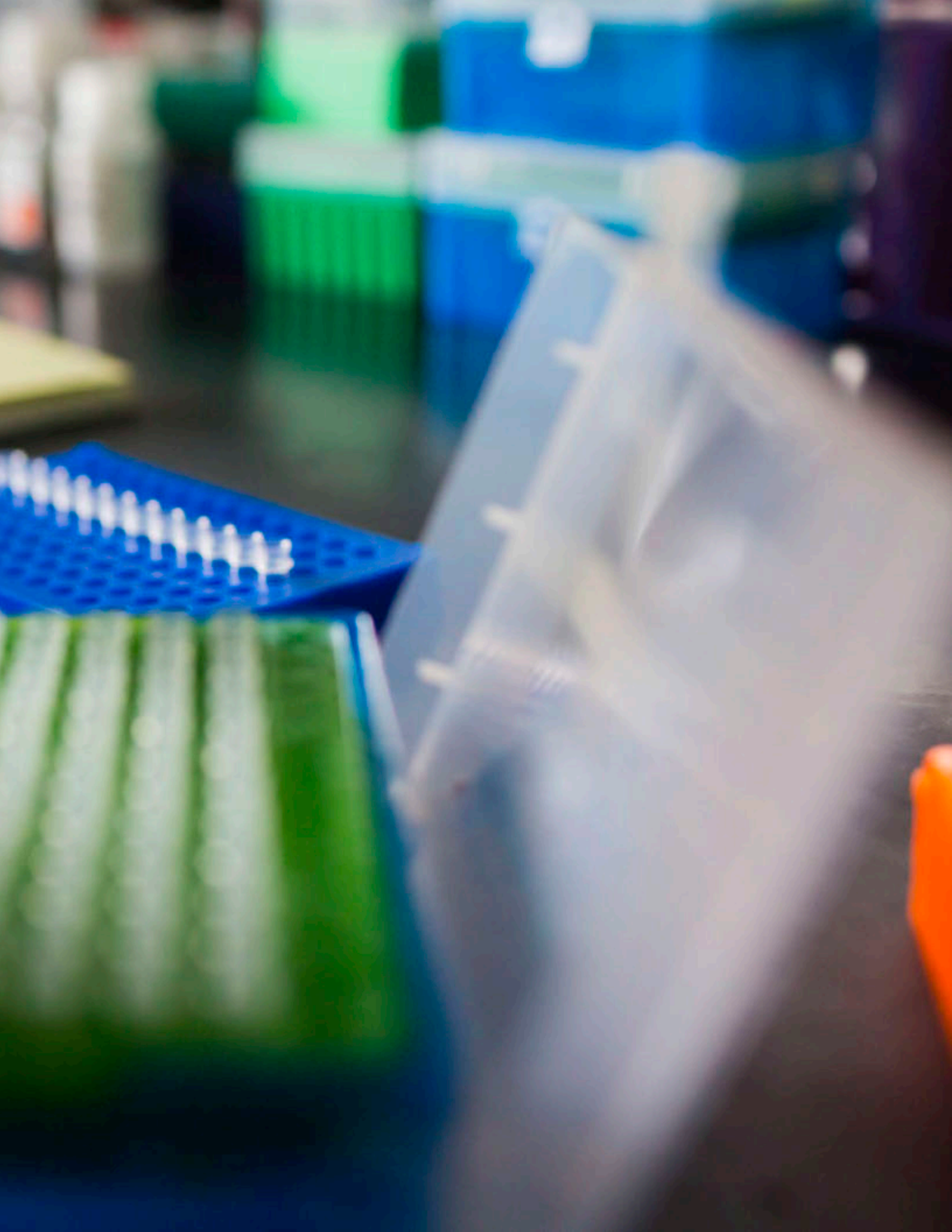


This year Emory Department of Gynecology and Obstetrics celebrated National Women's Health week (#NWHW) with an informative brunch and learn focusing on women's reproductive health at every age and stage of life. The presentation of improving trends in teen pregnancy rates offered a platform for discussing new ways to improve communication and education with adolescents regarding reproductive health. We learned that your Gynecologist often supports more than your reproductive health needs and building an open dialogue with your provider will add to your overall wellness. When discussing infertility and fertility preservation, we highlighted the Emory Reproductive Center's ongoing commitment to providing patients, especially cancer patients, the option to preserve their fertility options. We ended our morning charged with embracing innovation as an answer to common issues all women face. This event was an opportunity for us to partner with our incredible partners from every area of women's health - from physicians and educators to researchers and women's health advocates. If you are interested in joining our communications list to be alerted of upcoming events and activities, email bryetta.calloway@emory.edu.

A close-up photograph of a multi-channel pipette, a common laboratory instrument, dispensing a clear liquid into the wells of a white microplate. The pipette has multiple vertical channels, each with its own tip. The background is blurred, showing a laboratory bench with various items like a blue rack and a yellow surface. The text is overlaid on the lower half of the image.

MAPPING THE FUTURE: USING RESEARCH TO BETTER UNDERSTAND WOMEN'S HEALTH

**Alicia Smith, PhD looks for discovery,
breakthroughs for women**





Alicia Smith, PhD is a self-professed “genetics geek.” That passion, interest and drive has spurred her to create a genetics lab at Emory that is making breakthrough discoveries that will help health care providers better identify and understand a woman’s risk for pregnancy complications and other health issues.

“Our projects are very translatable,” says Dr. Smith. “When we discover something, we can and do look for direct relevance to human health, which helps us understand how our genetic factors and environment work together to create risk. Then, we can optimize patient care.”

At the heart of the lab’s success is collaboration: She works closely with her dedicated team and health care providers across Emory and researchers around the world.

“Research is orientated to team science. When a number of different perspectives come together to address a research question, it’s far more productive than working in isolation.”

Dr. Smith sat down and shared additional insight on the work her lab is doing, and exciting opportunities to advance women’s health.

“Research is orientated to team science. When a number of different perspectives come together to address a research question, it’s far more productive than working in isolation.”

Q: What is your lab’s mission?

We are most interested in identifying modifiable and non-modifiable risk factors for pregnancy complications and disorders that affect women, such as preterm labor, endocrine disrupting compounds and post-traumatic stress disorder (PTSD).

We look at epigenetics, which is a biological signature of how your body responds to your environment and, thus, can be modified. Non-modifiable factors include an individual’s inherent genetic code, which can’t be changed. However, if we find people with a predisposition for preterm birth, we can use that profile for screenings or drug targets to help manage that risk.

We are interested in genes that increase risk of preterm birth and other conditions. Finding those genes may tell us more about those conditions, and how we screen and, ultimately, treat them either by changing environmental factors or through medicines.

Q: How does your lab’s mission guide and/or shape the research being done?

Our research portfolio is rather diverse. The common feature is the role of estrogen and similar hormones to affect the way genes are expressed, whether that’s with PTSD, preterm labor or other women’s health issues.

Visiting Assistant Professor, Shota Nishitani, PhD sets up an epigenetic assay to simultaneously examine the methylation of DNA in around 380 people. The DNA being examined has been previously quantified and barcoded for use.



Our focus has evolved over the years. A few of our early studies focused on cortisol and stress hormones during pregnancy. Pregnancy stress is linked to complications, such as preterm birth and low birth weight. We also looked at how stress relates to affected infants - from infancy to early child development.

Over time, we've gradually grown to recognize the importance of things other than cortisol in preterm birth. We've expanded our focus to look at a number of other risk factors as well.

Q: Which of your research projects are you most excited to share?

One of the things we've been particularly excited about is we identified a gene that could be used for early screening of a common delivery complication - fetal intolerance of labor, or fetal distress. It's a common condition that women experience during labor and often have to go for an emergency cesarean section, which has a reasonable degree of risk associated with it.

We've found a gene whose epigenetic pattern is highly predictive of fetal intolerance of labor, and we can measure it in the late second semester or early trimester - months before women deliver.

When we can screen women later in the pregnancy and identify who is most likely to have an emergency C-section, then she and her health care team can prepare for that likelihood. This is particularly important for women planning home births and rural deliveries where access to health care is limited.

These findings are exciting for a number of reasons, including the potential to help reduce infant mortality, which, unfortunately, is a problem in Georgia.

Q: What are some other promising studies, and what impact might they have on better understanding women's health?

One of our graduate students is doing a really amazing job of identifying intergenerational transmission of health risk. She's working with Dr. Michelle Marcus in Epidemiology. They are showing that there are different mechanisms that could be responsible for the fact that people who have been exposed to endocrine disrupting chemicals have children that experience fertility problems - even though those children did not have direct exposure to the chemical. They are trying to identify how endocrine disruptor exposure changes genes even in the second generation.

Endocrine disruptors are a wide class of compounds that mimic hormones in the body. This study is focused on a brominated flame

retardant that was introduced into the food supply of a Michigan town in the 1970s. While this particular compound is no longer made in the U.S., what we learn from this study can teach us about the effects of compounds that are still made.

Another interesting research study is EmPOWR, which is an initiative we are doing on behalf of the Gyn/Ob Research Division. We are working to build a clinical registry and repository to help better answer questions related to women's health.

I'm excited about this project because these are the sorts of large initiatives that are really important to push scientific research and healthcare forward. Many studies tend to be very small and have a number of limitations. By building this registry and repository, we are hoping to leverage our clinical encounters and research potential in a way that doesn't inconvenience our patients.

When participants sign up, we will be able to collect biological samples, such as blood, during regularly scheduled appointments. Participation wouldn't require any additional visits or anything outside of what she would have to do for care. This will allow our department to collectively have the ability to do larger women's health studies.

Q: What are other exciting advances your lab is working on?

We have a lot of interesting and exciting studies. But one thing that is very important is that we train people in research, and that trains people how to think objectively and critically. That type of training is inherently invaluable whether a research project works out or not. Critical thinking skills are so important for clinicians, scientists, and really, anyone.

Learn more

Read more about Alicia Smith, PhD's lab and research projects by visiting www.gynob.emory.edu/research/smithlab.

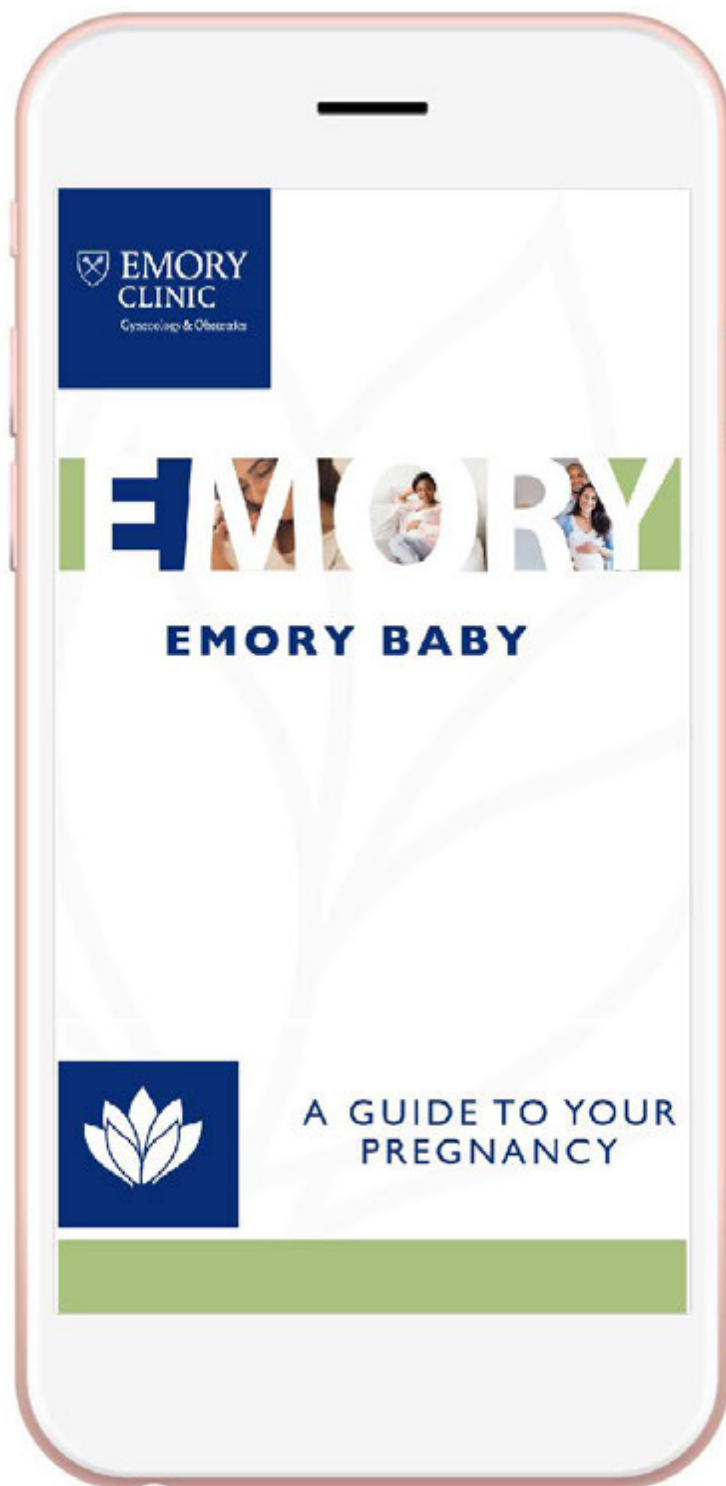


Pictured Above: Senior Research Specialist, Dawayland Cobb, MS performs a picogreen assay to quantify the amount of DNA found in each sample. The goal is standardization to ensure that all samples used contain the same amount of DNA for testing.

Pictured Below Left: Samples are barcoded and scanned with information about the sample stored in a database.

Pictured Below Right: Research Specialist, Donique Thorpe, MS performs an agarose gel electrophoresis to ensure that the DNA extracted from blood samples are of the same quality and quantity for use.





MANY EXPECTANT MOMS SPEND TIME TRYING TO ACCESS PATIENT EDUCATION, TRACK APPOINTMENTS, AS WELL AS, PREGNANCY MILESTONES ALL WHILE JUGGLING A MILLION OTHER PRIORITIES. COMING THIS YEAR WE WILL BE INTRODUCING A SPECIALIZED EMORY PREGNANCY APP FOR OUR SOON-TO-BE-MOMMIES AND THE FAMILY MEMBERS IN THEIR LIFE.

MAKING YOUR PATIENT CARE MOBILE

YOU CAN STAY UPDATED ON THIS AND OTHER ENDEAVORS BY CONNECTING WITH US ON FACEBOOK

**WWW.FACEBOOK.COM/
EMORYGYNECOLOGYOBSTETRICS/**

AND TWITTER

@EMORYGYNOB

EMORY WOMEN'S CENTER



Emory Women's Center has provided excellence in women's healthcare for more than 75 years. As part of this lasting commitment, we are delighted to join Emory Johns Creek Hospital and offer our new community access to the highest quality and most advanced healthcare services through all stages of their lives. Whether enduring uncomfortable and embarrassing issues such as postmenopausal changes or urinary incontinence or seeking compassionate care and progressive treatments for reproductive cancers, we are here to meet your women's reproductive health needs. Call 404-778-3401 to make an appointment or visit emoryhealthcare.org/gyn to learn more about Emory Women's Center.

Emory University Hospital Midtown
Medical Office Tower;
8th Floor & 18th Floor
Atlanta, GA 30308

Emory Johns Creek Hospital
6335 Hospital Pkwy, Physicians Building,
2nd Floor, Suite 210
Johns Creek, GA 30097



Emory University Clifton Campus
1365 Clifton Road, NE
Building A, 4th Floor
Atlanta, GA 30322

Emory Saint Joseph's Hospital Campus
5673 Peachtree Dunwoody Road,
Suite 700
Atlanta, GA 30342

Are you as concerned about women's health as we are?

Make a gift to Emory Gynecology and Obstetrics and your contribution will be used where the need is greatest. Or you can support a specific doctor, researcher, or program. You can even make a gift in memory of a loved one.

There are many ways to give:

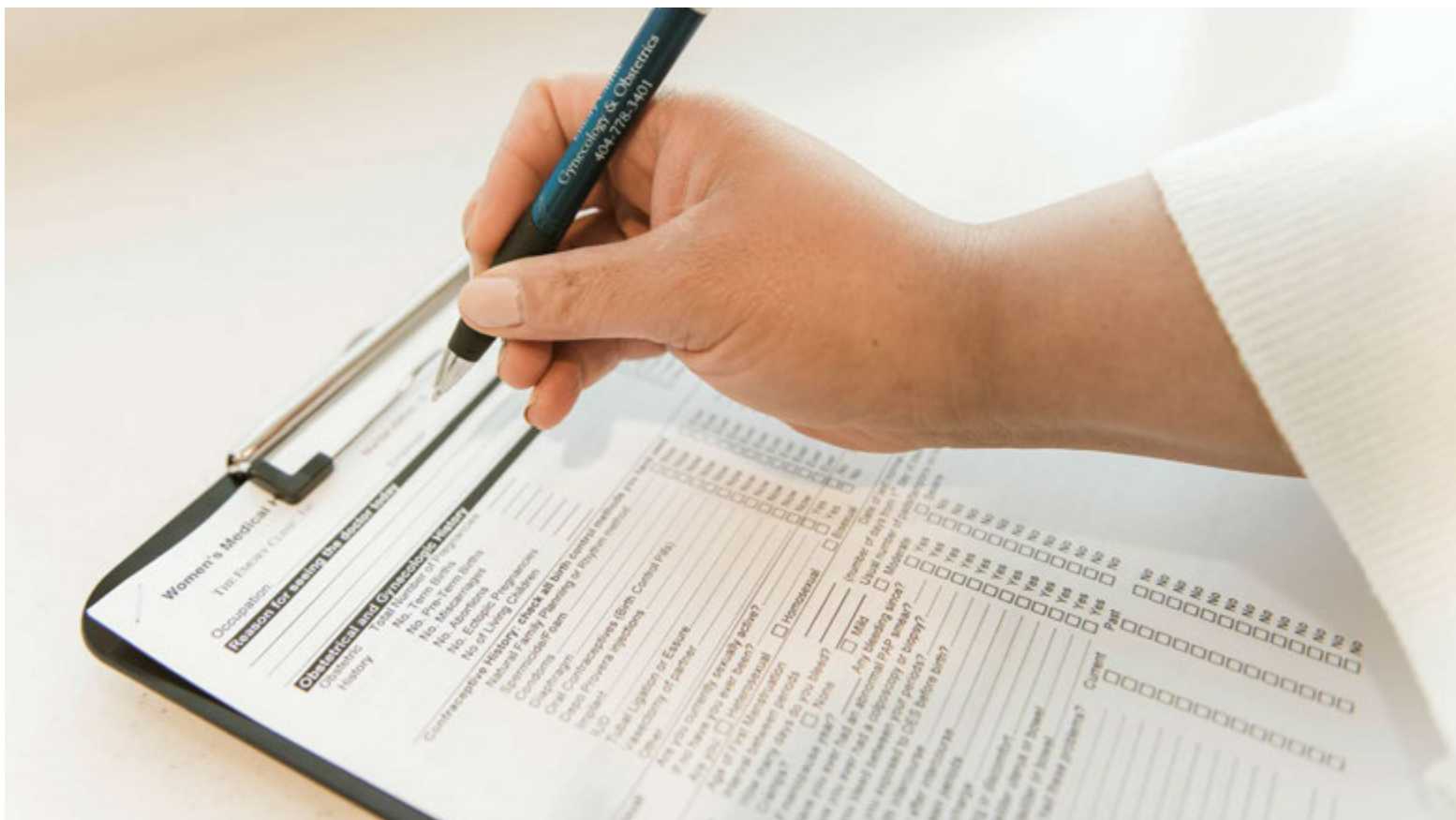
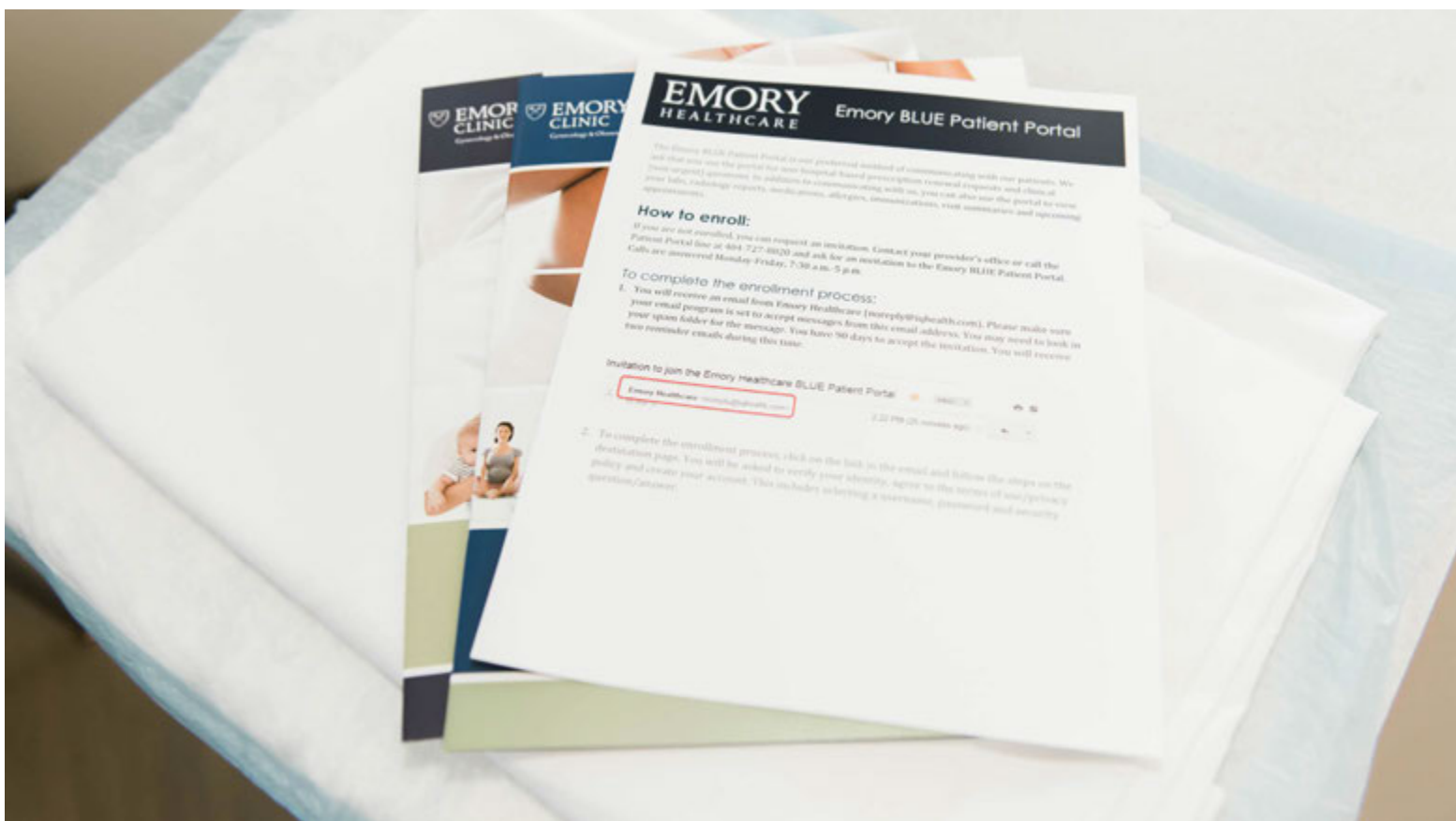
Contact: Jeff Verver
Director of Development for GYN-OB
jeff.verver@emory.edu | 404.727.7386

You can also visit gynob.emory.edu
to learn more about our work.



Department of Gynecology
and Obstetrics





HEALTH FOR THE WHOLE WOMAN

Make the Most of Your Yearly Visit

By: Kalinda Woods, MD

A GYN/OB cares for women through adolescence, pregnancy, the reproductive years, menopause and beyond. Although our subject area is specific - women's health - our knowledge base and training are vast. In fact, you may be surprised at the health problems we can spot and resolve. Below are a few tips for getting the most out of an annual exam with your GYN/OB.

Take Time to Talk

The annual visit is often the best time to talk with your GYN/OB about whatever concerns you, including:

- Your contraception. Are you happy with it? Do you want to switch? Your GYN/OB can help you decide.
- Questions about new guidelines. For instance, there are new guidelines for Pap smears, perhaps you want to know more. Your gynecologist is happy to answer your questions.
- Problems with sexual drive or desire. We can help with this, too.
- Your plans to start a family in the next 1-2 years. Please let your GYN/OB know now, so you can work together to get your body and mind ready for a healthy pregnancy.
- Going through the menopausal transition. You may have a lot of questions. Your doctor has the answers.

Whether you have questions or a health problem, your GYN/OB can help.

Be Ready to Give Medical History and Updates

Let's say about six months before your annual gynecology visit your primary care doctor started you on medicine to treat high blood pressure. You should let your GYN/OB know this, especially if you are planning to become pregnant. Be sure to have the name of your medicine and the dosage handy, as there are certain medicines which will need to be changed if they are not safe with pregnancy. Likewise, if you have had any surgeries or new medicines of any type, or if you have stayed in the hospital since your last office visit, your doctor needs to know. Most general GYN/OB doctors also perform gynecologic surgery. Because of this, tell your GYN/OB what operations you have had so your medical chart can be updated. Also, based on the information you provide, your contraception might need to be changed, or your current method may no longer be as safe. Your doctor may also suggest a better birth control method to help treat a new health problem.

It's important for you to ask questions and talk about your health! Your GYN/OB is interested in caring for the whole body.

Know Your Family's Health History

Your family history of disease can affect your health and how your health problems are managed. For instance, if there is a strong history of certain cancers, your doctor may recommend early screening for diseases like breast or colorectal cancers. If some of your family members have had early deaths from heart disease, this is important information because it can affect contraceptive choices, pregnancy planning, managing menopausal symptoms and more.

The smallest details matter, so try to talk to your family members about their histories if you can. The best relatives to talk with are called "first degree" relatives, such as parents and siblings. They are the most like you when it comes to family genes.

Share Your Social History

Perhaps you have a fibroid uterus, but if your job involves lifting and bending, your back pain may be from musculoskeletal strain. Your job is part of your "social history," which is information that gives your doctor a valuable glimpse into your day-to-day life. Your GYN/OB may want to know such things as:

- Where you work
- How you get to work each day
- If you have any habits you're trying to break, such as smoking

- Who lives in your household, and what those relationships are like
- If you feel safe at home and at work or school

Information like this offers clues to whatever is ailing you, so your doctor can take care of the whole person. Honesty is important here, and you can trust that the exam room is your safe haven. There's very little you can say that would shock your doctor. Everything you share is confidential and cannot be given to third parties without your consent.

Make the Most of Your Visit

Your GYN/OB can help you maintain good health and healthy habits for life. To make the most of your yearly visit, engage with your GYN/OB so she or he will learn more about the best ways to help you: be prepared with your health history, be honest and be ready to answer questions like those mentioned above.





EVEN MORE

Emory Healthcare offers educational events and seminars to current and prospective patients.

To find out the dates, locations, and descriptions of the classes being offered, call 404-778-7777 or visit the Emory Healthcare website, www.emoryhealthcare.org. At the bottom of the website, look for the link labeled “Events” for a class calendar.

Example of current classes being offered include:

Infant Safety and CPR

Instruction in CPR with your own personal manikin and take home DVD. Class will prepare expectant parents for potential choking incidents and infant CPR.

Childbirth Preparation

The “fast track” Saturday class is a one day accelerated version of the prepared childbirth class. The class covers discomforts of late pregnancy; stages of labor; pain management, relaxation techniques, medications, possible complications, cesarean sections, postpartum and a tour of the maternity center.

Breastfeeding

This two-part class provides answers to your questions about breastfeeding. Discussion and handouts provide you the information you need to have a positive breastfeeding experience. Taught by a certified lactation specialist.



Outstanding women's healthcare has never been closer.

We're known for outstanding women's health care. Our gynecologists, obstetricians and other specialists are experts in their fields — specialists often sought out for their knowledge. As faculty members of Emory University School of Medicine, Emory Clinic doctors are up to date on the latest treatments and practices. And, our specialists take part in clinical research to further improve care for women and newborns.

Whether you're looking for a GYN/OB for annual checkups, need pregnancy care or a specialist, you'll receive the highest level of care from Emory Clinic Gynecology & Obstetrics.



TRUSTED, PERSONALIZED CARE

Emory Clinic doctors specialize in different areas of women's care, but they all share a single focus: **Your health and well-being.** You can depend on unparalleled medical care delivered by specialists who work with you to develop a personalized treatment plan.

Family Planning Assistance

Learn about contraceptive and reproductive options in a comfortable, nonjudgmental environment.

High-Risk Pregnancy Care

Our maternal-fetal medicine specialists provide expert care before, during and after pregnancy to keep you and your baby healthy. Emory offered one of the first high-risk specialty units in the country.

Expertise in Infertility and Reproductive Conditions

Get fertility testing and the latest assisted reproductive technologies, including an in vitro fertilization program that exceeds national success rates.

General Obstetrics & Gynecology

From routine well-woman examinations to management of complex gynecological issues, our team has the expertise to provide each patient with the best care for each stage of her life.

Gynecologic Cancer Care

Doctors from Winship Cancer Institute of Emory University — Georgia's only National Cancer Institute-designated cancer center — offer progressive treatments for reproductive cancers, including clinical trials.

Care for Urinary and Pelvic Floor Conditions

You don't have to endure embarrassing or uncomfortable problems, such as postpartum changes, in silence. We can help.

**LIKE
SHARE
FOLLOW**

ADVANCEMENT

INNOVATION

RESEARCH

CARE

Join Emory's GYNOB
community online.

Join The Conversation

Learn the latest news via our
social networking sites.



www.gynob.emory.edu

View EMORY GYNECOLOGY AND OBSTETRICS MAGAZINE online @

gynobmagazine.emory.edu



Department of Gynecology
and Obstetrics

Emory University
101 Woodruff Circle
WMB Room 4208
Atlanta, GA 30322



Emory Clinic's Department of Gynecology and Obstetrics has provided excellence in women's health care for more than 75 years. From adolescence through menopause and beyond, we are committed to providing our patients with the highest quality and most advanced health care services through all stages of their lives. Schedule an appointment today at one of our four locations, call 404-778-3401.

Emory University Hospital Midtown
Medical Office Tower, 8th Floor
Atlanta, GA 30308

Emory Johns Creek Hospital
6335 Hospital Pkwy, Physicians Building,
2nd Floor, Suite 210
Johns Creek, GA 30097



Emory University Clifton Campus
1365 Clifton Road, NE
Building A, 4th Floor
Atlanta, GA 30322

Emory Saint Joseph's Hospital Campus
5673 Peachtree Dunwoody Road,
Suite 700
Atlanta, GA 30342