

Intern Updates

[Last week was another busy and pace setting week for the Interns and Students working at](#)

Rush Heart Center for Women

Monday Memo for the Week of June 19th

Walk with a Doc @ the KROC Center Health

Fair

Last Monday, Dr. Aggarwal, Isabel, and Emma attended the KROC Center Health Fair to promote the Walk With a Doc program and our other ongoing research projects. We also offered numerous pamphlets with information of relevant health topics ranging from diabetes to menopause. The event attendees were very enthusiastic about learning how to take better care of themselves. Dr. Aggarwal spoke about stroke prevention and recognition, while other featured speakers covered disparities in health insurance and housing, and how to transfer property without hiring an attorney or paying fees. The discussion was informative and the attendees were passionate about asking questions.

WomenHeart Support Network

Every 3rd Monday of the month from 6pm-8pm, a support group is held for women living with heart disease. At this month's meeting, cardiac rehabilitation was discussed and attendees toured Rush's rehabilitation facilities. Next month's topic will be Genomics. Please join us on July 12th in Suite 2000 at the Rush Medical Office Building at 610. Maple Ave. Contact Debra Davidson or Janice Henry at wh-chicagolandarea@womenheart.org with any questions.

Diversity and Inclusion

This past week, Dr. Aggarwal, Isabel, and Emma attended a symposium focused on diversity and inclusion in the life sciences. One of the sponsoring professional organizations was Women in Bio - "*Women In Bio is an organization of professionals committed to promoting careers, leadership, and entrepreneurship of women in the life sciences.*" Panels discussed the role of coaching and mentoring in executive success, expanding definitions of diversity, and Dr. Aggarwal sat on the panel for diversity and inclusion in clinical trials and research. Dr. Susan Windham-Bannister delivered a compelling presentation on her work developing STEM and life science programs and opportunities in Massachusetts. Members of the RHCW have participated in WIB events that have sought to bring medicine, women and STEM together. To learn more about the full conference, check this out <http://chisite.org/dilss/>.

Women and Dementia-The impact of this for the Practicing Physician

At the end of April, the RHCW partnered with the American Medical Women's Association and the Women Against Alzheimer's Disease Network to host a fantastic event downtown at the Women's Athletic Club. This event brought together a panel of diverse specialty physicians, and an advanced nurse practitioner to talk about how Alzheimer's Disease is impacting their practices, how they diagnose, treat and assist their patients.

Dr. Volgman and the RHCW team, are formal partners with the Women Against Alzheimer's Disease Network, and ensured that all of these topics that were talked at the Women's Event. Not only was the event well received, as it was the first time women physicians across specialties talked about their unique and common challenges with managing the disease. We also received input from our NP's who discussed the results of the recent survey about Dementia Awareness and Diagnosis in practices around the US. Panel discussion from the Latino Network and African American Network rounded off the multidisciplinary and multidimensional half day event.

WWAD is a network uniting women across the globe in the fight against Alzheimer's Disease. This organization works to ensure sex based differences are integrated into research design, allocate more funding towards research, alleviate the economic burden of Alzheimer's, improve access to treatment and clinical trials, and promote brain health in all women. To learn more and contribute to this mission, visit: [wewontwaitcampaign.org](http://www.wewontwaitcampaign.org). Additionally, visit: <http://www.hbo.com/alzheimers/index.html> for more information regarding Alzheimer's Disease.

Caring for the Caregiver

The Caregiving study is highly targeted study for females suffering cardiovascular conditions who give care to loved ones with dementia. This study brings attention to those who help others through a personalized web-based education tool. Caregivers get the opportunity to learn about their loved one's condition and how to care for it, in addition to taking care of their own health issues. For more information, please contact: (773) 704-5012 or email: Athina_bouroukas@rush.edu

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