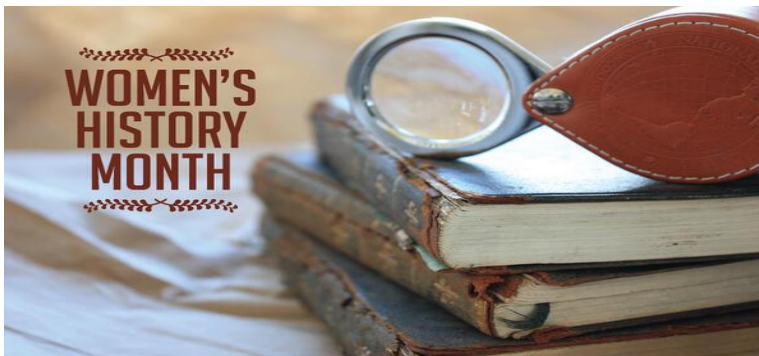


National Women's History Month: Influential Women in Medicine

Source: <https://www.voyagehealthcare.com/blog/national-womens-history-month-influential-women-in-medicine>

March is National Women's History Month and is a great opportunity to commemorate the achievements of women in medicine and the progress that's been made in medical science.



There are many women who made massive contributions to U.S medical history such as the first women to receive medical degrees or women who made major advances in the surgical field.

For many decades, men were consistently recognized and admired for their medical achievements and breakthroughs. While it wasn't easy for the initial pioneering women to break into medicine and leave their mark, with plenty of perseverance and hard work, they started the long journey for more women to gain recognition in medicine.

In this post, we'll call out five of the most influential women in U.S medical history and look at how they've helped shape the trajectory of U.S medicine.

Elizabeth Blackwell (1821 - 1910)

Kicking off the list, Elizabeth Blackwell is perhaps the most well-known woman in medicine. Credited with being the first-ever American woman to be awarded a medical degree, she used her ability to help train nurses during the Civil War and start an infirmary for underprivileged women and children in New York.

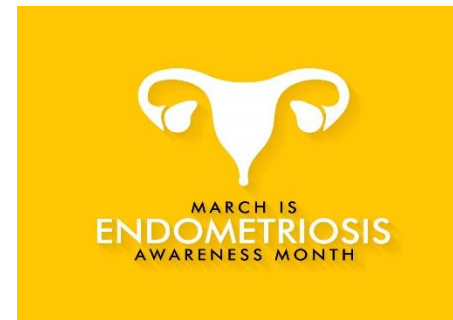
She also made regular trips to Europe, establishing the first British medical school for women in 1874, which allowed more women to follow in her footsteps and pursue their ambition to become a doctor.

Margaret Higgins Sanger (1879 – 1966)

Sanger is known for her work in advocating for safe and effective birth control. Ahead of her time, she was considered revolutionary for working in the field of birth control and faced a persistent backlash that ultimately forced her to escape the U.S in 1915. Never giving up, she continued in her quest for accessible birth control, opening the first birth control clinic in the United States in 1916.

She was then arrested nine days after opening her clinic. Sanger continued the fight for women to have access to birth control, developing what became one of the first oral contraceptives, Enovid.

(Continued on next page)



March 2023 Calendar

*National Women's History Month
National Endometriosis Awareness Month
National Social Work Month*

- 1 – International Women of Color Day
- 1-7 – LGBT Health Awareness Week (US)
- 3 – Caregiver Appreciation Day (US)
- 4 – HPV Awareness Day (International)
- 5-11 – World Glaucoma Week (International)
- 6 – Purim (Judaism)
- 8 – International Women's Day
- 12 – Daylight Savings Time Begins (US)
- 15-21 – Down's Syndrome Awareness Week (International)
- 17 – St. Patrick's Day (Christian)
- 18 – Global Recycling Day
- 19 – Certified Nurses Day (US)
- 23 – Ramadan Begins (Islam)
- 26 – Epilepsy Awareness / Purple Day (International)
- 30 – Doctors' Day (International)
- 31 – Caesar Chavez Day (US)

(Continued from previous page)

A great example of a woman who never gave up in her struggle, her perseverance and pioneering vision undoubtedly led to women all over the world to have more access to birth control.

Rebecca Lee Crumpler (1831 - 1895)

Graduating in 1864, Rebecca Lee Crumpler was the first African-American woman to earn a medical degree. Following the Civil War, Crumpler worked tirelessly to provide medical care for freed slaves.

She then moved to Boston where she wrote a medical book titled 'A Book of Medical Discourses in Two Parts'. She is known not only for her pioneering work as a female doctor but also as a true force for overcoming issues of race and prejudice.

Virginia Apgar (1909 - 1974)

Virginia Apgar developed the Apgar test, a system used to assess the health of newborns, which is still used in hospitals today.

Virginia Apgar initially trained as an anesthesiologist, becoming Columbia's first female professor in 1949. She dedicated herself to work on anesthesia and childbirth, demanding for more attention to be paid to premature birth and the childhood vaccination against rubella. Notably, Apgar also taught teratology (the study of birth defects) and also became Cornell's first professor of pediatrics.

Virginia Apgar received multiple awards and honors for her work and dedication to medicine.

Gertrude Elion (1918 – 1999)

Gertrude Elion was an American pharmacologist and biochemist. Honored for her work in the field of treating diseases, Elion went on to share the 1988 Nobel Prize for her efforts in developing drugs used to treat serious diseases. Following retirement, Elion supervised the development of azidothymidine, an AIDS treatment that prevents pregnant women from spreading the disease to their child. She also devised the first antiviral drug to treat viral Herpes infections.

Elion was also responsible for inventing an immunosuppressive drug key to organ transplants.

While these women all had a massive impact on medicine around the world, there are plenty of other female scientists, activists, and doctors who have made strong contributions to the medical field. While breaking societal and gender expectations for their era, these women have paved the way for others to follow and continue leaving their mark on medicine. Thousands of lives have been saved and will continue to be saved as a result of the dedication and hard work of these women.

This National Women's History Month, it's time to honor the achievements and huge contributions that women have made to medical science and research.

Language Barriers in Healthcare Access

Source: <https://www.altalang.com/beyond-words/language-barriers-in-healthcare/>



A new report published by The Urban Institute highlights the challenges many Asian American and Native Hawaiian/Pacific Islanders (AANHPI) face in healthcare access related to Limited English Proficiency (LEP).

The report found that more than half of all AANHPI adults had LEP. And even when medical interpreters are provided, AANHPI individuals speak a variety of different languages, which makes it challenging for healthcare settings to provide translation services to meet this diverse group's needs.

What Are Language Barriers in Healthcare?

Language barriers exist for people who do not speak the community's dominant language. In the United States, non-English-speaking patients often experience language barriers throughout various stages of the healthcare process. Research shows that language barriers in healthcare can lead to miscommunications and reduced patient safety.

(Continued on next page)

(Continued from previous page)

The Urban Institute report also points out that language barriers can make it challenging for many individuals to even register for health insurance since the federal website for the Affordable Care Act Marketplace coverage is only offered in a few select languages.

Many hospitals provide interpreter services, but a 2019 literature review published in the Oman Medical Journal found that even when medical interpreters are provided, these services “contribute indirectly to increased cost and the length of treatment visits.”

If medical interpreters are not available, many patients rely on family members for interpreter services. Unfortunately, this often means that complex medical terms are not relayed accurately and patients are not always able to understand their options related to serious medical events.

How Can These Language Barriers Be Addressed?

Healthcare professionals can help reduce language barriers by providing interpreter services. As The Urban Institute report states, it is important to offer interpreter services in a variety of diverse languages to meet every patient’s needs.

According to the report, “AANHPI adults have LEP at rates nearly as high as Hispanic adults.” Spanish is frequently offered in healthcare settings in the United States. However, while most Hispanic adults speak Spanish, most AANHPI adults do not speak the same language, which can make it challenging for medical centers to provide the appropriate interpreter services.

In order to address these language barriers in healthcare, The Urban Institute recommends that healthcare providers work with community groups to identify those with “expertise in specific languages common to their local areas” and increase the presence of medical interpreters in healthcare settings.

Additionally, the report suggests increasing the languages that are offered in patient portals, through telemedicine, and in medical call centers.

By utilizing some of these strategies, healthcare providers can help to overcome language barriers and improve patient care for all patients.

New Staff Profile: Alvaro Cairo



Alvaro is the newest interpreter to join the UC Davis Health’s Spanish-language team. He was born in Lima, Peru and moved to the US at the age of 11. Alvaro attended CSU Sacramento where he received a bachelor’s degree in Communications.

Alvaro began his career as a Spanish interpreter in 2016, when he started working for local agencies. Alvaro received National Certification through the Certification Commission for Healthcare Interpreters (CCHI) in 2019. He feels privileged to be in a position where he can help his community. According to Alvaro, “Covid times were difficult for everyone, and I feel grateful to have been able to work and to have been able to help non-English speaking patients during that time.”

Alvaro is a firm believer that exercising is a great way to stay active, therefore, when Alvaro is not working, he enjoys dancing with his salsa dance team, running, playing, and watching soccer. In fact, Alvaro has played several sports throughout his life: football, rugby, soccer, swimming, wrestling, and track-n-field.

Welcome onboard, Alvaro! We are happy to have you as a part of our diverse team!