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LETTER FROM THE PRESIDENT WINTER 2023: VOLUME 38, ISSUE 4

What a whirlwind the past few months have been! I am convinced NASPAG has the most dedicated, engaged, and productive members of any professional society.

Thanks so much to all who answered the member survey sent in September. We have taken your suggestions and feedback to heart. The committees, SIGs, ad hoc working groups and of course the board have been busy!

In response to the survey:

- The website committee has been working with Lisa Rome (our website designer with a last name familiar to many 😊) and Sam Healy at Talley to redesign the website to be more user-friendly with a more modern layout. While many of our pages are still a work in progress, check out the new and improved homepage and log in to the [Members Homepage!](#)
- To provide more opportunities for members to become involved, we are amping up the roles of the [SIGs](#), providing administrative and website support, and developing a SIG-generated webinar series throughout the year. We are planning to enhance the number of committee positions where possible and to improve the committee recruitment process.
- Many of you expressed a desire for billing and coding support as well as practice development. We will be incorporating these elements in various ways, such as webinars and website pages. Additionally, the results of the PAG Physician Practice Survey will be presented at the ACRM, providing

Letter from the *PRESIDENT*



Judy Simms-Cendan, MD
President, NASPAG

information on salaries, call requirements, and RVU targets in our field to assist with hiring and negotiation.

- The Education Committee is working on multiple documents for clinical guidance, with shorter more focused subjects to increase the efficiency of production. Upcoming documents include RED-S, transgender care, vulvar ulcers, and use of tranexamic acid.

This year we have fiscal responsibility as the top priority to make NASPAG sustainable. We need to grow our endowment, and we want to be able to use funds for education initiatives, enhanced adolescent medicine programming, and support, and to provide scholarships for trainees to participate at our meeting and grow our NASPAG family. We have increased transparency about how donations will be used, and improved recognition for those who donate. All donations are placed in interest bearing accounts to maximize their impact. This month we are launching a Growth and Strength fundraising campaign. We appreciate any and all donations, and we now have options for small monthly donations. Take a look at our updated [Donations Page](#) and visit our [Donors Wall](#). We'd love to see your name up there too!

Finally, thank you for all you do to support our very special field of Pediatric and adolescent Gynecology through your busy and vital work on NASPAGs committees and SIGs, your devotion to education of fellows and residents, your innovative research, and your fierce advocacy. Wishing you peace, joy, and a Happy 2024!

Judy

Improving the reproductive health of youth



Educate. Advocate. Care.

Donate Today

FRIENDS OF NASPAG

Support the NASPAG Endowment to sustain, support and enhance the future success of NASPAG. Funds received by our Friends will allow us to fulfill our Society Mission to provide multidisciplinary leadership in education, research and gynecologic care to improve the reproductive health of youth.

SANFILIPPO EDUCATION FUND

Support NASPAG Education and Scholarships, Core NASPAG Education programs – ACRM and Webinars. Provide financial support to develop our next generation of health care professionals by supporting their education and research.

MENTORS, MOTHERS, AND RISING STARS AWARD FUND

Support Young Trainees (Medical Students, Residents, and Allied Health Professionals) with Travel Scholarships to the ACRM and Education through our Webinars. This campaign also recognizes the mentors and mothers who are driving forces in our careers and lives.

S. JEAN EMANS FUND

Support NASPAG's educational efforts in Adolescent Medicine, strengthen NASPAG Adolescent Medicine Initiatives with ACRM Plenary Support for education and adolescent medicine, and enhance NASPAG programs to encourage learning in Adolescent Health. Support the S. Jean Emans Fund as we look to cultivate our future PAG leaders!

[Click here TO DONATE NOW](#)

JPAG NEWS: LETTER FROM THE EDITOR



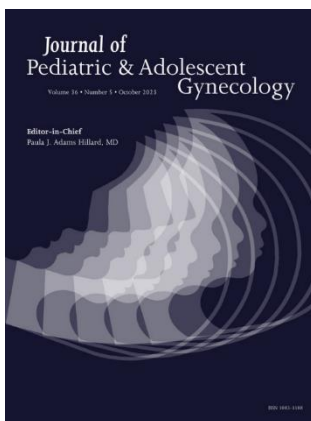
Dr. Paula Hillard

As I write this update from JPAG, Thanksgiving 2023 is in the rear-view mirror.. As usual, my family gathered at our home, and there were adult kids, a grandchild, the outlaws (daughter-in-law’s parents), and friends who for various reasons will join our gathering. There was much to be grateful for this year, and Thanksgiving Day allows us the tradition of a day honoring gratitude. We are healthy, we have plenty, we are together. The bounty of our home garden once again supplied side dishes of spinach, lettuce, persimmons, apples, various fruit jams and jellies, pickled beets, pickled peppers, and even some tomatoes fresh from the vine. I’m grateful that hubby cooked the turkey. We

live in beautiful California, where our Thanksgiving day included high temperatures near 70 degrees; we ate outside All reasons to give thanks. We are reminded by near-tragedies that we are grateful for the safety of relatives who lost their beautiful home and all their possessions this year to a wildfire.

I am immensely grateful to the amazing JPAG Associate Editors (Andrea Bonny, Veronica Gomez-Lobo, and Eveline Roos) who are hardworking, knowledgeable, and wonderfully collegial. I am grateful to the many PAG folks who agree to review manuscripts for JPAG. Without their peer reviews, JPAG would not be thriving. I am grateful for JPAG’s immensely competent, organized, kind and patient Managing Editor, David Newcombe. I am grateful for JPAG’s Elsevier publisher, Andrea Boccelli, who has always been available and helpful, and who is a good friend of NASPAG. I am grateful to the many scholars who contribute manuscripts to JPAG that add to our knowledge about the gynecologic issues that affect our patients. I am grateful for their scientific curiosity, creativity, and vision.

For 2024, I am looking forward to having additional time to devote to my JPAG Editor-in-Chief activities, as I am planning to fully retire from my academic position at Stanford. I am also looking forward to a future where PAG clinicians continue to contribute to the sexual and reproductive health as well as the well-being of young girls, adolescents, and young adults.



Current Issue

[December 2023, Volume 36, Issue 6](#)

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ADVOCACY COMMITTEE UPDATE



The Advocacy Committee continues its hard work in the setting of our current sociopolitical climate and all the things that continue to affect reproductive healthcare. This is particularly important for sexuality and gender minority adolescents and young adults. Below is a summary of the committee’s most recent accomplishments and activities:

- On behalf of NASPAG, the Advocacy Committee signed onto a letter to US Vice President in support of US hosting the International Conference on Population and Development (ICPD+30) in honor of its 30th anniversary. The ICPD Conference Coalition has put together a set of recommendations for the U.S. government to define their robust engagement in the ICPD process. One of these recommendations asks the U.S. government to convene a high-level commemorative event next summer, headlined by Vice President Harris, that celebrates and affirms U.S. commitment to delivering sexual and reproductive health and rights for all through its actions on programs, policy, and funding.

- NASPAG developed a statement regarding the affordability and equity of Opill. This will be available on our website. This statement is to emphasize that we believe in a cost-effective strategy for enhancing access to birth control, particularly for adolescents, to ensure that financial constraints do not pose a barrier to the realization of its potential benefits. We previously released a statement supporting the availability of oral progestin-only contraceptive pills to adolescents.

- The Advocacy Committee has also been excited to host TWO webinars for NASPAG and non NASPAG members as part of our advocacy series entitled “An Evening of Advocacy.” In September we were lucky to have NASPAG members Drs Megan Harrison and Kate Stambough present “Becoming an Advocacy in your Space” and most recently we were lucky to have Dr Dawn Bingham present “Stepping up to Politics” on Dec 11th to our organization. Be on the look out for additional webinars in this exciting series and join us as we continue to advocate for issues critical to our field.

2024 ACRM



Dr. Gylynthia Trotman

Hello NASPAG Family!

The end of the year is a time when many of us reflect on the past year and look forward to the year ahead. I use this time to truly focus on gratitude for all the accomplishments and lessons learned while remaining open to the abundance ahead! There are countless things that I am grateful for in 2023. Although too numerous to count, I give gratitude for the health of my loved ones, my expanding family, and my communities both personal and professional. I am also thankful for

the relationships strengthened over the last year, particularly those within the NASPAG community. As the Program Chair for the 2024 ACRM, I am so thankful for the exceptional Program Committee members who have shown great unity and dedication while holding space for each other. Moreover, seeing first-hand the support and commitment of the NASPAG community and leadership, including working closely with our NASPAG President, Judy Simms-Cendan has been a highlight.

In 2024, I look forward to further personal and professional growth and to the 2024 ACRM, April 4-6th! In addition to PAG pearls and classics, I look forward to new opportunities for innovation, engagement, and networking! We are thrilled to bring back our exciting debates from leaders in the field and to introduce our inaugural NASPAG Gala where we will have the opportunity to truly join as a community.

Warmest wishes in the new year ahead. See you all in Orlando, FL!

Gylynthia Trotman, MD MPH
Program Chair, NASPAG 2024 ACRM



MEMBER SPOTLIGHT

AMANDA FRENCH



WHO/WHAT INSPIRED YOU TO GET INVOLVED IN PAG?

I've had two careers. I was a general adult OB/GYN, with many adolescent patients. After ten years, I realized that seeing only younger patients was an option, which sounded great! The timing was perfect - PAG fellowships had just started multiplying, and the first ABOG focused practice exam was held a few years later. My own training was in real time rather than via a formal fellowship. Once I started in PAG, I kept finding so many interesting things to do, and thus have continually increased my scope of practice. I've evolved to really love teaching, writing, and collaborating with other pediatric providers. There are so many opportunities for growth in our field; it's very exciting to be a part of that.

WHAT DO YOU MOST ENJOY ABOUT THE FIELD OF PAG AND/OR NASPAG?

I like to normalize and “demystify” gynecology related issues. Patients are uncomfortable when they walk into a gynecology office; I think we can do a lot to help families relax and just talk, so we can fix whatever the problem is, and make going to the gynecologist a lot less scary. We also have an important role in setting kids up for adult gynecology care. As a NASPAG member, I feel that I can do essentially the same thing for trainees and healthcare providers – education, and assurance that PAG isn't that mysterious.

WHAT ARE SOME INSIGHTS THAT YOU COULD SHARE WITH JUNIOR NASPAG MEMBERS TO ASSIST THEM IN BEING SUCCESSFUL IN PAG?

I think networking is the key. Put yourself out there, volunteer for things, meet people. We have a relatively small professional community, and it is so important that we collaborate. Look on the NASPAG website and reach out to committee chairs if you have interest in joining a committee. Come to the annual clinical meeting, stay at the hotel, go to the new member reception, and bring a colleague or a trainee with you. Join a NASPAG family mentor group!

CAN YOU TELL US A BIT ABOUT YOUR EXPERIENCE VOLUNTEERING AND SERVING ON NASPAG COMMITTEES?

I've met terrific people that I never would have otherwise worked with and as a result, gotten some great work opportunities and advice as well as made new friends. I am particularly proud of the work we have recently done in the Resident Education Committee. This year we restructured and updated all the cases in the online PAG WebEd case-based learning tool in anticipation of the new website, which was a huge amount of work, and now we are striving to get this valuable resource utilized by more trainees.

WHAT DO YOU MOST ENJOY IN YOUR “DOWN TIME?”

The honest answer is that I spend a lot of my “downtime” writing and editing! Having said that, I love to cook, and I spend as much time as I can having a walk or a run (preferably outside, if the weather cooperates).

What remains on your bucket list?

I just started a new job as the first pediatric and adolescent gynecologist at Massachusetts General Hospital, so I am focused on short-term goals right now. Long term, I would like to travel, and Egypt and Greece are on that list.



Coding Corner

HOW DO YOU CODE FOR LAPAROSCOPIC ADNEXAL SURGERY?

There are 2 CPT codes commonly used for laparoscopic adnexal surgery. It can be confusing to understand the difference between the 2 codes. Here is a table with a comparison of the two codes.

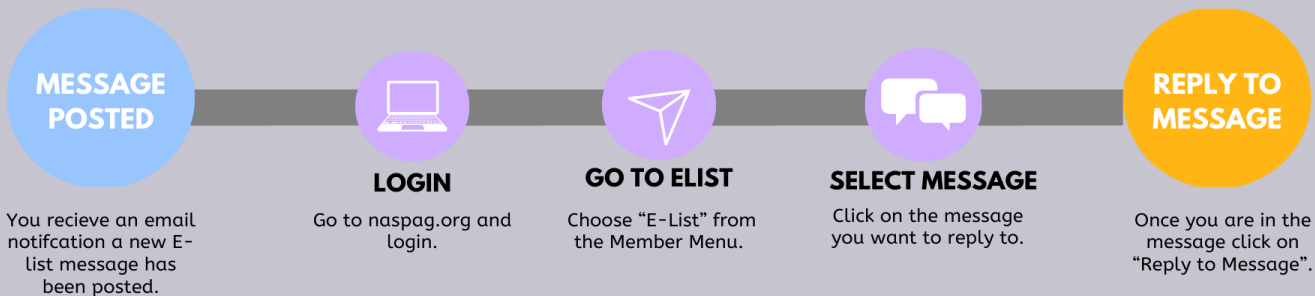
CPT code	Procedure Description	2023 wRVU	Global
58662	Laparoscopic, surgical; excision of lesions of the ovary, pelvic viscera, or peritoneal surface (i.e laparoscopic paratubal cystectomy)	12.15	90
58661	Laparoscopic, surgical; with removal of adnexal structures (i.e laparoscopic oophorectomy)	11.35	10

Note that the global period for 58661 is only for 10 days so your post-operative visit after 10 days can be billed for separately!

NASPAG E-List

The NASPAG E-List allows you to present and discuss challenging clinical problems and get feedback from experienced colleagues.

Reply to your colleagues and offer your expertise by following these easy steps.



TRAINING GROUND

Your passions should fit you exactly but your purpose in life should exceed you.
 -Kevin Kelly

The holidays can be a magical time, but it’s important to be mindful that it also might be a challenging season. The days are shorter, and sunlight is sparse. As a learner, the holidays might look different than previous years with sacrifices for our careers, and professional goals.

Consider some ways to embrace the season perhaps, atypically.

1. Make. Time. For. Your. Family
 - You might not be able to spend every typical holiday together, but the time off should focus on relaxation and rejuvenation
 - Create new memories that will help sustain you until the next visit.
2. Get creative with your schedule
 - Holidays can be celebrated on different days than what the calendar dictates.
 - Facetime and family Zoom sessions to bring you together from afar.
 - Maximizing weekends to extend a vacation block.
3. Find ways to “fill your cup”
 - a. Whatever your personal passions are, make time and get back to your basics.
4. Remember your professional “Why”.
 - This is good time of year to remember why you chose medicine, or revisit a memorable patient that made the hard work, long hours, and exhaustion 110% worth it.
5. Check in on colleagues, who are likely encountering a similar experience.
 - You are not alone.
 - <https://www.aamc.org/news/healing-very-youngest-healers>

Lastly, as the new year approaches, it is always a good time to review the first half of the academic year and perhaps reassess unmet goals or ignite some passions that may have gone unpursued.

- Improve your Physical Health:
 - o Setting daily step goals, trying a new exercise routine, cleaner eating, or better sleep hygiene.
- Work Life Balance:
 - o Reading for fun, or devoting a small amount of allocated time to a personal hobby.
- Professional Growth:
 - o Are there some aspects of your research that might need expedited or consider recruiting a medical student to help ease the load and allow the opportunity to learn how the research process works!
 - o Is there a spring or summer conference you have been thinking about?
 - Come get some sun at NASPAG in Orlando, Florida April 4-6th!

2023 GRATITUDE

NASPAG Committee Chairs and Board Members share what they're grateful for in 2023.

Tricia H.

I am grateful for the health of my family and friends. I am especially grateful for the advocacy and support that our NASPAG community provides for our patients and for each other.

Lauren K.

For 2023, I am grateful for my supportive family and my improved health as well as a successful ACRM

Megan S.

I am grateful for Mary Romano and Megan Harrison, my NASPAG Advocacy Committee co-leaders and role models who have been incredibly encouraging and supportive this year. I also am very appreciative of our committee members who continue to inspire me with their passion and leadership, both in NASPAG and in their own communities!

Geri H.

I am most grateful in 2023 that Ohioans passed Issue 1 on 11/7/2023 entitled "The Right to Reproductive Freedom with Protections for Health and Safety". Issue 1 was a citizen-initiated effort codifying within the Ohio Constitution reproductive rights including contraception, fertility treatment, miscarriage and ectopic pregnancy management, and abortion services.

Mary R.

I am grateful for family and friends. They are a continual and never-ending source of joy and support and laughter and shoulders to lean on during all the things--and some years you end up with more things than you bargained for and you are incredibly grateful they are there to lift you up.

Nichole T.

I'm thankful for my wonderful friends, my old and wise companions through countless life chapters, and equally for the new friendships I've forged since joining Stanford. These connections are an invaluable source of joy and strength. A heartfelt shout-out goes to my husband, my partner of 17 years, whose support is unwavering. He's also my favorite travel companion, making every journey an adventure. My children, with their brilliance and limitless imaginations, infuse my days with laughter and wonder. Our family trips this year have been a highlight of my year! On the professional front, I am deeply thankful for my job, which transcends the notion of work. The work we do resonates deeply with my values and aspirations, filling me with optimism for what lies ahead.

2024 GOALS

NASPAG Committee Chairs and Board Members share what they're looking forward to in 2024.

Tricia H.

I am looking forward to working with NASPAG to increase member engagement and find new and creative ways to get our membership involved in NASPAG.

Lauren K.

For 2024, I look forward to expanding my education roles at work and seeing my little boys grow.

Geri H.

In 2024, I am looking forward to work that I enjoy, spending time with friends and family, and some great vacations!

Mary R.

I am looking forward to joy and healing and more time with all those who are important to me, including my NASPAG family.

Megan S.

In 2024 I hope to continue growing as a PAG physician and advocate, while also spending as much quality time as possible with my husband and our family!

Nichole T.

As the NASPAG Vice President, my focus for 2024 is to continue to elevate our organization and offer a robust support system for each member's professional path. I am excited about the upcoming NASPAG 2024 conference in Orlando, and I'm equally committed to laying a strong foundation for WC PAG 2026 in San Francisco. My goal is to continue to explore innovative strategies that enhance the daily practice of PAG physicians, ensuring that our patients, who often embark on extensive searches for specialized care, receive the highest quality of service. I look forward to strengthening our vibrant and supportive PAG community that thrives on collaboration and tenacity!

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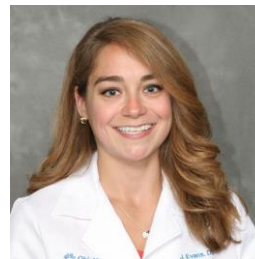
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