Official Publication of the Young Forum

Medical Women’s International Association
Greetings from Hyun-Young Deborah Shin, the chair of yMWIA

Dear Women medical students and young doctors,

Welcome to Young Forum of Medical Women’s International Association (yMWIA). yMWIA is a subgroup of MWIA which has grown continuously since 2007. This year the MWIA 2013 Seoul congress was successfully held from July 31 to August 2, 2013. More than 100 medical students and young doctors were actively involved in the organizing committee: fashion show featuring Korean traditional costumes, scientific sessions, young forum, and the international networking party. I believe that the senior doctors who participated in the congress realized that yMWIA is a vital group for the MWIA congress, and that it was meaningful to show our unity and contribute to it overall.

During the Young Forum session, there was a presentation from Dr. Rosemary Ogu, about the yMWIA history, identification, and vision for the future. Dr. Ogu had previously served yMWIA as a chair from 2010 to 2013 and is one of the founders of yMWIA. Afterward, there was an election of the executive members for the upcoming term of 3 years, from 2013 to 2016.

I was elected a chair of yMWIA and am grateful for the opportunity to serve in this role. So, please allow me to introduce myself. I’m a clinical and research fellow of Family Medicine in Severance Hospital, Yonsei University in Seoul, Korea. I continue to study Epidemiology in the Yonsei MPH course. Having had many experiences over time, my interest has grown in areas focusing on the way to decrease disparities between diverse groups in the world such as the rich and the poor, the strong and the weak, and men and women.

The MWIA theme for the 2013-2016 triennium is Prevention and Elimination of Domestic and Sexual Violence. To prevent the violence, awareness should be advanced. Therefore we need to make an attention about what kind of violence happens around us. Also we should manage and heal victims’ wounds and scars from the violence with our warmth in our hearts and efforts. If we could come together in our thinking about how we can decrease the violence in the world as women doctors through yMWIA activities, I believe that we follow the legacy of the senior women doctors in MWIA by continuing in the spirit they set forth in the world. This way, the next generation will be able to learn from us, as we have from them.

Thank you to all of the yMWIA participants of the Seoul Congress again. It is my hope that all of the members have good memories of Seoul and yMWIA.
My experience of international congress of the MWIA 2013 Seoul
Mina Kang
Dept Gastroenterology
Yonsei Severance hospital
Seoul, Korea

First of all, I send great honor to all medical women serving in their countries all over the world.

I was happy to be with our friends who share the same educational background and interest during this special occasion. It started with greeting our friendly Nigerian doctors at the airport. I assisted the VIP guest protocol and guided hospital tour to Yonsei Severance Hospital. Currently, I am at this hospital doing research that I was able to share at the forum. I had a great chance to share my idea with other doctors but also learn up-to-date medical issues during the scientific sessions. The Gala-dinner remained the most amazing night and the fashion show with Korean traditional clothes “Han-bok” was absolutely spectacular.

During this precious time, I met so many friends—would last forever—gathered from all over the world. It is also very inspiring time for me to expand my way of thinking. As young generation who has been blessed to be in medical field, we all should take our position seriously and think about the areas in need of our help and dream about the changes we can do for this world. “The change has been already started. Dream big, women.”

No one ever imagined a female president, but now we do, including South Korea. Things have been changed, and there are still more to be changed. Great things always start with a simple movement. So open your eyes, wide open, and embrace the things you care. We all have innate maternity as best shown in our lives—mother, wife, and doctor. We are so much gifted and blessed to be born women. I am encouraged by MWIA, as a young member with the greatest potential.

Thanks MWIA! Hope to see you again in Wien 2016, 2-hours drive away from my second hometown Budapest where I studied medicine.
Medical Students & Young Doctors ACT in Japan
Ms, Atsuna, Matsumoto
Tokyo Dental and Medical University
Tokyo, Japan

As a member of the Medical Students & Young Doctors ACT (MsACT), I am eager to promote yMWIA activities. MsACT is a project of the Japan Medical Women’s Association, with the purpose of creating & developing international networks between medical young doctors and students.

We are now planning to hold an English seminar next spring to improve our English skills, and also prepare for future opportunities such as presentations at the international congress of the Medical Women’s International Association.

On an international level, I would like to make the most of yMWIA, and use it as a platform for exchanging information within the young medical community. Ideally, I would like to collaborate with yMWIA members in other countries and carry out research over several countries. MsACT is also planning to set up an international exchange program to promote mutual understanding between medical students and young doctors from all over the world.

After MWIA
Ms. Nahyun Jo
Eulji University
Seoul, Korea

The MWIA congress was held in Seoul at Ewha Women’s University and more than 1,000 female doctors from over 50 countries attended. Surely it was such a huge international congress and I was so grateful to be one of the participants. Academic sessions were presented by many accomplished female doctors worldwide sharing their expertise. There were also many non-academic social sessions, mainly about female doctor’s social status, her roles and political supports of different countries. Since it was a women’s congress, among the various topics, especially those on women’s health or the female doctors’ role attracted many audiences. One of the phrases that I remember is that “To be a woman doctor, it is hard and it is like you are juggling six glass balls”, which means there are
six social roles for women doctors that society expects them to be perfect at. Because I am currently a student, I do not know about the struggles for being a working mom, someone’s wife and a doctor all at once. However the lecture not only gave me the grasp on what I may struggle through, but also on how I should go through life wisely. Once again, I sincerely appreciate this unforgettable opportunity that was given to me.

Wish you were here: MWIA Seoul Congress 2013
Ms. SangMoon, YUN
Eulji University
South Korea

By attending the 2013 MWIA congress, I was able to meet many other women doctors and medical students. It was the most important thing for me, because I was able to realize that I am not the only one who worries about becoming a female doctor. I listened to the words of wisdom from the seniors also exchanged views regarding our future with fellow medical students. I realized that it is not easy to do well in everything in my life. However, I know will use the advice that I learned through these sessions and conversations. I also attended the ‘mentoring program’ so I could get in touch with my mentor even after the MWIA congress. Because this program is for the 2nd semester, I was able to tell her about my troubles in my school life and receive her feedback. This was another valuable aspect of 2013 MWIA congress. I wish when I become a doctor, I can participate again.

Great experience with MWIA
Soyoung Lee
Eulji University
South Korea

The 2013 MWIA congress gave me many opportunities. As a volunteer, I met many medical school students from different schools. Many of them were from foreign countries but fortunately spoke English, which made it easier to get acquainted. Although the 2013 MWIA congress was the first international congress I ever attended, I was not a stranger in the party.
The attending women doctors were so friendly and were open-minded to medical students. I also had the chance to translate for a newspaper interview with Dr. Margaret Mungenera (President Elect, World Medical Association). Her interview gave me a glimpse of the World Medical Association's next agenda and what she will focus on as a female doctor.

The scientific session I enjoyed most was 'Workshop for an Advocacy Manual'. Before attending this lecture, I thought 'advocacy' is for a particular group of people engaging in political issues. Now I know that it can also be used in social skills that we need in everyday life. Things I learned: We belong to a society and we need help from others. We also need resources, such as networking. The lecturer gave us a lot of tips on these topics. For example, when you receive a business card, write to him or her. It is just a simple way of networking. Similarly, use the social media as well. Use it as a window for networking. This workshop taught me key strategies for social networking which I desperately needed. The scientific sessions during the congress were the essences of the seniors' career tips. However, the discussions after the lecture were also very informative and they gave me a glimpse of the seniors' wisdom in life.

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**Taking the first bite – impressions**

A recount of MWIA 2013 from a student's perspective.

**Hyunjoo Park**

Eulji University

South Korea

The 2013 MWIA congress was the first international congress I have ever attended. As a second year medical student, I was curious to see what it had to offer. To begin with, Ewha Womans University held resonating significance as the gathering place for MWIA, for it is the largest women's university in the world and is devoted to promoting women's leadership. It is also where Korea's first female doctor, Esther Park, had been trained. Personally, I was familiar with its layout as I had been an engineering student at Ewha before entering medical school. This year's MWIA congress featured a unique set of programs, including an art exhibition, outstanding scientific programs, hospital tours, and social occasions such as the KMWA dinner and the Gala dinner. As a student, I had the privilege of participating in the art exhibition, accompanying a hospital tour group to the National Cancer Centre, and attending presentations at scientific sessions. One of the memorable scientific sessions, 'A history of female doctors,' featured the endeavors of women doctors in Korea, Japan, USA and Nigeria, reminding us that the current benefits our generation were hard-earned results by our predecessors.
Additionally, the social programs provided an opportunity to mingle with distinguished participants. Meeting with various inspirational female doctors was one of the most valuable experiences I had gained from this congress. In conclusion, I am truly grateful for having been able to participate in the 2013 MWIA congress. I look forward to the next MWIA meeting at Vienna!

**Thank you, MWIA!**
So-Jung, Kweon
Eulji University
South Korea

At first, participating in the 2019 MWIA congress was for the opportunity to meet women doctors from all around the world. The MWIA congress was expected to be a place where medical students could learn about the experiences and wisdom from senior doctors’ from their medical careers. Unexpectedly, there were many doctors who are known for their careers in politics. It was new to me to meet someone who was working not only as a doctor but also as a congress woman. They inspired me to think of my future career more realistically and at the same time idealistically. It was not easy for them to become politicians as women and especially as doctors. They told many future doctors like myself about their lives and taught us about the many obstacles we should be cautious of. This experience taught me how to live as a woman doctors in Korea. Before this congress, there was not enough time for me to think about my future career because of the busy life as a medical student, my only goal was to graduate soon and start my residency. After seeing all those great women doctors who were best at their professions, it has changed my set of mind. No words can describe my thankfulness for being given this chance of a lifetime.
What an amazing world!

Eulah Cho
Eulji University
Seoul, Korea

The most precious experience for me this year was attending the MWIA congress. Each session gave me a chance to think about the new role of the female doctor in Korea. I have never thought of making friends from other countries but I found that we all could be friends under the spirit of working to the help the sick. I met people from Australia, Nigeria and Canada. They told me about the medical environment of their countries and it encouraged me to consider studying or practicing abroad. Even though I met them for the first time, they treated me as a colleague for no other reason than the fact that we all work or will soon be working as doctors. The feeling of fellowship at that moment left a big impression on me. I hope to meet everyone again at the next MWIA congress!

MWIA, a big turning point of mine
Seoyoung, Moon
Eulji University
South Korea

In life, we encounter unexpected opportunities. To me, the 2013 MWIA congress was one of them. When I registered, I thought it would just be a just large 'common' meeting. However, the congress was a much more international event than I ever imagined. One of the most inspiring programs was the opening ceremony which started with Korean traditional music and many famous public figures including the Korean President Geunhye Park and Minister Yoonsun Cho making speeches congratulating the opening of the MWIA congress in Korea. I was so proud.

Many interesting programs and sessions were held. Some of the topics challenged me to study about them after the sessions. Also there were many opportunities for the members from all over the world to get to know each other via the social events such as the KWMA dinner, the Gala dinner, and the young women doctors’ beer party. It was so much fun to spend time with the woman doctors from other countries. Although my English was not perfect, we still talked a lot. I learned that the lives of female doctors in other countries were not much different from those of ours. As 'women' we share similar thoughts and concerns.
I am so grateful for such a wonderful opportunity. I was so proud that we Koreans organized this wonderful 'intellectual party' in front of the world. To me as a medical student, many interesting sessions have inspired me to study harder. As an thus far unmarried woman, it made me think about how to live as female doctor who will also have to care for her family. I thank MWIA and hope I don't forget the precious lessons I learned from the congress.

Make a difference - Exchange Ideas

Submission for the next issue of the Young Forum’s Newsletter are currently being accepted.

Please send news items, articles, commentaries, school exchange reports, local MWIA activities to our editors.

Reports must be carefully proof-read prior to submission.

Please include author name, country, email, photo, and articles not exceeding 500 words.

Submit to yMWIA Secretary – info on www.mwia.net