

# The Network News

A newsletter for the members of Metro Women's Network

October 2007

## October Meeting Thursday, Oct. 18th

**Where: Fire Creek Grill**  
800 S. 50th Street  
West Des Moines 515-224-0500

### Agenda:

- 5:30 - social hour begins
- 6:00 - dinner served
- 6:45-7:00- business as needed (voting, changes)
- 7:00 - Program meeting guest speaker begins
- 7:45 - Program meeting adjourns
- 7:45-8:30 - Business meeting

**Price:** \$25 for all attendees

**Menu:** Choice of :

**Grilled Salmon** or

**Chicken Piccata** - chicken breast served with a light sauce of lemon juice and capers.

Each meal is served w/rice, steamed mixed vegetables, a garden salad, and cheesecake with strawberry topping.



**Please RSVP by Monday  
October 15th at noon to  
[rsvp@mwniowa.org](mailto:rsvp@mwniowa.org)**

## And the Winner is...

**RIZWAN Z. SHAH,  
M.D., FAAP**

## Metro Women's Network Woman of the Year



Dr. Rizwan Shah is Medical Director of the Regional Child Protection Center at Blank Children's Hospital in Des Moines, Iowa.

Dr. Shah has devoted her time to child abuse and neglect since 1981. She started the first clinic for child sexual abuse validation in Iowa. In 1989 Dr. Shah established the Family Ecology Center and CAIRE Program at Blank Hospital in Des Moines, Iowa, for assessment and follow-up of drug affected babies. She is involved in professional and public education and legislation efforts in the areas of sexual abuse, drug-affected babies, attachment disorder and the effect of violence on families and children. Dr. Shah is an acknowledged state expert in child abuse/neglect and a national expert on drug exposed infants and children.

### State Activities

Dr. Shah is on the pediatric faculty at Blank Children's Hospital and a Clinical Associate Professor of Pediatrics at the University of Iowa. She is past president of the Iowa Chapter of the American Academy of Pediatrics and a member of the AAP Chapter Child Abuse Committee. She is a member of the State Child Protection Council. She serves on the Iowa Medical Society committee on Pediatric Health, and on the Clinical Advisory Committee of Children's Health Insurance Program. Dr. Shah is chair of the medical subcommittee of the Iowa DEC Alliance. She is a board member of the Children and Families Policy Center of Iowa.

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## From Our President's Desk

**October is Breast Cancer Awareness Month.** I challenge all of our members to get your screening mammogram and keep current with this life saving test for early detection.

### Screening Mammograms

Breast cancer takes years to develop. Early in the disease, most breast cancers cause no symptoms. When breast cancer is detected at a localized stage (it hasn't spread to the lymph nodes), the 5-year survival rate is 98%. If the cancer has spread to nearby lymph nodes (regional disease), the rate drops to 83%. If the cancer has spread (metastasized) to distant organs such as the lungs, bone marrow, liver, or brain, the 5-year survival rate is 26%.

A screening mammogram is an x-ray exam of the breast in a woman who has no symptoms. The goal of a screening mammogram is to find cancer when it is still too small to be felt by a woman or her doctor. Finding small breast cancers early by a screening mammogram greatly improves a woman's chance for successful treatment.

**Women age 40 and older** should have a screening mammogram every year, and should continue to do so for as long as they are in good health.

**Women in their 20s and 30s** should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional preferably every 3 years. After age 40, women should have a breast exam by a health professional **every year.**

**BSE is an option for women starting in their 20s.** Women should be told about the benefits and limitations of BSE. Women should report any breast changes to their health professional right away.

Also, I again would like to remind everyone the Susan Komen **Race for the Cure** is Saturday October 6. To register go to <http://www.desmoinesraceforthecure.org/>

I plan to walk again this year and if you would like to join me please call 975-7252 or e-mail me at [barbara.livingston2@va.gov](mailto:barbara.livingston2@va.gov) or [barbbird@aol.com](mailto:barbbird@aol.com)



**Barbara Livingston**

### Call for Steering Committee Members:

It's that time of year again when we need out membership to get active and involved in the various activities that keep us vital.

Opportunities for this year are:

**President:** The President shall preside over all meetings, including meetings of Steering Committee, serve as ex-officio members of all committees, and execute the duties generally attendant upon this position. President will write monthly newsletter article.

**Vice President:** The Vice-President shall serve as Chairperson of the Membership Committee, and shall preside in the absence of the President. The Vice President will publish updated membership directory twice a year and publish to members. VP will also provide list of member birthdays to newsletter editor so dates can be included in newsletter.

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**Secretary:** The Secretary shall, at the direction of the President, notify Steering Committee members, and those who also request notification, of all Steering Committee meetings at least seven (7) days in advance; notify all members on the annual meeting at least thirty (30) days in advance; shall take and keep minutes of Steering Committee and Annual Meetings; and shall perform all other duties assigned by the President or the Steering Committee.

**Treasurer:** The Treasurer shall have the duties customarily incident to that office and shall collect dues, deposit the monies of MWN in a financial institution in metropolitan Des Moines, and keep a record of all monies collected, deposited, and disbursed. The Treasurer shall report the financial condition to the Steering Committee as called upon by the President, and prepare an annual budget.

**At Large:** (2) At-Large Representatives shall assist any committee as requested in furthering communications with individuals within MWN.

**Programs: (2-4)** Selecting and contacting speakers and restaurants for the program meeting, taking RSVP's and all the logistics of a successful evening for our membership.

**Newsletter:** Formatting, editing and publishing the monthly newsletter.

Please volunteer or nominate a MWN for positions as listed about. Please feel free to contact current Steering members for questions about positions. Only requirement is that you **HAVE FUN!**

# Enjoy the Changing Colors of Fall.

Happy Birthday to You!



## MWN Officers — 2007

President:	Barb Livingston, 276-9645
Vice President:	Mindi O'Kane,
Secretary/Newsletter:	Michelle Patrick, 987-0197
Treasurer:	Karen Lund, 967-3656
Programs:	Lisa Springer
At-Large:	Meg Husen
	All Members
Past President:	Melissa Read, 277-7499

## A Big Thank You to our September Speakers!!

Many thanks to Julie Hibben and Angie Howard from the Planned Parenthood of Greater (PPGI) Iowa Education and Resource Center (ERC), our speakers on September 20. Julie explained that PPGI's ERC offers age-appropriate and research-based programs in reproductive health, human development and sexuality education for youth and adults. She mentioned that the ERC recently moved to the Mary Louise Smith Resource Center located at 1168 6th Avenue, directly across from Mercy Hospital. It is open to the public and we are welcome to stop by to look for books, videos and pamphlets including information about homeless youth, sex abuse, contraception, sexually transmitted infections and faith issues.

The ERC is funded by the two Planned Parenthood of Greater Iowa book sales, held each spring and fall. The sales feature a combined total of over 600,000 books and other items and raise \$300,000 annually to support the work of educators throughout Iowa. The September 2007 sale raised \$191,000. Funds raised are used strictly for education purposes. Iowa is the only state that has this type of fund raising support for the ERC.

Parents are the preferred method of teaching children about health and sexuality, but many are embarrassed and very uncomfortable about having those discussions. PPGI is requested to teach classes by local schools, detention centers, and other groups. PPGI's educational programs focus on adolescent pregnancy prevention and lifelong healthy sexuality. Programs are available on a variety of topics (see [www.PPGI.org](http://www.PPGI.org)) and are tailored to each audience. Examples of the topics are reproductive health education, sexually transmitted Infections healthy relationships, puberty and sexual decision making. Angie discussed some of her teaching sessions working with homeless youth and we can tell she's very passionate about the subject! She mentioned that schools suggest students who may be good candidates for sessions as well – those youth who may be in need of guidance. She shared that middle school aged girls often need assistance in gaining self esteem, learning how to deal with peer pressure, and learning how to say 'no' and be comfortable with it. They often need to learn about puberty, and how to have a good body image.

In addition to contraception, the ERC staff teaches the abstinence approach to prevention of STDs, HIV and teen pregnancy. They also partner with the Avalon Center adoption agency to provide adoption services. PPGI is now able to provide the full range of choices to clients through this partnership.



## Upcoming Events

December 6th - Holiday Party at Café DiScata

January 17th - Membership Drive at WDM Marriott With speaker Juli Hale / Senior Home Economist with Better Homes and Gardens / Meredith Corporation

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### **National Activities**

Dr. Shah served as a member of the American Academy of Pediatric National Committee on Substance Abuse from 1996-2000. She is a member of the International Society on Child Abuse and is a member of AAP Section on Child Abuse and Community Pediatrics. Dr. Shah was elected AAP Liaison to American Medical Associations task force on international alcohol policy. She is the author of American Academy of Pediatrics policy on FAS/ARND. Dr. Shah has received research grants from NiDA for perinatal meth exposure study as a sole source in 1998 and as part of a multi-site study on meth exposure in 2002. She has been a featured speaker at multiple national conferences for professional training in substance abuse/child abuse.

### **Recognition and Awards**

Dr. Shah has received recognition for her work from various national and local organizations including the YWCA's Women of Achievement Award, NAPARE's National Award for Innovative Programming for drug exposed infants, Sertoma Society's Award for Service to Mankind, Charlotte Fisk Pediatric Award for Community Pediatric Service, and Des Moines Child and Adolescent Guidance Center's Community Service Award (the only award given to a physician in the last thirty years). Leading the Way Award for community leadership from News Channel 8 TV in Des Moines, Congressional Leadership Award by Senator Harkin for her work in welfare reforms, Volunteer Service Recondition Award from CASA program for the State of Iowa, Iowa Chapter AAP Citation for chapter Leadership, and the 1998 Iowa Department of Health Child Advocacy Award. In October 1998, the Des Moines Child Abuse Council gave special recognition to Dr. Shah for her advocacy on behalf of abused children. The Iowa Medical Society's Merit Award for Child Advocacy was presented to Dr. Shah on April 16, 1999. The American Academy of Pediatrics gave Dr. Shah a citation for her work on the Substance Abuse Committee in May 2000. Dr. Shah received Woman of Influence recognition in September 2001 from the Des Moines, Business Record. In March 2003 Friends of Iowa CASA presented Dr. Shah with the 2002 Child Advocate Award. She was also received the 2003 Friend of Iowa Children Award from the Iowa Public Health Department. In June, 2004, Dr. Shah was awarded the "Local Legend Award" by the American Medical Women's Association. She was nominated for the award by Iowa Rep. Leonard Boswell for her impact on pediatric medicine and her unflinching advocacy for children. In March 2006, Dr. Shah received the Special Achievement Award from the American Academy of Pediatrics for work in child abuse. Dr. Shah received the Iowa Chapter AAP Award for outstanding chapter president in June 2006. In November 2006, she received the first-ever Champion for Children award presented by Prevent Child Abuse Iowa.

Dr. Shah's work with drug exposed infants has been featured in national newspapers and magazines and she has had featured appearances on national TV news programs.

Dr. Shah volunteers in multiple community projects with the refugee population and homeless and minority children.

She is the mother of three adults. She is also the proud grandmother of two grandsons and a granddaughter.

It will be such an honor for Metro Women's Network to have Dr. Shah share with the group her life's work and passion. She is truly an incredible woman and so deserving of the award Woman of the Year!



Let's Hear it for our Woman of the Year!

Dr. Shah