

OB/GYN Residency Newsletter

April 2026
Volume 8 Issue 2



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*“Thank you all for
your continued hard
work, dedication and
commitment...”*

A word from the Program Director

We are excited to share that with this incoming group of new interns; we will now have five residents in each PGY class moving forward. I can't believe our first class of "Fab 5" residents is entering their final year of residency training. As the first cohort of five residents, I thank them for their flexibility with scheduling, teamwork, and professionalism. Their leadership will be essential as they mentor our newest interns and help shape the continued growth and success of our program.

Equally important, every resident continues to play an important role in strengthening our program through their clinical excellence, dedication to teaching and learning, and supporting one another.

Our program would not be possible without our dedicated faculty, whose commitment to teaching, mentorship, and high-quality patient care is the foundation of our success.

Thank you all for your continued hard work, dedication and commitment to our residency program.

Residents -

- Please complete your post rotation TrueLearn quizzes.
- Continue to request myTIPreports.
- Remember to log your duty hours daily.
- Please keep your case logs up to date on a weekly basis
- Schedule a monthly meeting with your mentor and complete the mentoring form.

Faculty -

- Please continue to complete the monthly post rotation evaluations in New Innovations within 2 weeks of receiving them.
- Please continue to complete myTIPreports
- Continue to meet with your mentees.

Community Engagement



Thank you to everyone who generously contributed to support the Lifting Up Camden Youth (LUCY) Outreach Food Pantry. Your donations made a meaningful impact, and the residents did an outstanding job cleaning, scrubbing, and organizing pantry items for the LUCY families and community.



If you'd like to learn more or continue supporting this incredible organization, please visit LUCY Outreach's website <https://lucyoutreach.org/>

LUCY Outreach

Thank you to Drs. Rajagopal, Soto, Aibuedefe, Adriance, and Malik and to Lisa O'Brien, Mariam Quinones, Yaazmyn Rosa, & Jennifer Rastelli for participating in the Healthcare career panel with the Lifting Up Camden Youth (LUCY) Outreach Program on Thursday, April 2nd!

The youth had some very interesting questions for our panel members!



Community Engagement (cont)

The annual Ob-Gyn JUMP session was held on Saturday, April 11 from 8:00 AM to 1 PM. JUMP, one of CMSRU's pathway programs for high school students, meets once a month on a Saturday and introduces the participating high school juniors and seniors to one medical specialty in each session. The Ob-Gyn session is a fun session which involves an opening plenary (in which we discuss the various aspects of the field) followed by several modules (knot tying, laparoscopic skills, contraception, normal delivery, making and closing an incision, etc) in which the students get hands on experience. The day wraps up with the JUMP Olympics in which the students compete in teams performing the skills they learned during the morning.

Thank you Drs. Hewlett, Pancheshnikov, Sweeney, Keita, Aibuedefe, and our alumna, Dr. Williams!



Many thanks to:

Dr. Malik for organizing the "Diaper Drive" and "Period Drive" to benefit our community.

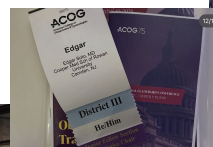
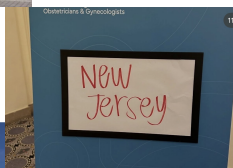


Everyone who participated in our holiday Adopt-A-Family drive which was organized by Dr. Adriance. This drive benefits multiple families from our Jaffe Women's Care Center.



Community Engagement (cont)

Edgar Soto, MD at the ACOG Congressional Leadership Conference in Washington DC advocating for our patients. Each year ACOG sponsors one resident from each residency program in NJ to attend this conference.



Journal Club Highlights

The following articles were discussed at Journal Club on November 18, 2025:

Reproductive Health Care for Incarcerated People: Advancing Health Equity in Unequitable Settings
Rajagopal K, Landis-Lewis D, Haven K, Sufirin C. Reproductive Health Care for Incarcerated People: Advancing Health Equity in Unequitable Settings. *Clin Obstet Gynecol*. 2023 Mar 1;66(1):73-85. doi: [10.1097/GRF.0000000000000746](https://doi.org/10.1097/GRF.0000000000000746). Epub 2022 Aug 31. PMID: 36044632; PMCID: PMC9851923.

Clinician Perspectives on Navigating Conversations Around Racial Disparities in Obstetrics
Wang-Koehler E, Oshewa O, Srinivas SK, James AT, Hamm RF. Clinician Perspectives on Navigating Conversations Around Racial Disparities in Obstetrics. *Obstet Gynecol*. 2025 Oct 2. doi: [10.1097/AOG.0000000000006085](https://doi.org/10.1097/AOG.0000000000006085). Epub ahead of print. PMID: 41037816.

Presenters: Dr. Rajagopal and Dr. Blankemeyer
Mentors: Dr. Perry and Dr. Schaeffer

Research News

Congratulations!

Management of Cancer During Pregnancy: ASCO Guideline.

Loren AW, Lacchetti C, Amant F, Cardonick EH, Carey LA, Christian N, Clark C, Dizon DS, Henry M, Hudson MH, Maues J, Peterson E, Prowell TM, Raab R, Rogers JE, Saeed H, Sekeres MA, Taylor JS, Van Loon K, Wallace WH, Watson KL, Yadav S, Partridge AH *Journal of clinical oncology : official journal of the American Society of Clinical Oncology* 2025 Dec 11

[The psychological impact of cancer diagnosis in pregnancy: a multicenter cohort study of psychosocial challenges in pregnant cancer patients and their partners](#)

Huis In 't Veld EA, van Gerwen M, van Dijk-Lokkart EM, Vandenbroucke T, Dandis R, LeJeune CL, van Assche I, Cardonick E, Peters ITA, Fagotti A, Lok C, Boere I, de Boer MA, Suelmann BBM, Gordijn SJ, Ottevanger N, Mhallem M, Bekkers R, Tummers P, Chieffo D, van Grotel M, Van Calsteren K, van den Heuvel-Eibrink MM, Amant F. The psychosocial impact of cancer diagnosis in pregnancy: a multicenter cohort study of psychosocial challenges in pregnant cancer patients and their partners. *Front Psychol.* 2026 Jan 14;16:1696459. doi: 10.3389/fpsyg.2025.1696459. PMID: 41613849; PMCID: PMC12847257.



Elyce Cardonick, MD,
FACOG



Stephanie Kass, MD

[Large language models provide unsafe answers to patient-posed medical questions](#)

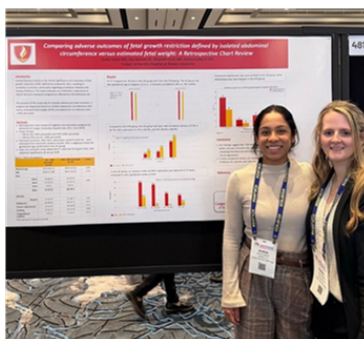
Draelos RL, Afreen S, Blasko B, Brazile TL, Chase N, Desai DP, Evert J, Gardner HL, Herrmann L, House AV, Kass S, Kavan M, Khemani K, Koire A, McDonald LM, Rabeeah Z, Shah A. Large language models provide unsafe answers to patient-posed medical questions. *NPJ Digit Med.* 2026 Feb 13;9(1):241. doi: 10.1038/s41746-026-02428-5. PMID: 41688533; PMCID: PMC13013898.

[Laparoscopic transabdominal cerclage: preconception versus postconception placement](#)

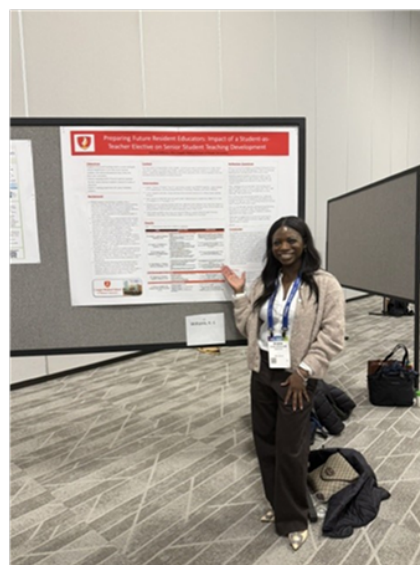
Kass, Stephanie L., Brenner, Emma, Hotz, Melanie, Pachtman Shetty, Sarah, Lee, Ji Yoon, Nimaroff, Michael L. doi: 10.1016/j.ajog.2026.02.034. 10.1016/j.ajog.2026.02.034. *American Journal of Obstetrics & Gynecology*

Research News (cont)

Dr. Emily Hahm, PGY-4 with her research mentor, Dr. Kulkarni, presented their poster on Adverse Outcomes of Fetal Growth Restriction at The Society of Maternal Fetal Medicine 2026 Conference.



Dr. Williams presented her project, Preparing Future Resident Educators: Impact of a Student-as-Teacher Elective on Senior Student Teacher Development, at CREOG APGO Annual Meeting in February, 2026.

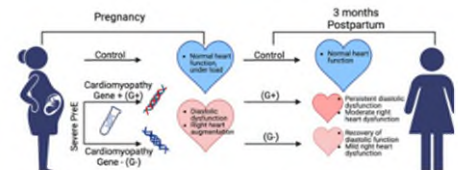


Research Division News (continued)

Research Updates:

SHePREG: *Study of Heart function in PRE-Eclampsia during and after PreGnancy*

Enrollment: Ongoing



ADEPT Trial: *A Dose Escalation Study of Low Dose Aspirin for the Prevention of Recurrent Preterm Birth*

Enrollment: Open

info flyer for physicians created

Pfizer GBS Vaccine Study - Beatrix : *Pfizer Phase 3 RPCCT of Maternal GBS Vaccine Candidate*

Local PI: Dr. Chen / Dr. Conroy

Enrollment goal: 2 patients/month



Sequenom: *Collection of Data and Samples from Women Undergoing Non-Invasive Screening for Preeclampsia*

Anticipated First Enrollment: March of 2026

Enrollment goal: 10 patients/week

KOKO PPH

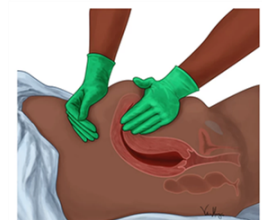
PI: Dajao

Device study

Safety and effectiveness of the KOKO™ device in the control and reduction of primary abnormal postpartum uterine bleeding or hemorrhage.

Enrollment goal: 1 per month

Enrollment date: TBD



Medtronic

PI: TBD

Device study

Evaluation of implantable cardiac monitor in patients at risk to develop preeclampsia

Spotlight on Faculty Member, Dr. Carly Ross

Where did you go to medical school and residency?

I attended medical school at Sidney Kimmel Medical College of Thomas Jefferson University and did my residency at New York Presbyterian-Weill Cornell in New York City.

Where did you do your fellowship?

I did my fellowship in Complex Family Planning at Northwestern University

What books are you currently reading?

*Currently reading *The Red Tent* for Cooper's upcoming book club! Also struggling through *The Covenant of Water* although it is extremely long, we'll see if I finish it.*

What is your favorite restaurant?

Kalaya in Philadelphia. I love to eat out and try new restaurants.

What do you like to do in your spare time?

*I enjoy reading for pleasure, watching *The Pitt*, and hanging out with my family (especially the baby).*

What do you like most and least about medicine?

I love the relationships that I build with my patients and making them feel comfortable and supported during stressful times in their lives.

I don't enjoy the charting.

What advice would you give to Cooper residents?

Cooper is an amazing and unique place to train- take advantage of all of the opportunities that are presented to you during your time here. This too shall pass!



Carolyn Ross, MD,

Assistant Professor
Obstetrics & Gynecology



"...take advantage of all of the opportunities that are presented to you..."

Spotlight on Academic Chiefs

Dr. Alexa Corso



Where did you relocate from?
I moved from Northern Virginia.

What do you enjoy most about Cooper?
Managing complex patients and surgical cases while learning under the guidance of great attendings (& my co-residents, of course).

Do you have a favorite restaurant?
My favorite restaurant is Kalaya.

What do you like to do when you are not working?
Exploring new restaurants with my husband, Joe, and long walks in Philly with my mini goldendoodle, Mia!

Now that you are in your last year of residency, what advice do you have for your junior residents?
The days feel long, but residency goes by faster than you expect. Try to take advantage of every opportunity - especially unique surgical cases because you may not encounter them again. At the same time, don't forget to take care of yourself and look out for your co-residents along the way.

Where did you relocate from?
I relocated from Biddeford Maine.

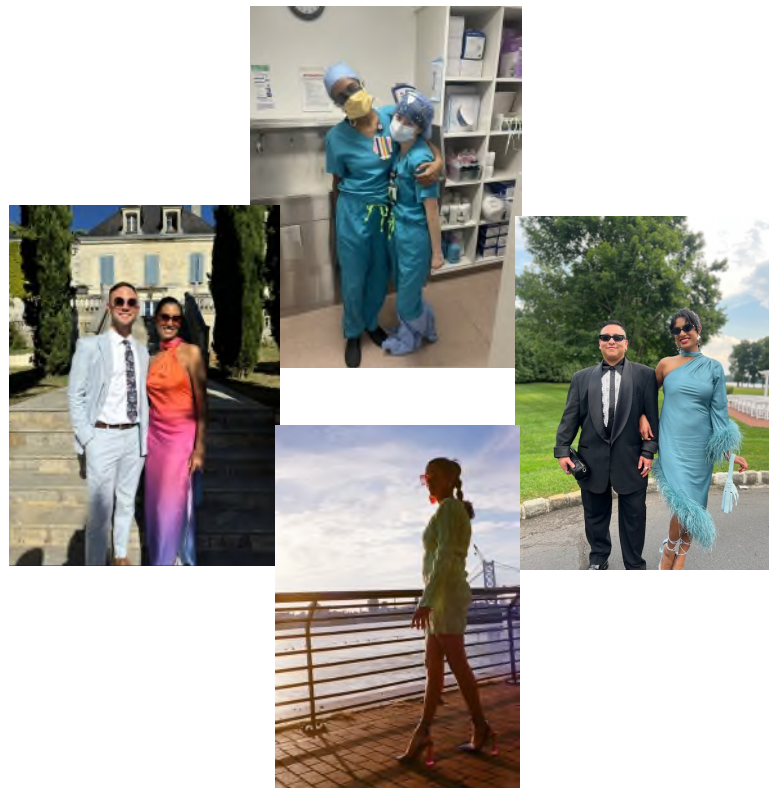
What do you enjoy most about Cooper?
I enjoy the people the most. When I walk around, everyone—from house staff to residents in other departments to patients—is smiling and waving. It really makes you feel like you're part of a community, not just coming to a job. I also love our patient population and the diverse backgrounds they come from. I've learned so much from them over the years.

Do you have a favorite restaurant?
Nan Zhou Noodle House > it is right next to my apartment, I probably eat there once a week, and it never lets me down.

What do you like to do when you are not working?
I like to spend time with partner and my friends, eat lots of good food, chill, and be outside!

Now that you are in your last year of residency, what advice do you have for your junior residents?
Everything is gonna be okay! Keep trying your best, stay curious, and always try to find the joy in what you do! Remember, you are never alone, reach out anytime. 😊

Dr. Karissa Rajagopal



Spotlight on Alumnus, Dr. Sagar Chokshi

What year did you finish residency?

I finished residency in 2020 and will be graduating from fellowship this year, in 2026.

What first inspired me to go into OBGYN?

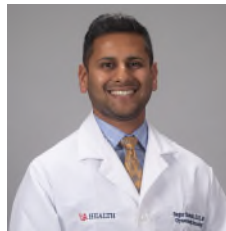
It was a calculated choice, knowing I liked complex surgery, medicine, and cancer biology. By the end of third year of medical school, I knew I wanted to take care of women when they needed hope and expert gynecologic cancer care

What advice would you give to OBGYN residents?

Stay true to who you are, be respectfully unapologetic, and see the positive in any situation. Cooper is a tough place to train, but it prepares you well for anything afterwards. Your co-residents (and their friends/partners) can be your forever friends and colleagues!

How do you spend your free time/hobbies or interests?

Most of my free time is now spent with baby Chokshi, but my wife and I will take any opportunity to travel. We cook, entertain, and enjoy time with friends who are like family in Alabama.



Sagar Chokshi, DO
Cooper OBGYN Resident
2017-2021

Dr. Chokshi is currently a Gynecologic Oncology Fellow at the University of South Alabama Mobile, Alabama.

After graduation, Dr. Chokshi will be returning to the area to work at Newark Beth Israel Medical Center, part of RWJBH.



Dr. Chokshi
with his wife
and son, Keshav



Spotlight on New Faculty, Dr. Melissa Danko



Melissa Danko, MD
Obstetrics &
Gynecology

Where did you complete your residency?

I completed my residency at Temple University Hospital

What do you look forward to the most about teaching residents?

I'm excited to encourage residents to question why we do certain things and to see their confidence in their own choices grow

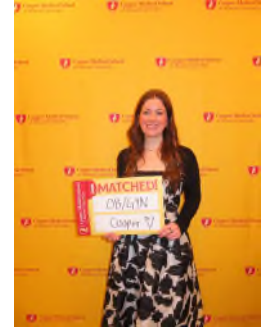
Do you have a favorite restaurant?

I have too many favorites...Emmett, Irwin's, Mawn, and Tesiny to name a few

What do you like to do when you are not working?

I'm usually getting coffee and pastries all around Philly, trying new restaurants, watching trash TV, or traveling. I was lucky enough to spend some time in Vietnam and Guatemala prior to starting at Cooper!

Introducing Our New Interns



Hope Koene

Hope earned her MD from University of Massachusetts Medical School. In her spare time she is an Aspiring Adirondack 46'er, she runs and she enjoys plant-based cooking.

Sam Pancoe

Sam's medical degree comes from Sidney Kimmel Medical College at Thomas Jefferson University. They's hobbies are rock climbing, houseplants and seeing local performance art.

Class of 2030



Congratulations to all our CMSRU students who matched in OB/GYN!

Cammy Pereira

Cammy received her medical degree Edward Via College of Osteopathic Medicine-Carolinas Campus. Her hobbies include rock climbing, yoga and keeping houseplants alive.

Holly Sebold

Holly earned her MD from Cooper Medical School of Rowan University. Her hobbies include reading, baking muffins and dance.

Olivia Toner

Olivia's medical degree was earned at Cooper Medical School of Rowan University. Her hobbies include, being a shelter volunteer and foster, fitness, dance and music.

Resident Leadership Appointments for the 2026-2027 Academic Year



Administrative Chief Residents
T Dickinson, MD



Edgar Soto, MD



Academic Chief Residents
Olivia Homer, MD



Savina Reid-Herrera, MD



Administrative Clinic and Community Engagement Chief Resident
Bianca Aibuedefe, MD

Congratulations!



Taylor Dickinson, MD

Taylor Dickinson, MD and
Katie O'Connor, MD
received the
Gold Humanism Honor Society Award.

This award recognizes staff, including residents
and fellows, who demonstrate excellence in
humanistic clinical care, leadership,
compassion, and dedication to service.



Katie O'Connor, MD



Another round of congratulations
to Dr. T. Dickinson on being
selected to receive the
CMSRU Golden Apple Award for 2026!

Congratulations!

2026 Nursing Excellence Awards



The Department of OB/GYN is proud to share that two of our nurses have been recognized for excellence in their field.

Ellen Boales, BSN, RN-HRO, Labor and Delivery, Cooper Camden, received the Philip and Carole Norcross Award for Nurse Leadership.



Alyssa Kostiuk, BSN, RN, Labor and Delivery, Cooper Camden, received the Charlotte Tobiason Memorial Award for Excellence in Obstetrical Nursing.

OB/GYN Team Player of the Quarter Voted by their peers

1st Quarter 2025-26



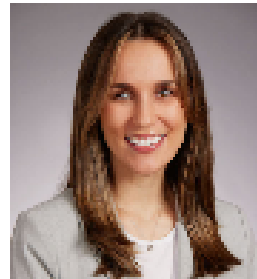
Savina Reid-Herrera, MD

2nd Quarter 2025-26



Katie Blankemeyer, MD

3rd Quarter 2025-26



Katie O'Connor, MD

In honor of Dr. Ances, we have renamed our OB/GYN Alumni Fund to the I.G. Ances, M.D. Memorial OBGYN Alumni Fund for Resident Education and Wellness. Donations can be made in his memory to: *The Cooper Foundation, 101 Haddon Avenue, 08103* or online [HERE](#) and select Direct my gift to: *I.G. Ances, M.D Memorial OBGYN Alumni Fund for Resident Education and Wellness* in the drop-down menu.



ACOG Well-Being Week 2026
February 2-6



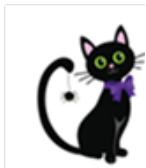
The newest addition to our Wellness Ceiling. 2026 is our 7th year of bringing the residents' personal touch to our workroom. Make sure to look up when you enter!

Residents Out and About

OB/GYN Holiday Celebration



The
Halloween
Crew

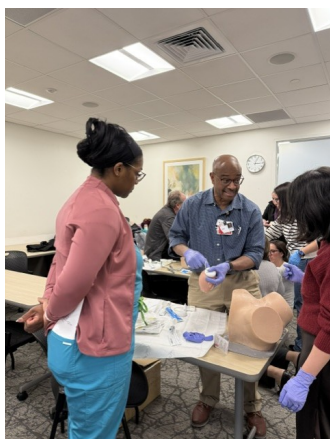
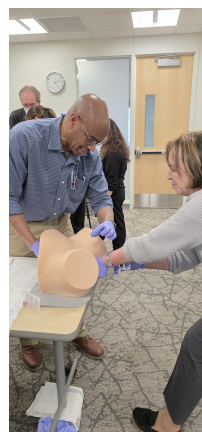


Thank you to Drs. Kim, Adriance, Cherry, Malik and Beauvis, FM PGY2

Faculty SIM Day

On February 6, 2026 our OB/GYN Generalist Faculty participated in hands-on simulation training covering Operative vaginal delivery, TLH and morcellation, MVA and HSG techniques.

Special thanks to our faculty experts - Drs. Fischer, Hewlett, Kass, Malik, Ross, Adriance, Iavicoli, Panico, and Reps from Cooper Surgical and Applied Medical for leading these sessions.



Resident SIM Days

On February 13, residents spent time improving their EMIGS and Eclampsia Obstetric Emergency skills and their communication skills by Disclosing an Adverse Event.

Thank you Drs. Adriance, Fischer, Kim, and Malik



Laparoscopic myomectomy



Salpingectomy



Oophorectomy

Drs. Chen, Malik, and Shearer were the leads for the Total Laparoscopic Simulation on March 13th.



Hysterectomy



OB/GYN FAMILY MEMBERS

Newest Additions to Our OB/GYN Family

It's a Girl! It's a Girl!



Welcome Ariella Asya! Ariella was born on 10/28/2025. She weighed 7 lbs and was 19 inches long. Congratulations Dr. Pancheshnikov and husband, Eitan!



Welcome Amiyah!
This 5lb 1oz, 17.5 in baby girl was born on 1/3/2026

Congratulations Dr. Williams!



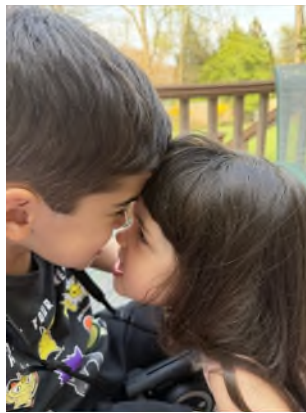
Welcome Barrett Estes Watson! Barrett was born on 1/2/2026 weighing 6 lbs and was 19.5" long. Congratulations Dr. Watson and husband, Cole!



OB/GYN FAMILY MEMBERS



*Congratulations
on your engagement,
Dr. Nathaniel Pineda and
Jonathan Gallego!*



Dr. Hewlett with his grandson, Ellis

Dr. Fischer's grandchildren, Casey with his Mommy and Oliver & Lily



Dr. Burton's son, Ford



Dr. Williams with her daughter, Amiyah



Dr. Pancheshnikov,
husband, Eitan, and
Ariella



Snow Fun 2026



Dr. Adriance's kids,
Jack and Madison



Dr. Brown's
daughter, Meryn



Dr. Bruckler and her Family



Dr. McGuire Calitung, her
husband, Zen and son, Ronnie



Dr. Kulkarni's
daughter, Amaya



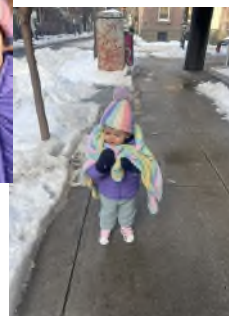
Dr. Ross's daughter,
Ariana



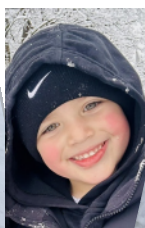
Dr. Malik's sons,
AJ and Harvey



Dr. Hynds with
daughter, Abby



Laura's grandson
Theo



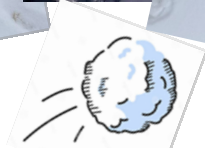
Mikey



Norah & Noah

Dottie

Sue's
grandchildren



**Thank a Resident Day Activities Friday, February 27
We Love our Residents!**

Thank you to the Department of OB/Gyn Faculty for sponsoring lunch from Panera.



Created by: Edgar Soto, MD

Thank you to Drs. Kim, Kapitz, Snyder and EM intern Andy North, for covering NF so residents & fellows could attend.



Our residents enjoyed a night of comradery, team building and fun at the bowling alley.



Oh yes, he did!!! Dr. Soto's Double Strike!

Important Dates & Announcements

Important Dates:



| | |
|---------|---|
| May 1 | Resident Education Day |
| May 15 | TLH SIM |
| May 22 | Wellness Day |
| May 29 | Annual Program Review |
| June 8 | Resident/Fellow Research Presentations and Awards Ceremony |
| June 9 | Presentation of Resident QI/PI Project Updates/ Grand Rounds |
| June 25 | Graduation Celebration - Adventure Aquarium |
| June 26 | PRECOC |

Attention Class of 2026

| | |
|--|---|
| ABOG Dates and Fees | |
| 2026 Specialty Qualifying Exam JULY 20, 2026 | |
| EXAM FEES IF PAID BETWEEN | |
| Jan 7 - Feb 15, 2026 | \$1,750 |
| Feb 16 - Feb 28, 2026 | \$1750 + \$400 late fee = \$2150 |
| IMPORTANT DEADLINES | |
| Jan 7, 2026 | Applications available online |
| Feb 15, 2026 | Last day to apply without late fee penalty |
| Feb 28, 2026 | Final deadline |
| Jan - Feb 2026 | Candidates will be notified of approval to take the examination and to make a Pearson VUE Testing Center computer reservation |
| April 25, 2026 | Last day to reserve seat at Pearson VUE prior to seat block release |
| July 20, 2026 | Qualifying Examination at Pearson VUE Testing Centers |

We encourage you to send in updates so we can keep everyone apprised of current happenings in their personal and professional lives. Please send your updates and newsworthy information as well as any comments and suggestions to mcfadden-susan1@cooperhealth.edu