April 2025 Volume 7 Issue 2

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"This important milestone represents the continued growth of our program..."



A word from the Program Director

I am delighted to announce that we will soon welcome our third class of five excellent interns to our OB/GYN residency program! This important milestone represents the continued growth of our program as we reach a full complement.

Our expanded resident team will enhance our program in multiple ways. Our residents will experience improved quality of life with more balanced call schedules and clinical responsibilities. This increased coverage will further strengthen patient safety and continuity of care across all clinical rotations. Additionally, our PGY-3 residents will now benefit from expanded surgical training opportunities at the Moorestown Surgical Center, enhancing their operative experience.

I am pleased to share the resident leadership appointments for the 2025-2026 academic year:

Alyssa Brown, M.D. Administrative Chief Alexa Corso, D.O. Academic Chief Emily Hahm, M.D. Administrative Clinic Chief Karissa Rajagopal, D.O. Academic Chief for Social Justice and Advocacy

These leadership roles are vital to our program's continued excellence and will provide valuable administrative experience for our chief residents.

I look forward to the energy and enthusiasm our new interns will bring, along with the continued dedication of our current residents as we embark on another successful academic year together!

Residents -

- Required CLN Education Due 3/31/25
- Please complete your post rotation TrueLearn quizzes and 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 -

- Required CLN Education Due 3/31/25
- 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



3rd Annual Equity in Medical Education Summit

Tuesday, April 22, 2025, | 8 AM - 4:00 PM | National Constitution Center

The annual CDHE Equity in Heath Education Summit scheduled for Tuesday, April 22, 2025 from 8:30 AM until 4:30 PM at the National Constitution Center in Philadelphia. The 2023 Summit focused on pathway programs, while 2024 explored medical school admissions. This year's Summit focuses on learner wellness and academic success as the next step in the health careers education sequence. In addition to excellent opportunities to network with regional colleagues, participants will learn from national and regional leaders about approaches to promote student well-being, retention and progress after admissions. The Summit will also include the second annual CDHE Poster Contest with submissions from undergraduate students, medical students and GME trainees, and faculty members. Breakfast and lunch will be served.



The annual Ob-Gyn JUMP session is scheduled for Saturday, May 10 from 8:30 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.

The Ask: We need attendings and residents to teach the modules and monitor and judge the Olympics stations. Please email Dr. Hewlett (hewlett@rowan.edu) to sign up or if you have any questions.

Community Engagement (cont)

RUTGERS HEALTH	<< Back to Main Site
Sign In Live Courses Grand Rounds/RSS Online Courses Resources About Contact Us	ню Q
Maternal Health Provider Training: Reproductive Justice for Equitable Maternal Health	
Overview Register Sponsors Online Content & Tests	Required by The State of New Jersey: -Implicit/Explicit Bias Training -The New Jersey Department of Health developed this course for the purpose of providing explicit and implicit bias training for clinical and non-clinical maternal health service providers in accordance with <u>New Jersey Statute 26:2H-12.108</u> . -In your CLN -The Rutgers training is the only training that meets the requirements of the statute -It takes about 2hrs to complete. -Use your Cooper email to create your account. -Once completed, send your certificate to <u>Gunda Simpkins</u> -DEADLINE – MARCH 31, 2025
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Community Engagement (cont)



Edgar Soto, MD at the ACOG Congressional Leadership Conference in Washington DC advocating for our patients.









While Journal Club is considered a work event, gathering in faculty homes creates a welcoming space where we can learn together in a more relaxed setting, connecting as colleagues while we discuss research.

The following articles were discussed at Journal Club:

September 2024

Host: Dr. Dajao

- Intravenous Calcium to Decrease Blood Loss During Intrapartum Cesarean Delivery
- Pregnancy Outcomes in Patients With Hepatitis C Virus Infection

October 2024

Host: Dr. Chu

- <u>The efficacy of the levonorgestrel intrauterine system versus oral megestrol</u> <u>acetate in treating atypical endometrial hyperplasia: a superior randomized controlled trial</u>
- Fertility-Sparing Surgery for Stage 1 Epithelial Ovarian Cancer

November 2024

Host: Dr. Perry

- Endometrial Thickness as Diagnostic Triage for Endometrial Cancer Among Black Individuals
- <u>Under (implicit) pressure: young Black and Latina women's perceptions of contraceptive care</u>

February 2025

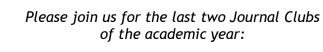
Hosts: Drs. Franasiak, Osman, Simoni

- <u>Association Between Biomarkers of Ovarian Reserve and Infertility Among Older Women of Reproductive Age</u>
- Antimüllerian hormone levels are associated with time to pregnancy in a cohort study of 3,150 women.

March 2025

Host: Dr. Iavicoli

- <u>Safety and efficacy of black cohosh and red clover for the management of vasomotor symptoms: a</u> randomized controlled trial.
- Efficacy and Safety of Fezolinetant in Moderate to Severe Vasomotor Symptoms Associated With Menopause: A Phase 3 RCT.



April 22, 2025 Faculty Host: Dr .Kim May 22, 2025 Faculty Host: Dr. Lipetskaia





Research News

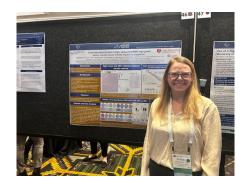
Congratulations!

Long-term Outcomes of Sacral Nerve Stimulation on the Treatment of Fecal Incontinence: A Systematic Review. **Eggers, Erica** et al. Neuromodulation, Volume 0, Issue 0

Esnaola, Nestor F. MD, MPH, MBA*; Chelluri, Raju MD, MS; Castellanos, Jason MD, MS; Altman, Ariella MD; Chen, David Y.T. MD; **Chu, Christina MD**; Farma, Jeffrey M. MD; Haber, Alan MD; Sheriff, Fathima MD||; Huang, Christine MS; Kutikov, Alexander MD; Patel, Sameer MD; Patrick, Kenneth MD; Reddy, Sanjay MD; Rubin, Stephen MD; Viterbo, Rosalia MD; Ridge, John A. MD, PhD; Edelman, Martin MD; Ross, Eric PhD; Smaldone, Marc MD; Uzzo, Robert G. MD, MBA. A Randomized, Controlled Trial Evaluating Perioperative Risk-stratification and Risk-based, Protocol-driven Management After Elective Major Cancer Surgery. Annals of Surgery 281(3):p 395-403, March 2025. | DOI: 10.1097/SLA.00000000006446

Chelsea Katz, MD:

• Tumor microenvironment in high- versus low-NRF2 high grade serous ovarian cancer and the impact on prognosis: Abstract selected for poster presentation at the Society of Gynecologic Oncology (SGO) Winter Meeting 2025, January 30-February 1, 2025 in Whistler, British Columbia, Canada.



• Chemotherapies change the NRF2 levels and impact the differentiation and growth of human high grade serous ovarian cancer: Abstract selected for presentation at the AACR Annual Meeting 2025, April 25-30, 2025, in Chicago, IL.

Dr. Mama and Yaas Azmoudeh, Class of 2027:

- NJ Health Foundation Grant Recipient
- One- Year Award \$9100
- "Pathological Analysis of Specimens from Laparoscopic Removal of Endometriosis: Investigating Underreported Endometriosis Incidences through Postoperative Testing"

Research Division News (continued)

Research Updates:

CMSRU Center for Humanism + Department of ObGyn Joint Study

Qualitative Study on Trainee Culture

• Looking to recruit nurses, faculty, and residents for upcoming structured interviews

ADEPT Trial

A Dose Escalation study for Aspirin for Prevention of recurrent preTerm birth

- Target first enrollment is Jan/Feb 2025-ending Oct 2027
- Aiming to enroll at least 2 pts/month

SHePREG

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

- Final Protocol Pending
- Target first enrollment is April 2025

Materna Ease Trial

EASE Study: A randomized, controlled study to EvAluate the Safety and Effectiveness of the Materna Prep Device to pre-stretch (i.e., dilate) the vaginal canal and pelvic floor tissues in preparation for vaginal delivery

• Enrollment continuing into May, 2025

FNAIT Study

Dr. Perry

A prospective, natural history study to assess the occurrence of HPA-1a alloimmunization in women identified at higher risk for fetal and neonatal alloimmune thrombocytopenia (FNAIT)

- Enrollment has ended
- Final enrollment total of **396**!

Postpartum Depression Care Coordination

Drs. Kim + Iavicoli Postpartum Depression Longitudinal Study: A Care Coordination Intervention

• Closeout is complete.

Spotlight on Faculty Member, Dr. Jason Franasiak

Where did you go to medical school and residency? University of Virginia School of Medicine and University of North Carolina for OB/GYN residency.

Where did you do your Fellowship? Rutgers RWJ and RMANJ for REI fellowship

What books are you currently reading? I am re-reading "When Breath Becomes Air" by Paul Kalanithi. The book is a powerful memoir that explores what it means to live a meaningful life in the face of terminal illness. I did not face a terminal illness but did have some health issues in the recent years. The book was helpful to me as it recalibrated what my expectations were for my life and career. As a physician who becomes a patient, Kalanithi offers a rare dual perspective on the practice of medicine, the weight of clinical decisions, and the importance of empathy which I can relate to in ways. It's a powerful reminder of the human side of our work, the privilege of caring for others, and the need to find purpose, even in uncertainty.

What is your favorite restaurant? Talula's Garden in Philadelphia - my wife and I really enjoy the seasonal changes in their menu!

What do you like to do in your spare time? I am a consummate nerd and enjoy working with our fellows on research projects when not doing clinical work. I also have had the opportunity to be an Associate Editor for Fertility and Sterility Reports and an Editor for Fertility and Sterility, two of the leading journals in the field of reproductive medicine. This takes a fair bit of the time I have outside of seeing patients. Outside of this, I enjoy riding my Peloton bike and using the Peloton row which I often do with my wife Kait and our dog Bear. Kait and I also keep bees - it has been fascinating to learn about them and watch them. The honey is pretty good as well!

What do you like most and least about medicine? As an REI, I practice in what I consider the best area of medicine (I realize this is a completely biased statement and a self-fulfilling prophecy!!). What I enjoy most is the privilege of combining science, research, and compassionate care in a way that has a tangible and deeply meaningful impact on people's lives. I have the opportunity to walk alongside individuals and couples during one of the most emotionally vulnerable times in their lives and, in most cases, help them achieve their dream of building a family. It's a field that constantly challenges me intellectually while also offering incredibly rewarding connections with patients. As for what I like least, in the past several years I have recalibrated how I live and experience life which includes my work and career. There are always things like documentation, paperwork, and administrative work that are less exciting than other aspects of medicine. But in general, I feel very honored to be still able to practice medicine and that feeling overcomes any minor annoyances.

What advice would you give to Cooper residents? One piece of advice I'd offer is to stay curious and stay connected to your patients' stories. It's easy during residency training and early practice to get caught up in the pace, the protocols, and the pressure, but never lose sight of the human experience behind each clinical encounter. Try to get one personal or unique tidbit during each of your clinical encounters. The habits you build now - in how you listen, how you show up, and how you handle uncertainty - will shape the kind of physician you become. And remember: empathy and precision are not mutually exclusive. Strive for both.



Jason Franasiak, MD, FACOG, HCLD/ALD (ABB)

Lead physician and laboratory director for the RMANJ Marlton office.

> Clinical Associate Professor (Volunteer Staff)



Dr. Franasiak and his wife, Kait in Antartica.



"...stay curious and stay connected to your patients' stories."

Spotlight on Academic Chiefs

Dr. Caroline MacGillivray









Where did you relocate from?

I went to Medical School in Philadelphia so I got to stay another 4 years in my favorite city!

What do you enjoy most about Cooper?

I absolutely love our patient population and the connections that I have made with them over the last three years. I also love how the residents/staff/faculty are like a second family.

Do you have a favorite restaurant? *Yes! Laser Wolf*

What do you like to do when you are not working? I love rock climbing, specifically bouldering. I applied to residency at the gym, and I have started studying for boards at the gym too. I also like hiking, visiting my family, planning vacations, and riding my scooter.

Now that you are almost done with residency, what advice do you have for your junior residents?

Don't beat yourself up if you mess up. You are supposed to be learning.

Where did you relocate from?

I moved here from Boston, MA; but I'm originally from the US Virgin Islands - now I'm an east coast transplant!

What do you enjoy most about Cooper?

I love the people - both the care team and the patients. The people I get to work with are so motivated to provide good care and get the job done - it's inspiring. Getting to care for complex patients - both medically and socially/emotionally complex - pushes me to want to be better and become the provider they deserve.

Do you have a favorite restaurant?

Brunch at Front Street Cafe is the perfect post call spot! Their spicy breakfast potatoes can fix almost any problem.

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

I love reading historical fiction, long walks in the park and sampling gelato.

Now that you are in your last year of residency, what advice do you have for your junior residents?

Always ask for help when you need it - I promise you that the person you're asking for help has needed similar help in their career before. Trust your gut and speak up when you are worried or concerned. Develop your medical spidey senses! My advice is to establish a strong support system and lean on them.

Dr. Amelle Williams











Spotlight on Alumna, Dr. Bianca Hall

What year did you finish residency? I finished my residency in 2021. I completed Complex Family Planning Fellowship in 2023 and I'm completing a fellowship in Carceral Health Research this year.

What first inspired me to go into OBGYN?

As a student, I enjoyed the variety that OB/GYN offered. I also enjoyed that it allowed me to take care of a specialized population of people.

What advice would you give to OBGYN residents? Training at Cooper allows you to really get to know your patients and their experiences. Allow that build your empathy and fortitude. It will be challenging at times, but you will be able to handle just about anything when you graduate.

How do you spend your free time/hobbies or interests? I try to find the joy in anything that I am doing. While "free time" is not a common occurrence, I enjoy spending time with loved ones, enjoying live music, and traveling.





Bianca Hall, MD, MSCR General OB/GYN Research Fellowship, UNC School of Medicine

Cooper OBGYN Resident 2017-2021











Annie Masterson, MD OB/GYN at Geisinger Health Scranton, PA Cooper OB/GYN Resident 2016-2020

Spotlight on Alumna, Dr. Annie Masterson

What year did you finish residency? I finished in 2020 - little bit of a crazy year

What first inspired me to go into OBGYN?

I knew I liked women's health going into medical school, but thought I would hate surgery. Turns out I love the procedural focus and working with my hands, as well as caring for women during the most emotional times of their lives, both good and bad.

What advice would you give to Cooper OBGYN residents?

Find a way to remind yourself of the reasons you went into this field. If you can readily access the good and positive moments, it will make the frustrating/hard days easier.

Soak up the learning experience! It is forming you as a surgeon and clinician. I did a difficult vaginal laceration repair in the OR recently, and I heard Dr. Hewlett's voice in my head from a similar scenario we had while I was a resident. Your attendings will haunt you in the best way possible!

How do you spend your free time/hobbies or interests? My free time is spent with my 6 month old daughter Cecilia and my husband Peter. I am always dreaming up a new house project or planning a trip to see my sister who lives abroad.





Amy Bordogna, MD

INTRODUCING OUR NEW INTERNS



Hannan Diasti, MD



Kelsey Murray, MD



Nathaniel Pineda, MD



Ashley Russell, MD

Amy Bordogna

Amy earned her MD from Cooper Medical School of Rowan University. Her hobbies are calligraphy, skiing and The Sims 3.

Hannah Diasti

Hannah's medical degree comes from Cooper Medical School of Rowan University. She enjoys ballet, Middle Eastern cooking, dinner parties, travel and videography.

Class of 2029!



Kelsey Murray

Kelsey received her medical degree from Cooper Medical School of Rowan University. Her hobbies are NY Times puzzles, crosswrods, wordle, sudoku and Barre 3.

Nathaniel Pineda

Nathaniel earned his MD from Drexel University College of Medicine. His hobbies include film photography, sewing, crocheting & hairbraiding. He is a selftaught barber and hairstylist.

Ashley Russell Ashley's medical degree was earned at Cooper Medical School of Rowan University. She enjoys volleyball, pilates and painting.

Residents Out & About



Cooper OB/GYN was well represented at ACOG Junior Fellows Day October 25, 2024





Residents preparing for a Pre-Interview Meet & Greet on November 24, 2024

Best Wishes!

On March 13th we celebrated the retirement of two amazing MFCU nurses: Cindy Kramme and Gail Mody. They had a combined 60 years of service to Cooper Hospital! We will miss them! We wish them years of happiness in retirement!







New Labor & Delivery Rooms coming in 2028

Cooper University Health Care Breaks Ground on First Phase of \$3 Billion "Project Imagine" Expansion in Camden



Tower A will include:

- 125 acuity-adaptable private rooms incorporating advanced technology to meet diverse patient needs.
- Expanded women's services featuring labor and delivery rooms and a new neonatal intensive care unit (NICU).
- Additional operating rooms, increasing surgical capacity to meet growing demand.
- Education and research spaces with a modern medical library and learner-focused spaces to support Cooper's academic mission.
- Emergency preparedness infrastructure including a state-of-the-art medical command center to serve the region.

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 <u>HERE</u> 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 2025 February 3-7



ACOG Wellness Week Themes





Program Well-Being

Meet with your institution's leadership about barriers to resident well-being in your residency program.



Emotional Well-Being

Create events to help residents connect with their colleagues.



Physical Well-Being

Learn what resources are available to support residents' physical and mental health



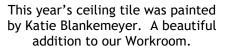
Environmental Well-Being

Recycle or prevent waste in your hospital or local community, focus on your physical spaces and updating them to promote wellness during the workday.



Social Justice and Advocacy

Focus on the communities we serve.









On March 28, 2025, our OB/GYN Generalist Faculty participated in hands-on simulation training covering Advanced Perineal Repair, Vaginal Breech Delivery, Forceps/Vacuum Delivery, and Truclear Morcellation techniques.

Special thanks to our faculty experts - Drs. Mama, Fischer and Hewlett, for leading these sessions and to the representatives from Medtronic. The day concluded with a social gathering hosted by Dr. Kim that strengthened our departmental connections.















Drs. Malik and Hennebery were the leads for the Total Laparoscopic Simulation on March 14th















Savina Reid-Herrera, MD

Congratulations!

The Arnold P. Gold Foundation Humanism in Medicine Award has been awarded to Savina Reid-Herrera, MD and Catherine Blankemeyer, MD. This award recognizes staff, including residents and fellows, who demonstrate excellence in humanistic clinical care, leadership, compassion, and dedication to service.



Catherine Blankemeyer, MD







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

1st Quarter 2024-25





Karissa Rajagopal, DO and Savina Reid-Herrera, MD

2nd Quarter 2024-25



Lexie Quiñonez, DO



Cooper OB/GYN on the Red Carpet

Eitan Gofman, talented saxophonist and husband of Dr. Pancheshnikov, played in the Grammy winning Best Large Jazz Ensemble Album, Bianca Reimagined. Outside in Music. August 2024. The Dan Pugach Big Band is led by the great band leader and drummer Dan Pugach. Eitan plays saxophone and clarinet in the album, which had two grammy nominations!









OB/GYN FAMILY MEMBERS

Newest Additions to Our OB/GYN Family

Welcome Ronaldo Robert Calilung! Ronnie was born on November 2, 2024 weighing in at 6lbs 15 oz. Congratulations Dr. McGuire Calilung and husband, Zen Calilung! ____













Welcome Theo Pottinger, Jr! This 5lbs 10.8 oz. baby boy was born on December 14, 2024. Congratulations Dr. Sweeney and Theo Pottinger?



And a Girl!

Sue's 15th grandchild was born on Super Bowl Sunday! Evelyn Marie was 7lbs 15 oz and waited until halftime to make her appearance!





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Dr. Adriance's kids, Jack and Maddie

OB/GYN FAMILY MEMBERS



Dr. Chase with her husband and children, Eddie and Savannah





Dr. McGuire Calilung and her son, Ronnie





Dr. Fischer's grandchildren: Lily, Oliver and new grandson, Casey





Dr. Hewlett's grandson, Ellis





Dr. Malik's sons, AJ and Harvey



Dr. Kass's daughter, Penny



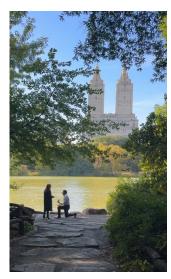
Next generation of friends: Penny, Amaya, AJ and Harvey





Dr. Kulkarni and her daughter, Amaya

Love is in Bloom







Congratulations on your engagement, Dr. Emily Hahm and Zachary Moran!





Important Dates & Announcements



Important Dates:	
February 24- April 4	ACGME Resident Survey
April 11	Mock Orals PGY-1 & 4
April 18	Focus Group with Dr. Graessle
May 2	Resident Education Day
May 9	Chief Resident Retreat - PGY-3s
May 30	Annual Program Review
June 9	Resident/Fellow Research Presentations
June 10	Resident QI/PI Presentations
June 19	Graduation Celebration - Adventure Aquarium

	Attention Class of 2025
ABOG Dates and Fees 2025 Specialty Qualifying	Exam JULY 21, 2025
EXAM FEES IF PAID BETWE	
Jan 3 - Feb 14, 2025	\$1,700
 Feb 15 - Feb 28, 2025 	\$1700 + \$400 late fee = \$2100
IMPORTANT DEADLINES Jan 3, 2025 Feb 14, 2025 Feb 28, 2025 Jan - Feb 2025 April 25, 2025 July 21, 2025	Applications available online Last day to apply without late fee penalty Final deadline Candidates will be notified of approval to take the examination and to make a Pearson VUE Testing Center computer reservation Last day to reserve seat at Pearson VUE prior to seat block release 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

