

UPMC MAGEE-WOMENS HOSPITAL

DEPARTMENT OF OB/GYN/RS

Working Collaboratively for Healthy Mothers and Babies



Commitment to Innovation, Education

Guide Magee's
Ultrasound Division

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A MESSAGE FROM Dr. Robert Edwards

Magee family,

As you read this, the COVID-19 global pandemic is already over a year old. Like you, we at Magee have witnessed firsthand the impact of a virus that we did not even know existed the last time we published a winter issue of this newsletter.

Most professions stress the importance of teamwork, and medicine is no exception. Never is that more true than in times of crisis. So much about our world has changed, from the onset of telemedicine to the personal toll that working through a pandemic brings to those of us in health care. But establishing a team-based approach allows us to weather these storms better, and most importantly, to care for our patients in the most effective way possible.

For example, in oncology, a designated care team allows each individual patient to develop trust that the team will know her situation and provide consistency through a frightening, sometimes uncertain time. In this issue, you'll learn how Dr. Carolyn Kubik, who is not only a Magee alumna but also a clinician, is applying the team-based approach to the Division of Reproductive Endocrinology.

You'll also learn how years of collaboration have contributed to the success of the Division of Obstetric and Gynecologic Ultrasound, a department that truly forms the backbone of so much of what we do at Magee, from training clinicians to providing the very best quality in obstetric and gynecologic care.

Innovations in approach, as well as a commitment to excellence in education, research, and care are the hallmarks of this institution. It's why we're so proud to be alumni, and it's why we are recognized worldwide for our advancements in the treatment of women and infants — advancements whose impact can often be seen around the globe.

We hope you will recognize the outstanding work of our faculty and staff by voting for UPMC Magee-Womens Hospital in the upcoming U.S. News & World Report Best Hospitals survey on Doximity, released in February.

We also hope to see you at the virtual alumni receptions that we have planned. In the meantime, plans are underway for Alumni Day 2021, when we can hopefully see you in person again as part of our hybrid event. Watch your email for additional details later this spring.

May you and your families stay safe and healthy in the coming months, and may this year bring us closer together in spirit as well as in body.

Best regards,

Robert P. Edwards



Magee Alum Dr. Carolyn Kubik Takes the Helm of Reproductive Endocrinology and Infertility Division Will Transition To Team-Based Patient Care

It's not unusual for Carolyn Kubik, M.D., to meet someone in their 30s who greets her by remarking, "Mom says, 'Say hi, and I'm here because of you.' " After 40 years of helping couples conceive through in vitro fertilization, it's one of the perks of the job.

"Each one is really special," says Dr. Kubik, who trained at Magee first as a resident, then as a fellow, and has come full circle to head the Division of Reproductive Endocrinology. "I feel privileged to take care of couples who are suffering from infertility. It's a very intimate diagnosis; it's very private, it's very heart-wrenching."

For the woman who grew up dreaming of becoming a doctor, it is a journey that has brought her a great deal of personal and professional satisfaction.

"I always knew I wanted to be a physician," said Dr. Kubik. "During high school and college, it was an era of increased awareness of women's rights."

Even so, she recalled how some advisors tried to discourage her from entering medical school, which only added fuel to her inner fire.

"Tell me I can't do it, and that will be the biggest incentive of all," she said.

Unsatisfactory personal experiences with gynecologists convinced her to make a difference by entering the field: "We need a woman's touch, and I think a lot of women feel that way," she said, though she is quick to point out that men also excel in the field, including her husband, now retired, who was adored by his patients.

When Dr. Kubik entered medical school, less than a quarter of the class was women; now, it's half. She feels fortunate to have been in the right place at the right time.

She graduated in 1977, then entered UPMC Magee-Womens Hospital for her residency from 1978

to 1982. She joined the U.S. Air Force to pay for medical school, serving from 1982-84 as a general OB/GYN practitioner.

"It was amazing," she said of her Magee training. "By the time I finished my residency, I really felt that I had all the skills that I needed to go right into a practice."

It was during her residency that she met her husband, Dr. Steele Filipek. While she served in the Air Force in Delaware, delivering as many as 25 babies a month as part of a two-person practice, her husband stayed in Pittsburgh. By the time she finished with the Air Force, she herself had just given birth, and the director of Magee's Division of Reproductive Endocrinology offered her a fellowship to train in what was then the emerging field of infertility.

A chemistry major as an undergraduate, Dr. Kubik found that reproductive endocrinology was a natural fit: "It's basically all hormones, and chemistry, and chemical reaction of cells," she said.

"It was a lucky fall," she says of her fellowship, which lasted until 1986. She stayed at Magee as a faculty member before starting a practice. Now she's back where she began, this time as the division's practice director — a title she prefers to division director — and she is focusing her efforts on transitioning the division to a team-based approach to patient care.

The team-based approach works particularly well in an in vitro fertilization (IVF) program, where the lab, staff, ultrasonographers, nurses, and physicians must communicate in careful coordination to optimize care.

“One of the strengths that I think I have is the fact that I’ve worked in both an academic environment and a private practice environment,” says Dr. Kubik, who assumed her new director’s role on Oct. 1. “In particular, in vitro fertilization is a very intense treatment for a patient that requires very accurate communication between the physician, the nurses, and the lab.”

The discipline is labor intensive and requires a large staff, because it’s open seven days a week, with patients coming in sometimes two to four times a week for adjustments to their treatment plans.

“In some ways, it’s like a labor suite, but if you only did deliveries during the day,” she says.

Because IVF was a new procedure when she started her career, Dr. Kubik has been part of the specialty almost since its inception, giving her valuable insights into its evolution. She estimates that more than 1,000 babies have been born as a result of pregnancies she assisted. She plans to shepherd the division’s transition to a team-based approach through July 2021 before retiring.

The oldest baby she took care of via IVF is now 34, the same age as her youngest son. Recently, she met a medical student who was an IVF baby whose pregnancy she assisted more than three decades ago: “It’s like I have lots and lots of grandchildren who aren’t really mine,” Dr. Kubik jokes.

She adds that she is happy to finish her four-decade-long career where it started. Recently, Dr. Kubik also was a patient at Magee, and in addition to her new role with Reproductive Endocrinology, she has also offered financial support to the department where she received care.

“I chose to support the ongoing research at Magee in hopes that a test can be developed to detect ovarian cancer at an earlier, more treatable stage, or that a vaccine can be developed to prevent ovarian cancer,” she says.

“Miracles happen every day. But there’s always room to improve, and change is hard, but change is constant,” she notes. “I want to leave it in a good place.”

Commitment to Innovation, Education Guide Magee’s Ultrasound Division

Like every department at UPMC Magee-Womens Hospital, the Division of Obstetric and Gynecologic Ultrasound had to move quickly to accommodate changes brought on by the COVID-19 pandemic. From reducing the number of clinicians allowed in the reading room to erecting plexiglass barriers between reading stations, pandemic-related changes occurred thoughtfully and swiftly.

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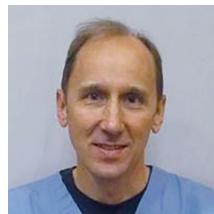


Dr. Richard Guido

In the initial phases of the pandemic, we reduced the number of patients we could see. If an ultrasound could wait, it waited," said Richard Guido, M.D., professor of Obstetrics, Gynecology and Reproductive Sciences and 1992 resident. "We also accelerated the ability to work from home for our clinicians."

For decades, Magee has been a leader in ultrasound services. The division performs ultrasounds and provides consults across a variety of departments, including obstetrics, gynecology and radiation oncology. Whether it's performing a first-trimester ultrasound, examining issues with a woman's pelvic floor or helping guide radiation treatment for gynecologic cancer patients, the department's clinicians bring years of experience and collaboration to the procedure. The division performed and interpreted 78,023 exams over the last fiscal year, averaging approximately 300 studies per day.

"Ultrasound is a critical partner in the Maternal Fetal Medicine division," said David Kauffman, M.D., Clinical Professor of Obstetrics, Gynecology



Dr. David Kauffman

and Reproductive Sciences and Lead Physician for the Ultrasound Division and a fellow from 1996 to 1998. "There are many components of a patient's pregnancy care that involve ultrasound, from basic first trimester screening and anatomic surveys, to complex cases that require multidisciplinary care with genetics, pediatric cardiology, and the Center for Innovative Fetal Intervention. In addition to imaging patients and interpreting ultrasound exams, division members also perform all invasive prenatal diagnostic testing procedures (amniocenteses and CVS) as well as fetal therapy procedures."

In addition to its robust clinical practice, the Division of Obstetric and Gynecologic Ultrasound is involved in the education and training of multiple levels of practitioners, including sonography technology students, University of Pittsburgh School of Medicine Students, UPMC radiology residents, and fellows practicing at Magee. The division supports research projects across multiple specialties including the Center for Innovative Fetal Intervention and Urogynecology.



Dr. Rosemary Froehlich

"Ultrasound isn't the easiest skill to develop," said Rosemary Froehlich, M.D., assistant professor in the Department of Obstetrics, Gynecology, and Reproductive Sciences and 2014 resident. "We not only train sonography students - we also train Magee's Ob/Gyn residents and Maternal-Fetal Medicine fellows. We want their skill acquisition to be the best it can possibly be."

As a teaching hospital, Magee is committed to providing its students with the best education possible. Teaching includes hands-on scanning time, time spent with ultrasound specialists, reviewing cases in real time, didactic lectures, and participation in a bi-weekly case conference.

"Sometimes patients are surprised by the number of clinicians observing their exams," said Dr. Froehlich. "But I always think the more brains on a particular case, the better. Our trainees are curious and want to learn more, which opens up new ways of thinking."

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— Dr. Froehlich

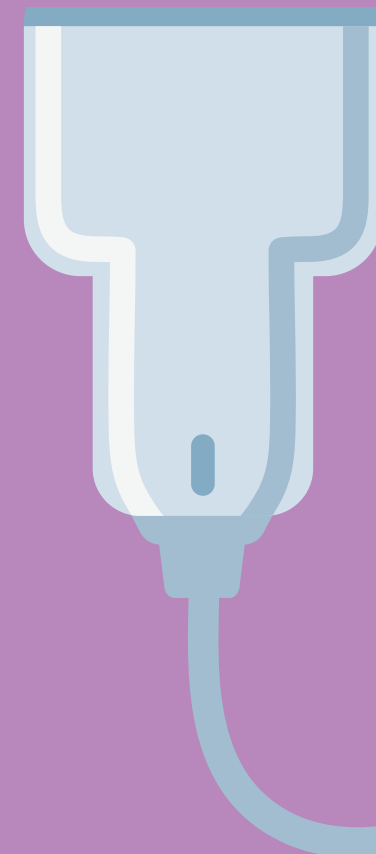
The division provides services at 38 different sites including UPMC Magee-Womens Hospital and its satellite offices, as well as a wide variety of UPMC and non-UPMC affiliated sites. In the last year, the division expanded its physical presence to UPMC Hamot and UPMC Altoona, improving access for patients who live remotely but require comprehensive imaging.

Over the last few years, our clinical volumes and responsibilities have expanded significantly," said Dr. Kauffman. "We've added a number of faculty to support this growth. We see this trend continuing in the coming years. The division is now staffed by 15 physicians who interpret scans performed by over 100 different sonographers across our system."

Dr. Kauffman, Dr. Froehlich and Dr. Guido all agree that physicians who train at Magee and move to other organizations are deeply appreciative of the training they receive.

"Our alumni are always thankful for the high level of hands-on ultrasound expertise they received here, and how our training made them better clinicians," said Dr. Guido.

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Resident Alumnae Alexander, Swamy

Discuss COVID-19 On CNN

Two resident alumnae appeared on CNN to discuss COVID-19. Amy Alexander, M.D., R'17 was 20 weeks pregnant when she spoke about her decision to get the vaccine. Geeta Swamy, M.D., R'01 discussed viral mutation, antibodies, and vaccines on the network. She also discussed the safety of the vaccine in pregnant women as part of a series of videos produced for Duke Health.



In Memoriam: Richard Mann, M.D.



Dr. Richard Guido, Dr. Richard Mann and Dr. Robert Edwards at the 2018 Alumni Day

It is with great sadness that we acknowledge the passing of our oldest living alumnus, Richard Mann, M.D. (R '55), who died on Jan. 17, 2021 at the age of 96.

Dr. Mann was a veteran, having served as an officer on a destroyer mine sweeper in the South Pacific during World War II. He practiced in the McKeesport, Pennsylvania area and served as head of the Department of Obstetrics and Gynecology at UPMC McKeesport Hospital for 20 years. Dr. Mann also served a term as president of the Pittsburgh Obstetrics and Gynecology Society and was an accomplished musician.

He faithfully attended the Alumni Day event every year, including this past October, when he joined the virtual Alumni Reception on Zoom.

Dr. Mann is survived by his wife, Karen (Weyman) Mann, and his children, Susan Mann of Denver and James Mann of Orlando. He was preceded in death by his parents, Dr. Solomon and Fannie Mann, and his brother, Dr. Hartley J. Mann.

Virtual Alumni Day Well Attended

Alumni Day October 2, 2020

Alumni Day 2020 on October 2 looked very different this year, but the first all-virtual event was well attended with alumni and former faculty joining in from coast to coast. Likewise, attendees from as far away as Hong Kong enjoyed catching up in a Zoom event with each other the night before at the annual Alumni Day reception and class reunion.

Alumni Day speakers included **Drs. Nicole Donnellan**, R'10, F'12; **Dennis English**, R'80; **Lisa Keder**, R'93, F'95; **Madeline Courtney-Brooks**, R'10, **Katarzyna (Kate) Bochenska**, R'15 and **Amber Samuel**, R'10. **Dr. Richard Sweet** took a few moments to honor the memory of **Dr. William Crombleholme** while emcee, **Dr. Richard Guido** memorialized **Dr. William Christopherson**.

Plans are under way for a hybrid Alumni Day 2021. Classes having reunions include 1956, 1961, 1971, 1981, 1991, 1996, 2001, 2011, and 2016. Watch your email and snail mail for more details.



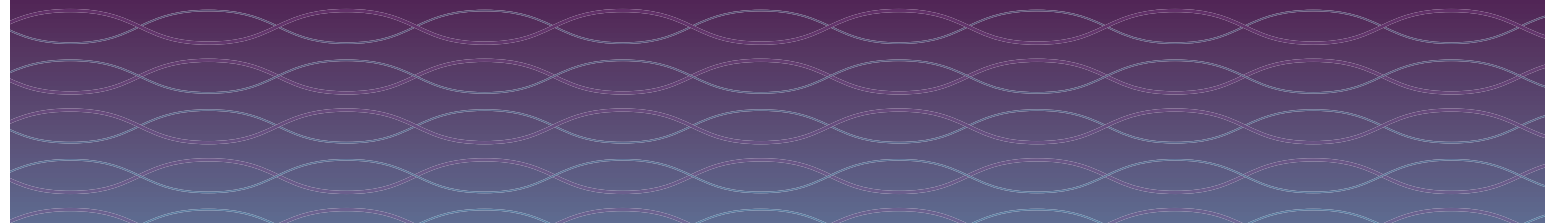
Dr. Richard Guido, R'92 and Dr. Dennis English, R'80



Dr. Nicole Donnellan, R'10, F'12 and Dr. David Katz, R'65



Dr. Richard Guido, R'92 and Dr. Madeleine Courtney-Brooks, R'10



YOUR VOTE MATTERS

When voting in this year's *U.S. News & World Report* Best Hospitals survey, we hope you will consider recognizing the outstanding work of our faculty and staff by voting for UPMC Magee-Womens Hospital.

Our department prides itself on delivering the best possible care, training the next generation of gynecologists, and advancing our field through high-impact research.

Eligible voters will receive an email from support@doximity.com with a link to the nomination form when the voting period opens in February.



SHARE YOUR STORY

Magee offers one of the most robust OB/GYN training programs in the nation, and we're proud of our alumni. If you trained at Magee and have a story to share about how you're applying those skill sets within your practice, we'd love to hear from you - and possibly feature you in an upcoming issue of this newsletter. Please contact Colleen Straub, cstraub@magee.edu.

JOIN OUR EMAIL LIST!

Help us keep you informed! Please join our email list to stay up to date on the great things happening at Magee. It's easy. Just email Colleen Straub at cstraub@magee.edu or call at **412-641-8978**.

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There are many other gift options to choose from including life insurance, gifts of real estate, and gifts of stock. For more information about making a meaningful gift to Magee, contact Colleen Straub at cstraub@magee.edu or 412-641-8978.

Three ways to give. So many lives to touch.

1. **Bequest** - You can remember Magee through your will.
2. **IRA** - Name Magee as a beneficiary on a retirement account.
3. **Charitable Remainder Trust** - Create an income stream for your life while also making a gift to Magee.

