



North American Chapter
of
The International Society for the
Study of Vulvovaginal Disease

NEWSLETTER

December 2020

A Letter from our President Debbie Birenbaum, MD

President Birenbaum

Greetings, fellow NA members.

It has been a long and challenging year.

I share in the collective hope of better times and less illness & loss in 2021.

The need for ongoing management of vulvar disease hasn't lessened this year.

For those of us who have been working in this field for many years, one ongoing concern has been encouraging & supporting our newer members and future vulvologists through ongoing education, support, and mentoring.

So, if all goes well we may be able to return to 'business as usual' in 2022. Until then, we have a responsibility to continue our mission as best as we can.

Here is what we are doing:



-I think our listserve is working well. The cases have been interesting, with good photos and great responses. I would love to see more of our senior members participate because we all can learn useful information and 'pearls' that can't find in textbooks or articles. Please email me with any suggestions or recommendations for the listserve, also don't forget that you can post a question and request that your name not be included if that is a concern for you. Please contact me at Debra.L.Birenbaum@Hitchcock.org with your comments.

-Despite the limitations of a remote virtual conference, based on the positive feedback from the Chicago fall conference, we are considering another one day remote NA conference in May/June, especially given that Dublin is postponed to 2022. I would love to hear any thoughts or ideas about this.

-The NA council came up with an idea to have some zoom social hours just to informally chat about life or work. We had our first last week, and hope to keep hosting these in the future.

Happy holidays, stay safe, and hope we all can get vaccinated safely soon! Best Debbie

Learning Resources

Finally, here are some on line resources which we can all learn from:

<https://campaign-ui.constantcontact.com/campaign/campaigns/list>

The Vulva Diaries Podcast

By Amanda Selk

I'm always trying to think of ways we can teach more physicians about vulvar conditions. Listening to other busy physician moms, I learned that many of them were too busy to attend conferences or to even to read books anymore and had turned to audiobooks and podcasts instead. From this, the idea for "The Vulva Diaries" was born. The Vulva Diaries is a medical education podcast that I launched in October 2019 during the week of the ISSVD World Congress. Podcasts are audio shows like radio that are downloaded can be listened to on your phone or computer. Every 2 weeks a new episode is released. They are usually about 15 minutes in length and involve me interviewing a vulvar expert on a topic with the goal of teaching other doctors about vulvar disease. Thank-you to the many NA-ISSVD and ISSVD members have been interviewed. There are currently 33 episodes with over 20000 downloads from listeners in 78 countries! It has been rated in the top 5% of all medical podcasts on the internet. If you have an iPhone look for the podcast icon (pictured above) and under search type in "the vulva diaries." If you have an android phone you can listen if you download a free podcast app. If you are on a desktop computer you can listen at this website

https://blubrry.com/the_vulva_diaries/

I'm always looking for more topics and people to interview so if you have a subject near and dear to your heart or interesting new research you'd like to discuss please email me at: amanda.selk@utoronto.ca
Happy listening!

From members **Elizabeth Stewart and Ione Bissonnette**: www.vulvovaginaldisorders.org - this is a fabulous free educational website.

From **Hope Haefner and her team at University Michigan**:

<https://medicine.umich.edu/dept/obgyn/divisions/gynecology/vulvar-diseases-resources-patients-providers>

From **New Zealand** , an excellent dermatology reference site: www.dermnetnz.org

The National Vulvodynia Association: www.nva.org is a great resource for both patients and providers

JOIN US FOR OUR SOCIAL HOURS



We held our first social hour for the North American Chapter on Sunday, December 7th. We feel like it was a great way for members to connect in a non work environment.

We plan to continue them with a different focus for each one. Watch your email for more information.

SAVE THE DATE for January 7th.

NEWS

Dues notices have been sent- If you have not renewed your dues please do so before January 6th so you do not lose your benefits.

ListServe is active-if you are not participating and want to join email issvd@issvd.org.

RENEW YOUR DUES

ISSVD's 1st Online Virtual Experience - September 10-12, 2020

The ISSVD 25th Biennial Conference on Diseases of the Vulva and Vagina was held as an Online Virtual Experience. We are very appreciative of all of the ISSVD members who attended or shared this event with others to make it an extremely successful event.

Missed it? It can now be *purchased as enduring materials*.

HELP US PROMOTE OUR WORK!
PLEASE CONNECT & SHARE ON SOCIAL MEDIA

If every one of you would make one connection, it would greatly improve our visibility!

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