



WOMEN'S HISTORY MONTH



Physicians Reflect on the Trailblazing Women Who Changed Medicine

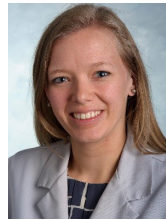
March is Women's History Month, a time to reflect on women's contributions to culture and society as a whole. This month, NorthShore leaders reflected on the tremendous historical impact of women in healthcare.

Elizabeth Blackwell, MD (1821-1910) was the first woman in the United States to earn a medical degree. After graduating first in her class from New York's Geneva College, Blackwell opened the New York Infirmary for Women and Children, which employed several women physicians. Eventually, she opened a New York City Medical College and became a professor of gynecology for a university in London. Blackwell's legacy lives on in her own autobiography titled *Pioneer Work in Opening the Medical Profession to Women*.



"Dr. Blackwell got her medical degree a century and a half ago, and we have seen more and more women enrolling in medical school. However, we still struggle to elevate women to leadership positions, provide gender equity and pay equity. We need to capitalize on that wave of female physicians that's growing, and do what we can to support them to stay in medicine," said Purvi Shah, MD, Medical Director, Population Health, Complexity Capture and Post-Acute Care at NorthShore.

Virginia Apgar, MD (1909-1974) famously created the "Apgar score," which measures the health of newborn babies. After earning her medical degree from Columbia University, Apgar intended to pursue surgery, but advice from her mentor led Apgar to become a world-renowned anesthesiologist.



"I am proud to use the Apgar score every day. Dr. Apgar's impact is tremendous and pervasive, but her contributions are relatively recent. There is still room for each of us as women in medicine to make our mark and elevate the standard of care," said Bridget Wild, MD, Pediatric Hospitalist at NorthShore.

Patricia Goldman-Rakic, PhD (1937-2003) and her research contributions improved the medical field's understanding of many neurological diseases, including Alzheimer's, cerebral palsy, Parkinson's and schizophrenia. Throughout her career, Goldman-Rakic was also a beloved mentor to several junior researchers. In 1990, she was admitted to the National Academy of Sciences.



"I am so glad that Dr. Goldman-Rakic was included in this list, because her work to support younger generations really demonstrates the value of mentorship. The concept of mentorship in medicine is still relatively new, and it's important to remember that clinical roles should also

prioritize professional growth for the benefit of medicine as whole," said Karen Kaul, MD, PhD, Chairman, Department of Pathology at NorthShore.

Mary Putnam Jacobi, MD (1842-1906) won Harvard's Boylston Prize for disproving the long-held belief that physical or mental exertion during menstruation was dangerous to women. She became the first woman to study at l'École de Médecine in Paris, and the first woman accepted into the New York Academy of Medicine. Throughout her career, Jacobi fought for co-education of men and women, later founding the Association for the Advancement of the Medical Education of Women in 1872.



"Dr. Jacobi had an inspiring journey to success, and it's important to point out that she fought for women to learn alongside men. We are equals, and collaboration is the best way forward," said Charu Gupta, MD,

Lead for Cardiology Obstetrics and Advanced Heart Failure Specialist at NorthShore.

For more information about the incredible team of women doctors making a difference at NorthShore, visit NorthShore.org/doctors