

IN THIS ISSUE

AAD Annual Meeting &	
WDS Luncheon	6-7
Interview of Keith Greathouse	10
WDS Women Members Speak	12
The Male Perspective on WDS	13
SF Restaurant Review	14
WDS Renewal Retreat	15
Profile of Minerva Buerk, MD	17
WDS Networking Receptions	18
Reads & Recommends	21
Career Development Awards	22
Newsmakers	24

President's Message

This is an exciting time of the year when we reflect on the activities of the Women's



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Dermatologic Society. The greatest joy is to be able to interact with such energetic WDS members with wonderful ideas.

It always amazes me that with the limited face-to-face contact, the WDS is able to

accomplish so much. I appreciate and thank all the members who have made this year so special. We are fortunate to have an organization that allows members from different backgrounds to work together. We have members in academia, private practice, managed care organizations, the military and in industry, to name a few, that work to provide the members with more benefits. Moreover, our Society is not only for women, it also includes a number of men who are active at all levels of our organization. Our Editor, Dr. Sandra Read, has included a special article on men of WDS in this issue.

Committees and Task Forces allow the activities of WDS to come to fruition. I am proud of the members of the various WDS committees who have been very busy on your behalf. We will be encouraging an expansion of the membership this year. We have been working to facilitate

Continued on page two

LIFE BEYOND MEDICINE

Manage Time – For the Time of Your Life!

Don't read this article unless you plan to take charge of your time. You get to live this moment/hour/day/year/life only once. If you can choose to take responsibility for the time of your life then be prepared to take actions that will add hours of quality time to every week. Here are three steps¹ you can take to put time to work (and play!) for you. The steps can help you craft a customized time management style that matches your personal needs and values and puts you in charge of your time.

Step 1. Identify Your Personal Time Management Style

This means identifying your own personal needs and values so you can manage time to meet your needs and match your values. This step may be more challenging than it sounds, for many of us, are perennially encouraged to meet others

needs to the extent that being “in demand” may be misinterpreted as self-worth, while our real needs seem selfish or irrelevant. The guilt we feel in focusing on our own values and needs or forsaking parental “tapes” or “shoulds” and “shouldn'ts” imposed by others can be a self-imposed barrier to time management. Learn to recognize and avoid learned behaviors which misuse time, such as unnecessary hurrying, perfectionism, pleasing others, focusing on being strong or working hard rather than on accomplishment.² It may help to remind yourself of the worth of freeing yourself from these artificial boundaries with the question: “If I'm not living according to my own values and fulfilling my needs, then whose life am I living?” You have one life. Give yourself permission to live it your way.

Continued on page four



Women's Dermatologic Society
Annual Luncheon Meeting
SUNDAY, MARCH 23, 2003
SAN FRANCISCO, CA

See page 7 for details!