



Florida  
Chapter

## Governor's Newsletter



George D. Everett, MD MS MACP, Governor

Manning H. Hanline, Jr., MD FACP FACEP, President/Governor

September 2021

## *Celebrating Women in Medicine*



September is Women in Medicine month. This is a time to recognize the women who bring a warmth, quiet dignity and grace to what they do and how they serve; even when confronting controversy or navigating a pandemic.

This year we are celebrating women in the early years of their careers in medicine. The Early Career Physicians, Residents and Medical Students that are featured on the following pages have been nominated for many reasons and all have admirable qualities. They are leaders, role models, mentors, organizers, researchers, team players,

authors, award winners and volunteers. They exhibit the qualities of resilience, positivity, enthusiasm, integrity, professionalism, maturity and humility. They are empathetic and compassionate advocates for their patients. Many have made an incredible difference in their communities in the most trying of circumstances during the COVID pandemic. Some have overcome incredible personal obstacles and yet still succeed and flourish. We hope you will join us in celebrating their achievements as we shine the spotlight on them!

# FL ACP Women in Medicine Spotlight

## EARLY CAREER PHYSICIAN SPOTLIGHT—STACY P. RUBIN, MD

My name is Stacy Rubin. I was born and raised in Broward County, Florida. I completed my undergrad at the University of Florida (Go Gators!) and my medical school and residency at the University of Miami Miller School of Medicine (Go 'Canes!) I'm now a "triple 'Cane," having been on faculty at UMMSM since 2016 as an Associate Program Director for UM's Internal Medicine Residency Program at Holy Cross Health. I have a beautiful family and together with my incredibly supportive husband, am raising two strong young girls.

When I was asked to write this article spotlighting a Woman Early Career Physician, my first thought was, "why me?!" And then it hit me. My message to all women early career physicians *must* be about overcoming Imposter Syndrome. "Overcome" might be a misnomer because I certainly struggle with Imposter Syndrome daily. Those nagging thoughts creep in so easily...

*Am I the best physician today? Am I the best educator today? Did I motivate and elevate women physicians around me today? Am I the best mom to my kids? Am I present for them while juggling work at the same time I'm trying to get them in the bath and bed? Am I supportive enough to my husband?*



Sound familiar? Maybe your Imposter Syndrome poses different questions to you. The answers to mine aren't always a resounding, "yes." One of my mentors, Hilitt Mechaer, MD, FACP, says, "you can have it all—just not all at once." It takes effort to remind myself of that each day. It's OK to have good days and bad—it's about **balance**. But it's also about changing your definition of "all." Perhaps "all" can mean that you loved your family fiercely, or that you did the right thing even when no one was watching, or that you prioritized self-care over a clean house or an empty task box.

So how do I combat Imposter Syndrome? First, I start each day with a mantra—I choose three things I like about myself and say them over and over until I believe them. *I'm not perfect, but I'm perfect for those around me. I have gifts to give, and I will give them today. I will absorb compliments I receive because I'm worthy of them.* Each day is a little different but always with the same theme. Then, when things don't go my way, I remind myself that it has nothing to do with my self-worth. Next, I allow myself to be inspired by those around me. This includes mentors who have blazed trails before me, peers who encourage me to share my opinions because they have value, as well as learners. Finally, I'm honest with my struggles. As an educator and a healer, I must set an example that struggling (and juggling!) is **normal**. Sometimes a ball drops. But it's not because I'm not good at my jobs (yes, being a mom/spouse is a second full-time job). It's because I'm human. I'll learn from my missteps and move forward.

Imposter Syndrome is like a cancer. It starts with a small doubt and that doubt multiplies so much it can change your entire approach to everything you do. Remind yourself that you are enough. That you are strong. That you are brave. That you have worked hard and deserve your achievements.

My girls (AKA my very early career feminists) are six and almost two. They're inheriting a world that's quite different from the one in which I was raised. Women have strong, powerful voices that are heard all around the world. It's time we hear our own voices. More importantly, we must believe them!

# FL ACP Women in Medicine Spotlight

## RANDA ABDELMASIH, MD - PGY3



**RESIDENCY:**  
UCF/HCA GME - OCALA

**MEDICAL SCHOOL:**  
CAIRO UNIVERSITY SCHOOL OF  
MEDICINE

**HOMETOWN:**  
CAIRO, EGYPT

**INTERESTS/HOBBIES:**  
ENDOCRINOLOGY

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP,  
VOLUNTEERISM, DEVOTION,  
INSPIRATIONAL, EXCELLENCE

## KRISTINA AKOPYAN, MD - PGY3



**RESIDENCY:**  
FL STATE UNIVERISTY—  
TALLAHASSEE

**MEDICAL SCHOOL:**  
ST GEORGE'S UNIVERSITY

**HOMETOWN:**  
TALLAHASSEE, FL

**INTERESTS/HOBBIES:**  
SPENDING TIME WITH FRIENDS

**IN THE SPOTLIGHT FOR:**  
DETERMINATION, INTEGRITY,  
HUMILITY, COLLABORATION,  
PASSION, TEAM PLAYER

## KUSHINGA BVUTE, MD - PGY2



**RESIDENCY:**  
FLORIDA ATLANTIC UNIVERSITY

**MEDICAL SCHOOL:**  
UNIVERSITY OF ZIMBABWE

**HOMETOWN:**  
HARARE, ZIMBABWE

**INTERESTS/HOBBIES:**  
PHOTOGRAPHY, ART

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP  
ORGANIZATION, SCHOLARSHIP  
PUBLISHED AUTHOR

## KIMBERLY ANN BYRNES - MS3



**MEDICAL SCHOOL:**  
NSU—KIRAN PATEL COLLEGE  
OF OSTEOPATHIC MEDICINE

**UNDERGRAD:**  
LOYOLA UNIVERSITY

**HOMETOWN:**  
ROCKVILLE, MD

**INTERESTS/HOBBIES:**  
RUNNING, HIKING, YOGA,  
CALLIGRAPHY, BASKETBALL

**IN THE SPOTLIGHT FOR:**  
RESEARCH, ADVOCACY,  
COMMUNITY SERVICE, LEADERSHIP  
WELL ROUNDED

# FL ACP Women in Medicine Spotlight

## TIFFANY CAVIN, DO - PGY3



**RESIDENCY:**  
HCA/USF GME - BLAKE  
MEDICAL CENTER

**MEDICAL SCHOOL:**  
NYIT COLLEGE OF MEDICINE

**HOMETOWN:**  
ALBANY, NY

**INTERESTS/HOBBIES:**  
TRAVELING, FAMILY, FITNESS

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP  
DILIGENCE, PROFICIENCY  
ENTHUSIASM, ROLE MODEL

## CHARLOTTE CHAIKLIN, MD - PGY3



**RESIDENCY:**  
UNIVERSITY OF MIAMI—  
JACKSON HEALTH SYSTEM

**MEDICAL SCHOOL:**  
TULANE UNIVERSITY

**HOMETOWN:**  
GAINESVILLE, FL

**INTERESTS/HOBBIES:**  
EDUCATION

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, ROLE MODEL  
PATIENT ADVOCACY, EMPATHY  
ENTHUSIASM, TEAM PLAYER

## KELSEY DEIDRICK, MD - PGY3



**RESIDENCY:**  
UNIVERSITY OF MIAMI AT  
HOLY CROSS

**MEDICAL SCHOOL:**  
UNIVERSITY OF MIAMI  
MILLER SCHOOL OF MEDICINE

**HOMETOWN:**  
FT LAUDERDALE, FL

**INTERESTS/HOBBIES:**  
EQUESTRIAN, SPORTS, TRAVEL,  
PLAYING PIANO

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP,  
VOLUNTEERISM,  
COMMUNITY SERVICE

## CRISTINA ACOSTA DIAZ, MD - PGY3



**RESIDENCY:**  
FSU AT SARASOTA MEMORIAL

**MEDICAL SCHOOL:**  
UNIVERSIDAD AUTONOMA DE  
GUADALAJARA FACULTAD DE  
MEDICINA

**HOMETOWN:**  
SAN JUAN, PUERTO RICO

**INTERESTS/HOBBIES:**  
TRAVEL, BOATING, MUSIC,  
SPORTS

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP,  
PROFESSIONALISM, DEDICATION  
VOLUNTEERISM, COMPASSION

# FL ACP *Women in Medicine Spotlight*

## MADLINE FASEN, DO - PGY4



**RESIDENCY:**  
UF HEALTH JACKSONVILLE

**MEDICAL SCHOOL:**  
NOVA SOUTHEASTERN COLLEGE  
OF OSTEOPATHIC MEDICINE

**HOMETOWN:**  
BOISE, ID

**INTERESTS/HOBBIES:**  
TRAVEL, PHOTOGRAPHY,  
PLAYING WITH HER DOG

### IN THE SPOTLIGHT FOR:

LEADERSHIP, PROFESSIONALISM,  
ADVOCACY, ROLE MODEL,  
CHARISMATIC TEACHER

## JESSICA GLICKSBERG, DO - PGY3



**RESIDENCY:**  
UCF/HCA GME - GAINESVILLE

**MEDICAL SCHOOL:**  
NOVA SOUTHEASTERN COLLEGE  
OF OSTEOPATHIC MEDICINE

**HOMETOWN:**  
TAMPA, FL

**INTERESTS/HOBBIES:**  
YOGA, SHOPPING, TRAVEL,  
READING FANTASY, MEDITATION

### IN THE SPOTLIGHT FOR:

LEADERSHIP, COMPASSION,  
RELIABILITY, HUMBLENESS,  
MENTORING, ORGANIZATION

## GIZEM GOKALP, MD - PGY2



**RESIDENCY:**  
UCF/HCA GME - ORLANDO

**MEDICAL SCHOOL:**  
MARMARA UNIVERSITESI, TURKEY

**HOMETOWN:**  
ISTANBUL, TURKEY

**INTERESTS/HOBBIES:**  
TRAVEL, NEW CULTURES,  
DANCING

### IN THE SPOTLIGHT FOR:

LEADERSHIP, COMPASSION,  
DETERMINATION, PROFESSIONALISM  
HUMILITY, ROLE MODEL

## EMILY ANN HALTIGAN, MD - PGY3



**RESIDENCY:**  
UNIVERSITY OF FL GAINESVILLE

**MEDICAL SCHOOL:**  
UNIVERSITY OF FLORIDA  
COLLEGE OF MEDICINE

**HOMETOWN:**  
ROCKVILLE CENTRE, NY

**INTERESTS/HOBBIES:**  
YOGA, FOODIE, TRAVEL

### IN THE SPOTLIGHT FOR:

DEDICATION, EXEMPLARY EMPATHY,  
ACADEMIC EXCELLENCE,  
OVERCOMING ADVERSITY

# FL ACP Women in Medicine Spotlight

## MELISSA HIDALDO, MD - PGY1



**RESIDENCY:**  
BROWARD HEALTH NORTH

**MEDICAL SCHOOL:**  
ST GEORGE'S UNIVERSITY  
SCHOOL OF MEDICINE

**HOMETOWN:**  
MIAMI, FL

**INTERESTS/HOBBIES:**  
ART, CUBISM, MUSIC, OPERA,  
THE BEACH

### IN THE SPOTLIGHT FOR:

LEADERSHIP, PROFESSIONALISM,  
COMPASSION, ACCOMPLISHED  
PUBLISHED AUTHOR

## DIEULA JOHN, MD - PGY3



**RESIDENCY:**  
HCA E FL GME—AVENTURA  
HOSPITAL & MEDICAL CENTER

**MEDICAL SCHOOL:**  
WASHINGTON UNIVERSITY  
OF HEALTH & SCIENCE

**HOMETOWN:**  
ORLANDO, FL

**INTERESTS/HOBBIES:**  
READING, PERFUMES, CANDLES,  
LANGUAGES, ACTION MOVIES

### IN THE SPOTLIGHT FOR:

ENERGETIC, KINDNESS,  
GOAL ORIENTED, SURVIVOR  
AMAZING ROLE MODEL

## ALEXANDRA LACKEY, MD - PGY3



**RESIDENCY:**  
ADVENTHEALTH ORLANDO

**MEDICAL SCHOOL:**  
FLORIDA STATE UNIVERSITY

**HOMETOWN:**  
YORK, PA

**INTERESTS/HOBBIES:**  
RUNNING, PLAYING WITH HER  
DOGS, TAKING CARE OF  
MINIATURE PET SHRIMP

### IN THE SPOTLIGHT FOR:

LEADERSHIP, ORGANIZATION,  
PATIENT ADVOCACY, GENEROSITY  
COMMUNITY SERVICE

## FALLON LONGMIRE, MD - PGY3



**RESIDENCY:**  
MANATEE MEMORIAL HOSPITAL

**MEDICAL SCHOOL:**  
SABA UNIVERSITY SCHOOL OF  
MEDICINE

**HOMETOWN:**  
DIGBY, CANADA

**INTERESTS/HOBBIES:**  
SEAGLASS HUNTING, KAYAKING,  
TRAVEL, BAKING, ANIMALS

### IN THE SPOTLIGHT FOR:

SCHOLARLY ACTIVITIES, MATURITY,  
PROFESSIONALISM, INTEGRITY  
PATIENT ADVOCACY, DETERMINATION

# FL ACP Women in Medicine Spotlight

## AMANDA MCKENNA, MD - PGY4



**RESIDENCY:**  
MAYO CLINIC FLORIDA

**MEDICAL SCHOOL:**  
GEISINGER COMMONWEALTH  
SCHOOL OF MEDICINE

**HOMETOWN:**  
EXTON, PA

**INTERESTS/HOBBIES:**  
COOKING, PURE BARRE,  
NCAA BASKETBALL

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, DILIGENCE  
EXCELLENCE, INNOVATION,  
AWARD WINNER

## SAMAN NAEEM, MD - PGY2



**RESIDENCY:**  
FL STATE UNIVERSITY  
TALLAHASSEE

**MEDICAL SCHOOL:**  
SABA UNIVERSITY

**HOMETOWN:**  
JACKSONVILLE, FL

**INTERESTS/HOBBIES:**  
CHASING SUNSETS, READING,  
WORKING OUT

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP  
GOOD ATTITUDE, RELIABILITY,  
FLAWLESS WORK ETHIC

## FAITH OBIMDIKE - MS4



**MEDICAL SCHOOL:**  
FL ATLANTIC UNIVERSITY—  
CHARLES E. SCHMIDT COM

**UNDERGRAD SCHOOL:**  
UNIVERSITY OF FLORIDA

**HOMETOWN:**  
OCALA, FL

**INTERESTS/HOBBIES:**  
BOOK CLUB, TENNIS,  
READING, COOKING

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORSHIP,  
VOLUNTEERISM, RESEARCH,  
ACADEMIC ACHIEVEMENT

## AYOOLA OLAYIWOLA, MD - PGY3



**RESIDENCY:**  
MT SINAI MEDICAL CENTER

**MEDICAL SCHOOL:**  
UNIVERSITY OF IBADAN  
COLLEGE OF MEDICINE

**HOMETOWN:**  
IBADAN, NIGERIA

**INTERESTS/HOBBIES:**  
MUSIC, SPIRITUAL FELLOWSHIP

**IN THE SPOTLIGHT FOR:**  
POSITIVITY, CARING SPIRIT,  
GRATITUDE, TEAMWORK,  
ROLE MODEL, ENTHUSIASM

# FL ACP *Women in Medicine* Spotlight

## SHIVANGI PATEL, MD - PGY3



**RESIDENCY:**  
ORLANDO HEALTH

**MEDICAL SCHOOL:**  
USF MORSANI  
COLLEGE OF MEDICINE

**HOMETOWN:**  
LAKELAND, FL

**INTERESTS/HOBBIES:**  
READING, DRAWING, PIANO,  
PLAYING WITH HER DOG

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, ACCOUNTABILITY,  
COLLABORATION, TEAM PLAYER,  
STRONG WORK ETHIC

## GILDA PORTALATIN, MD - PGY3



**RESIDENCY:**  
CLEVELAND CLINIC FLORIDA

**MEDICAL SCHOOL:**  
ROSS UNIVERSITY

**HOMETOWN:**  
MIAMI, FL

**INTERESTS/HOBBIES:**  
SPENDING TIME WITH FAMILY,  
HIKING

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, MENTORING,  
VOLUNTEERISM, POSITIVE ATTITUDE,  
EXCEPTIONAL CHARACTER

## MARIA SILBERSTEIN, MD - PGY3



**RESIDENCY:**  
HCA E FL GME—  
AVENTURA HOSPITAL

**MEDICAL SCHOOL:**  
UNIVERSIDAD DE BUENOS AIRES  
SCHOOL OF MEDICINE

**HOMETOWN:**  
ARGENTINA

**INTERESTS/HOBBIES:**  
SPENDING TIME WITH FAMILY,  
TRAVEL

**IN THE SPOTLIGHT FOR:**  
MOTIVATIONAL, MENTORING,  
RESILIENCE, SELF MOTIVATION,  
INSPIRATIONAL, STRENGTH

## SWEET GERLIE SMITH, MD - PGY3



**RESIDENCY:**  
UNIVERSITY OF MIAMI—  
JFK MEDICAL CENTER

**MEDICAL SCHOOL:**  
CEBU INSTITUTE OF MEDICINE

**HOMETOWN:**  
OAKLAND, CA

**INTERESTS/HOBBIES:**  
READING, VIDEO GAMES,  
TRYING NEW RESTAURANTS

**IN THE SPOTLIGHT FOR:**  
LEADERSHIP, CARING  
AWARD WINNER,  
ACADEMIC EXCELLENCE

# FL ACP *Women in Medicine Spotlight*

## TERESE M. VIDAL - MS3



**MEDICAL SCHOOL:**  
NSU—KIRAN PATEL COLLEGE  
OF ALLOPATHIC MEDICINE

**UNDERGRAD SCHOOL:**  
FLORIDA STATE UNIVERISTY

**HOMETOWN:**  
MIAMI, FL

**INTERESTS/HOBBIES:**  
READING, SPORTS, MOVIES,  
HANGING OUT WITH HER CAT

**IN THE SPOTLIGHT FOR:**  
INSPIRATIONAL ROLE MODEL,  
COMPASSION, DILIGENCE,  
EXEMPLARY WORK ETHIC

## BLAIR WARREN, DO - PGY3



**RESIDENCY**  
HCA/USF GME -  
CITRUS MEMORIAL HOSPITAL

**MEDICAL SCHOOL:**  
ALABAMA COLLEGE OF  
OSTEOPATHIC MEDICINE

**HOMETOWN:**  
TALLAHASSEE, FL

**INTERESTS/HOBBIES:**  
RUNNING, VOLLEYBALL,  
MOUNTAIN BIKING

**IN THE SPOTLIGHT FOR:**  
COMMUNITY SERVICE, LEADERSHIP,  
PROFESSIONALISM, COMPASSION,  
POSITIVE PROACTIVITY, INITIATIVE

## CARLA T. WILLIAMS, MD - PGY3



**RESIDENCY**  
NCH HEALTH SYSTEM NAPLES

**MEDICAL SCHOOL:**  
ST GEORGES UNIVERSITY

**HOMETOWN:**  
ST CLAIR, TRINIDAD & TOBAGO

**INTERESTS/HOBBIES:**  
READING, MATH, DIVERSITY &  
INCLUSION

**IN THE SPOTLIGHT FOR:**  
ROLE MODEL, AWARD WINNER,  
COMMUNITY SERVICE,  
ACADEMIC EXCELLENCE

Members who deserve recognition  
will be featured in  
***"Member Spotlights"***  
in future newsletters.

Do you know someone who  
deserves to be recognized?

Please contact us at

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or

[DMoerings@floridachapteracp.org](mailto:DMoerings@floridachapteracp.org)