



WOMEN IN NUCLEAR MEDICINE

SUMMER 2024
NEWSLETTER

SNMMI AM24 RECAP
NEW CHAIRPERSON



**2024 ANNUAL
MEETING EDITION**

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CHAIRPERSON MESSAGE

As chair of the WINM committee, it is my privilege to help serve as a voice for the women in our professions. I would love your feedback about issues that are important to you, ways in which we can serve you better, and ideas that you have.

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I enjoyed seeing so many of you at the 2024 Annual Meeting in Toronto, and I am looking forward to the fall and winter and to the 2025 Mid-Winter Meeting 1/30/25-2/1/25. Stay tuned for details about the WINM networking event at the meeting!



Thank you for all that you do for our nuclear medicine patients and for your contributions to our specialty.

Elizabeth Dibble

ELIZABETH DIBBLE, MD
WINM CHAIRPERSON

INCOMING SNMMI & SNMMI-TS PRESIDENT



CATHY CUTLER, MD | SNMMI PRESIDENT

Cathy Sue Cutler, PhD, FSNMMI, chair of the Isotope Research and Production Department at Brookhaven National Laboratory in Upton, New York, has been named as president for the Society of Nuclear Medicine and Molecular Imaging (SNMMI). SNMMI introduced a new slate of officers during its 2024 Annual Meeting, held June 8-11 in Toronto.

JULIE BOLIN, MS, CNMT | SNMMI-TS PRESIDENT

Julie Dawn Bolin, MS, CNMT, program director of Nuclear Medicine Technology at GateWay Community College in Phoenix, Arizona, and nuclear medicine technologist at Banner University Medical Center in Tucson, Arizona, has been elected as the 2024-25 president for the Society of Nuclear Medicine and Molecular Imaging Technologist Section (SNMMI-TS).





Message from SNMMI President Cathy Cutler, PhD, FSNMMI

Thank you for the opportunity to speak to the Women in Nuclear Medicine. It is a true honor to serve as the president of the society and to follow Helen Nadel who was such a great ambassador for the organization and role model for women. Times have truly changed from when I started at the society and there were limited women involved and particularly in leadership roles. It is truly great to see the increase in the number of women over the years and the role WINM has played in offering unique opportunities for women to network, grow professionally and engage in creative fun activities. The field is growing at rates not previously seen and the opportunities our field offers patients is truly being embraced. It is a critical time to ensure all our members feel included at all levels of the society and to reach out to attract new people to the field and work to ensure their success. I want to thank all of you for what you do to promote the society and women in the society and look forward to working with you over the next year.



“

SHARE YOUR STORY, SPARK A FUTURE, AND PAY IT FORWARD: MENTOR JULIE BOLIN, MS, CNMT

Picture it, small town Missouri, 1996. A much younger Julie, barely 18 years old, starting her college career. Full of anxiety, fear, and a desire—no, a need—to make a different life. My parents lacked the education, experience, resources, and knowledge to help me navigate the challenges of college and career development. Just getting to college was a feat in and of itself, but doing well and being successful, well, that was a different challenge altogether.

I'll never forget my first semester of college. I'll never forget sitting in the auditorium for Chemistry I lecture and hearing, "Look to your left and look to your right, most of these people will not be here at the end of the semester." I'll also never forget the anger and embarrassment when the professor teaching the college algebra/trigonometry review course told me that I was too stupid to graduate from "this university" and that I should just save time and money and drop out. Thankfully, I didn't drop out. What I lacked in resources and support, I made up for with determination and grit.

My path wasn't easy, and I wasn't always successful, but I made it. I graduated with a BS in Biology, applied to Research Medical Center's Nuclear Medicine Technology Program, and I've never looked back. All these years later, I still think about my college days. I think about that young Julie and what could have helped her, or maybe who could've helped her. The "what could've helped her" has many possible answers, but let's focus on mentorship. The "who could've helped her," maybe that's you.

Mentoring plays a crucial role in promoting diversity, equity, and inclusion within the nuclear medicine field. Every professional's story is unique and worth celebrating. Whether a recent graduate or a seasoned professional, sharing experiences and providing mentorship can help shape the future of our industry. Our challenges, triumphs, and insights have the potential to inspire fellow nuclear medicine professionals. Our stories can create a ripple effect of inspiration.

By sharing our stories and supporting one another, we can foster a more inclusive and equitable environment in nuclear medicine. Mentoring helps break down barriers and provides opportunities for growth and development, ensuring that everyone, regardless of their background, has the chance to succeed and contribute to our field. Let's continue to celebrate our diverse experiences and use them to inspire and uplift the next generation of nuclear medicine professionals.

A professional peer can serve as a mentor—whether it be a co-worker or someone in a similar role at another hospital or company. Peer mentors play a crucial role in motivating and encouraging each other, while holding one another accountable for reaching goals. This type of mentorship fosters a supportive and collaborative environment, allowing professionals to learn from each other's experiences and grow together. As the nuclear medicine profession continues to advance, peer mentorship will be essential for collective learning and growth.



“By engaging with mentors and mentees across the globe, we can exchange diverse perspectives, share best practices, and collaborate on innovative solutions to common challenges.”

Creating intergenerational collaborations can also be an innovative approach that brings together perspectives and experiences of mentees and mentors to work on common goals. Mentoring circles, joint projects, and collaborative teams can be used in this way. The advantage of this is that the younger generation can learn from the older generation and vice versa, leading to the development of a mentoring culture and the creation of role models for the future.

Additionally, we must address issues such as Maternal Wall bias, where women are stereotyped as less committed after they have children. This bias can hinder career progression and professional development for women in nuclear medicine. By acknowledging and combating this bias, we can create a more supportive and equitable workplace that values contributions regardless of parental status.

International mentorship is another powerful avenue for growth and development in our field. By engaging with mentors and mentees across the globe, we can exchange diverse perspectives, share best practices, and collaborate on innovative solutions to common challenges. This global exchange fosters a richer learning environment and helps build a more connected and knowledgeable nuclear medicine community. International mentorship not only enhances individual careers but also strengthens the profession as a whole by promoting cross-cultural understanding and global collaboration.

Mentors introduce mentees to their professional networks, opening doors to internships, job opportunities, and educational resources that might otherwise be inaccessible. These connections can be pivotal in helping others realize their potential. They provide insights into educational and career pathways, helping mentees make informed decisions about their future, including advice on college applications, scholarships, and career choices.

Mentors provide mentees with tools and practical suggestions for developing leadership skills. They encourage mentees to participate in activities, tasks, and events that better prepare them to achieve their overarching goals. Great mentors spur proactivity in mentees, pushing them beyond comfort zones and inspiring them to take initiatives that enhance their professional growth and leadership capabilities.

In today's fast-paced professional environment, traditional mentoring relationships may not always align with the demands of time and flexibility. Consider creative approaches such as coffee chats, flash mentoring for immediate and targeted learning, or the NuMeMentor application. The winners of the 2024 SNMMI-TS LaunchPad, Fernando Anleu and Nichole Ozinga, are creating NuMeMentor, an innovative application designed to connect early career professionals with veteran leaders across all areas of the nuclear medicine profession. This initiative is a groundbreaking effort aimed at promoting professional development, offering focused guidance and resources tailored to career aspirations, and nurturing a resilient mindset essential for thriving in the dynamic field of nuclear medicine.

I challenge all of you to act as a mentor. I think about all of my students and graduates and hope that my mentorship provides them with guidance and support, builds their confidence and self-esteem, and expands their networks and opportunities. I learn as much from them as they learn from me. I am a better educator because of the "reverse mentorship" that is inherent in education and student feedback. Thank you to all the pioneers who knocked down walls, broke through glass ceilings, and blazed a trail for us. To all the mentors I've had along the way, your guidance and support have helped me grow in ways I never thought possible and achieve things I never believed I would.

SNMMI 2024 ANNUAL MEETING

RECAP





Right: Twyla Bartel, DO, MBA, FACNM, FSNMMI



Left: Joanna Fair, MD, PhD | Right: Shana Elman

Twyla Bartel, DO, MBA, FACNM, FSNMMI received the Women in Nuclear Medicine She Paved the Way Lifetime Achievement Award which recognizes women that have dedicated a significant part of their career to “paving the way” for other women in the field of Nuclear Medicine and Molecular Imaging.

Shana Elman received the Women in Nuclear Medicine Rising Star Award which recognizes women in Nuclear Medicine that are early career professionals and provides the next generation of leaders to benefit from recognition early in their career.

MORNING INSPIRATION IN TORONTO



Jenn Donahue, PhD empowering and inspiring at the Women in Nuclear Medicine Breakfast

WINM ARENA SESSION



The session, titled "Daring to Lead - Growing Your Leadership Skills for Experienced and Emerging," blended insightful discussion with interactive elements to create a compelling and enriching experience for attendees.

The innovative format of this session resembled a sophisticated book club, with a focus on leadership principles inspired by Brené Brown's acclaimed book, *Dare to Lead*. WINM past chairperson Joanna Fair, MD, PhD, led the session and fostered an environment of growth and dialogue.

Dr. Fair's approach was to delve into the core tenets of daring leadership, emphasizing the importance of vulnerability, courage, and authenticity in leadership roles. The session was designed not just as a lecture but as a collaborative exploration where participants could actively engage with the material and each other.

The "Daring to Lead" session proved to be a resounding success, with participants leaving equipped with fresh perspectives. By embracing the principles outlined in *Dare to Lead*, attendees are now better prepared to tackle the complexities of leadership in nuclear medicine. The session underscored the importance of fostering a supportive community where leadership can be nurtured and developed.

Daring to Lead - Growing Your Leadership Skills for Experienced and Emerging,

2025 SNMMI-TS LEADERSHIP ACADEMY APPLICATIONS NOW OPEN

JANUARY 30 - FEBRUARY 1
ANAHEIM, CA

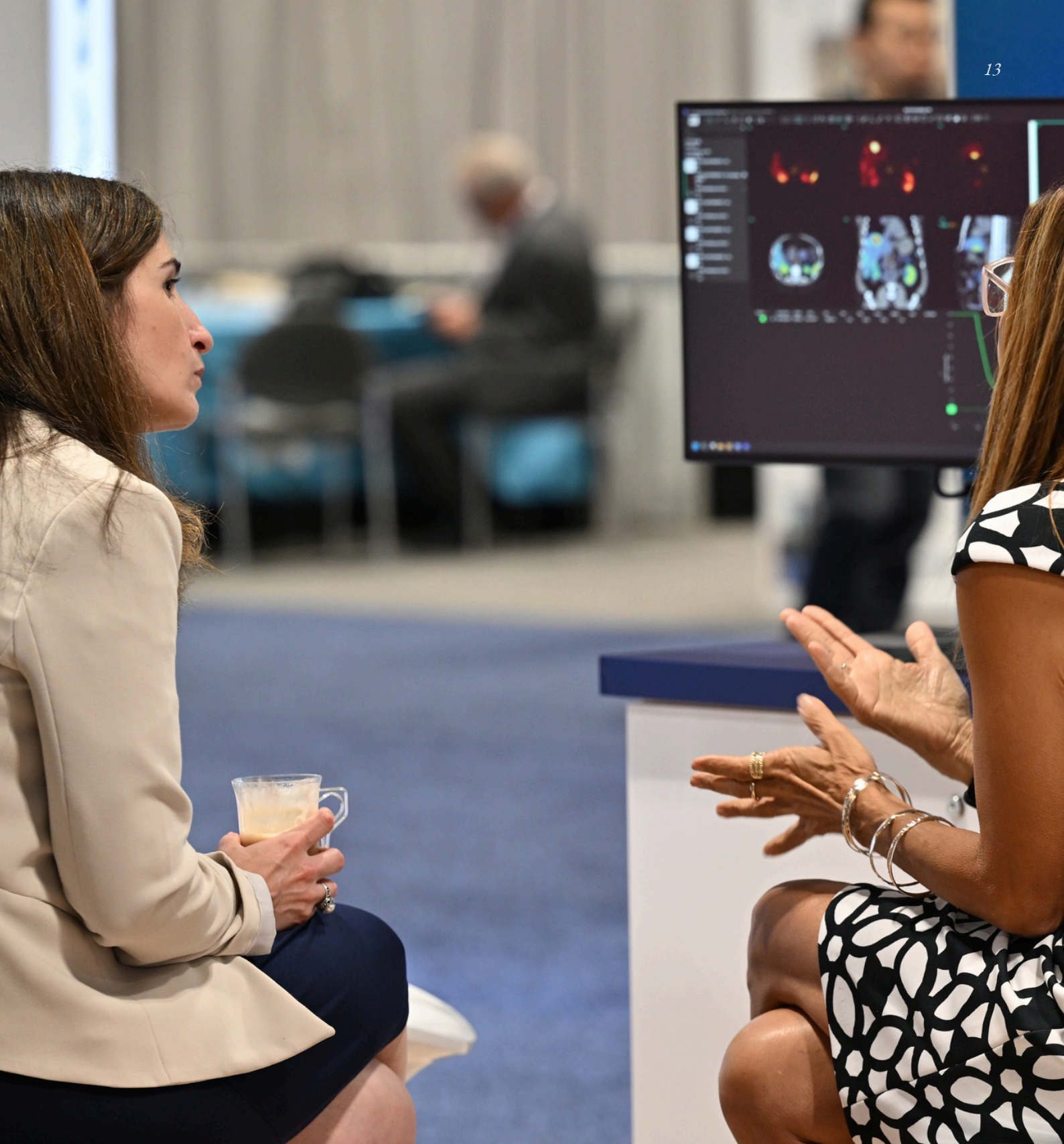


The SNMMI-TS Leadership Academy is a two day leadership development program featuring current SNMMI-TS leadership, volunteers, staff, and a keynote speaker. Lectures will be complemented by networking and team building activities. Leadership Academy graduates will walk away with leadership skills and knowledge that will lead to personal and professional growth.

The Leadership Academy will be held on January 30 - February 3, 2025, in conjunction with the SNMMI Mid-Winter Meeting in Anaheim, CA. SNMMI-TS will cover travel expenses for selected participants. Applicants will be notified of acceptance on/around October 15, 2024.



[**APPLY HERE**](#)



TORONTO




SNMMI 2024 Annual Meeting
PET Therapy & Ice Cream Social





CONNECT WITH US

 [View WINM Committee Members](#)

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 winm@snmmi.org

 www.reallygreatsite.com

The WINM committee is charged with promoting women physicians, scientists and technologists in nuclear medicine and molecular imaging; fostering the development of professional interests; addressing problems encountered in the practice of nuclear medicine; promoting leadership and career development in women; raising awareness of scientific contributions of women in nuclear medicine; recognizing the challenges of balancing career and family; promoting fair and equitable treatment; and improving the climate for women in nuclear medicine in all stages of their careers.
