

Franklin Women

June 2016 Newsletter

I have very exciting news. Last week my hubby and I welcomed a delicious little girl into the world – Zoe. We are very smitten. We are also very tired. I am still waiting for the hospital to send us her manual (they seem to have forgotten to give it to us at discharge?). Her arrival has made me realise very quickly that I am going to have to get better at something I haven't otherwise been very good at – asking for help. As Zoe's arrival was timed perfectly with our 'funding outside the box' event last Thursday, it meant me handing over the reins to our amazing FW Peer Advisory Committee who pulled off another packed event – reinforcing to me that I am surrounded by amazing people who are happy to help, all I have to do is ask.

Zoe's arrival has also hit home the value of our Carer's Travel Scholarship, which provides support for the care of children while a researcher presents their work at a conference. In this newsletter we announce the very worthy recipient of round 1 of this year's scholarship, Dr Ying Zhang, which means applications for round 2 are now open.

You will also find our favourite reads in this newsletter, because...it's winter! Happy reading!

Melina and the FW team



What happened this month

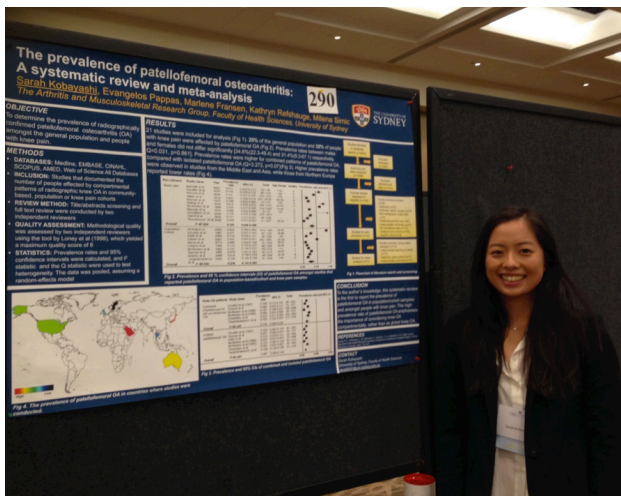
- The 2016 [Dance Your PhD competition](#) has been launched, submissions close 30 September. Are you going to get your #DanceYourPhD on?
 - Nominations are now open for the Westpac [100 Women of Influence](#) awards, designed to increase visibility of women's leadership and contribution to the future.
 - Applications have also opened for the [CSL Centenary Fellowships](#) for mid-career medical researchers, closing on July 31st.
 - An impressive list of influential names in tertiary education and science were acknowledged in this year's [Queen's Birthday honours list](#), congratulations to all!
 - One worthy recipient was Dr Elizabeth Finkel, medical scientist turned editor-in-chief of Cosmos Magazine. Read more about this inspiring woman in the [FW Blog](#).
 - Six Australian early career researchers/science communication enthusiasts have been selected to take part in the UNSW [#Top5Under40](#) program. Hoorah!
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FW Journal Club

This month's Journal Club comes from [Sarah Kobayashi](#), a PhD candidate from the Arthritis and Musculoskeletal Research Group, Faculty of Health Sciences, University of Sydney.

[Kobayashi S, Pappas E, Fransen M, Refshauge K, Simic M \(2016\) The prevalence of patellofemoral osteoarthritis: a systematic review and meta-analysis. Osteoarthritis and Cartilage \[available online ahead of print\]](#)



What were the aims of this research? The aim of this study was to determine the prevalence of patellofemoral osteoarthritis. This joint has been considered the 'forgotten' joint of the knee (Crossley et al., 2011). It consists of the patella (or knee bone) and the femoral trochlear, and it exhibits different biomechanical features compared with the weight-bearing tibiofemoral joint (between the femur and tibia). People who have osteoarthritis in the patellofemoral joint also exhibit different symptoms to people with tibiofemoral osteoarthritis (e.g. anterior knee pain, crepitation and difficulty descending

stairs). Despite the emerging evidence on the significance of patellofemoral osteoarthritis on people's pain and daily activities, there was no study that showed the prevalence of the disease.

What are the top 3 take home findings of your research? 1. Patellofemoral osteoarthritis is widely prevalent amongst groups of people who experience knee pain as well as groups of people who did not report having knee pain. 2. More people were identified with combined patterns of patellofemoral osteoarthritis (with tibiofemoral osteoarthritis) rather than isolated patellofemoral osteoarthritis. 3. High prevalence of patellofemoral osteoarthritis indicates that it is a common problem, suggesting that researchers and clinicians should focus on developing assessments, treatments and interventions for the disease.

How does this research contribute to the field? This paper emphasises the importance of the patellofemoral joint in knee osteoarthritis. Often, the patellofemoral joint is overlooked by researchers because, mechanically, it is an unlikely contributor of knee osteoarthritis. The tibiofemoral joint is usually the compartment researchers consider when investigating knee osteoarthritis because of the high prevalence and incidence of medial tibiofemoral osteoarthritis. However, through this systematic review, we found that the crude prevalence of patellofemoral osteoarthritis was comparable to the prevalence of knee osteoarthritis (as identified in a previous systematic review), suggesting that the patellofemoral joint may be a major contributor to knee osteoarthritis.

What is your current role and organisation and how long have you been there for? Presently, I'm a PhD student at the University of Sydney, Faculty of Health Sciences in the Arthritis and Musculoskeletal Research Group. I've been here for over 2 years. I am also an Anatomy tutor at the Cumberland Campus (Health Sciences), which is part of the Sydney Medical School (Biomedical Sciences).

What new skills or projects are you currently working on? As a PhD student, I feel like you're always learning new skills, particularly in statistics and writing. At the moment, I'm learning how to use MATLAB for the first time, and to use codes to segment cartilage from MRIs. I'm also a gym geek, and love to apply what I'm learning and teaching in the classroom to my workouts.

Who is a woman that inspires you? My Mum – she's a stay-at-home mum, who has the greatest work ethic. She has sacrificed and gone through so much to raise my sister and me. She taught me how to be independent emotionally and intellectually, and has always encouraged me to pursue my career. She rebelled against social norms to allow me to have my life and opportunities. And I'm thankful and inspired.

What food have you eaten too much of in your life? Everything! Generally, I eat too much, and dream about food constantly! I did consume an excessive amount of carrots once and turned orange.

Have you published recently? Firstly congratulations! Secondly drop us a line at hello@franklinwomen.com. We'd love to hear from you and are always on the lookout for journal club contributors for our newsletter. 😊

Carer's Travel Scholarship – Round 2 open

Thanks to the support of our members, Franklin Women can offer two Carer's Travel Scholarships in 2016. We are very proud to announce Dr Ying Zhang as our successful recipient from round 1. She writes for us below on what this scholarship means for her and her career. The second round is now open. For all the details, including eligibility and application instructions, visit our [website](#).



The Franklin Women Carer's Travel Scholarship is the most humane scholarship that I have ever applied for as a full-time professional women as well as a mother of two young children. The Franklin Women Scholarship will assist me attending the **Conference of International Society for Environmental Epidemiology Asia Chapter 2016** to be held in Japan by contributing to airfares for my family members so that I would be able to continue breastfeeding while attending the conference.

My research has been strategically focused on public health issues in the Asia-Pacific region, with an aim to improve public health in a changing environment, especially for those in developing regions. Having finished one-year maternity leave in May, I am returning to work in full gear. The conference theme on 'Environment, Health and Sustainable Society' is closely related to my research and teaching and my attendance and contribution to this conference will be a keystone for my next stage career development as I will be presenting my own research but also taking on the role as chair for a number of sessions and a professional development workshop for early career researchers in the field.

The Franklin Women Scholarship has made my travel to Japan more feasible, assisting me in building up a leadership role in the research field for the region. While at the conference I hope to promote this Scholarship to the international academic community in order to increase the awareness of such innovative support for women in health research.

Ying is a Senior Lecturer of International Public Health in the School of Public Health at the University of Sydney. In addition to looking after two young children, Ying is a yoga lover, likes reading detective fiction, enjoys cooking for her family and is currently studying part-time towards a Master of Education.

Leveraging scientific conferences to build women in science

This month [Kate Hayward](#) writes for us about the conference symposium on mentoring that she developed which was accepted as part of the program at an international scientific conference. We think it is so great to see conferences being leveraged for professional development, as well as scientific excellence:



I was challenged by the stereotypes of the role of women in science at an international conference in late 2015. One piece of advice that was bantered about that I couldn't shake was, "if you are an early career researcher, have children now or wait until you have tenure". So, since I am a woman in science who wants to have children one day, will my career suffer because of it?

Initially I felt relieved to have amazing mentors who provide a balanced perspective to these messages, who encourage me to forge my own path forward, and for working in institutions that champion women in science. But then, I felt

extremely disheartened for those women and men who do not have similar support networks, who struggle to pave their individualised way forward, or who do not have a supportive institution.

I wondered if I could be an agent for change. Could I make a difference for some of these people? Could I put an alternate view forward in a public forum? I immediately contacted one of my mentors with a proposal for a lunchtime symposium for an upcoming international congress (World Congress of Neurorehabilitation). She was cautiously optimistic, unsure if a women-focused event would achieve program-worthy attention. As I am not one for entirely didactic learning, I proposed three empowering keynotes, mixed in with mentoring-in-action by world leaders (all women!). With my star-studded international line-up of women in neurorehabilitation, I received a notification of acceptance! Perhaps this event could help change the negative story?

The session started with three talks about key issues (e.g. sponsorship vs mentoring, work environments), followed by mentoring-in-action between mentees and mentors from around the world (Australia, United Kingdom, Canada and US). I was hoping that the discussion would break down barriers in mentoring and sponsorship, and provide peer support from others experiencing similar challenges.

The outcomes were amazing! Firstly, it provided an open and safe forum for discussion about issues, challenges and strategies that can be employed. At the end of the session, I had people come up to me nearly in tears because of the opportunity they had had to discuss their issues. Secondly, it built awareness of the issue, especially amongst the men who attended! Thirdly, and one that I am most excited about, it provided a working framework for inclusion in future conferences. I had many people say, "I am going to fight for the inclusion of this type of event at my local conference". These statements are in stark contrast to those that I heard only 12 months prior. At this point, I realised that giving a space for communication can alone be a powerful agent for change.

Going forward, I think sessions that build on this foundation stand to have great adaptability for inclusion in a conference agenda. I hope I have initiated a 'pebble in a pond' event and the ripples go far. I believe it is OK to be the first, but never the only!

Kate is a NHMRC International Clinical Postdoctoral Fellow based between the Department of Physical Therapy at the University of British Columbia, Vancouver and The Florey Institute of Neuroscience and Mental Health, Melbourne. Since moving to Vancouver in 2015, Kate has discovered her love of mountains, snow and craft beer.

We are loving right now...

Reading!! The weather outside is frightful and books are so delightful (and good for you)! Here are some of our current fav reads to keep you indoors and entertained...

- ***[The Expedition: Solving the Mystery of a Polar Tragedy by Bea Uusma](#)*** – award-winning investigation into the disappearance of three men and a hydrogen balloon
- ***[The Death of an Owl by Paul Torday](#)*** – who doesn't love a witty tale of politics and revenge?
- ***[Max Perkins: Editor of Genius by A. Scott Berg](#)*** – read it before the movie comes out (featuring Colin Firth, how could we say no!?)
- ***[The Singles Game by Lauren Weisberger](#)*** – the latest novel from the author of The Devil Wears Prada (yeah it's a guilty read, but that's ok!)
- ***[The Secret History by Donna Tartt](#)*** – it may be heavy as a brick, but so worth it
- ***[Beautiful Ruins by Jess Walter](#)*** – easy read, lovely read and highly recommended
- We can't help ourselves! Here are some of the most ***[adorable book fans!](#)***

We want to include your contributions in our newsletter. If you have published your work recently or are doing (or know of) something that other women in our field would be interested in, drop us a [line](#). Want to receive our newsletters directly to your in-box? [Subscribe here](#).