



The Obstetrical Society of Philadelphia

To foster collegiality, share expertise, and improve the health of women by promoting equity, compassionate and evidence-based care, education, advocacy, and scholarly endeavors in women's health

SEPTEMBER 2025

Newsletter

VOL. 51, NO. 4

President's Message



Our Society is strongest when we come together

LUISA GALDI, DO

President: Obstetrical Society of Philadelphia

I'm excited to welcome you to a new year with the Obstetrical Society of Philadelphia! It's truly an honor and a privilege to serve as your President for 2025–2026, and I look forward to all that we'll share together in the months ahead. Our Society has a long and distinguished history, and I'm proud to continue its tradition of fostering education, collaboration, and community among OBGYN physicians and all women's health professionals across the region.

We're already off to an exciting start. The speaker for our first meeting is Hina Seth, an exceptionally accomplished physical therapist specializing in pelvic floor rehabilitation and spine health. Her TEDx talk on being a "sex mechanic" is both entertaining and informative. For our meeting, her talk will focus on the effects and treatment of the pelvic floor in the context of pregnancy, labor and delivery, and postpartum recovery, as well as the long-term

sequelae we encounter in both general and subspecialty practice.

The year ahead will bring an excellent series of speakers and topics designed to educate, inspire, and challenge us, deepening our knowledge and supporting the highest standards of care for the patients we serve. These evenings, however, are not only about learning—they are also opportunities to see friends, reconnect with colleagues, meet new members, and strengthen the bonds of our professional community. I hope you will join us, bring your questions, and share your perspectives—you are what makes our meetings vibrant and meaningful.

Please encourage others in your practices and institutions to attend as well. Our Society is strongest when we come together in the spirit of curiosity, collegiality, and commitment to excellence that each of you brings.



The year ahead will bring an excellent series of speakers and topics designed to educate, inspire, and challenge us.

Upcoming Lecture

"The Aftermath of Pregnancy and Delivery"



HINA SHETH, MS, PT, OCS, MTC

Rebalance Physical Therapy

Thursday

October 16, 2025

6:00 pm Cocktails and buffet

7:00 pm Program

See page 2 for details.

IN THIS *Issue*

PAGE 1 President's Message

PAGE 2 Save the Date

PAGE 3 Meeting Schedule

PAGE 4 Familiar Faces
In New Places

PAGE 6 Members' Good News
To Share

PAGE 9 In Memorium



The Aftermath of Pregnancy and Delivery... The impact on your floor, core and more!

Thursday, October 16, 2025

6:00 PM Cocktails and buffet

7:00 PM Program



HINA SHETH, MS, PT, OCS, MTC

Rebalance Physical Therapy

— LOCATION —

Rodeph Shalom Community Room
615 North Broad Street, Philadelphia

FREE PARKING ON SITE

— REGISTRATION —

\$65.00 Members • \$75.00 Non-Members

<https://obphila.org/events/>

RSVP BY THURSDAY, OCTOBER 9, 2025

2025-26 Meeting Schedule



Thursday, October 16, 2025	The Aftermath of Pregnancy and Delivery... The impact on your floor, more! Hina Sheth, MS, PT, OCS, MTC
Thursday, December 4, 2025	Leadership Steven Fleischman, MD, President ACOG
Thursday, February 12, 2026	TBA
Thursday, April 9, 2026	TBA
Friday, May 1, 2026	Resident Education Day at Lankenau Medical Center
Thursday, June 4, 2026	President's Night: Luisa Galdi, DO



Familiar Faces In New Places



Dr. Elizabeth Louka is pleased to announce she and three former Crozer physicians have joined Main Line Health. Drs. Steven Troy, Lloyda Reynolds, Yun-Lin Gheng and Louka have joined Chase White, MD and Francesca Kotey, CNM. Located on the Bryn Mawr Hospital campus, they are excited to care for new and former patients.



Beverly M. Vaughn, MD

Beverly M. Vaughn, MD is pleased to share she is a co-facilitator of a section of the Doctoring Course at Penn, a mandatory course for first- and second-year students. Dr. Vaughn shares, "It can best be described as teaching humanism."

(Pictured left) Dr. Beverly Vaughn and her daughter, Amanda, attend the Superfine exhibit about tailoring black style at The Met.

Familiar Faces In New Places



Mark Kuhn, MD

*Program Director
Capital Health Medical Center*



Mark Kuhn, MD is pleased to share “Capital Health Medical Center in Pennington NJ welcomes the inaugural class of its very own OBGYN Residency!”



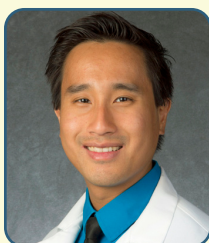
Sanjana Das, DO
*Philadelphia College of
Osteopathic Medicine*



Ashley Salgado, DO
*Philadelphia College of
Osteopathic Medicine*



Lateefat Olawore, DO
*Philadelphia College of
Osteopathic Medicine*



Tino Tran, MD

Assistant Professor

Tino Tran, MD has accepted a position at Thomas Jefferson University Hospital. Dr. Tran plans to pursue his interest in medical cost reduction research.



Peter Schnatz, DO

*Professor & Chair, Department of ObGyn
Rowan-Virtua School of Medicine*

Past Society President Peter Schnatz, DO has accepted a position at Rowan-Virtua School of Medicine.



Robyn Faye, MD

Dr Faye has been appointed Co-director of Jefferson's new Menopause Program.

Members' Good News To Share



Susan Kaufman, DO

Past President of the Obstetrical Society of Philadelphia

Susan Kaufman, DO is pleased to announce she has co-authored a book, *Nora and her body*.

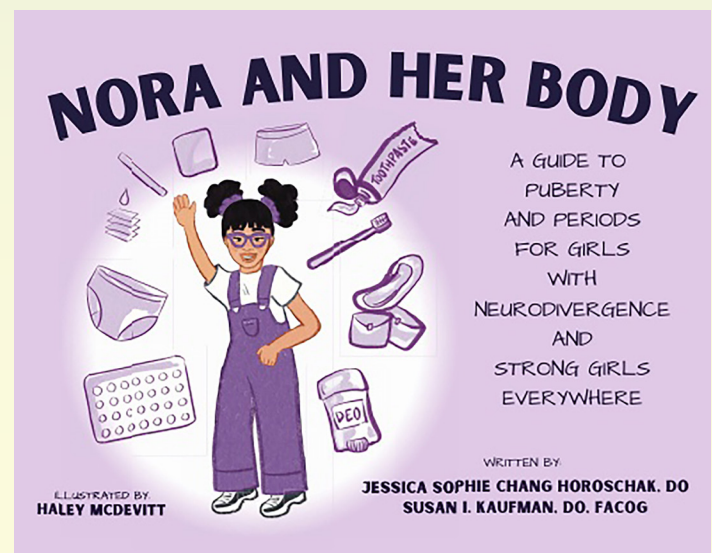
The book is a helpful tool to introduce and normalize puberty and periods for their daughters, especially teens with neurodivergences. It will help teens understand the changes they are experiencing as well as emphasizing self-care. Nora, who is on the autism spectrum, shares her journey through puberty, offering a positive perspective on the process.

Dr. Kaufman notes *"Our book contains an informational section for parents, a parent statement, additional resources.*

"It draws on over 30 years of experience in pediatric and adolescent gynecology, caring for teens and adults with neurodivergences, and supporting parents through their teen's puberty journey".

This is the first book by Drs. Kaufman and Chang Horoschak (currently an Ob/Gyn resident).

Amazon.com: *Nora and Her Body: A Guide to Puberty and Periods for Girls with Neurodivergence and Strong Girls Everywhere*: 9798313475387: Kaufman DO, Dr. Susan I., Horoschak DO, Dr. Jessica Sophie Chang: Books





We are saddened to share the news of the passing of **Jeffry Komins, MD**, an Emeritus Member of the Obstetrical Society of Philadelphia. Dr. Komins was a compassionate physician, a dedicated educator, and a respected leader in the field of obstetrics and gynecology across the tristate region.

His contributions and commitment to women's health will be long remembered.

To read more about his life and accomplishments, please see his obituary here:

[Jeffry Komins Obituary \(2025\) – Wilmington, DE – The Philadelphia Inquirer](#)