



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

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Newsletter

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President's Message



Honoring Our Legacy, Shaping Our Future

NICOLE M. SALVA, MD

President: Obstetrical Society of Philadelphia

For more than a century and a half, the Obstetrical Society of Philadelphia has served as a gathering place for physicians committed to advancing the care of women. Founded in 1868, the Society emerged during a transformative period in medicine, when obstetrics and gynecology were evolving from tradition to science. Philadelphia—already recognized as one of the nation's great centers of medical education and innovation—provided fertile ground for a community of physicians dedicated not only to treating patients but also to learning from one another.

The Society's founders understood something that remains true today: medicine advances most effectively when our caregivers come together to question, debate, teach, and collaborate.

Throughout its history, the Obstetrical Society has witnessed extraordinary change. Members have practiced through the advent of antiseptic surgery, blood transfusion, antibiotics, fetal monitoring, ultrasound, minimally invasive surgery, assisted reproductive technologies, genomics, artificial intelligence, and countless other innovations that have reshaped our specialty. At every step, the Society has provided a forum where new ideas could be critically examined.

The Society's story is not simply one of scientific advancement, but also a story of mentorship and community.

Generations of medical students, residents, fellows, and attending physicians have learned from colleagues who believed that knowledge grows when it is shared. The conversations held over lectures, case discussions, and dinner meetings have often been as valuable as those held in operating rooms or clinics. Relationships formed within the Society have led to collaborations, research, lifelong friendships, and careers devoted to improving obstetrics and gynecology.

Today, healthcare is changing faster than ever before.

Physicians, midwives, and APPs face unprecedented challenges: rapidly evolving technology, administrative complexity, workforce shortages, changing reimbursement models, litigation, and increasing demands on our time. Yet these challenges also create remarkable opportunities. Artificial intelligence is transforming clinical decision-making. Precision medicine is personalizing treatment. New surgical techniques continue to improve patient outcomes. The future of obstetrics and gynecology will be shaped by those willing to

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New Meeting Venue

The Marriott Old City



One Dock Street
Philadelphia

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2026-27 Meeting Schedule

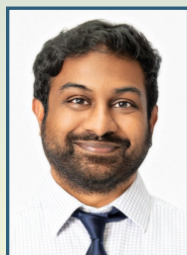


- Thursday, September 10, 2026* **Fellowship Night For Residents: Moderator, Tino Tran, MD**
CFP/Penn: Drs Sarita Sonalkar/Emma Gilmore
REI/Penn: Dr Monika Mainigi
MFM/Jeff: Dr Vincenzo Berghella/Rupsa Bolig/Whitney Bender
Onc/St Lukes: Dr Ashley Graul
Urogyn/Cooper: Dr Lioudmila Lipetskaia
MIGS/Virtua: Dr Minda Green
- Thursday, October 8, 2026 **Tipping Point: The Art and Science of the ECV**
Amr Madkour, MD – GW Medical Faculty Associates
- Thursday, November 12, 2026 **Breast Cancer Risk Reduction for the OBGYN**
Susan Domchek, MD – Rena Basser Center for BRCA
- Thursday, December 3, 2026 **Joint PARES/OB Society Meeting**
Zev Williams, MD, PhD – Columbia University Fertility Center
- Thursday, January 14, 2027 **High Yield CREOG Review** (Virtual Meeting)
- Thursday, March 11, 2027 **TBA**
- Thursday, April 8, 2027 **Research Symposium to pick S. Leon Israel Winner**
- Friday, May 7, 2027 **Resident Education Day at the Marriott Old City**
- Thursday, May 13, 2027 **President's Night**

**Indicates dinner meetings that are gratis – no cost for members in good standing!*

NEW VENUE
The Marriott Old City
One Dock Street, Philadelphia





Nishanth Sidduri, MD is an obstetrician-gynecologist and Medical Director of Obstetrics and Gynecology at Delaware Valley Community Health in Philadelphia. He also serves as a Clinical Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences at the Lewis Katz School of Medicine at Temple University and as an attending physician at Jefferson Einstein Philadelphia Hospital.

Dr. Sidduri's clinical interests include caring for medically underserved and immigrant populations, advancing equitable access to women's healthcare, and improving quality of care through patient-centered practice. He is passionate about medical education and believes that understanding each patient's story is essential to delivering exceptional healthcare. Outside of medicine, his interests include football (go Commanders!), basketball (go Sixers!), and listening to music. He lives in the Roxborough with his wife, Daniella, and their four cats.

Despite Nishanth's questionable football allegiance, he is a welcome newcomer to the Society. His commitment and engagement in providing equitable care are admirable. Nishant has taken on the role of Newsletter Editor. Welcome, Nishanth!

Honoring Our Legacy, Shaping Our Future

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embrace innovation while remaining grounded in compassion, ethics, and scientific rigor.

This is precisely where the Obstetrical Society of Philadelphia can continue to make its greatest impact.

The Society is more than an organization that hosts educational programs. It is a community of professionals united by curiosity, scholarship, and a shared commitment to excellence. It provides a space where physicians and clinicians learn from one another, where difficult cases become opportunities for education, and where differing perspectives strengthen rather than divide us.

As we honor our history, we also recognize that our future depends on the next generation of members.

Every resident who presents a challenging case, every fellow who shares new research, every practicing provider who mentors a young colleague, and every member who contributes their ideas helps write the next chapter of our Society's history.

Membership is not simply about attending meetings. It is about belonging to a tradition of lifelong learning. It is about building professional relationships that enrich careers and improve patient care. It is about preserving the values that have sustained our profession while embracing the innovations that will define its future.

The physicians who founded this Society in 1868 could scarcely have imagined robotic surgery, genomic medicine, or artificial intelligence. Yet they would undoubtedly recognize the spirit that continues to drive our meetings today: a commitment to asking better questions, sharing knowledge openly, and continually striving to improve the care of our community.

That spirit remains our greatest strength.

History is not something we simply inherit—it is something we continue to write.

The next chapter of the Obstetrical Society of Philadelphia belongs to all of us. Whether you are a seasoned physician, an academic leader, a community practitioner, or a trainee just beginning your career, your voice, your experience, and your ideas matter.

Together, we honor the past not by preserving it unchanged, but by building upon it.

We invite you to join us as we continue a tradition of excellence, foster the leaders of tomorrow, and shape the future of obstetrics and gynecology—one conversation, one discovery, and one generation at a time.

President's Night 2026



Drs. Galdi, Woodland, Mehta, Daniels and Delvadia



Passing the Gavel

The Woman Behind the Chart



NISHANTH SIDDURI, MD
Delaware Valley Community Health

The air felt heavy. It had rained recently, leaving behind the unmistakable scent of damp earth. She had never been on a plane before, let alone left the country. And yet, here she was, her colicky three-month-old clutched to her chest, about to embark on the greatest journey of her life - a new chapter in a faraway land. She knew almost nothing about what awaited her. She knew where she was flying and who would meet her at the airport. That was all. At some point, she would be reunited with her husband, who had embarked on the same journey two months earlier.

Her thoughts raced. Was it crazy to uproot your entire life and start afresh in a new country? To leave behind everything you had ever known? No family. No friends. Just her husband and her son. And yet, she had made her choice. All of it was for the promise of a brighter future - for her son, for the children she might have one day, and for the generations of their family that would come after them. That woman was my mother. And the three-month-old in her arms was me.

Years later, I became an obstetrician-gynecologist. When I look back at my mother's journey, I realize that much of my understanding of medicine and the patients that I care for was shaped long before I ever stepped foot in a hospital. Today, I have the privilege of caring for patients who, like my mother, took a leap of faith and upended their entire existence in search of something better in the United States.

For many immigrants, the path toward the American dream is harder than most people realize. And I think this path is harder now than ever. There are language barriers. Financial insecurity. Transportation issues. Poor or nonexistent social support structures. Threats from an increasingly polarized populace, which has normalized extremist views and attitudes towards immigration. And among the biggest obstacles is something basic: access to healthcare. That is the void I have tried to fill in my own small way.

Here in Philadelphia and our surrounding communities, we care for patients from all over the world, each carrying a story that may be invisible to us unless we take the time to ask. As OB-GYNs, we're given an unusual kind of access by our patients. Patients let us into moments that are private, frightening, life-changing. We see them when they're raw with uncertainty. We're there for births. We're there for joy, for grief, for diagnoses and for the in-between stretches where nothing feels clear.

So often, what forms isn't only a medical relationship. But a deeply personal one. And with that comes responsibility, real responsibility. Look past the chart. Remember there's a person in front of you. Not a diagnosis. Not a neat clinical summary. Not a set of lab results. Not an ultrasound. A person.

The woman sitting across from us might have a story that goes beyond what she told the office when she made her appointment. She could be worrying about rent. She could be unsafe in her relationship. She may be trying to navigate the immigration process. She may be trying to figure out how she'll be able to feed her children tonight. She might be worrying about how to navigate a language barrier and support herself and her family without a support network.

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That's why I don't think the care and treatments we provide can be one size fits all. A plan can look perfect on paper but still be impossible in real life. The "right" recommendation isn't always the one that a patient can follow.

Our treatment plans have to be tailored not only according to the patient's clinical picture, but also take into account their financial situation, their health literacy, their social support systems, their family dynamics, their living arrangements – any aspect of their life which may affect the ability of our plan to come to fruition.

We must ask: Does she understand the treatment plan and why we are recommending it? Can she get this medication? Can she get these labs done? Can she pay for it? Can she come back for follow up? Does she have access to transportation? Does she feel safe? Is there anyone in her corner who can help her with her treatment plan? Because the best plan isn't always the one that seems rather straightforward. It's the one that's doable for that patient.

I sometimes think about my mother when I'm with my patients. I picture her boarding that plane with three-month-old me, knowing so little about what was to come. I imagine how exposed, vulnerable and scared she must have felt. And I think about how long and hard the journey was to build the life that she made for herself and our family. And I think about how that journey could have been easier if there was someone in her corner, especially during those first few years, when every day brought about its own flavor of stress and uncertainty.

Now I get to be that person for my own patients. To me, that's one of the most amazing and fulfilling aspects of this profession - the chance to care for patients not only as a physician, but as another human being. Anyone who walks through our doors is more than the problem we're trying to fix. She's someone's mother. Someone's daughter. Someone's wife. Someone's friend. And sometimes she's a woman who was brave enough to cross an ocean, leave behind everything she knew, just to build a safer, better life for herself and her family.

We might never know every turn that brought her here. But it's our job to see her life through her eyes and try to make the road ahead a little less burdensome.



Obstetrical Society of Philadelphia

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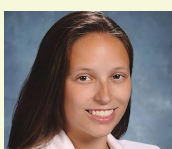
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Kaitlyn Edelson, MD



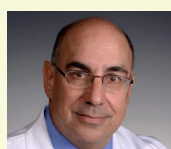
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