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2023 **ACG FUNCTIONAL GI & MOTILITY DISORDERS SCHOOL & MIDWEST**
REGIONAL POSTGRADUATE COURSE

 **AUGUST 25-27, 2023** | RADISSON BLU MALL OF AMERICA
MINNEAPOLIS, MN

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2023 **ACG ENDOSCOPY SCHOOL
& ACG/VGS/ODSGNA**
REGIONAL POSTGRADUATE COURSE

SEPTEMBER 8-10, 2023 | WILLIAMSBURG LODGE
WILLIAMSBURG, VA

➔ Register online: meetings.gi.org




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ACG
2023

OCTOBER
20-25, 2023
VANCOUVER, CANADA

VANCOUVER

Save the Date!

Be sure your passport is up to date!




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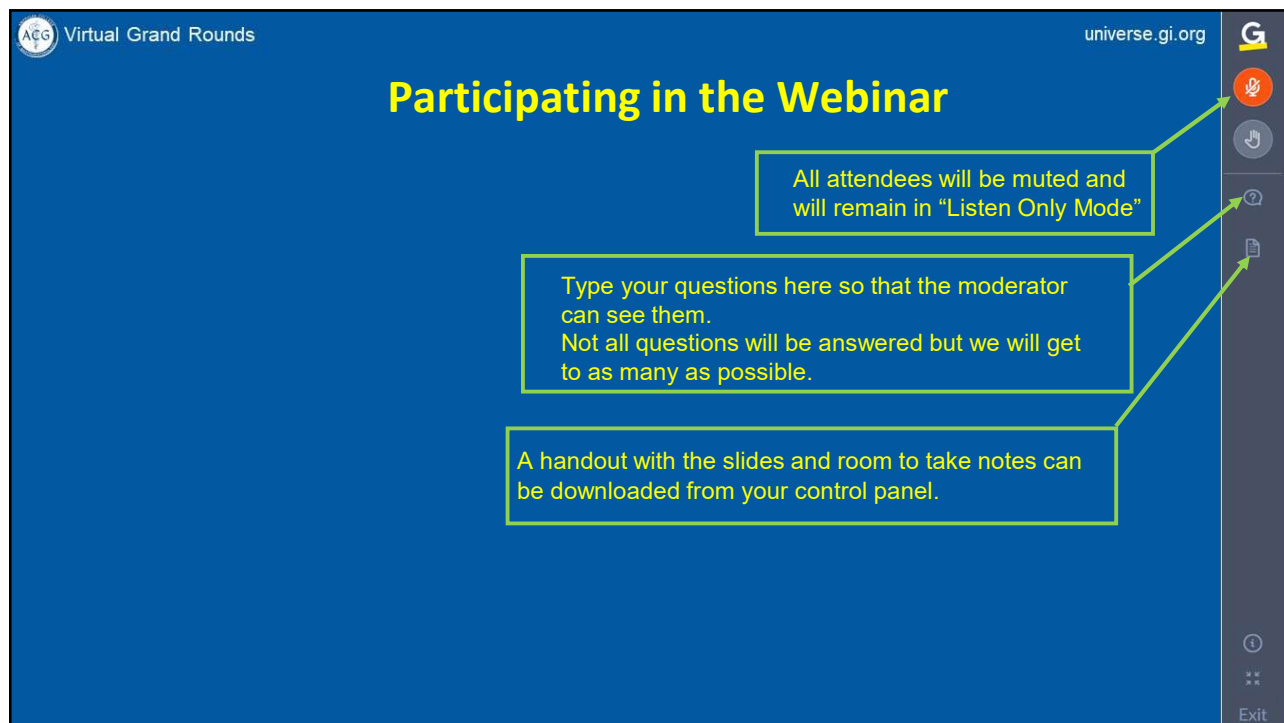
ACG Institute
EARLY CAREER LEADERSHIP PROGRAM

THE CENTER FOR LEADERSHIP, ETHICS & EQUITY

ACG INSTITUTE
 FOR CLINICAL RESEARCH AND EDUCATION

Application Deadline: Friday, July 14, 2023
 ➔ Apply Online: gi.org/ecfp

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Virtual Grand Rounds universe.gi.org

Participating in the Webinar

- All attendees will be muted and will remain in "Listen Only Mode"
- Type your questions here so that the moderator can see them. Not all questions will be answered but we will get to as many as possible.
- A handout with the slides and room to take notes can be downloaded from your control panel.

Exit

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ACG Virtual Grand Rounds universe.gi.org

ACG Virtual Grand Rounds

Join us for upcoming Virtual Grand Rounds!





Week 25 – Thursday, June 22, 2023
 Cystic Neoplasms of the Pancreas
 Faculty: V. Raman Muthusamy, MD, MAS, FACP; Anne Marie Lennon, MD, PhD, MBBCh, FACP;
 and John M. DeWitt, MD, FACP
At Noon and 8pm Eastern




Week 26 – Thursday, June 29, 2023
 Breathing Past Burnout
 Faculty: S. Priya Narayanan, MD, Michel Fishman, and Juan Muraw
At Noon and 8pm Eastern

Visit gi.org/ACGVGR to Register

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ACG

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ACG Standard Slide Decks


Colorectal Cancer Screening and Surveillance Slide Deck


Ulcerative Colitis Slide Deck

ACG has created presentation-ready,
semi-customizable MS PowerPoint clinical slide decks
for your unique teaching and learning needs.


Visit gi.org/ACGSlideDecks to learn more and
request access to the standard slide decks!

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 Virtual Grand Rounds
 universe.gi.org




Reezwana Chowdhury, MD - Moderator



Anjuli K. Luthra, MD - Speaker



Kumkum S. Patel, MD - Speaker



Dawn M. Sears, MD, FACP - Panelist

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► Side Gigs for GIs

By Kumkum Patel MD, MPH

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Disclosures

- Medtronic/Covidien LP---Speaker and consultant
- Salix Pharmaceuticals (part of Bausch Health)---Speaker and Consultant for Trulance and Xifaxan IBS drugs
- Ardelyx Pharmaceuticals for IBSRela. Consulting and advising regarding IBS.
- Equity and Levity Summit---annual women's empowerment conference in September.
- Pavilion surgery center---ambulatory surgery center shares

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Types of Side Gigs



Active

Surveys through Guidepoint Global, M3 survey, Sermo
 Speakers bureau for pharmaceuticals
 Consulting for pharma and device companies
 Medical advisory boards for large companies (CMO position)
 Social media brand deals



Passive

Investing in health tech
 Affiliate marketing on social media
 Non-medical investing like real estate

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Active Gigs



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My Active Side Gig: Women's Conference

- ▶ Equity and Levity Summit held at the Westin South Coast Plaza, CA
- ▶ Co-founded with another doctor and offer CME hours for a 1.5 day summit annually in September
- ▶ Provide women in healthcare opportunity to network and learn from leaders in different parts of healthcare
- ▶ Compensation from tickets and sponsors
- ▶ Takes over 1 year to plan and requires forming a team to help plan and execute
- ▶ www.equityandlevity.com and IG: @equityandlevity

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Passive

- ▶ Passive
 - ▶ Investing in health tech
 - ▶ Affiliate marketing on social media
 - ▶ Non-medical investing like real estate

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First things first

-  Make sure with your employer that the side gig is allowed by the institution.
-  Disclose your side gig when entering a new job contract
-  Protect your IP and revenue through LLC
-  Use legalzoom to make an LLC and get an lawyer to help form an LLC
-  Create a bank account for your LLC to keep it separate from your primary earnings

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Questions??

Remember: Keep your side gig
separate from your main gig

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Earning Extra Income as Gastroenterologists

Anjuli Luthra, MD
Therapeutic Endoscopist
Moffitt Cancer Center

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**51% of people
who make more
than \$100k live
paycheck to
paycheck.**



The survey also found important demographic differences in the rates of concern, namely that 61% of women said inflation and rising prices had the biggest negative impact on their mental health, compared with 51% of men saying so. Overall, 73% of women named "economic factors" as the top driver affecting their own mental health, compared with 66% of men.

What we're seeing, in short, is **a clear need**. Money stress is having an overwhelming impact on **women's mental and physical well-being**, much more so than for men.

Lending Club, 2023

Rob Wile, CNBC, May 2023

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Speaking Engagements

- Types:
 - National Medical Societies
 - Organizations and Conferences
 - Industry
 - Community
 - Medical Institutions
- Networking
- Rates



<https://friendsforsurvival.org/speaking-engagements>

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Industry

- Consultant
 - Pharmaceuticals
 - Medical Device
- Opportunities can include:
 - Speaking engagements
 - Evaluating and providing feedback on new devices
 - Hands on course instruction



Boston
Scientific

OLYMPUS

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A Passion as a Side Business

- Research needs/desires for your content or product, pricing, trends, etc.
- Funding
 - Do you need to raise capital?
 - Application and business registration filing fees
 - Cost for website, marketing, product development
- Open business bank account
- Develop a name and register your business entity
 - State level & reviewed by Secretary of State

“ —————

Don't be afraid.
Be focused.
Be determined.
Be hopeful.
Be empowered.

MICHELLE OBAMA

————— ”

@AMYPORFIELD

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A Passion as a Side Business

- Simple small business is typically a Limited Liability Company, or **LLC**
- File articles of organization
- Obtain federal tax ID number (or employer identification number [EIN])
- File annual report to maintain business as active
- If move or expand states, LLC from another state = “foreign”
 - Must file a Certificate of Authority

Can file on one's own but **HIGHLY** recommend hiring attorney for this process

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Financial Wellness

- My passion turned side gig: Founder of *The Scope of Finance*
- Purpose: sharing the tools necessary for Women Physicians to Achieve Financial Wellness
- Wellness = an overall better quality of life
- Financial perspective
 - Practicing the habits to achieve your goals
 - Confidence in your next financial steps



@thescopeoffinance



@ScopeofFinance

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Resource to Explore Further Options

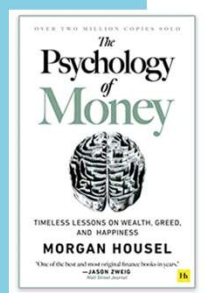
- <https://www.physiciansidegigs.com/>
- Physician Side Gigs – a Physicians-only Facebook community developed by Dr. Nisha Mehta
- Provides information about and access to a multitude of side gigs including:
 - Expert witness
 - Chart review
 - Medical writing



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Investing

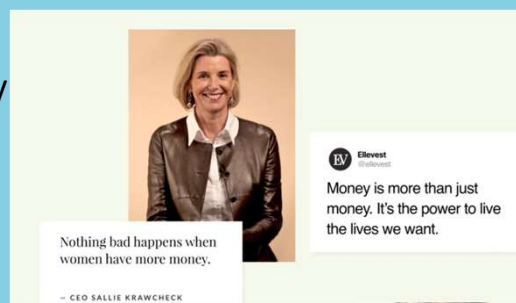
- My additional goal for women physicians lies in not having to trade time for money to bring in extra income
- Stock Market
- Real estate including short term rentals
- Storing Emergency Fund in appropriate HYSA
- Bonds when appropriate
- Where to start:



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Resources

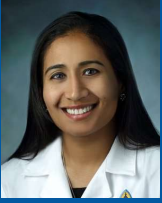
- Kiplinger magazine, <https://www.kiplinger.com/>
- The Psychology of Money by Morgan Housel
- Smart Women Finish Rich by David Bach
- Ellevest magazine, <https://www.ellevest.com/magazine>
- Financial Feminist: Overcoming the Patriarchy's Bullsh*t to Master Your Money And Build a Life You Love by Tori Dunlap
<https://herfirst100k.com/start-here>




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Questions




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CONNECT AND COLLABORATE IN GI



ACG & CCF IBD Circle



ACG GI Circle

Connect and collaborate within GI



ACG Hepatology Circle



ACG Functional GI
Health and Nutrition Circle



ACG Women in GI Circle

ACG's Online Professional Networking Communities
 LOGIN OR SIGN-UP NOW AT: acg-gi-circle.within3.com



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