

## Nomination of Susan E. Rutherford, M.D.

Susan Rutherford was a valedictorian of the West Seattle High School class of 1970. At Washington State University she graduated with a B.S. in Zoology, *summa cum laude*. She played violin in the WSU Symphony and Chamber Orchestras, raced on the WSU Women's Ski Team, served as a student senator, and was inducted into numerous scholastic honor societies including Phi Beta Kappa. With such intellectual promise, it was no surprise when she was accepted into the University of Washington School of Medicine in 1974. That same summer, Susan was appointed as an Ensign in the U.S. Naval Reserve. Her service in the Navy continued until her honorable discharge in 1994 with the rank of Commander, Medical Corps, U.S. Naval Reserve. (Commander is equivalent to Lieutenant Colonel in other service branches.) She served in San Diego, at the U.S. Naval Hospital in Yokosuka, Japan, and in Portsmouth, Virginia.

Susan's military and post-military medical career in Obstetrics and Gynecology, especially as a board-certified specialist in Maternal-Fetal Medicine (treatment of high-risk pregnancies) continues at age 70.

Susan is a past-president of the Washington State Obstetrical Association. Other leadership positions she has held include Medical Director, Maternal-Fetal Medicine Program, Evergreen Hospital Medical Center, Kirkland (1990-2001); Owner: Eastside Maternal-Fetal Medicine Associates, PLLC, Kirkland and Bellevue, WA. (1996-2001, the first private practice providing high-risk pregnancy services to the Eastside); Medical Director, Women's and Children's Services, Evergreen Healthcare, Kirkland, WA, (2008-2012); and Corporate President (2013-2023), and Medical Director (2014–present), Women's Accessible Medical Services, P.S. Needless to say, Dr. Rutherford has also helped bring many thousands of healthy newborns into the world and in addition has consulted with thousands of mothers facing issues involving their high-risk pregnancies.

As a recognized expert in Maternal-Fetal medicine and Ultrasound, Dr. Rutherford has held numerous academic appointments. As a faculty member, she authored or co-authored nearly two dozen refereed journal articles and book chapters and has made research presentations at numerous professional meetings. Over her long career, both while in the Navy and afterwards, she held these various academic appointments. Clinical Instructor, Maternal-Fetal Medicine, University of Southern California; Assistant Professor, Department of Obstetrics and Gynecology, Eastern Virginia Medical School; Clinical Assistant Professor, Department of Obstetrics and Gynecology, University of Washington; Adjunct Assistant Professor, Department of Obstetrics and Gynecology, Saint Louis University. Her academic contributions continue even now here in Seattle as she is affiliated with Seattle Pacific University and proctors nursing students in their Doctor of Nurse Practice program and with Northwest University in Kirkland, helping them to achieve national accreditation for their new Master of Science in Physician Assistant Studies program.

Dr. Rutherford has served and taught all over the world. She was involved in short-term medical missions at the Bach Christian Hospital in Qalandarabad, Pakistan; Bongolo Evangelical Hospital, Gabon, Africa; and in Honduras. She has done international medical lecturing in China, Kenya, Thailand, Colombia, South Korea, and continues to teach regularly both nationally and internationally.

Susan has not limited her community service to the medical arena. She has been a strong supporter of the Taproot Theatre Company and served on their Board of Directors (2003-2012), including service as Board Chair in 2005 and 2006. She has been a violinist in the Cascade Symphony in Edmonds for 25 years. She also plays in the University Presbyterian Church String Ensemble. When in Japan, she was a member of the Yokosuka Symphony Orchestra.

Along with numerous awards and commendations during her military service, Susan has been recognized both nationally and regionally.

The national Healing the Culture organization chose Dr. Susan Rutherford for its 2017 Cultural Hero award.

For the past ten years, Dr. Rutherford's service has been central to the establishment and success of Women's Accessible Medical Services, P.S. (doing business as 3W Medical for Women), which is a 501c3 organization that provides free and low-cost women's health services in Seattle's University District. Susan has held these positions with 3W Medical for Women: Corporate President (2013–2023); Member, Board of Directors (2013–present), CEO (2014–2020), and Medical Director (2014–present).

In 2023, 3W Medical for Women was chosen as the best Women's Clinic in the Pacific Northwest in The Seattle Times "Best in the PNW" program.



### 2023: Gold Best Women's Clinic



in Women's Clinic

### 3W Medical for Women



4528 8th Ave NE #1A, Seattle, Washington

The entire staff at 3W Medical for Women takes great care to ensure everyone who comes to the clinic feels truly heard, cared for, and respected. It provides a wide range of free-of-charge and low-cost services, including women's health screenings.

Dr. Susan Rutherford has been an outstanding example of West Seattle High School's best and brightest. She returned to the Seattle area following her service in the Navy and continued to make significant contributions both in the medical profession and to the arts community in our region. She is a worthy candidate to be recognized as a West Seattle High School Alumna of the Year.