

## Excellence Triathlon - A Success!

May 8, 2008 - Mother Nature rips through the neighborhood behind Tanglewood Park, site of the 11<sup>th</sup> Annual Excellence Triathlon

May 9, 2008 – Race director visits the park only to

This year's race did have its challenges but with lots of hard work, patience & belief in a great cause, everyone had a wonderful time. Approximately 200 volunteers, race crew and

we had athletes from as far away as Colorado and Maine, as well as relay teams made up of family members & co-workers.

We would like to congratulate Ms. Whitney



Folks having fun at the 11<sup>th</sup> Annual Excellence Triathlon: Wally the Warthog, Mr. Pokeeto the clown & members of Karate International entertained kids of all ages, while spectators cheered their athletes in.

discover there is no electricity and the bike course is closed.

May 10, 2008 - The day dawns beautiful and thanks to the diligence of the race crew, volunteers & athletes, the Excellence Triathlon is held on schedule!

spectators turned out to watch 219 athletes compete at all performance levels from former Ironman to first-timers, with ages ranging from 9 years to 66 years old. As a further testament to the broad appeal of this race,

Thomas for winning this year's "Big Heart" Award for exemplary volunteer service for the Triathlon. Ms. Whitney is a student in the Physician's Assistant Program at the WFU School of Medicine. She recruited numerous fellow  
[\(continued on page 2\)](#)

### Who We Are:

Mary Lou Voytko, PhD

*Director*

Maggie Dailey, MPH, PhD

*Associate Director*

J. Mark Cline, DVM, PhD DACVP

*Research Program Director*

Sonia Crandall, PhD, MS

*Leadership Program Director*

Shannon Golden, MA

*Associate Project Manager*

Diana Cornelison

*Administrative Assistant*

Natalie Barrett

*Administrative Secretary*

### Vision:

To improve the health of women and their families by: developing excellence and innovation in women's health research, disseminating best practices in women's health to all constituencies and promoting women's professional development.

### Donations:

To find out more about making a donation to the Center, please visit [wfubmc.edu/whcoe/Make+a+Donation](http://wfubmc.edu/whcoe/Make+a+Donation).

### Inside this issue:

Excellence Triathlon continued	2
Research Program Update	2
Women's Health Tidbits	2
Spotlight On: Women Faculty	3
Women's Health Awareness	3
Women's Health Funding Opportunities	3
Breastfeeding? What WFUBMC offers for New & Soon-To Be Moms	4
Breastfeeding Classes— Getting it Right the First Time	4

## Excellence Triathlon (cont.)

PA students (and her Mom!) to volunteer, collected donations to be included in the Raffle Baskets, sold raffle tickets and participated as an athlete, placing in first in her age category. Congratulations and thanks again, Whitney!

Representatives from the Shugart Women's Center, Forsyth County Family Shelter and Forsyth Animal Control (Safe Haven Program) gave out information & accepted donations for their domestic violence programs. Mr. Pokeeto the Clown, Wally the Warthog & members of the area chapters of

Karate International did their part to create a fun & festive scene around the Finish Line area. We would also like to thank the Forsyth Tech Massage Therapy group for volunteering their time to work the kinks out of the tired athletes & to Moe's Southwest Grill for feeding everyone.

For information about the Excellence Triathlon, including race results, photos, and volunteer, donation & sponsorship opportunities, please visit our website at [www.excellencetriathlon.org](http://www.excellencetriathlon.org).

## Research Program Update

The Third Annual Women's Health Research Day on April 3<sup>rd</sup> helped to bring this semester of research activities to a close. Over 70 people attended the event. The day's theme was "Depression: Comorbidities & High Risk Populations." Speakers presented data from both animal models and clinical studies. The day included 16 poster entries. From Public Health Sciences, Kimberly Wagoner's poster entitled, "There's No Such Thing as a Free Drink – Obtaining Free Alcohol and Associated Negative Consequences among Female College Students" won the prize for best poster among faculty and staff, and from the Hypertension and Vascular Research Center, David Soto-Pantoja's poster entitled, "Angiotensin-(1-7) Inhibits the Growth of Human Triple Negative Breast Tumors in an Orthotopic Model" won the prize for best poster among students and fellows. We were pleased with the volume and quality of posters displayed that day. Thank you to all who submitted

entries!

Activity planning is underway for 2008-09. Events this coming year will include a quarterly Research Strategy Workshop in addition to the monthly Research Seminar Series. Research Strategy Workshops will focus on obtaining and managing research grants. This year, Jazzercise on Jonestown Road (<http://www.winstonsalemjazz.com/>) will sponsor the workshops and lunch will be provided. The Seminar Series is near completion and will include topics such as HPV vaccination, urinary incontinence, breast cancer, natural ways of promoting mental health, polycystic ovary syndrome, adolescent risk behaviors and others.

**Mark Your Calendars:** All 1-hour seminars are scheduled for noon on the first Friday of each month in the Sticht Center except for January (held on the second Friday of the month), and April (no seminar). Seminars are open to all faculty

### Women's Health Tidbits

**Diabetes and Heart Disease Mortality in Women:** Dale et al., *European Heart Journal*, 2007 Dec;28 (23):2924-9.

[eurheartj.oxfordjournals.org/cgi/reprint/28/23/2924](http://eurheartj.oxfordjournals.org/cgi/reprint/28/23/2924)

**Cigarette Smoke May Enhance HPV And Increase Risk Of Cervical Cancer:** Alam et al., *Journal of Virology*, 2008 82(2):1053-1058.

[www.asm.org/ASM/files/LeftMarginHeaderList/DOWNLOADFILE-NAME/000000002643/pdf-smoking.pdf](http://www.asm.org/ASM/files/LeftMarginHeaderList/DOWNLOADFILE-NAME/000000002643/pdf-smoking.pdf)

**Caffeine, Alcohol, Smoking, and the Risk of Incident Epithelial Ovarian Cancer**

[http://www.eurekalert.org/images/release\\_graphics/pdf/6540.pdf](http://www.eurekalert.org/images/release_graphics/pdf/6540.pdf)

**Vascular Events in Healthy Older Women Receiving Calcium Supplementation**

<http://www.bmj.com/cgi/content/full/bmj.39440.525752.BE.v1?fmr>

**Higher Burden of Depression among Older Women:** Barry et al., *Archives of General Psychiatry*, 2008 Feb;65(2):172-8.

<http://archpsyc.ama-assn.org/cgi/reprint/65/2/172>

**Daidzein-rich isoflavone aglycones are potentially effective in reducing hot flashes in menopausal women:** Khaodhiar et al., *Menopause*, 2008, 15(1):125-134.

[www.menopausejournal.com/pt/re/menopause/abstract.00042192-200613050-00019.htm;jsessionid=LGqC5dbvpwCjXTydJlD57pQ2RK4ffyzXZpYHLZSC6lnQxBFxGj8!-1610132471!181195628!8091!-1](http://www.menopausejournal.com/pt/re/menopause/abstract.00042192-200613050-00019.htm;jsessionid=LGqC5dbvpwCjXTydJlD57pQ2RK4ffyzXZpYHLZSC6lnQxBFxGj8!-1610132471!181195628!8091!-1)

and staff. The Fourth Annual Women's Health Research Day is also under discussion for early Spring, so stay tuned for future details.



## Spotlight On: Women Faculty

In a recent issue of [Pursuit](#), the Office of Research's newsletter, Dr. Suzanne Danhauer, Assistant Professor in the Department of Internal Medicine, Section on Hematology & Oncology, was featured as the latest recipient of a WFU TSI Translational Research Scholar Award.

Reprinted with permission, the article published in Pursuit is next:

**Suzanne Danhauer, Ph.D.**, Assistant Professor of Internal Medicine-Hematology/Oncology and a member of the Comprehensive Cancer Center, is the latest recipient of a WFU TSI Translational Research Scholar Award. Dr. Danhauer's

*project seeks to test the feasibility of extending research on yoga for breast cancer patients conducted in an academic medical center into community settings. She will use the existing Community Clinical Oncology Program network (an NIH-supported network*

*based at WFU; PI: Dr. Ed Shaw) as the setting for this research, and will engage both community yoga teachers and community physicians.*

*Dr. Danhauer's hypothesis is that women with breast cancer in active treatment can use Restorative Yoga, a particularly gentle type of yoga, to reduce their treatment-related symptoms of fatigue, and thus improve their overall well-being and quality of life. Translational*



Dr. Suzanne Danhauer, PhD  
Assistant Professor

*research into the feasibility of yoga interventions to women with breast cancer in community settings, as an adjunct to medical treatment, is critically needed, because more and more survivors of cancer have troubling health issues (e.g. insomnia, depression) which may not be adequately treated. The WFU TSI's support of this project will enable Dr. Danhauer to test the feasibility of this protocol for possible future use on a broader scale.*

Dr. Danhauer also recently won the Complementary and Alternative Medicine Investigator Award from the Society of Behavioral Medicine for her research. She joins the other 3 faculty currently holding WFU Translational Research Scholar Awards – Drs. Satoru Hayasaka, Chad Miller, and Christopher Sullivan.

Dr. Danhauer is an Affiliate in the WHCOE and a participant in the WHCOE's Mentoring Program.

Congratulations!

### Women's Health Awareness

Visit [healthfinder.gov/library/nho](http://healthfinder.gov/library/nho) for women's health related National Awareness Campaigns, including:

**June 1:** National Cancer Survivors Day: [www.ncsdf.org](http://www.ncsdf.org)

**August 1:** National Minority Donor Awareness Day: [www.nationalmottep.org](http://www.nationalmottep.org)

#### September:

Healthy Aging® Month:

[www.healthyaging.net/events.htm](http://www.healthyaging.net/events.htm)

National Cholesterol Education

Month: [hp2010.nhlbihin.net/cholmonth/](http://hp2010.nhlbihin.net/cholmonth/)

National Infant Mortality Awareness

Month: [www.healthystartassoc.org](http://www.healthystartassoc.org)

Ovarian Cancer Awareness Month:

[www.ovarian.org](http://www.ovarian.org)

21: World Alzheimer's Day:

[www.alz.co.uk/adi/wad/](http://www.alz.co.uk/adi/wad/)

30: World Heart Day:

[www.worldheart.org](http://www.worldheart.org)

### Women's Health Funding Opportunities

Don't forget to keep checking our funding opportunities web page at [wfubmc.edu/whcoe/Research/funding\\_ops.htm](http://wfubmc.edu/whcoe/Research/funding_ops.htm). We update it regularly!

NBCCF is accepting nominations for the **2008 Best Practices in Breast Cancer Advocacy Awards** recognizing grassroots advocacy organizations whose strategic, high-impact programs in breast cancer research, healthcare access and/or public policy can serve as models for other organizations nationwide. The deadline is 7/15/08.

[www.stopbreastcancer.org/index.php?option=com\\_content&task=view&id=402&Itemid=108](http://www.stopbreastcancer.org/index.php?option=com_content&task=view&id=402&Itemid=108)

## Breastfeeding? What WFUBMC Offers for New & Soon-To-Be Moms

Did you know that breastfeeding bonds mother and child and saves families money? Also, breastfed babies get sick less often and their illnesses are less severe. The risk of Sudden Infant Death Syndrome (SIDS) is lower. They have fewer learning and behavioral difficulties. Breast milk provides extra protection against breast, ovarian & cervical cancer and a reduced risk of lymphoma in children. Breastfed babies have lower incidence of obesity, allergies and ear infections and are protected against measles and other communicable diseases.

WFUBMC offers several options for new moms who choose to continue to breastfeed after returning to work:

### **Breastfeeding Supplies for sale:**

ActionHealth offers the Medela supplies at a discounted rate, including:

- Medela Pump In Style Advanced

- Backpack or Shoulder Bag \$225
- Medela Freestyle Hands-Free Breast Pump \$275
- Harmony Manual Hand Pump \$30
- Quick Clean Micro-Steam Bags \$5
- Quick Clean Anti-Bacterial Wipes \$7
- CSF Milk Storage Bags \$8
- Purelan 100 1.3 oz tube \$6.00
- Lace Washable Bra Pads \$6.50
- Nipple Shields \$5

### **Pumps for Rent:**

ActionHealth has a Medela pump rental station, which offers rental of a hospital grade, Medela Lactina Select, at a reduced rate. Pump rentals are \$30/ month (first 3 months paid up front) and the kits are a one-time fee of \$50. Be sure to place your name on the list ahead of time to ensure a pump will be available when you need it.

### **Lactation Rooms:**

There are three lactations rooms throughout the Medical Center, that employees and visitors can use to pump. They are at:

- ActionHealth, Sticht Center, 1st Floor, offers a pump and a refrigerator. 8:30-5, weekdays.
- Pediatric OR waiting room, Ardmore 1st Floor. Available for staff & faculty in the surgical services area only. Refrigerator available.
- WHCOE, Piedmont Plaza II. 8:30-5, weekdays.

There are no pumps available in the OR & WHCOE rooms, so users must bring their own.

For more information about breastfeeding supplies please contact ActionHealth at 713-8001 or [ahealth@wfubmc.edu](mailto:ahealth@wfubmc.edu).

## Events on the Horizon

### Breastfeeding Classes - Getting it Right the First Time

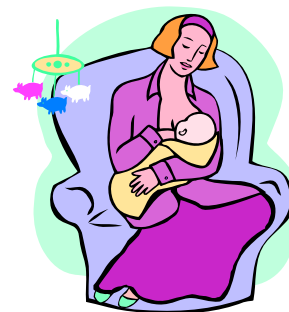
ActionHealth and the WHCOE offer quarterly breast-feeding classes taught by Sheila Britt-Smith, RD, IBCLC. The classes cover everything you need to know about breastfeeding and are recommended for first time moms and moms who had difficulties nursing in the past. Spouses and other support people are encouraged to attend.

The classes run from 5:30-7:30pm for 3 weeks, starting:

July 1 (register by 6/24)  
October 6 (register by 9/20).

The cost is \$30 per couple or single and includes a book. Classes are held at ActionHealth, Sticht Center, first floor, for a maximum of 10, minimum of 5 couples. To register please call ActionHealth at 713-8001.

Visit [wfubmc.edu/whcoe/Education](http://wfubmc.edu/whcoe/Education) for information.



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