



Women's Center Update

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**Women's Health Center
of Excellence**
Wake Forest University
School of Medicine

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Daunting Violence Data Draws Athletes

It's almost time to don your swimsuit, grab your running shoes and bike, to help us raise money for domestic violence (DV) prevention and education.

Now in its 8th year, the Excellence Triathlon will take place on May 21st at Tanglewood Park. To register or volunteer, please visit www.excellencetriathlon.org/. Race entries will be accepted until the event is sold out, so visit the website and register soon!

This year, the WFUHS Department of Public Health Sciences (PHS) and Office of Research join us in the planning. Through this annual race the WHCoE has raised over \$120,000 for local DV prevention programs. Some programs funded this year include:

Sexual Assault Nurse Examiner (SANE) Training:

Since July 2000, the SANE Program has contributed to DV trial convictions and guilty pleas. WFUBMC Emergency Room staffers see about 70 patients yearly. Sixty-four % of these cases are pediatric.

SANE has trained seven nurses and one physician. This year, four additional nurses will be certified, with funding from the Excellence Triathlon. Training includes clinical experience and 40 hours of lecture attendance.

The SANE Program also needs your help, details below.

Faith & Lay Leader Domestic Violence Training:

Since 2001, the Forsyth County Domestic Violence Community Council's Faith and Lay Leader Training Committee, led by Alison Snow Jones, PhD, Assistant Professor, PHS-SSH, has trained over 50 individuals to recognize and respond to DV incidences in their faith communities. Efforts have spurred them to form partnerships with secular DV service providers and developed training materials aimed at victims.

Triathlon funds have purchased materials for multiple faith communities and enabled leaders to attend training.

What you can do...

Participate or volunteer on race day OR donate to SANE. Local DV and sexual assault victims seen by SANE, need: toiletries, socks, underwear, pants & shirts for adults & children (2T-12), & Spacesaver bags. Gift certificates are welcome. Donation boxes will be at the Silent Witness exhibit at the Medical Center, in May. For information, visit www.wfubmc.edu/women/whcoe.htm

Domestic Violence Facts:

- Between 3.3 and 10 million children witness an act of domestic violence each year
- 40 percent of teenage girls between ages 14 and 17 report knowing someone who has been hit by a boyfriend.
- Health-related costs of domestic violence exceed \$5.8 billion annually.
- Youth from 0 to 12 were at greater risk for violence than teens.
- Nationally in 2001, 1,247 women were killed by an intimate partner
- In 2001, nearly 42,000 women were victims of rape/sexual assault committed by an intimate partner; almost 600,000 were victims of non-fatal violence.
- More than 90,000 North Carolinians called state help hotlines from July 1, 2002 - June 30, 2003 and most victims served were 26-40.
- In 1999, only 10 percent of physicians routinely screened for DV.

Facts from the NC Coalition Against Domestic Violence (www.nccadv.org/), the Journal of the American Medical Association, the Family Violence Prevention Fund and the Women's Law Initiative

Who We Are:

Mary Lou Voytko, PhD,
Director

Maggie Dailey, MPH, PhD,
Associate Director

Kim Wagoner, MPH,
Assistant Director

Candice Fike, MD,
Leadership Director

J. Mark Cline, DVM, PhD DACVP
Research Director

Ann Lambros, PhD,
Education Director

Kristin Kidd, MA,
Triathlon Director

Stacy Rega, MPH,
Associate Project Manager

TBN
Assistant Project Manager

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.

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WFU Women's Health Internship Program

The WHCoE partners with the WFU Women's & Gender Studies Program to coordinate the women's health component of the Women's Studies Internship Program, at the beginning of each semester. WFU students from a wide field of majors are paired with Medical Center clinicians and researchers to assist on women's health or gender differences projects.

In Fall 2004, Rachel Ryan, class of '04, assisted Dr. Gretchen Brenes, Assistant Professor, Psychiatry & Behavioral Medicine on a study investigating the prevalence of anxiety symptoms in the primary care setting. This study seeks to improve the intervention and treatment of individuals affected by anxiety. Rachel re-

cruited subjects of various ages and genders to complete a thorough health questionnaire including several measures of anxiety and was responsible for obtaining the consent forms and distributing the questionnaires.

"This is a great opportunity for undergraduates to get direct experience in conducting research. Rachel was hardworking, motivated, and the participants really enjoyed talking with her," said Dr. Brenes.

Sarah Albert, class of '04, interned with Dr. Roger Anderson, Associate Professor, Public Health Sciences, Social Sciences and Health Policy, in the Center on Women's Healthcare Quality Assessment.

The Center provides access to primary care data collection tools designed and validated to evaluate women's healthcare quality. Sarah, an English major, was instrumental in the redesign of the website and created an advertisement for the Women's Health Issues Journal. "Sarah showed a high level of creativity and dedication to the work tasks assigned to her. The Center benefited greatly from her involvement," said Dr. Anderson.

The semester-long program begins in January and again in August. To sign up for an intern, email a brief description of your women's health or gender differences project, to whcoe@wfubmc.edu.



Spotlight On: Women Faculty

In this issue, the spotlight is on Patricia Adams, MD, a Professor in Internal Medicine's Section on Nephrology and Chief of Professional Services of WFUSM.

Dr. Adams has devoted her career to making organ transplantation more available to all patients and to having transplant nephrologists recognized for their key roles in the care of transplant patients. Her unending drive and passion about renal transplantation led her to play an integral role in the Renal Transplantation Program at WFUBMC, where she served as the Medical Director from '80-'02. She is one of the Founding Members of the American Society of Transplant Physicians and has served in numerous leadership capacities, including as President of the South-Eastern Organ Procurement Foundation and the United Network for Organ Sharing. Dr. Adams has received continuous funding for 20 years to conduct clinical

trials of novel drugs to prevent renal transplant rejection and has authored over 30 peer-reviewed articles on renal transplantation. She served as Associate Dean of Student Affairs at WFUSM from '88-'04, ensuring a rich and productive environment for medical students and residents. Her strong commitment to both students and to her patients was demonstrated by the fact that she also maintained a full clinical practice, during this time.

Dr. Adams has been an outstanding and much needed role model for women faculty at our institution and nationally. She is one of only 28 women full professors at WFUSM and for some time she was one of only two women Deans. She participated in WHCoE activities and programs, including the Promotion & Tenure Workshops, serves as a mentor in

our Junior Women Faculty Mentoring Program, and has opened her home for women faculty socials.



It is a tribute to her efforts that many women faculty seek her advice on how to balance demands of patient care, research productivity, teaching responsibilities, and personal life.

The WHCoE nominated Dr. Adams as a "Woman of Vision" for the 2005 YWCA Leadership Award, for her outstanding and significant contributions to the practice and science of medicine, the education and welfare of medical students.

Our congratulations to Dr. Adams for receiving this award on April 5th.



Junior Women Faculty Mentoring Program

The WHCoE Junior Women Faculty mentoring program is currently being restructured to strengthen the matching process and enhance one-on-one contact through the program. The mentoring program is an asset for the institution and all departments because it assists new women faculty joining the system by

facilitating their transition and encouraging their development.

In the future you will be able to find useful mentoring information in the quarterly WHCoE newsletters. In this issue, a link to an interesting article on mentoring is attached.

This is a useful resource for both

mentees and mentors: www.thoracic.org/cgi-bin/showfile.pl?women/careertalk/career0105.asp.

For more information about the program or feedback about the resource provided in this article, please contact Stacy Rega, MPH, Mentor Program Manager at srega@wfubmc.edu.

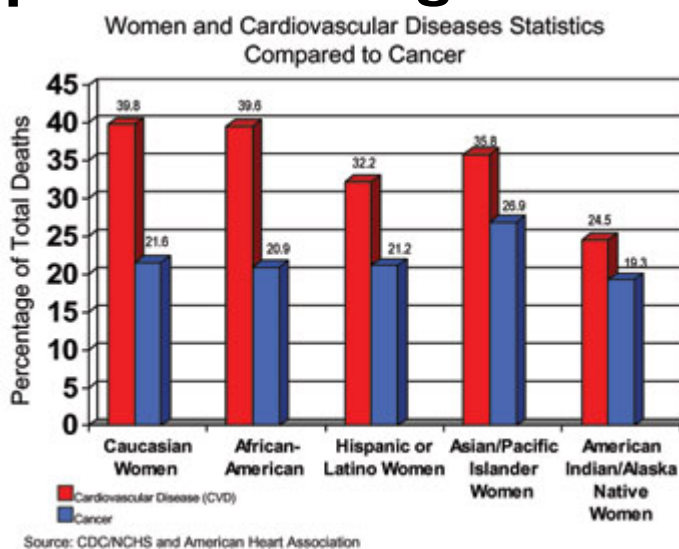
Red Dress Event Participants Have Big Heart

Attending a fashion show, hitting the classroom and getting a massage were all part of this year's Women's Heart Day, held February 4 & 5 at Hanes Mall. Thanks to all of the participants and planners, the event, sponsored by the WHCoE, WFUBMC BestHealth and the Heart Center, was a huge success yet again!

Red Dress pins, a daily reminder of how heart disease affects women, were distributed to all fashion show guests as well as attendees at all four classes.

The audience enjoyed sessions by Drs. Neal Kon, MD, Chair of Cardiothoracic Surgery; Denise Bonds, MD, Assistant Professor in PHS-Epidemiology, Gretchen Wells, MD, Assistant Professor in Internal Medicine Section on Cardiology, and Joanna Roberts, in Clinical Nutrition.

The WHCoE also participated in the *Heart Truth for Women: Because Heart Disease Doesn't Care What You Wear* luncheon, hosted by the WFUSM Hypertension & Vascular Disease Center on February 11. Stacy Rega, Associate Project Manager for the WHCoE, presented data from current studies on women and heart disease (see graph). Presenters from the Hypertension & Vascular Disease Center, included Drs. Debra Diz and David Averill, and Ms. Felicia Russell.



Courtesy of the CDC/NCHS & American Heart Association, the graph shows death rates from CVD versus all forms of cancer in women

Tour Our Resource Center

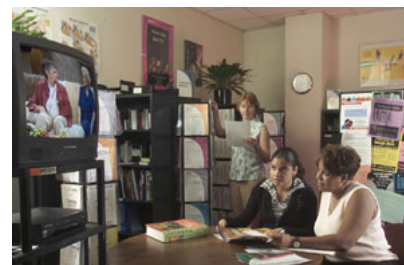
Visit our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Fl, Monday-Friday, 8:30-4:30, for our selection of materials on women's health topics.

Medical Center employees can also reserve professional materials by title, description, or program relevance, by searching our online catalogue at www.wfubmc.edu/women/whcoe_fact_sheets.

We also provide topical fact sheets in

quantities of up to 100 per topic, for local health fairs and women's group meetings. Call us at 713-4220 if you have a meeting you would like women's health educational materials or visit our website at www.wfubmc.edu/women/whcoe_fact_sheets for our online versions.

Right: The Resource Center at Piedmont Plaza II, 1st Fl (top); The Center's online catalogue (bottom)



Wake Forest University Baptist **WOMEN'S HEALTH CENTER OF EXCELLENCE**

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Women's Health Resources

Welcome to the catalog search for the Wake Forest Health Center of Excellence Resource Center. Our women's health collection contains a growing body of materials available for use. It has books, videos, scientific journals and articles, newsletters, fact sheets, and brochures for women's health care professionals, researchers and consumers. Publications may be checked out by Medical Center faculty and staff only, but we are happy to make a copy of short publications for you. If you would like to borrow an item, please complete the Request Form and send to Natalie Blumett, WHCoE. If you have any questions or problems while searching the library, please contact the [Women's Health Center](#).

Search by Title

If you are looking for a specific item, enter the title below. You may also enter specific words that may be found in desired titles. Or you may select one of the women's health topics on the pull-down menu; please remember that this is not an exhaustive list of topics.

OR



Events on the Horizon

Bone Up on Women's Health Awareness

In this issue, the WHCoE begins a segment to draw attention to some National Awareness Campaigns which will take place during April and May. We encourage you to visit the sites listed below or for additional observations visit www.healthfinder.gov/library/nho/nho.asp#m4.

In April (1-30):

- Women's Eye Health and Safety: www.preventblindness.org
- Sexual Assault Awareness: www.nsvrc.org
- Cesarean Awareness: www.ican-online.org
- Ntnl Child Abuse Prevention: <http://nccanch.acf.hhs.gov/>

In May (1-31):

- Ntnl Osteoporosis Awareness & Prevention: www.nof.org
- Skin Cancer Awareness: www.cancer.org
- Ntnl High Blood Pressure Education: www.nhlbi.nih.gov
- Ntnl Alcohol & Other Drug-Related Birth Defects Week: www.ncadd.org (6-14)
- Ntnl Women's Health Week: www.4women.gov (8-14)
- Ntnl Women's Check-up Day: www.4women.gov (9)
- Sex Differences in Health Awareness Day: www.womenshealthresearch.org (10)
- Ntnl Missing Children's Day: www.childfindofamerica.org (25)

Mark Your Calendars for the Women's Cognitive Health Conference - October 26-28, 2005

The 2005 Graylyn Conference on Women's Cognitive Health is fast approaching. This year the conference will focus on *Women's Cognitive Health: Fostering a Dialogue That Leads to Cutting Edge Translational Research*.

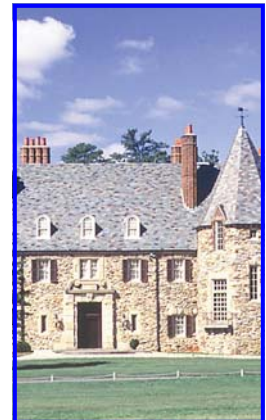
The organization of the conference will follow this translational theme throughout and will include detailed

discussions. The format of the conference is unique in that we limit the attendance to 100 participants to facilitate dialogue among presenters and attendees.

The WHCoE began sponsoring this women's health conference in 1995. Past conferences have focused on the effects of estrogen on the pathogenesis and

prevention of atherosclerosis and cognitive decline, and have been successful in serving as catalysts for new research on estrogen, heart disease and cognition.

For more information or to register please visit: www.wfubmc.edu/women/whcoe.htm or contact Stacy Rega at 336-716-9714 or srega@wfubmc.edu



The Graylyn International Conference Center in Winston Salem, NC



Helping Moms Breastfeed Successfully

2005 Breastfeeding Classes

Join a Certified Lactation Consultant for weekly breastfeeding classes on July 7, 14, 21, 28 or October 4, 11, 18, 25, 6-8 pm at the WHCoE. A minimal \$25 fee is charged for course materials.

For more information about these classes, our lactation supplies for sale, lactation rooms at the Medical Center or the Human Milk Bank, please visit www.wfubmc.edu/women/whcoe_breastfeeding.htm.

2005 Research Seminar Series

Monday, April 25, 12-1: Richard B. Weinberg, MD, Professor of Internal Medicine and Physiology & Pharmacology, will present: Genetic Effects on Human Lactation.

Tuesday, May 17, 12-1: Anthony Atala, MD, Chairman, Department of Urology. Presentation on how tissue engineering work relates to women's health.

Seminars will be held in the Commons Conference Rooms, Nutrition Bldg, G Fl.

Lunch will be provided at both seminars. No need to register.

Subscriptions:

To receive this quarterly newsletter electronically, please visit www.wfubmc.edu/women/whcoe_newsletters.htm or email whcoe@wfubmc.edu.