

## Spotlight On: Women Faculty

Congratulations to these women who were appointed to leadership positions recently:

Effective July 1, 2009: **Linda Porrino, PhD**, Professor, was named Chair of the Department of Physiology & Pharmacology and **Gretchen Wells, MD, PhD, FACC**, Associate Professor, Internal Medicine, Cardiology, has been appointed Associate Dean for Medical School Admissions.

**Dr. Linda Porrino** came to WFUSM in

principal investigator or project director on several federal grants and program projects. Her research focuses on neuroimaging of structural and functional central nervous system changes that accompany chronic exposure to drugs such as cocaine and marijuana in both animal and human models. She has authored or coauthored nearly 30 books and book chapters and more than 100 journal articles. She has been editor



Left: Linda Porrino, PhD, Professor and Chair, Department of Physiology & Pharmacology



Right: Gretchen Wells, MD, PhD, FACC, Associate Professor, Internal Medicine, Cardiology and Associate Dean for Medical School Admissions

1990 and has been professor of Physiology and Pharmacology since 1997. In 2008, she was named interim chair.

After graduating from Bates College, she received a Ph.D. in psychology from New York University. Her postdoctoral work was as Fellow at the National Institute of Mental Health. She has over 10 years of experience at the National Institutes of Health (NIH) and has served continuously as a consultant to the NIH since 1991.

Dr. Porrino serves as scientific director of the Center for the Neurobiological Investigation of Drug Abuse at WFUSM and is

-in-chief of the journal *Neuroscience and Behavioral Review* since 2005. She is also a Fellow of the American Psychological Association and President-Elect and Member of the Board of Directors of the College on Problems of Drug Dependence.

Dr. Porrino was accepted as a Fellow in the second class of the WHCOE's Career Development Seminar for Emerging Women Leaders Program, starting in September 2009.

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### Who We Are:

Mary Lou Voytko, PhD  
Director  
Cheryl Bushnell, MD, MHS  
Associate Director  
April Ronca, PhD  
Research Program Director  
Sonia Crandall, PhD, MS  
Leadership Program Director  
Shannon Golden, MA  
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).

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## The 12th Graylyn Conference on Women's Health Improving the Trajectory of Cognitive Aging in Women through Innovative Translational Research

The WHCOE began Graylyn Conferences on Women's Health for cutting-edge women's health research in 1995.

We plan to continue this critical and evolving dialogue among leaders in the field of women's cognitive health on October 14-16, 2009. The format of the conference is unique in that we

limit attendance to 100 attendees to facilitate a dialogue among all those attending.

Basic, clinical, and epidemiological investigators conducting research on dementia, cognitive functioning and learning are invited to attend, along with health policy and research administrators responsible for planning

new clinical or research agendas involving women's health.

To register and for more information, visit our Graylyn Conference page at [wfubmc.edu/whcoe/Graylyn+Cognition+Conferences/](http://wfubmc.edu/whcoe/Graylyn+Cognition+Conferences/).

## WHCOE Education & Outreach Endeavors

### Shop For A Cause Fundraiser – Shopping Passes Available Now!

Since 2006, Macy's Shop For A Cause Event has partnered with non-profit organizations nationwide to raise more than \$28 million for their ongoing charitable efforts. This is your chance to be part of this monumental event on **Saturday, October 17, 2009**.

Shop For A Cause gives you the opportunity to help the WHCOE's Domestic Violence Prevention Initiative by purchasing a \$5 Shopping Pass\* for exclusive savings and special offers in every Macy's store on October 17th. As a participating charity, we keep 100% of the proceeds from the sale of each pass. Plus, you can enter to win a \$500 Macy's Gift Card!

Come together with Macy's and us, and while you're out enjoying a day of shopping and great savings, you'll be helping our community at the same time.

\*Some exclusions apply. For more information and to order, contact Diana Cornelison at 713-4222 or [dcorneli@wfubmc.edu](mailto:dcorneli@wfubmc.edu).

### Upcoming Health Screenings –

Screenings take place in our Resource Center, at Piedmont Plaza II, 1st Floor, Suite 101 [[map](#)].

**Women's Heart Health Screenings** – to schedule an appointment, please contact Susan Butler, RN at [sbutler@wfubmc.edu](mailto:sbutler@wfubmc.edu) or 713-4427.

**Bone Density Screening** – technicians from the WFUBMC Outpatient Imaging Center will be here on September 15 & 21 from 11am – 2pm. No appointment needed.

*Lunch with Wonderful Women will be back in 2010!*

For more on the 2009 series, [see page 4](#)

*Look for complete schedule of Education and Outreach events soon!*

### Carter G. Woodson Charter School Book Drive Update & Announcement

Thanks to the generosity of all, we collected close to 1000 books at the WHCOE location for the Charter School Enrichment Center and overall, the library now has the required 4500 books that it needed to open. Five new computers were donated by Dell, also.



#### Book Fair coming up!

Even though they now have the minimum number of books, the library still needs to obtain specific titles that are listed by the State on the Accelerated Reading lists for each grade. To help them do this, a Book Fair will be held at Borders Books in the Thruway Center on Stratford Road. We will send an announcement when the date for the Fair is finalized.

Thank you again for your support with our Education and Outreach Endeavors!!



## Spotlight On: Women Faculty (continued)

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**Dr. Gretchen Wells** graduated from Birmingham-Southern College in Alabama, received her Ph.D. in medical genetics from the University of Alabama (UA) at Birmingham, and received her M.D. from the UA School of Medicine. In 1994, she came to WFUSM for her internship

and residence, in internal medicine, and fellowship in cardiology. She was promoted to Assistant Professor in 2000. Additionally, she has adjunct appointments with the WHCOE, Comprehensive Cancer Center, and Maya Angelou Center on Health Equity.

She has served on the Committee on

Admissions, Faculty Appeals Committee, the Institutional Review Board and the Women's Health Service Line Steering Committee, and was co-chair of the Hospital's Congestive Heart Failure Core Measures Committee.

Congratulations to both!

## Women's Health News Items

**Women: Stay Healthy at 50+, Checklists for Your Health:** The checklists help answer questions about what daily steps women can take for good health, whether they need medicines to prevent disease, and which screening tests they need and when to

get them. This tool is available at: [ahrq.gov/ppip/women50.htm](http://ahrq.gov/ppip/women50.htm). Spanish version: [ahrq.gov/consumer/women50sp.pdf](http://ahrq.gov/consumer/women50sp.pdf)

### For Women With Diabetes: Your Guide to Pregnancy:

The booklet includes information about checking and controlling blood glucose (blood sugar) maintaining a healthy diet, staying physically active, and taking tests and diabetes medications during pregnancy. Available at: [diabetes.niddk.nih.gov/dm/pubs/pregnancy/](http://diabetes.niddk.nih.gov/dm/pubs/pregnancy/)

### Postnatal Depression Scale:

This 10-question scale is a valuable and efficient way of identifying patients at risk for postnatal depression. It is easy to administer and has proven to be an effective screening tool, but the scale will not detect mothers with anxiety neuroses, phobias, or personality disorders. Tool is available at: [fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf](http://fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf)

**Medical bills caused 62 percent of personal bankruptcies in the U.S. in 2007**, reports a study published in the American Journal of Medicine. More than three-quarters of those had health

insurance when their illness began. [pnhp.org/new\\_bankruptcy\\_study/Bankruptcy-2009.pdf](http://pnhp.org/new_bankruptcy_study/Bankruptcy-2009.pdf)

Published every other week, **Women's Health Research News Service** covers the latest findings in research on sex differences between women and men that affect the prevention, diagnosis and treatment of disease, as well as health issues unique to women. Articles are available at: [www.womenshealthresearch.org/site/PageServer?pagename=press\\_newsservice](http://www.womenshealthresearch.org/site/PageServer?pagename=press_newsservice)

### Other Resources and Health News Headlines:

[Pregnancy, Migraine, & Stroke](#)

[Breastfeeding Fact Sheet](#)

[Breastfeeding While Pregnant: Is it Safe?](#) (from the Mayo Clinic)

[Dietary Oils May Fight Some Fat](#)

[Does Your Child Have Symptoms Of ADHD?](#)

[Memory Forms at 30 Weeks In The Womb](#)

[Younger Teens Really Do Care What People Think](#)

[Hormone Therapy Increases Odds Of Ovarian Cancer](#)

### Women's Health Awareness

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

#### October

1-31: Breast Cancer: [nbcam.org](http://nbcam.org)

1-31: Domestic Violence: [dvam.vawnet.org](http://dvam.vawnet.org)

1-31: Down Syndrome: [ndss.org](http://ndss.org)

1-31: Spina Bifida: [spinabifidaassociation.org](http://spinabifidaassociation.org)

1-31: Sudden Infant Death Syndrome: [firstcandle.org](http://firstcandle.org)

13: Metastatic Breast Cancer: [mbcnet-work.org/page.aspx?nm=mbc\\_awareness\\_day](http://mbcnet-work.org/page.aspx?nm=mbc_awareness_day)

14: Stop America's Violence Everywhere Today - [www.amaalliance.org](http://www.amaalliance.org)

20: World Osteoporosis: [iofbone-health.org/about-iof/iof-programs/outreach-education/world-osteoporosis-day.html](http://iofbone-health.org/about-iof/iof-programs/outreach-education/world-osteoporosis-day.html)

#### November

1 - 30: Alzheimer's Disease: [alz.org](http://alz.org)

18: Prematurity: [marchofdimes.com](http://marchofdimes.com)

#### December

1: World AIDS: [unaids.org/en/default.asp](http://unaids.org/en/default.asp)

## Events on the Horizon

### The 12th Graylyn Conference on Women's Health Improving the Trajectory of Cognitive Aging in Women through Innovative Translational Research

October 14-16, 2009  
Graylyn Conference Center

To register and for more information,  
visit our Graylyn Conference page at

[wfubmc.edu/whcoe/  
Graylyn+Cognition+Conferences/](http://wfubmc.edu/whcoe/Graylyn+Cognition+Conferences/).

### Nutrition Journal Club 2009-2010

These meetings are open to anyone interested in discussing recent diet-related research literature, especially nutritionists and dieticians seeking CE credits. Meets 9-10 am at the WHCOE [[location](#)], unless otherwise noted.

**September 11:** Exploring Long-Term Dietary Supplementation

**October 9:** How Does the Food Environment Impact Diet Choices?

**\*\*SPECIAL EVENT\*\***

**November 13, 11-1** (Kitty Hawk).

Book Discussion: "Closing the Food Gap" by Mark Winne

**December 11:** Vitamin K: It's Not Just

for Clotting Anymore

For the full schedule, visit our [education page](#).

To add your name to the mailing list or for more information, contact Shannon Golden at 716-9714 or [sgolden@wfubmc.edu](mailto:sgolden@wfubmc.edu).

### 2009 Lunch with Wonderful Women Series

Co-sponsored with ActionHealth, this series is open to everyone. The brown bag sessions (water & snack provide) will take place at the WFUBMC Cancer Center, Room 2 A&B, from 12-1.

**September 14:** What Can We Learn

From Teenaged Monkeys?

**October 12:** Tweens & Teens: Understanding Today's Adolescents

**November 9:** Autism Spectrum Disorders: A Parent and Professional Perspective

**December 14:** Avoiding Panic & Anxiety through the Holidays

For the full schedule visit our [education page](#). Sessions open to the first 40 who RSVP to 713-8001.

### Research Seminar Series 2009-2010

Co-sponsored with the [WFU Translational Science Institute](#), the Series serves to facilitate interaction and collaboration between investigators in women's health by providing a forum for sharing the findings of recent research in a broad range of disciplines. Each seminar will be held from 12-1 in the Sticht Center's Auditorium.

**October 2:** *Promoting Positive Development During Adolescence*, Christy Buchanan, PhD, Psychology, WFU

**November 6:** *Effects of Varying Dietary Protein Intake During Caloric Restriction in Older Adults*, Barbara Nicklas, PhD, Internal Medicine, Geriatrics

**December 4:** *Cytokine Modulation and Endothelial Dysfunction in the Obese Gra-*

*vida*, Saju Joy, MD, MS, Obstetrics & Gynecology, Maternal Fetal Medicine  
**January 15:** *Stress Urinary Incontinence and Prolapse: It's All in the Genes*, Gopal Badlani, MD, Surgical Sciences, Urology

RSVP not required. Lunch provided on first come, first served basis. For the full schedule, visit the [research page](#).

### 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:

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. For more information visit [wfubmc.edu/whcoe/Education](http://wfubmc.edu/whcoe/Education).

#### Women's Health Funding & Educational 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).

#### Subscriptions:

To receive this quarterly newsletter electronically, please visit [wfubmc.edu/whcoe](http://wfubmc.edu/whcoe) or email [whcoe@wfubmc.edu](mailto:whcoe@wfubmc.edu).