

3rd Annual Women's Health Research Day

Planning is underway for the third annual Women's Health Research Day, entitled, "**Depression: Comorbidities & High Risk Populations.**" It will be held from 8:00 a.m. until 3:30 p.m. in the Commons on April 3rd, 2008.

This year, Women's Health Research Day will showcase the achievements of investigators in depression and its comorbid conditions in women across the lifespan, with particular emphasis on sex differences, health disparities, aging and insomnia.

Our agenda features honored guests:
Dr. Peter Schmidt of the

National Institute of Mental Health
Dr. Dominique Musselman of the Emory University School of Medicine, and WFUHS researchers including:
Dr. Vaughn McCall, Psychiatry & Behavioral Medicine,
Dr. Gretchen Brenes, Psychiatry & Behavioral Medicine,
Dr. Ronny Bell, Public Health Sciences and the Maya Angelou Research Center for Minority Health, and
Dr. Carol Shively, Pathology.

We are now accepting

poster abstract submissions on ANY women's health topic. A prize of \$100 will be awarded to the best poster of the day. You are encouraged to enter women's health related posters, even if they have been presented elsewhere. Abstracts must be submitted by March 15th. Registration is required of all participants by March 28th.

Women's Health Research Day is open to anyone involved or interested in women's health research - students, staff, fellows & faculty.

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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.

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11th Annual Excellence Triathlon



Together with Family Services, Inc., we would like to thank everyone who donated their old cell phones & equipment to our

2007 "Be Safe" Cell Phone Drive.

Thanks to your generosity, we collected 40 sets of cell phones, chargers & miscellaneous accessories to be donated to the Family Services Shelter. The donated items will be used by the victims of domestic violence who seek help there.

An extra big "thank

you" to the Cardiology Department, which provided about half the collected cell phones!

Even though the drive is officially over, please feel free to continue to donate your old phones. For more information, please contact Diana Cornelison at dcorneli@wfubmc.edu

Meet the WFUBMC Women's Health Care Providers

The WHCoE has updated its Referral Resource, with information from over 120 WFUBMC health care providers. The updated resource can be found on our *Meet Our Doctors* page at wfubmc.edu/whcoe. A printable version has also been linked on the site, for easy access.

The individuals listed in the Referral Resource, have clinical services or programs that offer care that is sensitive to gender differences in health, are provided exclusively for women, or meet the expressed desires of women patients.

The Resource offers a prevention, assessment and primary care section

and a specialty care index, to review the list by specialty.

All the health care providers on the list responded to a survey that we issue annually. If you are a health care provider at WFUBMC and would like to be included in the Referral Resource, please contact us at whcoe@wfubmc.edu to request a survey. If you are already listed and have a new service, clinic, or procedure to which you would like patients referred, please inform us of the new program or change in services offered.

Career Development Program

The WHCoE's Leadership & Mentoring Program is pleased to announce a new professional development fellowship, the **Career Development Seminar for Emerging Women Leaders (CDSEWL)**, beginning in January 2008.

For the past several years, WFUHS has been highly successful securing positions in national leadership programs. Unfortunately only a few can benefit each year from these programs as they are becoming increasingly competitive and expensive.

34 applications (23 WFUSM and 11 WFU) were received for 12 fellowship slots. The 1st class consists of;

WFUSM:

Cheryl Bushnell, MD, Neurology
Annette Johnson, MD, Radiology
Brenda Latham-Sadler, MD, Family Medicine/Student Services
Amy McMichael, MD, Dermatology
Linda McPhail, PhD, Biochemistry/Graduate School

Katherine Poehling, MD, Pediatrics
Mara Vitolins, DrPH, Public Health Sciences, Epidemiology
Janice Wagner, DVM, PhD, Pathology
WFU:

Christy Buchanan, PhD, Psychology
Nina Lucas, MFA, Theatre & Dance
Shannon Mihalko, PhD, Health & Exercise Science
Ulrike Weithaus, PhD, Humanities

The fellowship, modeled after national programs for women in academic medicine, includes the following sessions which will take place over 10 months:

- Leadership for Our Times, Understanding Yourself and Your Communication Style, Ensuring Successful Small Group Process
- Finance Basics; SKILLSCOPE 360 Assessment
- Conflict Management, Mediation and Principled Negotiation
- Strategies for Creating and Sustain-

Women's Health Tidbits

Study Reveals Reasons for Women's Departure from the Sciences:

Women scientists are not pursuing advanced research careers because of a heavier burden of family responsibility and lower confidence compared to men, according to a study by the NIH. More at: www.nih.gov/news/pr/oct2007/od-31.htm

Gene Variant Puts Stressed Women at Risk For Depression; Has Opposite Effect In Men:

A common variation in genes puts women who are under chronic stress at risk for increased depressive symptoms, but has the exact opposite effect in men.

www.sciencedaily.com/releases/2007/11/071129153320

Depression Linked to Bone-Thinning in Premenopausal Women:

Premenopausal women with even mild depression have less bone mass than do their non-depressed peers. The level of bone loss is at least as high as that associated with recognized risk factors for osteoporosis, including smoking, low calcium intake, and lack of physical activity.

www.eurekalert.org/pub_releases/2007-11/niom-dlt111907.php

ing Diversity, Power of Language, Implicit Bias

- Career Planning, Presenting Yourself

Presenters are nationally and internationally known experts, executive coaches and senior WFU faculty and administrators. All presenters are highly respected in their content area.



Spotlight On: Women Faculty

Cheryl Bushnell, MD received her medical degree from Medical College of Wisconsin, and then completed neurology residency training, stroke research fellowship, and graduate degree in clinical research at Duke University. She was awarded an NIH K23 Career Development Award in 2001, the same year she joined the faculty in Neurology at Duke. With the K23 project, she prospectively studied the

impact of hormone therapy on stroke severity and outcomes in women, as well as thrombosis and fibrinolysis biomarkers, perhaps one of the few datasets focused on women, stroke outcomes, and biomarkers. She has also published and taught CME



Cheryl Bushnell, MD, MHS

courses related to stroke and headache in pregnancy, especially the impact of migraine and preeclampsia. She was just awarded an NIH K02 Independent Scientist Award that will focus on sex differences in subclinical vascular disease during midlife, as well as the impact of endogenous sex hormones and thrombosis markers. She is co-principal investigator for the Adherence eValuation After Ischemic

stroke – Longitudinal (AVAIL) registry, which will help determine the barriers to adherence to stroke prevention medications. She is also PI of a study of small vessel intracranial disease in African Americans with stroke, funded by the American Stroke Association/Bugher Foundation.

She was on faculty at Duke for 6 years, and joined the Neurology faculty at WFUHS in October 2007 where she is an Associate Professor. She has become an active member of activities at WFU, serving as the Awards Subcommittee Chair for the WHCoE Research Committee, interviewing neurology residency applicants, attending on the Stroke Service, and championing institutional support for ACGME accreditation of the Stroke Fellowship program. Recently, she was also selected to participate in the WHCoE sponsored Career Development Seminar for Emerging Women Leaders program, which began in January 2008.

Women's Health Awareness

Visit healthfinder.gov/library/nho for women's health related National Awareness Campaigns, including:

March

National Endometriosis Awareness Month: www.endocenter.org

April

Irritable Bowel Syndrome Awareness

Month: www.aboutibs.org

Women's Eye Health and Safety

Month: www.preventblindness.org

STD Awareness Month:

www.ashastd.org

3: Sexual Assault Awareness Day of Action: www.nsvrc.org/saam

May

Lupus Awareness Month:

www.lupus.org

High Blood Pressure Education

Month: hin.nhlbi.nih.gov/nhbpep_kit/

Teen Pregnancy Prevention Month:

www.advocatesforyouth.org

11-17: Women's Health Week:

www.womenshealth.gov/whw

12: Fibromyalgia Awareness Day:

fmaware.org

12: Women's Check-up Day:

www.womenshealth.gov

13: Sex Differences in Health Awareness Day: womenshealthresearch.org

Women's Forum Update

The spring meeting of the Women's Forum will be held March 15th at the home of Dr. Kristin Bennett, Assistant Professor, Elementary Education on the Reynolda Campus. Women faculty and key administrators are invited for an early evening of professional and social exchange. Brief updates

from each Task Force Chair (Work/Life Balance, Leadership and Status of Women), a "spotlight talk" from one woman on each campus focusing on her areas of interest and vision and a surprise bit of entertainment will punctuate the evening.

Please mark yours calendars.

Events on the Horizon

Research Program Seminar Series & Workshops

Seminars: 12-1 in the Sticht Center Auditorium:

March 7: *Soy Estrogen Alternative (SEA) Follow-up Results*, Mara Vitolins, PHS

May 2: *New Mothers' Strategies for Combining Work and Family: Implications for Women's and Children's Health*, Joe Grzywacz, Family Med.

Workshops: 12-1 in the Cancer

Center Rooms 2A&B:

Intramural Funding: February 25
Moderator: Paula Means (Assistant Dean for Research)

Panelists: Ann Geiger (PHS), Shannon Mihalko (WFU Health & Exercise Science)

Research Strategies: How to Run an Effective Team: April 30

Moderator: Sally Shumaker (Associate Dean for Research)

Panelists: Barbara Nicklas (Geriatric Medicine), Martha Alexander-Miller (Microbiology & Immunology)

No need to register. Contact Shannon Golden at sgolden@wfubmc.edu with questions.

Breastfeeding Classes - Getting it Right the First Time

Moms-to-be will meet on Tuesdays for 3 weeks starting as follows:

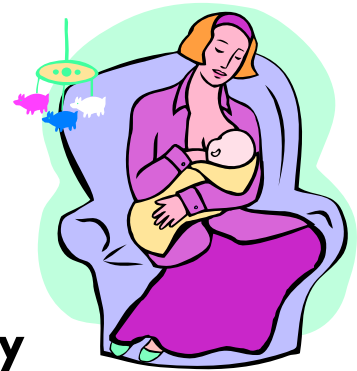
April 1 (register by 3/25)

July 1 (register by 6/24)

October 6 (register by 9/20)

Classes are facilitated by Sheila Britt-Smith, Med, RD, IBCLC, and are scheduled 5:30-7:30 at ActionHealth.

\$30 couple or single includes a book. Max 10 couples, Min 5 couples. To register please call Action-Health at 713-8001 *Co-sponsored by the WHCoE. Visit wfubmc.edu/whcoe/Education for information.



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Additionally, a \$25 fee will be charged to cover the cost of lunch and event

materials. This fee is waived for students.

For more details about registration, poster submissions and for an agenda, please visit

www1.wfubmc.edu/whcoe/Research/2008+WHRD.htm or contact Shannon Golden at sgolden@wfubmc.edu or 336-716-9714.

Women's Health Funding Opportunities

Don't forget to keep checking our new funding opportunities web page at wfubmc.edu/whcoe/Research/funding_ops.htm. We update it regularly!

Fondue Fund Dream Application

The "Dream" grant is designed to empower women to follow their passion and turn a vision into reality. For more information visit: <http://www.fonduefund.org/Fondue%20Fund/Dream%20Application.html>

Nutrition Journal Club 2007-2008

The Nutrition Journal Club, led by Dr. Mara Vitolins, is open to anyone interested in discussing recent diet-related research literature. CE credits available. The meetings take place the second Friday of the month at 9-10 am at the WHCoE [location].

March 14: *Assessment of the "Be a Smart Shopper!" program of Lowe's Foods*, Cindy Silver, Lowe's Foods
April 11: *Risk of Hypertension: Young Adult Lifestyle & Parental Influence*: Margaret Savoca, PhD,

Department of Nutrition, UNCG
May 9: *What we eat in America*, Janet Tooze, PHS-Bios
For more information or to be added to the mailing list, contact Shannon Golden at sgolden@wfubmc.edu.

Subscriptions:

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