

11th Biennial Graylyn Conference on Women's Cognitive Health

This year's Biennial Graylyn Conference for Women's Cognitive Health, entitled, "Continuing the Dialogue: Cutting Edge Translational Research," will be held at the Graylyn International Conference Center here in Winston-Salem on October 24-26.

Since the last conference in 2005, clinical and basic science research has continued the goal of better understanding the results obtained in studies such as the Women's Health Initiative Memory Study (WHIMS) and the Women's Health Initiative Study of Cognitive Aging (WHISCA). For this year's conference, we plan to continue a critical and evolving dialogue among leaders in the field of women's cognitive health. These leaders will present and critically review current knowledge from basic to clinical research, in order to guide the developing an innovative research agenda about hormonal and other therapies relevant to the advancement of knowledge in women's cognitive health.

As in the past, this conference will be relatively small. The emphasis of the sessions will be on research

from bench to bedside with a translational focus. Discussions will focus on identifying key directions for continued research on cognitive aging at the molecular, animal and human levels enhancing transitional dialogues across multiple disciplines.

The Program Agenda is:
Thursday, October 25

7:30-8 am: REGISTRATION (continental breakfast provided)
WELCOME

Session 1: *Translational Research - Going Beyond Your Comfort Zone*
Session 2: *Hormone Therapy & the Brain*
Session 3: *WHIMS: Where Are We Now and Where Are We Heading?*

LUNCH
Session 4: *Vascular Disease, Hormones & Cognition*
Session 5: *Additional Approaches to Improving Cognitive Function*

Panel Discussion: *Critical Gaps in Cognitive Translational Research: Are We Making Progress At All!?!?*

SOCIAL HOUR &



POSTER SESSION DINNER

Friday, October 26

7:30- 8 am: REGISTRATION (continental breakfast provided)

Session 1: *Physical Activity & Cognition*

Session 2: *Technological Advances in Translational Research*

Session 3: *Critical Issues in Women's Cognitive Aging*
LUNCH with breakout session: *The Next Generation of WHIMS*

Open Discussion: *Future Directions of the Graylyn Women's Cognitive Health Conference*
CONFERENCE CONCLUDES

For more information or to register, go to wfubmc.edu/whcoe/Graylyn+Cognition+Conferences, or contact Shannon Golden, the Conference Coordinator at 716-9714 or sgolden@wfubmc.edu.

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.

Inside this issue:

Spotlight: Women in Leadership	2
Women's Health Funding Opportunities	2
Women's Forum Update	3
Women's Health Tidbit	3
Mentoring Update	3
Women's Health Awareness	3
Research Program Seminar Series	4
Additional Research Program Events	4
Breastfeeding Classes	4
Nutrition Journal Club	4
2008 Excellence Triathlon	4



Spotlight On: Women in Leadership

Jill Tiefenthaler joined WFU as Provost and Professor of Economics in August, 2007. She earned master's and doctoral degrees in economics from Duke



University, in 1989 and 1991 respectively, and a bachelor's degree in economics from Saint Mary's College in South Bend, IN in 1987.

Since 1991, Dr. Tiefenthaler taught economics at Colgate University and chaired the department from 2000 to 2003. From 2003 to 2006, she served as Associate Dean of the faculty. At Colgate, she gained experience in strategic planning, faculty development, enrollment management, curriculum development, faculty scholarship and the establishment of new centers and institutes.

With research interests focused on labor economics, economics of the family and development economics, she has published numerous articles in scholarly journals. Several of those address topics related to the economics of domestic violence. Some of her academic work has been cross-cultural and includes studies conducted in the Philippines and Brazil.

Dr. Tiefenthaler has been a leader in university/community engagement. As founding director of Colgate's Upstate Institute, designed to bring together the resources of Colgate with the needs of the region, she expanded the outreach of the university by working closely with community and business leaders. She served on the Madison County Priorities Council, a community group that addressed social ser-

vice concerns and planned ways to improve the health and welfare of county residents. She was also on the board of the Partnership for Community Development, a joint venture between Colgate and the Hamilton community focused on sustainable economic development.

Lorna G. Moore comes to WFU as the new Dean of the Graduate School of Arts and Sciences and Professor of Public Health Sciences and Anthropology.



She served for more than 30 years as a faculty member at the University of Colorado at Denver and Health Sciences Center (UCDHSC), with appointments in Health and Behavioral Sciences, Anthropology, Medicine, Preventive Medicine/Biometrics, and Surgery.

Dr. Moore has had an active research career in women's health, focusing on the cause(s) of the maternal physiological adjustments to pregnancy and their consequences for fetal/maternal well-being. A particular focus has been

on the health effects of high altitude during pregnancy and fetal life. Her pioneering studies on three continents – North America, South America and Asia – have documented the existence of population differences in such health impacts and hence the likely operation of genetic mechanisms influencing survival during this critical period of pregnancy/fetal life. Her 180+ articles have appeared in the fields of anthropology, cell biology, human genetics, human physiology, internal medicine, medical anthropology, obstetrics and gynecology, pediatrics, and public health. Continuing work is directed at identifying the particular genes responsible for protecting multigenerational, Andean high-altitude residents from hypoxia-associated fetal growth restriction.

Her undergraduate degree was obtained from Smith College, followed by graduate training at Brown University and at the University of Michigan in Ann Arbor where she completed her MA and PhD in Anthropology, with an emphasis on human genetics. She carried out post-doctoral work in physiology at the Cardiovascular Pulmonary Research Lab at UCDHSC. She has been a regular member of grant review groups for the NIH and NSF. Her past administrative service at UCD includes serving as the founding chair of the Anthropology Department (92-98), fellow for American Council on Education and special assistant to the President (03-04), chair of the Health and Behavioral Sciences Department (05-06), and member of the steering committees for the Center for Women's Health Research (02-07) and the Colorado School of Public Health (04-07).

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!



Women's Forum Update

On September 11, 2007, the Women's Forum and WHCOE sponsored a social to welcome Drs. Tiefenthaler and Moore (spotlighted on the previous page). Over 70 Women Faculty from the Reynolda Campus & the School of Medicine gathered at the home of Dr. Patricia Adams, Nephrology, to meet our new Leaders as well as to celebrate

Right & below: Women Faculty gather to celebrate.



the appointment of Dr. Linda McPhail, Biochemistry, to Associate Dean of the Graduate School.

Welcome to both and congratulations for Dr. McPhail.

Mentoring Program Update

Below are some of the upcoming activities happening in the Leadership & Mentoring Program this year. All activities are open to participants of the WHCOE Mentoring Program.

Mentoring Brown Bag Luncheons:

October 16: "How To Delegate Effectively", Pete Santago, PhD

December 11: "Effective Self-Promotion: How to Blow Your Own Whistle – Mary Lou Voytko, PhD & Mark Miller PhD

February 6: "How to Give Effective Feedback" – Claudine Legault, PhD

April 22: "Conflict Management" – Sally Shumaker, PhD

Workshop:

October 8: "Career Compass", Judith Kapustin Katz, EdD

Mentoring Book Club: First selection is entitled Difficult Conversations by Douglas Stone et al.

If you would like to take advantage of some of these professional development opportunities and participate in the WHCOE Mentoring Program as a Mentor (male or female Associate or Full Professor) or Mentee (female Instructor or Assistant Professor), join us! To find out how, contact Diana Cornelison at 713-4222 or dcorneli@wfubmc.edu.

Women's Health Awareness

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

September

Ovarian Cancer: ovarian.org

21: World Alzheimer's: alz.co.uk/adi/wad/

30: World Heart Day: worldheartday.com

October

Lupus: lupus.org

Breast Cancer: nbcam.org

10: Stop America's Violence: amaalliance.org

19: Mammography: cancer.org

Women's Health Tidbits

Mothers' Second-hand Smoke Exposure Linked to Psychological Problems in Kids

Children whose mothers were exposed to second-hand smoke while pregnant have more symptoms of serious psychological problems, like ADHD and conduct disorder, compared to the offspring of women who had no prenatal exposure to smoke, according to a new University of Washington study. However, they did not show more symptoms of emotional disorders such as depression or anxiety. *Child Psychiatry Hum Dev*; May 2007.

Survivors of Rare Ovarian Cancer Retain Fertility, Have Positive Relationships

Ovarian germ cell tumor patients treated with platinum-based chemotherapy and fertility-sparing surgery are likely to retain their menstrual function and reproductive ability, according to the largest and most comprehensive survey of survivors ever conducted. The new prospective study, conducted by The University of Texas M. D. Anderson Cancer Center and the Gynecologic Oncology Group, also found that despite having reproductive and sexual concerns, survivors were more likely than their healthy counterparts to be involved in meaningful, positive relationships. *J of Clin Oncol*; July 07

Low-fat, high-produce diet doesn't cut breast cancer recurrence

The Women's Healthy Eating and Living Study was a randomized trial assessing whether a dietary pattern very high in vegetables, fruit, and fiber and low in fat reduces the risks of recurrent and new primary breast cancer and all-cause mortality among women with previously treated early stage breast cancer. Among survivors of early stage breast cancer, adoption of the dietary pattern did not reduce additional breast cancer events or mortality during a 7.3-year follow-up period. *JAMA*, 2007; 298(3):289-298

Events on the Horizon

Research Program Seminar Series 2007-2008

We are proud to announce a full schedule of seminars. Our speakers represent various departments and research backgrounds. Join us for a fascinating year of research!

All seminars take place 12-1 in the Sticht Center Auditorium, unless otherwise stated:

October 2: *Is it Menopause or Aging? New Findings from The Study of Women's Health Across the Nation (SWAN)*, Nancy Avis, Public Health Sciences (in the Kitty Hawk Rm, PPI)
 November 2: *Monkeys, Sex Hormones, and Women's Health: How Primate Research Has Informed the Interpretation of*

the Women's Health Initiative and Other Clinical Trials, Jay Kaplan, Pathology; Anthropology
 December 14: *Estrogen and the Brain: What are the Monkey Models Telling Us?*, Mary Lou Voytko, Neurobiology & Anatomy; WHCoE
 January 4: *West Virginia WISE-WOMAN: Reducing Cardiovascular Risk in Low Income and Under-Insured Women*, Irene Tessaro, School of Nursing, West Virginia University
 February 1: *Restorative Yoga for Women with Cancer: Findings from Pilot Research*, Suzanne Danhauer, Hematology & Oncology & Lynn Felder,

RYT Arts of Yoga,
 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.
 June 6: *Secondhand Smoke Exposure among the Haliwa-Saponi: Establishing a Women's Coalition to Address*, Kristie Foley, PHS.

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

Additional Research Program Events

** MARK YOUR CALENDARS **

1. **Brown Bag Research Workshop:** developed for faculty to enhance research skills: November

12, 12-1: *Responding to Reviewers*, facilitated by Sara Quandt, PhD, and James Eisenach, MD. Cancer

Center rooms 2 C&D.
 2. **3rd Annual Women's Health Research Day:** April 3, 8-5

2007 Breastfeeding Classes

Breastfeeding classes are scheduled at 5:30-7:30 at the WHCoE on October 9, 16, 23.

The sessions are co-sponsored with ActionHealth and cost \$30.

Visit wfubmc.edu/whcoe/Education for more information.

Nutrition Journal Club 2007-2008

The monthly Nutrition Journal Club, led by Dr. Mara Vitolins, is open to anyone interested in discussing recent diet-related research literature, especially nutritionists and dieticians seeking CE credits. The meetings will take place the second Friday of the month at 9-10 am at the WHCoE [\[location\]](#).

October 12: *Soft drinks, heart disease, and metabolic syndrome*, Mara Vitolins,

PHS-EPI
 November 9: *Dietary Fat Behaviors of Rural Older Adults with Diabetes: The ELDER Study*, Ronny Bell, PHS-EPI
 December 14: *Recent Developments in Bariatric Surgery for Weight Loss*, Gary Miller, Health & Exercise Sci, WFU
 March 14: *Assessment of the "Be a Smart Shopper!" Program of Lowe's*

Foods, Cindy Silver, Nutritionist with Lowe's Foods
 May 9: *What we eat in America*, Janet Tooze, PHS-Bios
 Topics TBD: 1/11; 2/8; & 4/11

To add your name to the mailing list or for more information, contact Shannon Golden at sgolden@wfubmc.edu.

2008 Excellence Triathlon

The Excellence Triathlon will take place on May 10, 2008. For information about sponsoring this event, con-

tact Diana Cornelison at 713-4222. To volunteer on race day, call 713-4220.

Subscriptions:

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