



Women's Center Update

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Women's Health Center of Excellence for Research, Leadership, Education

Wake Forest University School of Medicine

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Conference on Women's Cognitive Health October 2005

The 2005 Graylyn Conference on Women's Cognitive Health is fast approaching. This year the conference will focus on *Fostering a Dialogue That Leads to Cutting Edge Translational Research* and will bring leaders in the field together to review current knowledge and to guide research efforts toward promising avenues of research.

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 visit: www1.wfubmc.edu/whcoe.

The WHCoE, A Model for Women's Health in Korea

The WHCoE welcomed a visit from a Korean University Delegation on Monday, August 29th, 2005.

Delegates from the Kyungpook National University (KNU), In-Suk Hamm, M.D., Ph.D., School of Medicine Dean; Jeung Soo Huh, Ph.D., Dean, Office of International Affairs; and Ae-Ra Kim, Ph.D., Professor and Chairman, Anesthesiology, from Kemyung University Hospital, made the trip from Daegu, Korea to visit Wake Forest University School of Medicine (WFUSM) and the WHCoE.



Clockwise from bottom right: Ae-Ra Kim, M.D., Ph.D., In-Suk Hamm, M.D., Ph.D., Maggie Dailey, MPH, PhD, Jongyeol Kim, M.D., RVT, Stacy Rega, MPH, Jeung Soo Huh, Ph.D., and Grace Lim, PhD.

KNU graduates, Grace J. Lim, Ph.D. Institute for Regenerative Medicine and Jongyeol Kim, M.D., DVT, Neurology, at WFUSM, were on hand to facilitate the tour. The focus of the visit was to explore the development of a Women's Center and Mentoring Program at KNU.

2005 Conference Agenda

Thursday, October 27, 2005

Fundamental Opportunities and Challenges in Translational Research

- Molecular Studies
- Monkey Research in Estrogen and Cognition
- Human Observational Studies
- Human Interventional Studies
- Genetic Risk Assessment
- Discussion

Timing and Duration

- Molecular Studies
- Animal Studies
- Human Studies
- Discussion

Mode & Type of Administration

- Animal
- Human
- Discussion

Translational Challenges and Opportunities in Measurement Technology

- Pathophysiology
- Data Quality
- Role of Imaging in Early Detection with MRI and PET
- Biomarkers for Cognitive Decline
- Neuropsychological Assessment
- Discussion

Panel Discussion: Opportunities and New Directions for Translational Research on Hormones and Cognitive Aging

Friday, October 28, 2005

Current Trends in Prevention and Treatment of Cognitive Decline

- Update on WHIMS and WHISCA
- Serms
- Aromatase Inhibitors
- Statins and Cox 2 Inhibitors
- Cognitive Enhancers
- Exercise/Behavior Based Intervention
- Discussion

Translational Research: Will it ever happen?

Conference Concludes

Who We Are:

Mary Lou Voytko, PhD,
Director

Maggie Dailey, MPH, PhD,
Associate Director

J. Mark Cline, DVM, PhD DACVP
Research Director

Sonia Crandall, PhD, MS
Leadership Director

Ann Lambros, PhD,
Education Director

Stacy Rega, MPH,
Associate Project Manager & Triathlon Director

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.

Inside this issue:

| | |
|---|---|
| New Faces at the WHCoE | 2 |
| Spotlight On: Women in Leadership | 2 |
| Mentoring Tidbit | 3 |
| Excellence Triathlon Update | 3 |
| Want a Race Shirt? | 3 |
| A Chance to Talk to the Experts | 4 |
| First Annual Women's Health Symposium | 4 |
| Mindfulness-Based Stress Reduction Training | 4 |
| 2005 Breastfeeding Classes | 4 |
| Research Program Seminar Series | 4 |



New Name, Website & Faces at the WHCoE

The Women's Health Center of Excellence has officially changed its name to the **Women's Health Center of Excellence for Research, Leadership, Education** (WHCoE), effective July 1, 2005. We also have a new website! Visit www1.wfubmc.edu/whcoe to see our new online home.

New faces at the WHCoE include, **Sonia Crandall, PhD, MS**, as the new Leadership Program Director. Dr. Crandall is a Professor in Family & Community Medicine, with a Joint Appointment in the Maya Angelou Research Center on Minority Health. Before coming to WFUSM in 1994, she was Director of Faculty Development in Family Medicine at the University of Oklahoma (OU) College of Medicine. Dr. Crandall received her Ph.D. in Adult and Community Education from OU after earning a B.S. in Zoology from Western Illinois University, and a Master's in Education and Epidemiology from the University of Illinois and WFUSM, respectively.

Since 2000, Dr. Crandall has served as Director for the Medicine as a Profession course, a two-year pre-clinical course. She has been actively involved in face-to-face teaching for the past 15 years and has a long-standing interest in medical



Sonia Crandall, PhD, MS, Leadership Program Director & Professor, Family & Community Medicine

education, faculty development, and educational research. She has published several articles on medical student attitudes, one of which was awarded Best Paper by an Established Investigator (Division I) at the 1995 American Educational Research Association (AERA) meetings. She designed the "Accept, Revise, Reject" workshop for the Southern Group on Educational

Affairs (SGEA) and has co-authored seven funded Title VII HRSA primary care training grants. She is currently Project Director/Co-Director on three grants and is an active member of the Society of Teachers of Family Medicine, AAMC, AERA, SGEA, the Association for Medical Education in Europe, and the European Association for Communication in Health Care.

Dr. Crandall chairs WFUSM's Cultural Competency Theme Team. She is a Fellow of the 2005-2006 class in the *Hedwig van Amerigen* Executive Leadership in Academic Medicine (ELAM) Program for Women.

Ms. Diana Cornelison has joined the WHCoE as the new Administrative Assistant. She is the Center's financial administrator and serves as the Coordinator for the Research Program.

Welcome to both and congratulations to Dr. Crandall on her recent promotion!



Spotlight On: Women in Leadership

Laurie Molloy, M.B.A., Assistant Dean for Resource Management, has been at WFUHS for seven years, working first in Financial Administration and currently in the Office of the Dean. As assistant dean, Ms. Molloy reviews requests and proposals related to academic space assignments and institutional investments in programs and infrastructure and offers recommendations to the Dean of the School of Medicine. To arrive at her recommendations she works closely with administrative areas affected by these decisions. In this role she is also responsible for designing models for



performance review and providing benchmark data for justification of space and funding allocations.

Ms. Molloy received her

M.B.A. degree from WFU's Babcock Graduate School of Management. Before moving to NC, she worked for more than nine years at the Mayo Clinic in Rochester, MN. At Mayo she headed the Rochester Accounting Systems

unit, comprising Accounts Payable, Trip Accounting, and the General Ledger Report Writing team. In addition, she led and participated in numerous financial system software implementations and continuous improvement project teams.

Women's Health Tidbit

The National Library of Medicine (NLM) currently has an exhibit spotlighting the lives and accomplishments of women who have been pioneers in the world of medicine. Visit this exhibit online at www.nlm.nih.gov/changingthefaceofmedicine.



Mentoring Tidbit

If you are interested in mentoring, then you should read the following article: *An Investigation of the Determinants of Successful Assigned Mentoring Relationships*, Noe, R.A. (1988). *Personnel Psychology*, 41, 457-479. This study based article examined the influence of mentees characteristics and gender on mentoring relationships. The article stated "it is important for mentors to facilitate

personal development and advancement of their mentee through the following: challenging assignments, guidance and counseling, increase visibility to top management and serving as a role model." The article also gives tips for the mentee.

For more information about the WHCoE Mentoring Program for Junior Women Faculty feedback about the resource provided in this article, please

contact Stacy Rega, MPH, Mentor Program Manager at srega@wfubmc.edu.

Do you ever need women's health statistics?

Try the new National Women's Health Indicators Database from the Office on Women's Health, at www.4woman.gov/statedata.

8th Excellence Triathlon a Success!

The 8th Annual Excellence Triathlon was held on May 21st with great success.



For race results visit www.excellencetriathlon.org or for race pictures, like the ones in this article, visit myraceday.com and view the WFU Excellence Triathlon page.

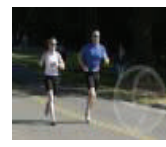
The 2006 race date has already been set. Mark your calendars for the 9th Annual Excellence Triathlon scheduled for May 20, 2006 at Tanglewood

Park in Clemmons.

All proceeds from this event fund domestic violence prevention programs. In the past 8 years, we've raised over \$140K, with the help of our great sponsors, participants and volunteers.



Planning begins now! If you are interested in helping out, contact Stacy Rega at srega@wfubmc.edu.



It is never too early to sign up.



From the Excellence Triathlon Director: A sincere thank you to all who helped with the 2005 race, especially our planning committee, Sponsors, production company, Off 'nRunning, and all the folks who participated and volunteered! The event would not have been successful without you. I look forward to seeing you at the 9th Excellence Triathlon.

Stacy Rega

Want a Race shirt? Triathlon shirts for Sale



Excellence Triathlon race T-shirts from the 2001, 2002, 2003, 2004 and 2005 races, are available for \$5 each on sale on our website at

www1.wfubmc.edu/whcoe/triathlon+t-shirts OR stop by our booth at the Baptist Medical Center on: October 4th, 11:30-1, under the Watlington Hall staircase and,



October 5th, 11:30-1, in the Ardmore Cafeteria.

All proceeds go towards domestic violence prevention & education programs.

Pick up your Excellence Triathlon T-



Shirts for \$5.00 each and support the cause.

Women's Health Awareness

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

- Ovarian Cancer: www.ovarian.org
- Gynecologic Cancer: www.thegcf.org
- Domestic Violence: www.ncadv.org
- Breast Cancer: www.nbcam.org
- Mammography Day: www.cancer.org
- American Diabetes: www.diabetes.org



Events on the Horizon

A Chance to Talk to the Experts

The WHCoE will host a panel discussion for young women on October 26, 6-7pm, to increase exposure to the field of science and the success of women in the field. Panelists include

Roberta Diaz-Brinton, PhD, Vice Provost for Institutional Diversity, Professor of Pharmacology & Toxicology, University of Southern California, School of Pharmacy, and **Phyllis Wise,**

PhD, Provost of the University of Washington, Former Dean for the Division of Biological Sciences and Professor of Neurobiology, Physiology, and Behavior at the University of California.

This is a wonderful opportunity for young women to explore future careers. For more information visit www1.wfubmc.edu/whoce.

First Annual Women's Health Symposium

The First Annual Women's Health Symposium, sponsored by the WFUSM NWAHEC & WHCoE and the UNC School of Phar-

macy, is scheduled for **September 23, 2005, 8-3** at the Marriott Hotel, Winston Salem, NC. The meeting is directed toward physicians

in Family Medicine, OB/GYN & Internal Medicine; PAs; NPs; Pharmacists and other interested healthcare professionals.

For more information, visit northwestahec.wfubmc.edu/brochures/050923s.pdf.

Mindfulness-Based Stress Reduction Training

Mindfulness-Based Stress Reduction (MBSR) is meditation model for stress reduction designed by Jon Kabat-Zinn, PhD at the Center for Mindfulness in Medicine, Health Care, and Society (CMMHCS), Worcester, MA. This fall, an eight week MBSR training will be offered to healthcare professionals through Northwest AHEC. The objectives of the training are to: experience and

practice mindfulness through both formal and informal practices; apply mindfulness-based stress reduction skills in settings with patients, clients, and students; understand how the breath can be used in times of stress and how simple breathing exercises can be taught to others; and to cultivate "stress response" as opposed to "stress reactivity".

This training, provided by CMMHCS trained practitioners: Maggie Dailey, MPH, PhD, Associate Director, WHCoE and Ann McCarty, MS, PA-C, Director, Clinical Studies, Dept of Dermatology, will take place on **Tuesday evenings, September 27-November 15** at the Reynolda Business Center and, Saturday, **October**

29 at Healing Ground, Greensboro, NC.

CME, CEUs, NBCC credits are available. For more information or to register, visit northwestahec.wfubmc.edu/brochures/050927a.pdf



Helping Moms Breastfeed Successfully

Breastfeeding Classes begin October 4th

For more information about the October classes, our lactation supplies for sale, lactation rooms at the Medical Center or the Human Milk Bank, please visit www1.wfubmc.edu/whcoe/Education/breastfeeding.

Research Seminar Series

Thursday, November 10, 12-1: Katherine E. Hartmann, MD, PhD, Co-Director, North Carolina Program for Women's Health Research; Assistant Professor, School of Medicine and School of Public Health, Department of Obstetrics & Gynecology, University of North Carolina at Chapel Hill. *"Right from the Start: Lessons from the Study of Early Pregnancy Loss"*

Seminar will be held in the Comprehensive Cancer Center, Conference Rooms 2 C & D. Lunch provided. No need to register.

Subscriptions:

To receive this quarterly newsletter electronically, please visit www1.wfubmc.edu/whcoe or email whcoe@wfubmc.edu.