

Faculty Research Awards in Women's Health

On April 2nd, 2009, the first annual WHCOE Faculty Research Awards in Women's Health were presented to two outstanding WFUSM researchers: Mara Vitolins, DrPH, MPH, RD for Mid Career Investigator and Charles Wood, DVM, PhD for New Investigator. These awards are designed to reward and encourage the continued pursuit of excellence in women's health research at WFUHS.

Dr. Vitolins earned her doctoral degree in Preventive Care/Nutrition from Loma Linda University and joined the Division of Public Health Sciences in 1994 as a nutritional epidemiologist to lead the recently established Nutrition Epidemiology Research and Applications Program. She subsequently joined the faculty in 2000. She is currently an Associate Professor.

Dr. Vitolins demonstrates a strong track record of external funding, collaboration and productivity. Her research focuses on the nutritional etiology of chronic disease with an emphasis on women's health. She is currently the PI or Co-PI of a number of NIH-funded projects. Her publications have been in the area of diet, women's health, nutritional factors and chronic disease risk. Notably, Dr. Vitolins has written important papers that focus on the impact of soy (and isoflavones) on chronic disease risk in women. In addition to these achievements, Dr. Vitolins has been a formal mentor for 9 students and junior faculty, and exhibits a strong commitment to teaching and school service.

Dr. Wood earned his doctoral degree in veterinary medicine from the University of Georgia and his PhD degree in molecular and cellular pathobiology from WFUSM. He came to the Department of Pathology



Drs. Vitolins and Wood were presented their plaques on April 2nd, 2009

as a research fellow in 2001, joining the faculty in 2004. Dr. Wood is currently an Assistant Professor.

From the start of his career here, Dr. Wood has shown himself to be an energetic young investigator with a research focus on women's health in relation to reproductive oncology. In 2005, he was granted a K award from the NIH to study the effects of different progestogens on risk markers for breast cancer.

This work has included recent projects investigating effects of bioidentical hormone therapies. Additionally, he has become nationally and internationally known for his significant scientific contributions related to the interactive effects of soy isoflavones and estrogens on cellular proliferation, estrogen metabolism, and other risk markers in the mammary gland and uterus. Dr. Wood is a generous mentor to PhD and MS students in the institution and serves diligently on the Animal Care and Use Committee.

Please help us in congratulating them for their achievements and contributions to women's health research.

Who We Are:

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Leadership Program Director
Shannon Golden, MA
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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:

4th Annual Women's Health Research Day: Hormones & Hormone Therapy Revisited	2
Women's Health News	2
Women's Health Awareness	2
WHCOE Resource Room Gets a New Look!	3
New! Women's Health Clinical Guidelines Webpage	3
2009 Lunch with Wonderful Women	4
The 12th Graylyn Conference on Women's Health Improving the Trajectory of Cognitive Aging in Women through Innovative Translational Research	4

4th Annual Women's Health Research Day — A Resounding Success!

The Fourth Annual Women's Health Research Day on March 20th was a great success! The event, entitled "Hormones and Hormone Therapy Revisited," was attended by 145 people. This is more than three times the number of people who attended our first event in 2006. Area nurses and students and faculty from Physician Assistant Studies comprised a large portion of our audience. We would especially like to thank them for their interest and for their constructive feedback. We would also like to recognize our co-sponsors from WFUHS.

- [Translational Science Institute](#)
- [Physician Assistant Studies](#)
- [Internal Medicine](#)
- [Nursing](#)
- [Pathology](#)

• [Obstetrics & Gynecology](#)

The agenda was packed with notable presenters. Our keynote speaker, Dr. JoAnn Manson from Harvard Medical School, discussed the current status of the Women's Health Initiative. WFUSM speakers included: Drs. Brigitte Miller, OB/GYN; Charles Wood, Pathology; Michelle Naughton; PHS-SSHP; Oona O'Neill, Ob/Gyn; and Nancy Avis, PHS-SSHP. Dr. Scott Washburn from Lyndhurst Gynecological Associates also spoke. Drs. Mark Cline and Tom Register from Pathology-Comparative Medicine, and Nyree Thorne, Internal Medicine-Gastroenterology planned and moderated the day.

Fifteen posters were presented over the Noon hour, representing many disciplines and departments. Two \$100 poster awards were presented at the conclusion of the day. Dr. Barbara Nicklas won the poster prize in the Faculty/Staff category for her work on aerobic exercise intensity and abdominal fat in overweight and obese women; Lindsey Hamilton in the Student/Post Doc category for her work on sex differences and the long-term effects of prenatal cocaine exposure. Please join us in congratulating them.

Plans are currently underway for the 2010 event (details forthcoming).

Women's Health News Items

Objective hot flashes are negatively related to verbal memory performance in midlife women:

Researchers at the University of Illinois at Chicago reported that women in midlife underreport the number of hot flashes that they experience by more than 40 percent. These hot flashes are linked to poor verbal memory. Maki PM, Drogos LL, Rubin LH, Banuvar S, Shulman LP, Geller SE. Menopause. 2008 Sep-Oct;15(5):848-56. To read more, go to menopausejournal.com/pt/re/menopause/abstract.00042192-200815050-00009.htm?sessionid=KcSQPMJJ3h0w12xfNIYp0Sp3dkfqNcHsG5VyKbn6IBGpvnvwtZQ!-701738752!181195629!8091!-1.

Symptom Screening Plus Blood Test Equals Jump in Early Detection of Ovarian Cancer:

Women's reports of persistent, recent-onset symptoms linked to ovarian cancer – abdominal or pelvic pain, difficulty eating or feeling full quickly and abdominal bloating – when combined with the CA125 blood test may improve the early detection of ovarian cancer by 20 percent, according to new findings by researchers at Fred Hutchinson Cancer Research Center. To read more, go to www.fhcrc.org/about/news/2008/06/23/symptom_screening.html.

Women's Health Awareness

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

June:

- 7-13: National Headache Week www.headaches.org
- 7: National Cancer Survivors Day www.ncsdf.org
- 27: National HIV Testing Day www.hhs.gov/aidsawarenessday/days/testing/index.html

August:

- 1-7: World Breastfeeding Week www.llli.org

September:

- 1-30: America on the Move Month www.americaonthemove.org
- 1-30: Cholesterol Education Month hp2010.nhlbihin.net/cholmonth/
- 1-30: National Infant Mortality Month www.healthystartassoc.org
- 1-30: Ovarian Cancer Month www.ovarian.org
- 30: World Heart Day www.worldheart.org



WHCOE Reading Room Gets a New Look!

We would like to announce that our Reading Room, located within the WHCOE suite, has been revamped to make it more useful for a wider variety of activities. With new tables and chairs, as well as a comfortable read-

ing area and small meeting space, the Reading Room can be utilized in many different ways.

In addition to housing informational materials about women's health is-

sues, we currently have a variety of activities scheduled. The kickoff for our new facility was during National Women's Health Week (May 11-15) and the Center hosted a different lunch 'n learn session every day. The topics included stress reduction, healthy eating, smoking cessation, stroke awareness and getting started on a fitness program. Currently, future activities include stroke screenings and women's heart health screenings.

The Reading Room is available for use by both institutional groups and groups from the community during normal business hours. If you are interested in reserving the Reading Room, please contact Natalie Barrett at 713-4220. The room can generally seat up to 15 people and food is allowed. We also have WiFi.

Please contact us for the complete details and we look forward to seeing you at a future event or meeting!



Left top: The new meeting spaces available in the WHCOE Reading Room at Piedmont Plaza II, 1st Floor.

Left bottom: Our reading area and small meeting space.

New! Women's Health Clinical Guidelines Listing on the WHCOE Website

Recently, the WHCOE added a new page to its website, which provides a comprehensive list of women's health related clinical guidelines. The page can be found at wfubmc.edu/whcoe/Education/clinical+guidelines.htm.

The information below is provided by the [National Guideline Clearinghouse™ \(NGC\)](http://www.nationalguidelineclearinghouse.org), a public resource for evidence-based clinical practice guidelines. NGC is an initiative of the [Agency for Healthcare Research and Quality \(AHRQ\)](http://www.aahr.org), U.S. Department of Health and Human Services. Additional searches, using your own key-

words, can easily be made by using the [NGC Browse](#) or [Detailed Search](#). Or, [subscribe to the NGC Weekly E-mail Update Service](#).

Some of the categories covered in the women's health listing on our website include:

- Behavioral & Social Issues/ Psychiatry/Mental Health
- Blood /Bleeding Disorders
- Breast Care
- Cardiovascular Prevention/ Treatment
- Endocrinology
- Gastroenterology

- Gynecology (including GYN Cancers)
- Hormone Therapy
- Lactation / Breastfeeding
- Lifestyle, Diet, Exercise & Prevention
- Menopause
- Neurology
- Obstetrics / Pregnancy
- Rheumatology

We hope you find this tool interesting and will tell others about it. If you would like to suggest additional topics, please contact Natalie Barrett at nbarrett@wfubmc.edu.

Events on the Horizon

2009 Lunch with Wonderful Women Series

Co-sponsored with ActionHealth, this series is open to everyone. The brown bag sessions will take place at the WFUBMC Cancer Center, Room 2 A&B, from 12-1. Water and snacks will be provided.

June 8, 2009: "Health Benefits of Soy Consumption", Mara Vitolins, DrPH, MPH, RD, PHS-Epidemiology & Prevention

July 13, 2009: "The Sandwich Generation: Caring for Both Your Children & Your Parents", Susan Brooks, LPC, MA, MBA, MDiv, Pastoral Care

August 10, 2009: "Healing Touch", Deborah Larrimore, RN, LMT, CHTI, Healing from the Heart

September 14, 2009: "What Can We Learn From Teenaged Monkeys?", Allyson Bennett, PhD, Physiology & Pharmacology

October 12, 2009: "Tweens & Teens: Understanding Today's Adolescents", Elizabeth Arnold, PhD, MSW, Psychiatry & Behavioral Medicine

November 9, 2009: "Autism Spectrum Disorders: A Parent and Professional Perspective", Felice Brenner,

Board of Directors, and Selene Johnson MEd, BCBA, ABC of NC Child Development Center

December 14, 2009: "Avoiding Panic & Anxiety through the Holidays", Gretchen Brenes, PhD, Psychiatry & Behavioral Medicine

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

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

The WHCOE began Graylyn Conferences on Women's Health for cutting-edge women's health research 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. We plan to

continue this critical and evolving dialogue among leaders in the field of women's cognitive health through the 12th Graylyn Conference in 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/.

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.

Subscriptions:

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