

Promotions, Tenure & Achievements High Among Women Faculty!

Women faculty at WFUSM are incredibly productive. We have known this for a long time, but we did not know the magnitude of the productivity until we asked the faculty to let us know about their achievements in 2004-2005.

The WHCoE compiled a booklet listing achievements in the following categories:

- Promotion & Tenure
- Elected to National Board
- Elected to Peer-Reviewed Journal Editorial Board
- Elected to Professional Society Officer position
- Served as Study Section Chair
- Received a National, Local or Civic Award
- Principal Investigator on a grant funded in 04-05.

Among the achievements, we found that 12 women

faculty received tenure, seven were promoted to professor, six to associate professor, and three to assistant professor.



Achievement social attendees networking and interacting.

To recognize the many accomplishments, the WHCoE Leadership & Mentoring program sponsored a social event at the home of Dr. Mary Lou Voytko, Director of the WHCoE, in September. The booklet was distributed at the social and later to the senior leadership of WFUHS, department

chairs and section heads.

If you did not receive a booklet or would like to view it, visit the WHCoE website at wfubmc.edu/whcoe/Leadership/achievements. We believe that you, too, will be impressed by the outstanding accomplishments of these many women and that you will celebrate their achievements with them and with others in your department.

Many thanks to the Offices of Research and Faculty Services & Career Development for the information they provided and to all those who assisted us by self-disclosing their achievements.

If we missed your accomplishment, please be sure to let us know.

Stress & the Holidays

The demands of the season are upon us. To keep a cool head follow these holiday-stress tips from the National Mental Health Association:

- Set realistic goals. Plan ahead, shop and make travel plans early and pace yourself.
- Don't do everything on

your own. Get everyone in the family to help.

- Scale down expectations.
- Manage your time and make sure to leave time for last minute changes.
- Relax. Try deep breathing exercises, relaxation tapes, and gentle yoga.
- Exercise. If you have an exercise routine, maintain it.

Excerpt from *Practice 'Safe Stress' Over the Holidays*. For the full article visit the Office on Women's Health website at womenshealth.gov/news.

Also available, Money Problems Leading Cause of Holiday Stress: womenshealth.gov/news.

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.

Donations:

To find out more about making a donation to the Center, please visit wfubmc.edu/whcoe.

Inside this issue:

Cognitive Health Conference a Success!	2
Mentoring Tidbit	2
Women's Health Tidbit	2
Spotlight On: Women Faculty	3
A Review of 2005: WHCoE Research, Leadership, Education	3
Women's Health Awareness	3
Excellence Triathlon May 20, 2006	4
Research Program Seminar Series	4
Faculty Development Programs	4
2006 Breastfeeding Classes	4

10th Annual Cognitive Health Conference an Overwhelming Success

The 10th Annual Graylyn Conference on Women's Health: *Fostering a Dialogue That Leads to Cutting Edge Translational Research*, was held October 26-28, 2005 at the Graylyn International Conference Center in Winston Salem.

The conference sought to gather research and clinical leaders in the field of women's cognition, to review current research and determine future efforts toward cutting edge research on hormone therapy and

Attendee Comments:

"Very helpful to know what the current trends and directions in other institutions are"

"Excellent, high quality discussion"
"Very useful to hear from other disciplines"

other therapies relevant to women's cognitive aging.

The conference objectives were to facilitate discussion and foster multi and interdisciplinary research.

The conference was a huge success as demonstrated by the information shared and obtained by presenters and attendees. The evaluations were overwhelming on the success of the structure and organization.

Thank you to the planning committee and all the presenters who contributed towards this success. For more information about the conference, visit wfubmc.edu/whcoe/Research/cognition

The next cognitive health conference will be held in Fall 2008.

Mentoring Tidbit

To assist junior faculty in developing a positive partnership with a mentor, the following are seven useful skills:

1. Ask productive questions
2. Develop key listening skills
3. Use trust-building behaviors
4. Overcome the awe factor
5. Resolve differences

6. Capture the essences of your mentor's help
 7. Internalize your mentor's input
- Excerpt from *Making the most of being Mentored*.

For information about the WHCoE Mentoring Program or the resource provided, please contact Stacy Rega at srega@wfubmc.edu.

Women's Health Tidbit

HeartHealthyWomen.org is the online source for the treatment and diagnosis of heart disease in women. It is a joint project of the Cardiovascular Research Foundation and WomenHeart: the National Coalition for Women with Heart Disease. The website is sponsored by the Office on Women's Health of the Department of Health & Human Services.



Spotlight On: Women Faculty

Neurologist Allison Brashear, MD, was named Chair of Neurology at WFUSM effective September 15, succeeding B. Todd Troost, who retired.

She was formerly a professor of neurology and vice-chair for clinical practice and program development at the Indiana University School of Medicine.

Brashear's area of expertise is in the use of Botox® therapy for neurologic problems. She has been the principal investigator in multi-center trials using Botox therapy in the treatment of cervical dystonia, in which neck muscles contract involuntarily, causing abnormal movements and posture of



Allison Brashear, M.D.
Professor and Chair
Department of
Neurology
Wake Forest
University School of
Medicine

the head and neck. Her work has appeared in such journals as *Annals of Neurology*, *Neurology*, *Movement Disorders*, *Muscle and Nerve* and others, for which she is also a frequent reviewer.

Dr. Brashear is the chair of the American Academy of Neurology Spasticity/Dystonia Advisory Board of the Movement Disorder

Society. She is also the current president of the Indiana Neurological Society, and a member of several professional organizations, including the American Academy of Neurology, the American Neurological Association, the American Association of Electrodiagnostic Medicine, and the Movement Disorder Society.

Dr. Brashear graduated from Indiana University School of Medicine in 1987 and completed her training in Neurology in 1991.

The WHCoE Leadership Program hosted a Welcome Social for Dr. Brashear on October 19th.



A Review of 2005: WHCoE Research, Leadership, Education

The WHCoE's three main areas of focus are Research, Leadership and Education. Each Program, which serve to further the mission of the Center, has been very busy in 2005. In this article, we detail some of the activities:

The Research Program addressed their mission of promoting Women's Health Research with the following activities:

March: With the assistance of the Office of Research, we surveyed Women's Health Research within the institution and found that 99 grants were extramurally-funded totaling over \$33 million.

Cosponsored: *Florence Hazeltine Young Investigator Award* at the 6th Annual Sex and Gender Expression (SAGE) Conference

October: 10th Annual Graylyn Conference on Women's Cognitive Health Sponsored: *Best Women's Health Poster Award* at Medical Student Research Day.

Seminar Series:

Richard Weinberg, MD, WFUSM: "Genetic Effects on Human Lactation"; Anthony Atala, MD, WFUSM: "Tissue Engineering: New Approaches to Health Care"; Katharine Hartmann, MD, PhD, UNC Chapel Hill: "Right From the Start: Lessons from the Study of Early Pregnancy Loss"; and Rosemarie Tong, PhD, UNC Charlotte: "Feminist Bioethics: Focusing on Gender-Related Issues on Healthcare".

The Leadership & Mentoring Program continued to develop programs to increase the promotion, tenure and retention of women faculty. Activities included:

January: Meet the WFUSM Leaders Women Faculty Social, with special guests Drs. Richard Dean, William Applegate, Steve Block, Joseph Ernest, Lewis Nelson, K. Patrick Ober, Patricia Petrozza, Sally Shumaker, & Mr. Douglas Edgeton.

March: *Getting and Keeping Your Life: Time and Stress Management for Successful Women* workshop.

May: *Pathways to Promotion* workshop.

September: *Getting Things Done* workshop, cosponsored with Faculty Services.

October: *Women in Science Panel*, Drs. Caroline Chiles, Professor of Radiology & Radiological Sciences & Sally Shumaker, Associate Dean for Research, Professor of Public Health Sciences at WFUSM, with special guest, Dr. Roberta Diaz Brinton, Vice Provost for Institutional Diversity, Professor of Molecular Pharmacology & Toxicology, USC School of Pharmacy.

The Education Program developed four task forces to realize the educational missions of the center, including the following activities:

Quarterly: *Breastfeeding classes*, in partnership with ActionHealth.

February: *Red Dress Campaign* at the

Women & Heart Disease Fashion Show at Hanes Mall.

Participation in the *Heart Truth for Women: Because Heart Disease Doesn't Care What You Wear* luncheon, hosted by the WFUSM Hypertension & Vascular Disease

Standardized Patient Troupe: Support was provided for instruction in pelvic & breast exams using live model instructors, to the PA students.

May: 8th Annual Excellence Triathlon: proceeds fund domestic violence education & research

Sisters in Science Symposium encouraged young women to consider careers in science.

Well & Wise 2005, co-sponsored with BestHealth.

Silent Witness exhibit.

September: 1st Annual Women's Health Symposium, cosponsored with Northwest AHEC.

November: A 2 year proposal to enhance the medical student curriculum in gender issues was submitted to the Association of Professors of Gynecology and Obstetrics.

The WHCoE website (wfubmc.edu/whcoe) was updated to reflect the new WFUSM look.

The Curriculum Task Force reviewed basic & clinical science problems patient cases for 1st and 2nd year medical students, to determine if full opportunity to explore women's health issues, is exercised or if revisions are warranted to emphasize these issues.

We had a busy and successful 2005 and anticipate that next year will be just as busy. Be sure to contact the WHCoE at whcoe@wfubmc.edu, for more information or to share suggestions for future programs.

Women's Health Awareness

Visit healthfinder.gov/library/nho/nhoyear.asp?year=2006 for women's health related National Awareness Campaigns, including:

January: Birth Defects Prevention: marchofdimes.com

February: Polycystic Ovarian Syndrome Awareness: pcoscampaign.com/pcosmonth.html

March: Colorectal Cancer Awareness: preventcancer.org/colorectal

Events on the Horizon

Excellence Triathlon, May 20, 2006 @ Tanglewood

*** MARK YOUR CALENDARS ***

The WFU Excellence Triathlon will be held May 20, 2006 at Tanglewood Park in Clemmons. Help us raise money for domestic violence (DV) prevention programs, again this year. If you would like to be a part of the Planning Committee, contact Stacy Rega, at srega@wfubmc.edu.

One of our 2005 race sponsors, New Balance of Winston Salem, is offering 10% off to all Wake Forest University School of Medicine employees in December. Please bring in this an-

nouncement when visiting their store.

DV Training Opportunity:

For: Clinical Front Desk Staff

Objectives: Learn what the basic dynamics of DV & warning signs are; how to identify abusive behavior; and how to notify clinical staff to screening discreetly.

When: January 25th, 8:30-10:30, 11:30-1:30, or 2-4. Free.

RSVP: By 1/13/06, to Sharee Fowler at Family Services, at 722-8173 or sfowler@familyserv.org.



Winston Salem

10% off purchase for
Wake Forest University
School of Medicine Em-
ployees

Research Seminar Series & Women's Health Research Day: Health Aging

The seminars and Women's Health Research Day will be held in the Comprehensive Cancer Center, in Rooms 2 A & B, unless otherwise stated.

December 13, 12-1: Dr. Rosemarie Tong, UNC Charlotte: "Feminist Bioethics: Focusing on Gender-Related Issues on Healthcare".

February 14, 12-1: Dr. J. Mark Cline, Pathology/Comparative Medicine, WFUSM: "Soy and Women's Health: Effects on the Breast and Uterus." Rooms 2 C & D

SAVE THE DATE: Tuesday, April 25, 8-5: Women's Health Research Day: *Healthy Aging*, with special guest, Dr. Sarah Berga, MD, James Robert McCord Professor and Chair, OB/GYN, Emory University School of Medicine.

Faculty Development Programs Sponsored by the Office of Faculty Services and Career Development

Educational Dossier: Developing and Maintaining

Mechanisms of Promotion

Thursday, January 12, 2006, 4 – 5:30, E-24, Hanes Building Thursday, March 2, 2006, 4 – 6, Commons Conf Rm 1-3

Additional information will be sent from the Office of Faculty Services and Career Development.

2006 Breastfeeding Classes Scheduled



Helping Moms
Breastfeed
Successfully

The quarterly breastfeeding classes are scheduled to begin on January 10th, April 4th, July 11th and October 10th. The classes run for 4 weeks and will take place 5:30-7:30 at the WHCoE. A \$30 fee will be charged to cover the cost of course materials and expenses.

For more information about the 2006 classes, lactation supplies for sale, lactation rooms at the Medical Center or the Human Milk Bank, please visit wfubmc.edu/women/whcoe_breastfeeding.htm.

Subscriptions:

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