

It's the 10th Year for the Excellence Triathlon! How Can You Help?

Sponsor!

She may be your next door neighbor, the teller who cashes your paycheck or a friendly face at church. The victims of Domestic Violence (DV) occupy every strata of our society and most of us never know just how many people we come in contact with who are affected by this pervasive problem. DV does not occur primarily within a particular race, religion, age or socioeconomic group. Nearly half of all American women will be abused by a partner, spouse or lover at some time.

Despite these bleak statistics, there are many dedicated people working in the

Participate!

Triad to raise awareness, provide shelter & care for the abused, provide training for clergy and lay leaders and to research the issue to provide more insight into this cultural blight.

To this end, the WHCoE is proud to host the 10th Annual Excellence Triathlon this year! This event is designed to not only raise awareness of the DV issues but to raise funds for education and prevention programs.

Volunteer!

To date, with the generous support of community sponsors, in-kind donors and triathlon participants, this event has raised in excess of \$155,000.

This [USA Triathlon](#) sanctioned event will take place on May 12th, 2007 at the Tanglewood Park in

[Continued on page 4](#)



Photos from the 2006 race.

New Women's Health Dedicated Floor & Nursing Unit at WFUBMC

Information contributed by Rebecca Turpin, RN, MSN, Women's Health Unit Manager

In the Summer of 2007 WFUBMC will open the first Women's Health Floor, with a dedicated women's health nursing unit, on the 10th floor of Reynolds Tower.

When the unit opens, it will serve all female patients receiving General Internal

Medicine, Surgery, Gynecology and Gynecological Oncology services.

The unit will open with 24 private rooms and a very modern physical layout.

While renovations are underway, the nursing unit is training to become proficient in caring for orthopedic and bariatric surgical patients. Further continu-

ing education specific to women's health and oncology will also be provided in the Spring to prepare staff educationally for the new service line.

This new venture offers a new specialty area for nurses to practice in, and a hospital environment for focus on the specific health needs of women as a growing medical field.

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
Michelle Naughton, PhD, MPH
Education Program Director
TBA
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:

| | |
|---|---|
| Conflicting Attitudes hinder Participation in Clinical Trials | 2 |
| Spotlight on Women Faculty | 2 |
| Women's Health Awareness | 2 |
| Women's Forum Update | 3 |
| Women's Health Tidbit | 3 |
| Budget Cuts in Women's Health | 3 |
| Women's Health Funding Opportunities | 3 |
| Mentoring Update | 3 |
| Research Day and Seminar Series | 4 |
| Breastfeeding Classes | 4 |
| Excellence Triathlon Registration Now Open | 4 |
| Women's Cognitive Health Conference | 4 |

Conflicting Attitudes Hinder Participation in Clinical Trials

Congratulations to Drs. Deborah Farmer and Sharon Jackson, formerly in Public Health Sciences (PHS) and Mark Hall, Professor of PHS and Law and Mr. Fabian Camacho, PHS, who recently published data from a study funded by the WHCoE. The study looked at the conflicting attitudes women have about participating in clinical trials and focused on black women and low socio-economic status white women.

In 1993, congress mandated that

women and minorities be included in clinical trials, but women and minorities continue to be under-represented.

The themes FEAR, DISTRUST and HOPE emerged from the analysis of the 10 focus groups held. Fear was expressed in terms of not wanting to be a guinea pig or in pioneering a new procedure and suffering long-term effects of treatment or complications. Distrust of investigators was another issue. The women felt that consent forms could be used

by investigators to protect themselves and that not all facets and risks associated with the study are sometimes disclosed. Participants also expressed hope that participation in clinical trials would be a benefit for future disease prevention, cures and lead to advances. Other factors also identified include: study location, time of day, duration & time commitment, parking issues, and child care provision.

For more about this article visit wfubmc.edu/News/



Spotlight On: Women Faculty

Dr. Michelle Naughton, PhD, MPH has agreed to serve as the new WHCoE's Education Program Director, effective May 1, 2007. Dr. Naughton is a Professor in Public Health Sciences-Social Sciences and Health Policy (PHS-SSHP) and holds a Joint Appointment in the Department of Orthopaedic Surgery.

In 2006, she was appointed Section Head of Social & Behavioral Sciences within PHS-SSHP. She is also the Co-Director of the Master of Science Program in Health Services Research. In addition, she serves as Center Director of the DOD Behavioral Center of Excellence in Breast Cancer, and is Director of Cancer Control for the

Comprehensive Cancer Center Research Base Grant.

Dr. Naughton received a PhD in Sociology from the University of Iowa and an MPH in Epidemiology from the University of Minnesota. She came to Wake Forest as an Assistant Professor in 1991, having done her Post-Doctoral Research in Cardiovas-



Dr. Michelle Naughton, PhD, MPH

cular Health Behavior at the University of Minnesota. She was promoted to Associate Professor in 1998 and to Full Professor in 2006. Her research interests include women's health, adolescent risk behaviors, quality of life in cancer research (lung, breast & colorectal), menopause, and urinary incontinence, to name a few.

Dr. Naughton has been involved with the WHCoE since its inception, serving on various committees and we are pleased to have her take on this new role within the Center. We look forward to learning more about her plans for the WHCoE Education Program.

Women's Health Awareness

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

March

Colorectal Cancer Awareness: preventcancer.org/colorectal

April

Cesarean Awareness Month: www.ican-online.org

Irritable Bowel Syndrome Awareness: aboutibs.org

Women's Eye Health & Safety Month: preventblindness.org

4/5: A Day To End Sexual Violence: www.nsvrc.org/saam

4/7: World Health Day: www.who.int/world-health-day/



Women's Forum Update

The Women's Forum is planning a Spring "Meet and Greet" event for April, 2007. Several women faculty and their areas of interest will be highlighted for this meeting. Please plan to attend and spend time net-

working with other women faculty from the Reynolda and Hawthorne campuses. Date and location are not finalized, so please watch your email for more information to follow soon.

Budget Cuts in Women's Health

Have you heard the news? The Washington Post recently published an article regarding a major funding cut threatened for the FDA's Office of Women's Health, which would potentially cripple its programs.

The office funds research on male-female biological differences and

produces health information about menopause, pregnancy, birth control, osteoporosis and other topics.

For the entire article visit www.washingtonpost.com/wp-dyn/content/article/2007/02/26/AR2007022601584.html

Mentoring Update & Recommended Reading

New Mentoring Program Coordinator

We would like to announce that Ms. Diana Cornelison is our new Mentoring Program Coordinator. Ms. Cornelison has worked for the WHCoE in various other capacities including Program Coordinator for both the Research and Education Programs, Graylyn Conference Coordinator, Excellence Triathlon Race Director and departmental Finance Coordinator. She is the liaison to the Women's Health Service Line at WFUBMC, serving on their Research & Marketing committees and collaborating with their Education Director on women's health projects. Ms. Cornelison has

extensive business management mentoring experience and we are looking forward to taking advantage of her fresh perspectives and ideas! Ms. Cornelison can be reached via interoffice mail at the WHCoE, PPII, 1st Floor, by phone at 713-4222, or by email at dcorneli@wfubmc.edu.

Recommended Reading List from the Association of American Medical Colleges:

The recommended AAMC reading list for Faculty & Women in Medicine, can be found at services.aamc.org/Publications/index.cfm?fuseaction=Catalog.displayProductList&queryType=RL&chr_id=30&cfid=1&cftoken=952B2C0C-E7FC-410D-A5E66B9BC9143DC4

Highlights include:

- [A Flag In The Wind](#)
- [Promoting Translational and Clinical Science: The Critical Role of Medical Schools and Teaching Hospitals](#)



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 monthly!

Women's Health Tidbits

Information provided by the [Society for Women's Health Research](#)

Women Nearly 3 Times More Likely to Die of Genital Non-melanoma Skin Cancer than Men:

Human papillomavirus (HPV), a group of viruses commonly linked to the sexually transmitted disease known as genital HPV infection, has long been associated with the development of certain types of cancers specifically cervical cancer. However, in some cases, HPV can lead to a type of skin cancer known as squamous cell carcinoma. Read more at newswise.com/articles/view/526991/?sc=dwhp

Shedding Pounds from Diet or Exercise—Take Your Pick: People

looking to lose those extra pounds have been told for decades that dieting together with exercise will bring about the best results. Not so, says new research published in the *Journal of Clinical Endocrinology & Metabolism*, which reveals that dieting alone is as effective as dieting plus exercise. The key is in the calories and the study shows that calories can be lost effectively by either dietary restrictions or exercise. Read more at women-shealthresearch.org/siteNews2page=NewsArticle&id=6381

Women's Health Takes the Spotlight in May:

The 7th Annual National Women's Health Week will be celebrated May 13-19 this year. It is an opportunity to raise awareness about steps women can take to improve their health. Women often put their health behind the health of their children, spouses and other family members. This week encourages women to be mindful of their health as well. Read more at: newswise.com/articles/view/527410/?sc=sphn

Events on the Horizon

2nd Annual Women's Health Research Day (WHRD) & Research Seminar Series

March 13, 2007, 8-5: The WHRD speakers are: **Walter Willett, MD, MPH, DrPH**, Harvard University School of Public Health (keynote); and from WFUSM: **Adolfo "Fuzz" Fernandez, MD**; **Barbara Nicklas, PhD**; **Philip Mellen, MD, MS**; **Richard B. Weinberg, MD**; **Jan Wagner, PhD**; **Jorge Calles, MD**; & **Floyd "Ski" Chilton, III, PhD**.

This event is open to all women's health research faculty & staff and

those interested in women's health research. Visit our [website](#) for the agenda and more about the **call for posters**. Continental breakfast and lunch provided. **Attendance is free but registration is required.** RSVP to dcorneli@wfubmc.edu.

June 5, 2007, 12-1: *Progress in Our Understanding of Chronic Pain & Fatigue Syndromes*, presented by John Winfield, MD, Herman & Louise

Smith Distinguished Professor of Medicine in Arthritis, Founding Director, Thurston Arthritis Research Center, and Adjunct Professor, of Exercise & Sports Medicine, UNC Chapel Hill. *Comprehensive Cancer Center, I A&B*. Lunch Provided. No need to register.

For more information visit wfubmc.edu/whcoe or contact dcorneli@wfubmc.edu.

2007 Breastfeeding Classes

Breastfeeding classes are scheduled for 5:30-7:30 at the WHCoE on:

April 10, 17, 24 October 9, 16, 23
July 10, 17, 24

The fee for these sessions, co-

sponsored with ActionHealth, is \$30 to cover course materials and class expenses.

For more information about the

classes, lactation supplies for sale, lactation rooms at the Medical Center or the Human Milk Bank, visit wfubmc.edu/whcoe/Education.

Excellence Triathlon Registration Now Open! From Pg. 1

Clemmons, NC again this year. Athletes will gather for a 400 Meter Swim, 20 Km Bike and 5 Km Run.

We are still looking for athletes to participate individually or in a team, sponsors and in-kind donors and volunteers both on race day and before!

New: This year, we are teaming with Studio7 Multisport Coaching, who will provide a unique 10 week training opportunity specially designed for beginners called "Try a Tri". This special package is being offered for only \$75 (\$195 value). Visit our website to find out more about this awesome deal!

All event information, including a new Volunteer FAQ page can be found at our race website at www.excellencetriathlon.org/.

**There's No Excuse for Abuse!
National Domestic Violence
Hotline: 1-800-799-SAFE**

11th Annual Graylyn Conference on Women's Cognitive Health: Continuing the Dialogue

** October 24 - 26, 2007 **

The Conference will focus on **Cutting Edge Translational Research** and will again bring leading researchers in field together. Stay tuned for more details as the agenda is finalized.

You can also now also view the agendas and slides (2005 only) from past conferences. For more information about the current or past conferences visit wfubmc.edu/whcoe/Graylyn+Cognition+Conferences/

Subscriptions:

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