



Women's Center Update

Volume 2, Issue 1

Winter 2005

**Women's Health Center
of Excellence**
Wake Forest University
School of Medicine

2000 West First St., Suite 101
Winston-Salem, NC 27104
Ph: 336 713-4220; Fax: 336 713-4228
Email: whcoe@wfubmc.edu
www.wfubmc.edu/women/whcoe

A New Leadership for the WHCoE

The WHCoE is now under the guidance of Dr. Mary Lou Voytko as the new Center Director. Prior to assuming this role, Dr. Voytko was Director of the WHCoE Leadership Program since 1998. In addition the WHCoE has three new Program Directors: Dr. Candice Fike for Leadership, Dr. Ann Lambros for Education and Dr. J. Mark Cline for Research. The WHCoE's Leadership, Research and Education Programs are responsible for supporting the missions of the WHCoE which are: to promote the professional development of women faculty members; to facilitate and grow our research portfolio on women's health and gender issues; and to disseminate research findings on women's health to the clinical, scientific and general communities. Dr. Voytko is excited by the opportunity to work with the new Program Directors in realizing the Center's missions.

Dr. Voytko is an Associate Professor in Neurobiology and Anatomy with a joint appointment in Pathology. She was an instructor in Pathology at the Johns Hopkins University School of Medicine prior to joining our faculty in 1993. She is



Mary Lou Voytko, PhD, Center Director & Associate Professor, Neurobiology & Anatomy

an internationally recognized expert in the area of cognitive aging, and cognition and estrogen working with a monkey model of menopause. Dr. Voytko has published extensively in the area of female cognitive health and aging and has served on advisory boards at the NIH, and on the Board of Directors of the American Aging Association. In addition to her successful research career, Dr. Voytko has demonstrated a strong commitment to faculty development and mentoring. She chairs the school-wide Faculty Development Advisory Committee and as the Director of the Leadership Program within the WHCoE, she founded the Mentoring Program for Women Junior Faculty at WFUSM and helped expand this program to the Reynolda Campus. Dr. Voytko has received a number of honors during her career, and was a Fellow of the Executive Leadership in Academic Medicine Program.



Candice Fike, MD, Leadership Program Director & Associate Professor, Pediatrics, Division of Neonatology

Leadership Program Director, **Candice Fike, M.D.**, is an Associate Professor, Pediatrics/ Neonatology. Dr. Fike received her M.D. from the University of Colorado Health Sciences Center in 1975. Following her Pediatric Residency training at the University of Arizona in Tucson, she pursued postdoctoral training in Neonatal-Perinatal Medicine at Baylor College of Medicine, in Houston, and in pulmonary physiology at the Cardiovascular Research Institute of the University of California, San Francisco. Dr. Fike is strongly committed to mentoring faculty and fellows. She was the Director of the Medical School of Wisconsin Neonatal-Perinatal Fellowship Program and served as the Society for Pediatric Research Membership Chairman (94-99). Since joining the faculty at WFUSM, Dr. Fike has been involved in the WHCoE Leadership and Mentoring [Cont. Pg 2](#)

Who We Are:

Mary Lou Voytko, PhD, Director
Maggie Dailey, MPH, PhD, Associate Director
Kim Wagoner, MPH, Assistant Director
Candice Fike, MD, Leadership Director
J. Mark Cline, DVM, PhD DAVCP Research Director
Ann Lambros, PhD, Education Director
Kristin Kidd, MA, Triathlon Director
Stacy Rega, MPH, Associate Project Manager
Belinda Youngdahl 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:

A New Leadership for the WHCoE (cont. from page 1)	2
Spotlight On: Women in Leadership	3
Med Student Wins the Women's Health Poster Award at Research Day	3
2005 Quarterly Breastfeeding Classes	4
Red Dress Campaign is Back!	4
2005 Excellence Triathlon - May 21 at Tanglewood Park	4
Research Program Seminar Series	4



A New Leadership for the WHCoE (cont. from pg 1)

Program. She has attended leadership workshops of the American Association of Medical Colleges (AAMC) and is currently WFUSM's AAMC, Women's Liaison Officer, M.D. Representative.

Dr. Fike's goals for the Leadership Program include developing a 5 year rotating "curriculum" that will enhance leadership skills and enable women faculty to successfully pursue their chosen career paths. She would also like to extend the current mentoring program by adding a program for pre-faculty women.



J. Mark Cline, DVM, PhD DACVP, Associate Professor, Pathology/Comparative Medicine

Research Program Director, **J. Mark Cline, DVM, PhD DACVP**, is an Associate Professor in Pathology/Comparative Medicine. Dr. Cline received his Doctor of Veterinary Medicine degree from UNC in 1986. Following his residency in Veterinary Pathology at Cornell University, he returned to UNC to pursue a Ph.D. studying the treatment of cancer in companion animals. He joined the faculty of WFUSM in 1992, specializing in the comparative pathology of cancers of the breast and female reproductive system. Dr. Cline is a member of the Graduate School training faculty; supervises the Comparative Pathology training program; is a member of the Comprehensive Cancer Center's Breast Cancer Research & Cell Growth & Survival Programs; and supervises the Comparative Pathology laboratories,

which serve the research needs of many WFU investigators. Dr. Cline has been awarded grants by several institutes of the NIH including the Office of Research on Women's Health, NCI, National Center for Complementary and Alternative Medicine, and other federal and foundation sources. He has published over 70 peer-reviewed scientific papers, and is actively involved in collaborative research with investigators at the NIH and several universities in the US and abroad. He serves on several grant review and expert panels for the NIH and other funding agencies and has mentored many junior developing scientists.

His vision for the Research Program includes developing stronger links to the Cancer Center and OB/GYN, and new incentives for investigators entering the field of Women's Health.



Ann Lambros, PhD, Education Program Direction, Assistant Professor, Academic Affairs and Director CERTL Program

Education Program Director, **Ann Lambros, Ph.D.**, is the Director of the Center for Excellence in Research, Teaching, and Learning; and Assistant Professor of Academic Affairs and PHS-SSHP. Dr. Lambros' master's degree is in education administration and her doctorate is in curriculum development, from the University of North Carolina (UNC) Greensboro. Her extensive experience with curriculum development and problem-based learning began in 1987 when the WFUSM

adopted a problem-based learning curriculum for medical students and she was instrumental in the design. Dr. Lambros' primary goal is to establish the WHCoE as one of the top model health centers in the country with respect to the education of students, health care providers, and the public on issues in women's health. Continuing goals include: providing multiple channels for education and distribution of women's health information; and supporting the development of educational research initiatives that provide evidence of the impact of education activities.

Stacy L. Rega, M.P.H., joins the Center as an Associate Project Manager. Ms. Rega received her BS in Health Promotion from UNC Charlotte, where she graduated Cum Laude and was inducted into the Golden Key National Honor Society. She received a MPH, with a focus in Community Health, from UNC Greensboro.

Ms. Rega will work closely with Dr. Candice Fike to expand the Junior Women Faculty Mentoring Program; will take a lead role in the coordination of the bi-annual Graylyn Conference on Women's Cognitive Health; and has agreed to take over the Directorship of the Annual Excellence Triathlon in 2006.

Some familiar faces will remain at the WHCoE, including: **Maggie Dailey, PhD**, Associate Director; **Kim Wagoner, MPH**, Assistant Director; **Kristin Kidd, MA**, current Excellence Triathlon Director; **Belinda Youngdahl**, Administrative Assistant and **Natalie Barrett**, Administrative Secretary.

For more information about the leadership and staff at the WHCOE, please visit our Introduction pages at www.wfubmc.edu/women/whcoe.



Spotlight On: Women in Leadership

This new section of our Newsletter will spotlight the Medical Center's women faculty or women in leadership in each issue. Meet the first two *Women in Leadership*:

In Fall 2004, the Office of Research acquired the talents of two outstanding women leaders:

Ms. Paula Means, M.P.A., Assistant Dean for Research, is from the University of Illinois at Chicago, and served as Director of the Office of Research Services. Along with more than 15 years of increasingly responsible experience in grants and contracts administration, Ms. Means brings new energy and a strong education and outreach commitment to her new position at WFUSM. In her prior position at the University of Illinois at

Chicago, Ms. Means' office administered annual total outside research support of more than \$300 million. As an active member of the Society for Research Administrators Ms. Means formerly served as president of the society's Midwest section and is currently acting as co-chair for the society's international meeting planned for October 2005 in Milwaukee, WI.

Ms. Janice Grace, Director, Industry Relations, arrived at WFUSM from the Mayo Clinic in Rochester, Minnesota. In her previous position, Ms. Grace, served as Technology and Licensing Manager and was responsible for a large and complex portfolio. Ms. Grace brings to her new position

considerable experience with industry sponsored research contracts as well as an expertise in legal administration. As Director, Industry Relations she will develop basic and clinical research collaborations and partnerships with industry sponsors through promotion of WFUSM's expertise and resources. Further, in addition to oversight of day-to-day operations of the Section on Industry Relations, her responsibilities include assuring that industry sponsored research conducted at WFUSM meets all university, local, and federal guidelines, rules, policies, and laws.

The WHCoE extends an enthusiastic welcome to these very accomplished women in academic medicine.

Student Wins Women's Health Poster Award

The WHCoE presented Alex Rogers, Class of 2007, with a \$100 gift certificate to the Medical Center's Bookstore for her poster entitled "*Barriers to Voluntary Counseling and HIV Testing Among Antenatal Women in India*", (right), at the Medical Student's Research Awards Day, October 6th, 2004.

Ms. Roger's research dealt with assessing barriers to voluntary counseling and HIV testing among women in Mangalore, India. About 1.5 million women in India are infected with AIDS, with 84% of them of childbearing age. However, little information exists on the acceptance of HIV testing and counseling among pregnant women in India. Many barriers exist to voluntary counseling and HIV testing,

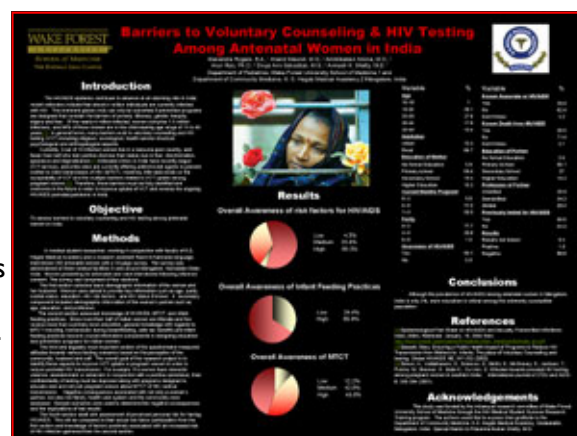
including religion, culture and the health care structure. The project goal was to identify potential barriers so that more women will receive counseling and testing and the HIV/AIDS epidemic can be reversed.

202 pregnant women completed a survey that explored knowledge and perceived risk of HIV/AIDS and attitudes about testing. The data showed that the prevalence of HIV/AIDS among pregnant women in Mangalore is about 2% and that the women have low levels of knowledge about the disease. Although the infection rate is relatively low, the women are susceptible to HIV/AIDS considering the

higher rates in the rest of the country and because women lack education about the disease. More education is needed to prevent increases in infection.

Ms. Rogers' faculty mentor is Avinash Shetty, M.D., Assistant Professor in Pediatrics.

Congratulations Alex Rogers!





Events on the Horizon

2005 Breastfeeding Classes



Helping Moms Breastfeed Successfully

Did you know that the US Surgeon General recommends babies be fed **ONLY** breast milk for their first 6 months of life. And breastfeeding is best for 12 months?

Together with ActionHealth, the WHCoE is helping moms successfully breastfeed their

infants by offering four weekly, evening classes with a Certified Lactation Consultant every quarter.

For a minimal \$25 fee, you can join the classes on:

- April 5, 12, 19, 26
- July 7, 14, 21, 28 and
- October 4, 11, 18, 25

For more information about these evening classes, our lactation supplies for sale, lactation rooms at the medical center or the Human Milk Bank, please visit our breastfeeding page at www.wfubmc.edu/women/whcoe_breastfeeding.htm.

Red Dress Campaign is Back!

The WHCoE, BestHealth and the WFUBMC Heart Center is presenting the "Women's Heart Day" campaign again this year, in conjunction with the NHLBI's "Red Dress" campaign, which promotes education for the prevention of heart disease in women.

Friday, 2/4: Red Dress Fashion Show - featuring survivors of heart events and/or their families, wearing red apparel from Belk - at Belk Court, Hanes Mall (no registration required).

Saturday, 2/5: Educational seminars hosted by BestHealth at Hanes Mall. Registration is required

- for:
- 10:30 Women and Heart Disease Update
 - 12:30 Heart Disease and Hormone Therapy
 - 2:30 Keeping Heart Surgery at Bay
 - 4:00 Women and Nutrition
- Space is limited, to register, contact 336-716-2255.



For more information about the national campaign, visit www.hearttruth.gov.

Put Your Team Together for the Excellence Tri

Save the date for the 2005 Excellence Triathlon, Saturday, May 21 at Tanglewood Park.



Swim, bike and run individually or in teams in this annual race, which has raised over \$120,000, since 1998, to support domestic violence awareness education and training programs. Space is limited to the first

300 registrants, so be sure to register early OR join the 100 dedicated volunteers who help the keep the participants safe. No previous experience needed! The need is always there, so help us spread aware-

ness and raise money to stop the abuse.

To register, volunteer or for more information, visit our Excellence Triathlon page at www.wfubmc.edu/women/whcoe.

2005 Research Seminar Series

Tuesday, May 17, 12-1: Anthony Atala, MD, Chairman, Department of Urology: Presentation on how tissue engineering work relates to women's health

This seminar will be held in the Commons Conference Room 2 & 3, Nutrition Bldg, Ground Floor.

Lunch will be provided. No need to register.

Next Issue

- 10th Annual Graylyn Conference on Women's Cognitive Health: 10/26-28/2005
- and more!