

Success Again at the 10th Annual Excellence Triathlon!

It was a beautiful day at Tanglewood Park for the 10th Annual Excellence Triathlon on May 12. 195 eager participants showed up to take on the course and to raise funds for Domestic Violence (DV) prevention programs, education & awareness. Ages of the participants ranged from 12 to 58 years old and experience levels ranged from first-time participants to former Iron Man contestants. We would like to take this opportunity to congratulate Ms. Randon Pender, who was the first recipient of the Big Heart Award. Ms. Pender was a volunteer last year and decided to move up to being a participant this year. Not only did she show remarkable determination in finishing the race, she also collected 10 boxes of donations from her co-workers at Blue Cross/Blue Shield for the various DV agencies. With her enthusiasm and joyful attitude, she was an inspiration to her fellow racers!

The opening ceremonies were made special by a beautiful performance of the "Star Spangled Banner" by Ms. [Bethany Crooks](#). Ms. Natalie Barrett, WHCoE Volunteer Coordinator, presented recognition certificates to Excellence Triathlon volunteers who had served at least 5 consecutive years. Award recipients were: Cheryl Barrett, Silva Billue, Alicia, Ayana & Kenisha Graham, Andrea Misel, Cheryl & Walt Summer-ville, Gwen Whitaker & Davetta Cook. Thanks to the many volunteers that showed up, including all of the safety officers from Forsyth & Davidson Counties, the event ran very smoothly. We certainly couldn't have an event without them.

There were several agencies on hand who represent the face of DV prevention, education and services in our community. Representatives from

the WFUBMC Sexual Assault Nurse Examiners (SANE) unit, [Forsyth County Family Services](#), [Shugart Women's Center](#) and [AARF](#) were on hand to volunteer in the concessions area and to provide information about their programs. The AARF tent was the gathering place for the 4-legged spectators, who were provided with water, cookies and information regarding the negative effects of DV on pets.

We were extremely fortunate to have a wonderful group of sponsors supporting the event (listed on [page 2](#)). Among them, Mr. Brian Shugart, VP of Shugart Enterprises (Platinum Sponsor, listed below), was also a participant and placed 3rd in the Overall Masters Male category! We had a fantastic number of in-kind sponsors this year, which made it possible to have refresh-

ments for the participants, ice, water on the courses, snacks for the pooches,

[Cont. on Pg 2](#)

Who We Are:

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Michelle Naughton, PhD, MPH
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Shannon Golden, MA
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.

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Building Dreams with Quality and Care
2007 Excellence Triathlon Platinum Sponsor

Support Our 2007 ET Sponsors!

raffle items, etc. We'd like to extend special thanks to Keith & Emily Davis of [Fleet Feet Sports](#), who were instrumental in the success of this race. Keith was our Course Captain Director this year and Fleet Feet was the site for packet pickup and a great window display. We would

also like to thank Ken Bush, of [Studio 7 Multisports](#), for providing specialized training packages & support for several of the athletes who participated in the race, including Ms. Pender. We encourage you to contact these folks if you are interested in participating in any upcoming

aces!

Results and photos are posted on our race website at [excellencetriathlon.org](#). We will be doing this again next year, so be sure to check the race site for 2008 race details over the next few months.

Our Other Monetary Sponsors are:



There's opportunity here

BB&T



Small Enough To Care

Race Produced By:



Our In-Kind Sponsors are:



Special Thanks To:



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Women's Health Awareness

Visit [healthfinder.gov/library/nho](#) for women's health related National Awareness Campaigns, including:

July

UV Safety Month: [www.aao.org](#)

August

World Breastfeeding Week: [www.la lecheleague.org](#)

September

Ovarian Cancer Awareness: [www.ovarian.org](#)

21: World Alzheimer's Day: [www.alz.co.uk/adi/wad/](#)

30: World Heart Day: [www.worldheartday.com](#)



Women's Forum Update

The Women's Forum held a lively spring "Meet and Greet" event on Tuesday, April 24, 2007, 6:30-8:30 p.m. at the home of Dr. Susan Hutson, Professor of Biochemistry, WFUSM.

Women from the Reynolda and Hawthorne campuses gathered to network with their colleagues and learn about opportunities to serve on task forces during the 2007-2008

academic year.

Highlights of the evening included brief talks by Ellen Kirkman, PhD, MS, Professor of Mathematics, WFU and Ann Lambros, PhD Assistant Dean for Education, Assistant Professor, PHS-SSHP, about their areas of interest and vision for future Women's Forum projects and activities.

Mentoring Update & Recommended Reading

On June 11, the Mentoring Program held an informal luncheon session entitled "Empowered Negotiation". Three panelists, Drs. Sally Shumaker, Associate Dean for Research & Professor, PHS-SSHP; Alison Brashear, Chair & Professor of Neurology; and Joe Tobin, Professor, Anesthesia & Section Head, Pediatric Anesthesia/Critical Care, answered questions from both Mentors & Mentees.

Some of the high points follow:

- Negotiations happen every day with almost everyone that you come in contact with – co-workers, supervisors, employees, even your family members.
- When negotiating, be succinct, concrete & explicit with your expectations.

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 regularly!

- Know what you want and why.
- It is helpful to know the interests and expectations of the person that you are negotiating with, what is important to them, possible shared interests.
- Be prepared with all relevant data.
- Try to find acceptable trade-offs by being flexible and considering viable options & alternatives.
- In unplanned negotiations, try to respond instead of react; be non-threatening; try to ascertain how the unhappy situation came about; ask open-ended questions to better understand where the other person's concerns lie.
- If initial negotiations are not successful, reassess the situation, decide how important the issue is to you and if possible, try to come up with a solution that works for both parties.
- Never negotiate via email.

Women's Health Tidbits

In a national survey conducted by the Society for Women's Health Research (SWHR), a majority of American women will check medication labels for how it may affect them differently than if a man were to take it but few will actually discuss this with their physician or pharmacist. For more information, visit the SWHR website at www.womenshealthresearch.org/site/News2?page=NewsArticle&id=6689

The FDA has issued an alert regarding rosiglitazone, a drug used in Type 2 Diabetes medications, such as Avandia. For more information, visit the FDA's website at www.fda.gov/consumer/updates/avandia052507.html

Tips for staying healthy in the heat:

- Drink plenty of cool, non-alcoholic beverages. If you are on a low-salt diet, avoid sports drinks. Also avoid sugary drinks, as they can cause you to lose body fluids.
- Try to limit outdoor activities to early morning or evening. If you cannot avoid going outside in the middle of the day, rest often in a shady place & drink! Also, wear a wide-brimmed hat & light, loose fitting clothing.
- Protect yourself from skin damage by applying a broad spectrum sunscreen (at least 15 SPF) per directions.
- Information is power!

Dr. Tobin highly recommended the book *The Secrets of Power Negotiating* by Roger Dawson as an excellent reference tool.

Greater Survival After Breast Cancer in Physically Active Women with High Vegetable-Fruit Intake Regardless of Obesity

According to a new longitudinal study from Moores Cancer Center at UCSD, breast cancer survivors who eat a healthy diet and exercise moderately can reduce their risk of dying from breast cancer by half, regardless

of their weight. Previous studies have looked at the impact of diet or physical activity on breast cancer survival, with mixed results. This study, published in a recent issue of the *Journal of Clinical Oncology*, is the

first to look at a combination of both in breast cancer. For more information visit <http://jco.ascopubs.org/cgi/reprint/25/17/2345>.

Events on the Horizon

2007 Breastfeeding Classes

Breastfeeding classes are scheduled for 5:30-7:30 at the WHCoE on: July 10, 17, 24 October 9, 16, 23

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.

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

The Conference will focus on **Cutting Edge Translational Research** and will again bring together leading researchers in the field of women's cognitive health. The Program will be:

Wednesday, October 24, 2007

For overnight guests only:

Registration: 4-8
Social Hour: 6-7
Dinner: 7 pm

Thursday, October 25, 2007

7:30-8 am: REGISTRATION
(continental breakfast provided)
WELCOME

Session 1:

Translational Research - Going Beyond Your Comfort Zone

Session 2:

Hormone Therapy & the Brain

Session 3:

WHIMS: Where Are We Now and Where Are We Heading?

LUNCH

Session 4:

Vascular Disease, Hormones & Cognition

Session 5:

Additional Approaches to Improving Cognitive Function

Panel Discussion:

Critical Gaps in Cognitive Translational Research: Are We Making Progress At All?!

SOCIAL HOUR & POSTER SESSION
DINNER

Friday, October 26, 2007

7:30- 8 am: REGISTRATION
(continental breakfast provided)

Session 1:

Physical Activity & Cognition

Session 2:

Technological Advances in Translational Research

Session 3:

Critical Issues in Women's Cognitive Aging

LUNCH

CONFERENCE CONCLUDES

For more information about this conference or for the registration form, visit wfubmc.edu/whcoe/Graylyn+Cognition+Conferences/

Subscriptions:

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