

1st Women's Health Research Day

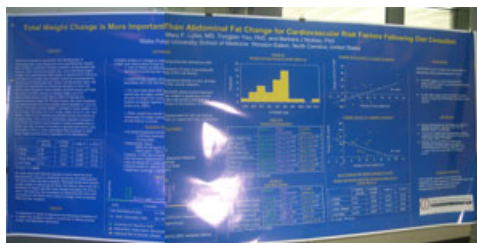
On April 25th, 2006 the WHCoE Research Program hosted the First Annual Women's Health Research Day, "Healthy Living Across the Lifespan". This event brought together WFUSM researchers in Women's Health to discuss ongoing research and identify opportunities for collaboration and synergy. Special guests were Drs. Sarah Berga, Chair of Obstetrics and Gynecology at Emory University School of Medicine (keynote speaker), and Claude Hughes, Executive Director of Medical and Scientific Services for Quintiles, Inc (panel moderator).

Speakers addressed the

following topics: **James C. Rose, PhD:** "Prenatal Events – Postnatal Consequences"; **Nancy Avis, PhD:** "The Study of Women's Health Across the Nation (SWAN), a multiethnic, longitudinal study of the menopausal transition: New insights into menopause"; **Alison Snow-Jones, PhD:** "A Faith Community-Based Domestic Violence Prevention Program in Forsyth County, NC"; **J. Mark Cline, DVM, PhD:** "Modeling Breast Cancer Risk in Nonhuman Primates"; **Sarah Berga, MD:** "The Brain

as a Target for Sex Steroids"; **Melicia Whitt-Glover, PhD:** "Active Living Across the Lifespan"; and **David Herrington, MD:** "Genetics of Estrogen Action"

Poster presentation topics included domestic violence screening; evidence-based care and patient satisfaction; patient attitudes towards health care
Continued on Page 4



Winning Women's Health Research Day Poster

Successful Cultural Change Panel - Three Deans visit WFUSM

The WHCoE Leadership Program welcomed Peter Walker, M.D., Dean, University of Ottawa School of Medicine; Deborah Powell, M.D., Dean of the Medical School, Assistant Vice President for Clinical Sciences, University of Minnesota; and Margaret Kripke, Ph.D., Senior Vice President and Chief Academic Officer, University of Texas, M.D. Anderson Cancer Center, on May 15, 2006,

These prestigious guests were invited to end the year's program activities with an exciting panel discussion entitled: *Successful Cultural Change for Women Faculty*. Drs. Walker, Powell and Kripke are well known for their initiatives to prepare women for attaining leadership positions, promote and advance women into leadership positions, and assist women in leadership positions to thrive. They also

addressed the ongoing challenges in sustaining these initiatives.

The panel was followed by a dinner at the Piedmont Club, attended by WFUHS Senior Leadership, Department Chairs and other faculty representatives.

Thank you for the positive feedback we have received regarding the Leadership Program events. We look forward to another exciting year!

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
Eleanor Russell, M.A.
Education Program 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/Make+a+Donation

Inside this issue:

Former Assistant Commissioner for Women's Health visits WFUSM	2
Do you know how to Navigate the Political Terrain or Negotiate from Strength?	2
Women's Health Awareness	2
YWCA Woman of Vision Award	3
Women's Health Tidbit	3
Mentoring Kudos	3
Excellence Triathlon a Success!	4
Breastfeeding Classes	4
Research Day Alert	4

Former FDA Assistant Commissioner for Women's Health Visits WFUSM

On April 5th, Susan Wood, PhD, Former Assistant Commissioner for Women's Health and Director of the Office of Women's Health at the Federal Drug Administration gave a presentation, co-sponsored with the GCRC, titled *Women's Health, Emergency Medicine and the FDA*. Attendees were enlightened to: the regulatory functions of the FDA and the approval process for over-the-counter products; how to recognize the importance of using science and clinical evidence as the basis for patient health decisions; the action mechanisms of emergency contraceptives; the role of leaders in speaking out on timely patient health issues.

Dr. Wood, who served as the



From left: Claudine Legault, PhD, Associate Professor, Public Health Sciences (PHS), Biostatistics; Susan Wood, PhD, Former Assistant Commissioner for Women's Health FDA; Sally Shumaker, PhD, Associate Dean for Research, Professor, PHS, Social Sciences & Health Policy; and Mary Lou Voytko, PhD, Professor, Neurobiology & Anatomy, WHCoE Director.

"champion for women's health inside and outside the agency", focused on areas such as inclusion of

women in clinical studies; regulatory research on topics such as cardiovascular disease and medications used during pregnancy; and in developing outreach campaigns for women regarding menopausal hormone therapy, safe medication use and diabetes. In August, 2005, she resigned on principle in response to the decision announced by FDA leadership to once again delay approval of Plan B emergency contraception, despite the recommendation of FDA scientific staff.

Dr. Wood gave a second presentation that day at the WFU Women's Forum titled *Women's Health and Public Policy: Perspectives from the Inside and Outside*, where she discussed some of these issues.

Do you Know How to Navigate the Political Terrain or Negotiate from Strength?

Cathie Siders, PhD, a Consulting Psychologist, Career Coach, Principal for the Executive Leadership in Academic Medicine (ELAM) Alliance and faculty member in the Ottawa Academic Health Sciences Leadership Program, provided insights on these topics on March 29th & 30th, when the WHCoE Leadership Program invited women faculty to learn how to "Navigate the Political Terrain".

To varying degrees, politics is part of

any organization or work group. This interactive workshop dealt with how to read the political terrain of an organization; what the gender differences in communication around hot political issues are; how to realize whether a preferred political style is a good fit for oneself; and how to identify if someone is underutilizing a current position or personal power.

The Mentees from the WHCoE Mentoring Program were invited

to attend the session: *Negotiating from Strength* on March 30th. They learned how to take the anxiety out of negotiating, by preparing thoroughly and negotiating with confidence and strength. Dr. Siders also reacquainted the participants with the core features of Principled Negotiation, that take ego out of the equation and give oneself the confidence to communicate effectively during face to face negotiation.

Women's Health Awareness

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

June

4 National Cancer Survivors Day: www.ncsdf.org

27 National HIV Testing Day: www.hivtest.org

August

1-7 World Breastfeeding Week: www.la lecheleague.org

6-12 Ntl Health Center Week: healthcenterweek.com



Ann Lambros, Ph.D., Receives YWCA Woman of Vision Award

Former WHCoE Education Program Director, **Ann Lambros, Ph.D.**, was awarded the Woman of Vision Award at the YWCA's Leadership Awards Luncheon on April 6th. The WHCoE nominated Dr. Lambros for her widespread and significant contributions in the biomedical education of students, faculty and the community.

Dr. Lambros, Assistant Dean for Education, Director of the Center for Excellence in Research, Teaching, and Learning (CERTL), and Assistant Professor of Public Health Sciences, Social Sciences & Health Policy (PHS-SSHP), has been an active participant and leader in numerous facets of student education, student assessment, and faculty development.

She is widely recognized as a leading authority on problem-based learning, and is the author of two books on the subject. She has also been extremely successful in obtaining external funding for educational research initiatives.



Ann Lambros, PhD, Assistant Dean for Education, Director CERTL Program and Assistant Professor, Public Health Sciences, Social Sciences & Health Policy (PHS-SSHP)

Dr. Lambros was instrumental in developing, and is the director of, a WFUSM Core Teaching Faculty that is designed to meet the needs of curriculum delivery, development, and evaluation.

In addition, Dr. Lambros designed and implemented a Teaching Advancement Program in response to a need for medical school faculty members to enhance their teaching skills and to aid faculty in their personal development as medical educators.

Congratulations to Dr. Lambros!

Women's Health Tidbits

Gardening: Good for your Health
With the beautiful weather that we have in this area, many people spend significant time working in their yards. Find out why gardening is so good for you both mentally and physically. Visit the Women's Health website at the following URL: www.womenshealth.gov/news/english/532277.htm

The Importance of Potassium
(HealthDay News) -- Potassium is a mineral that the body uses to help muscle growth, and to maintain proper function of cells and tissues. According to the U.S. National Library of Medicine (NLM), potassium is found in:

Salmon	Potatoes
Cod	(including skins)
Flounder	Tomatoes
Sardines	Citrus fruits
Leafy Green Veg.	Apples
Broccoli	Bananas
Peas	Apricots

Are you getting enough potassium? Muscle weakness, fatigue, decreased heart rate, and slow reflexes are signs that you may need to increase the potassium in your diet.

Potassium supplements aren't recommended without a doctor's approval, the NLM advises.

cants were asked to submitted a CV and supporting letters from their Dean and Department Chair or Section Head, describing how their goals for attending the seminar relate to their work and professional aspirations.

Congratulations to Dr. Washburn!

Mentoring Program Kudos



Association of American Medical Colleges (AAMC) Professional Development: Early Career Women Faculty Seminar

Lisa Washburn, M.D., Assistant Professor, Pediatrics, Neonatology has

been accepted to attend the AAMC's Early Career Women Faculty Seminar, in July 2006, in Washington, DC.

This professional development seminar is designed for assistant professors focusing on academic medicine career building, and learning CV development and basic management skills. Attendees are offered valuable career advice and encouraged to develop their social network through the career mapping sessions. Appli-

WHCoE Excellence Triathlon A Success!

The 9th Annual Excellence Triathlon was held, May 20 at Tanglewood Park in Clemmons. The event is sponsored by the WHCoE with proceeds benefiting Domestic Violence prevention programs. Overall, this event was a great success with numerous compliments from participants and volunteers.

Special thanks to our money sponsors:

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Also special thanks to all our in-kind sponsors:

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Revival Soy
88.5 WFDD
Tri Cows

Off N' Running Production Company produced the race again this year.

Please visit the race website at www.excellencetriathlon.com for post race information and MARK YOUR CALENDARS

for next year's race: May 12th, 2007 at Tanglewood Park.

**There is no excuse for abuse
National Domestic Violence
Hotline: 1-800-799-SAFE**



Above: Swimmers in the pool

Below: Bike Course

Above & Center: Opening Ceremonies

Below: Runners on the Run Course

Events on the Horizon

Breastfeeding Classes and Lactation Rooms

The quarterly breastfeeding classes are scheduled to begin on 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. Also, don't forget that lactation rooms are available at WFUBMC at the WHCoE, Piedmont Plaza II, 1st Floor; and ActionHealth, Sticht Center, Ground Floor.

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

2006 Seminar Series - Women's Health Research Day

From Page 1

screening; estrogen effects on hypertension; geriatric mental health care; sentinel lymph node biopsy for breast cancer during pregnancy. Drs. Mary Lyles, Tongjian You, and Barbara Nicklas were the winners of the poster prize, for their presentation "Total Weight Change is More Important than Abdominal Fat Change for Cardiovascular Risk Factors Following Diet Cessation".

In the panel discussion, Dr. Hughes and discussants identified two common threads and opportunities for

further collaboration and development of Women's Health research programs: Genetic, developmental and behavioral sources of individual variation are of critical importance to understanding research outcomes and clinical care. Nutrition is a common theme in several research programs at WFUSM (e.g., ongoing research programs in dietary soy, Vitamin D, botanical lipids, and diabetes).

***** Mark Your Calendars *****

The 2nd Annual Women's Health Research Day is tentatively sched-

uled for March 13, 2007. Walter Willett, MD, MPH, DrPH, Fredrick John Stare Professor of Epidemiology & Nutrition, Harvard University School of Public Health, has graciously agreed to be our keynote speaker.

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