

11th Annual Excellence Triathlon

WE CHALLENGE YOU!

On May 10th, 2008 we will host the 11th Annual Excellence Triathlon. We are challenging various groups to compete in relay teams (a swimmer, a biker & a runner), as well as getting folks from the workplace to volunteer at the event.

- WFUBMC Departmental Teams
- Fire & Rescue Stations
- Law Enforcement (Police Officers, Sheriff & Highway Patrol)
- Media (Radio & TV)
- Sport clubs (Running, swimming, biking, triath-

lon, etc)

A prize & recognition will be awarded to the group in each category that has the highest combined points, based on fastest race completion times & number of volunteers who show up.

This is a benefit event, and all proceeds go to area Domestic Violence prevention programs. We are committed to raising awareness of this pervasive issue and would like to encourage the Medical Center community to help us with this.

We hope that you will be



as excited about this opportunity as we are. It will be great fun & generate some "good" competition amongst the groups!

Particulars about the race, sponsorship and volunteering are on our website at excellencetriathlon.org.

11th Biennial Graylyn Conference on Women's Cognitive Health

On October 24th - 26th, the Women's Health Center of Excellence sponsored its 11th Biennial Graylyn Conference on Women's Cognitive Health here in Winston-Salem. In keeping with tradition, the conference objective was to advance and direct the course of research in women's cognitive health by convening the top researchers on the subject. Topics of discussion related to cognition included, but were not

limited to: hormones and hormone therapy, cardiovascular disease, physical activity, imaging and other technological advances, animal models, and WHIMS/WHISCA findings. The conference provided numerous opportunities for frank scientific discussion and debate about the direction of cognition research. The Graylyn International Conference Center served as the conference's home,

and in spite of three days of much-needed rain, attendees enjoyed the beautiful estate and made the most of their short visit to North Carolina. Many thanks to our sponsors (National Institute on Aging, Wyeth Pharmaceuticals, Pfizer Pharmaceuticals, Institute for the Study of Aging, Inc., WFU Translational Science Institute, Targacept) for helping us make our conference a success.

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
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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Celebrating the Promotions & Achievements of Women Faculty & 2007 Mentoring Award

On November 13, 2007 the WHCOE Leadership & Mentoring Program sponsored its Annual Promotion, Achievement and Mentoring Award Social. Women Faculty and participants of the WHCOE Mentoring Program gathered to celebrate.

To document and recognize these numerous and outstanding achievements, the WHCOE compiled a booklet listing accomplishments in academic year 2006-2007. In addition to listing the women faculty who were promoted and/or received tenure, the following categories were also included:

1. Elected to a National Board;
2. Elected to a Peer-Reviewed Journal Editorial Board;
3. Elected to a Professional Society Officer Position;
4. Principal Investigator on a grant in FY06-07;
5. Served as a Study Section Chair, and
6. Received a National, Local or Civic Award.

Women faculty self-reported their accomplishments and a detailed list of funded projects was also provided by the Office of Research. We were very pleased to note that the total funding that these projects brought to the institution was \$29,380,940.

The booklet is available our website at

www.wfubmc.edu/whcoe. We hope that you, too, will be impressed by the outstanding accomplishments of these women and celebrate with them!

Congratulations!

The Leadership & Mentoring Program would like to congratulate Drs. Kathi Kemper & Joseph Tobin on being presented with the WHCOE Mentor of the Year Award for 2007. This award is presented to the senior faculty member (s) who participates as a mentor in the WHCoE Mentoring Program and embodies exemplary skills and devotion to the development and promotion of the women junior faculty in the program.

Kathi Kemper, M.D., M.P.H., is the Caryl Guth Chair for Holistic and Integrative Medicine as well as a Professor in Pediatrics, with a joint appointment Public Health Sciences and a cross appointment in Family & Community Medicine. Dr. Kemper is the site director for the Center for Pediatric Integrative Medical Education at WFUSM and is the founder of the Longwood Herbal Taskforce.

Joseph R. Tobin, M.D., is Section Head of Pediatric

Anesthesiology & Pediatric Critical Care, Professor of Anesthesiology & the Director of Malignant Hyperthermia Biopsy Testing Center.

Sonia Crandall, Director of the WHCOE Leadership & Mentoring Program had this to say about the two award winners: "Drs. Kemper and Tobin are most deserving of this award. Both have served as mentors to multiple women junior faculty. The Mentoring Program is so fortunate to have such dedicated faculty members. The program continues to grow due to the incredible commitment from the senior faculty to foster the professional development of their junior colleagues."

Congratulations again to these wonderful role models!

Women's Health Tidbits

Breast Milk Associated with Greater Mental Development in Preterm Infants, Fewer Rehospitalizations: *Pediatrics*, 2007; 120: e953-e959; <http://pediatrics.aappublications.org/cgi/content/full/120/4/e953>

Researchers discover correlation between GERD and obesity in females: *World J Gastroenterol*, 13(34): 4602-4605; <http://www.wjgnet.com/1007-9327/13/4602.asp>

Frequent Alcohol Consumption Increases Cancer Risk in Older Women: Setiawan et al., *International J of Cancer*, 122(3):634-638; <http://www3.interscience.wiley.com/cgi-bin/abstract/116311064/ABSTRACT>



Left: Women Faculty celebrate their accomplishments and Drs. Kathi Kemper and Joe Tobin are awarded the 2007 Mentor of the Year Award on November 13th, 2007.



Spotlight On: Women in Leadership

Effective August 1, 2007 Linda McPhail, PhD, Professor in Biochemistry, was appointed Associate Dean of the Graduate School, for the Bowman Gray Campus.

Dr. McPhail received her BS in Chemistry from Methodist College, followed by an MS, PhD in Biochemistry from WFU. Her post-doctoral fellowship in immunology, was completed at the National Jewish Hospital and Research Center. She was then a Research Associate at Duke University and the Howard Hughes Medical Institute. She joined WFUSM as an Assistant Professor in Biochemistry in 1984 and rose to the rank of Professor in 1993. She has mentored and served on advisory committees for graduate students, has lectured

numerous graduate school courses and has been the course director for two courses. Dr. McPhail serves as Graduate Program Director in Biochemistry and as Co-Director of the Molecular Medicine Graduate Program. She served on the Graduate Council



Linda McPhail,
Associate Dean,
Graduate School, Professor, Biochemistry

Dr. McPhail serves on the editorial boards of the Journal of Biological Chemistry and the Journal of Leukocyte Biology and was the President of the Society of Leukocyte Biology in 2002 and the co-chair of the 2003 national meeting of the society. This year, she served as Vice-Chair of the 2007 Gordon Conference on Phagocytes and will Chair the 2009 meeting. She was also elected Fellow of the American Association of the Advancement of Sciences in 1997.

In her role for the graduate school she will provide a focal point for students, faculty and staff on the Bowman Gray Campus. Dr. McPhail will concentrate on graduate student recruitment and marketing of the Graduate Program.

Dr. McPhail is a longtime supporter of the WHCOE. She has served on the Leadership & Mentoring Committee and been a Mentor since the Program's inception. As a result, Dr. McPhail is also an Affiliate of the Center. We wish her all the best in her new role.

Women's Health Awareness

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

January

International Prenatal Infection Prevention:

www.groupbstrepinternational.org

Cervical Health Awareness:

nccc-online.org/awareness.php

National Birth Defects Prevention:

marchofdimmes.com

February

American Heart Month:

americanheart.org

3: Wear Red Day 2008:

nhlbi.nih.gov/health/hearttruth

24-3/1: Eating Disorders Awareness:

www.nationaleatingdisorders.org

and as a Graduate School representative on the University Senate, where she was Secretary and Chair of the Senior University Appointments Committee. She is currently the Co-Leader of the Research, Education, Training, and Career Development Program of the WFU TSI.

Women's Forum Update

The fall breakfast meeting of the Women's Forum was held November 8th at the Hawthorne Inn. Women faculty and key administrators heard a detailed report from Executive Committee Co-Chair, Claudine Legault about very positive individual meetings held in October with Dean Applegate and

Provost Tiefenthaler. Updates from each Task Force Chair (Work/Life Balance, Leadership and Status of Women) were followed by task force group sessions for discussion of specific plans for 2008. The Women's Forum is looking forward to a very active and productive coming year.

Events on the Horizon

Research Program Seminar Series 2007-2008

All seminars take place 12-1 in the Sticht Center Auditorium, unless otherwise stated:

December 14: *Estrogen and the Brain: What are the Monkey Models Telling Us?*, Mary Lou Voytko, Neurobiology & Anatomy; WHCoE

January 4: *West Virginia WISEWOMAN: Reducing Cardiovascular Risk in Low Income and Under-Insured Women*, Irene Tessaro, School of Nursing, West Virginia Univer-

sity

February 1: *Restorative Yoga for Women with Cancer: Findings from Pilot Research*, Suzanne Danhauer, Hematology & Oncology & Lynn Felder, RYT Arts of Yoga, March 7: *Soy Estrogen Alternative (SEA) Follow-up Results*, Mara Vitolins, PHS

April 3: WHRD (more below)

May 2: *New Mothers' Strategies for Combining Work and Family: Implications for*

Women's and Children's Health, Joe Grzywacz, Family Med.

June 6: *Secondhand Smoke Exposure among the Haliwa-Saponi: Establishing a Women's Coalition to Address*, Kristie Foley, PHS.

No need to register. Contact Shannon Golden at sgolden@wfubmc.edu with questions.

3rd Annual Women's Health Research Day

Our Third Annual Women's Health Research Day, "*Depression: Comorbidities & High Risk Populations*" is planned for April 3, 2008 in the Commons area of the Nutrition Building. There will be a \$25 registration fee to cover the cost of lunch and event materials. Featured speakers will include Dr. Peter Schmidt of the National Institute of Mental Health and Dr. Dominique Musselman of the Emory University

School of Medicine. WFUHS speakers include Drs. Vaughn McCall and Gretchen Brenes of Psychiatry and Behavioral Medicine, Dr. Ronny Bell of Public Health Sciences and the Maya Angelou Research Center for Minority Health, and Dr. Carol Shively of Pathology. **We encourage poster submissions related to any aspect of**

women's health. The best poster will be awarded a \$100 prize. For more information visit www1.wfubmc.edu/whcoe/Research/2008+WHRD.htm or contact Shannon Golden at sgolden@wfubmc.edu.

Breastfeeding Classes - Getting it Right the First Time

Moms-to-be will meet on Tuesdays for 3 weeks starting as follows:

January 8 (register by 1/2)

April 1 (register by 3/25)

July 1 (register by 6/24)

October 6 (register by 9/20)

Classes are facilitated by Sheila Britt-Smith, Med, RD, IBCLC, and are scheduled 5:30-7:30 at ActionHealth. \$30 couple or single includes a book. Max

10 couples, Min 5 couples. To register please call ActionHealth at 713-8001 *Co-sponsored by the WHCoE. Visit wfubmc.edu/whcoe/Education for information.

Nutrition Journal Club 2007-2008

The Nutrition Journal Club, led by Dr. Mara Vitolins, is open to anyone interested in discussing recent diet-related research literature. CE credits available. The meetings take place the

second Friday of the month at 9-10 am at the WHCoE [\[location\]](#).

December 14: *Dietary fat behaviors of rural health adults with diabetes: the ELDER study*, Ronny Bell, PHS-EPI; Maya Angelou Center

January 11: *Association between vitamin D status and physical performance: the InCHI-ANTI study*, Denise Houston, Geriatrics

February 8: *Dietary profile of men with prostate cancer*, Mark Cline, Pathology/Comparative Medicine

March 14: *Assessment of the "Be a Smart Shopper!" program of Lowe's Foods*, Cindy Silver, Lowe's Foods

April 11: *topic TBD*, Margaret Savoca, UNCG Dept of Nutrition

May 9: *What we eat in America*, Janet Tooze, PHS-Bios

For more information or to be added to the mailing list, contact Shannon Golden at sgolden@wfubmc.edu.

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!

Subscriptions:

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