



Howell Highlights

A Quarterly Publication by the Doris A. Howell Foundation for Women's Health Research

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Notable Howell Scholars

Everyone connected with the Howell Foundation Scholarship program realizes the obvious immediate benefits accruing to the student recipients (approval of the application and the merit of the research project, monitoring and approval of the faculty-mentor, better grade point average, etc.) In addition, the scholarship awards imbue the students with an immediate benefit that serves each of them throughout their lives: self-confidence. It is this self-confidence which motivates the scholars to achievements that are not usually accomplished by the average or even the better-than-average college student.

The following notable scholars (with the year of their awards in parentheses following their name) have accomplishments above and beyond ordinary expectations:

Kristina Cook (2004) is a doctoral student at NIH/Oxford and anticipates receiving her Ph.D. in December 2009. She has published several papers on the HIF protein and its role in cancer and has presented her work at a recent American Cancer Research Symposium to the 600 scientists in attendance.

Emily Parry (2005) was given a very prestigious fellowship in the Ph.D. program at U.C. Davis in chemistry which began in June 2009 after she completed her service in the Peace Corps.

Chris Carroll (2004) had been working on the synthesis of anti-cancer molecules while in the Ph.D. program in Organic Chemistry at UCLA from which he graduated in June 2009.

Johnny Tran (2006) received a prestigious NSF Graduate Research Fellowship and is in the Ph.D. program at U.C. Berkeley.

Aisha Memom (2006), while an undergraduate student, was an author of a scientific paper on the progesterone hormone which was published in *Endocrinology* 150. She is now a second-year medical student at St. George's University in Grenada, West Indies and will be returning to the U.S. in December 2009 to start her clinical rotations.

Diana Cheng (2008) presented her Howell-supported research at a Graduate Women in Science (GWIS) conference in March 2008 and was awarded an Outstanding Undergraduate Research Award.

Justin Arndt (2008) submitted an abstract of his Howell-supported research which was selected for presentation at the Fall 2008 Electrochemical Society Meeting in Honolulu.

Robert Vasko (2008) was a co-author on two scientific publications in 2008.

OUR MISSION

The mission of the Doris A. Howell Foundation for Women's Health Research is to fund undergraduate scientists in their relevant research and to educate women to be catalysts for better family health.

To make a donation, please call (858) 454-7797.

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New Howell Circle Members

Thank you to all new and renewing Howell Circle members. Your support encourages undergraduates to pursue independent research.

Nancy Bildsoe

Elaine Evans

Helga Halsey

Betty Hiller

Margie Reeves

Dodie Williams

Kay Wren

Although it takes all levels of giving to make our Foundation successful, those who contribute \$125 or more in a given year are extended membership in the Howell Circle.

You will have the satisfaction of knowing that your gift will make a positive impact on the health and well being of women, today and in the long-term.

Please use the enclosed envelope to join or renew your Howell Circle membership – or to make a tax-deductible gift in support of Howell Research Grants awarded to undergraduate students researching women's health issues.

Dermatology Gives Us The Latest Info on Laser Medicine and Skin Care

By Ruth S. Jacobowitz

The speaker at the August 27, 2009 meeting of the Howell Foundation for Women's Health Research was Edward Ross M.D, who presented a fascinating lecture entitled "What's New in Laser Surgery for the Skin?" Dr. Ross is Director of the Scripps Clinic Laser and Cosmetic Dermatology Center here in Carmel Valley, and president of the American Society for Laser Medicine and Surgery. Dr. Ross explained all of the lasers and treatment options available that would let us continue to look our best (or even better) without surgery. No lecture about skin would be complete without discussing the fact that those ultraviolet (UV) rays hurt our skin and so he spent a lot of time talking about basal cell and squamous cell carcinomas and melanoma and noting that basal cell carcinoma is the most common form of skin cancer and that "the most common is the least deadly."

He discussed laser technologies in detail explaining that they are all based on temperature. For example, a laser that goes cold/-hot-cold will give us some tightening of the skin and isn't that what we're all looking for?

Some of these laser technologies like skin peels can make us uncomfortable for four to six weeks but fractional laser therapy has much less down time. Lasers can rid us of acne scars, wrinkles, and brown spots. In fact, the laser will target any thing that's brown in pigment.

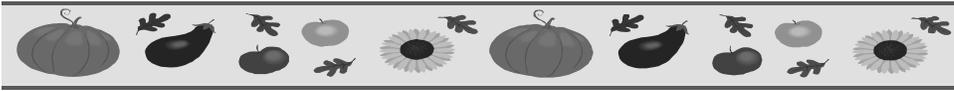
Of all the methods which can reverse the signs of aging, there is no better treatment than Fractional Laser Skin Resurfacing, he said. This latest laser treatment is far more effective than any cream, lotion or potion currently available and is also superior to any of the other procedures like dermabrasion, chemical peeling and drug therapy. However, a major set back of fractional laser therapy is its cost. Yet, Fractional Skin Resurfacing has revolutionized skin care and is used to treat a number of skin conditions including: wrinkles, fine lines, sun damaged skin, skin discolorations, melasma, acne scars, surgical or trauma scars. It will also improve skin texture, smooth skin surface and increase skin elasticity. This laser can be applied to most parts of the body including, face, around the nose and eye brows, neck, back of the hands, chest and back.

I know I learned a most interesting lesson about fillers that day. You know those labeled Restylane, Radiesse, Juvederm, Evolence etc. I learned that as we get older our skin "deflates" so we shouldn't use permanent fillers inasmuch as they won't be in sync with our faces as our faces change. We are better off with those that last a year or two and can be redone as our faces change.

I counted the number of lasers that Dr. Ross's clinic offers and came up with twelve lasers and many other treatment options. Of course, you have to check with your dermatologist to learn what cosmetic dermatology is offered. I know I came away from the lecture with the strong sensation that I would prefer anything that could make me look better and younger that didn't require a scalpel.

Ruth S. Jacobowitz is a health advocate, lecturer and author of six consumer health books.

A Conversation with Dr. Howell...



Doris A. Howell, M.D.

With the approach of Thanksgiving, it is timely and appropriate that I express my gratitude to the many friends of the Howell Foundation. To the Howell Circle members, to the attendees of our informative luncheons (whom I hope will become Howell Circle members), to the members of the Howell Committees and the Board of Directors, I want to say "Thank You" for your enthusiastic support, your dedication and devotion to our mission, and for the spirit of warm friendship which characterizes our many endeavors. And still I have not thanked you for making it possible for the Foundation to support the undergraduate students who are the recipients of our scholarship program which has had significant impact on their lives and careers. And with my thanks I send my warm good wishes to each of you for a happy holiday season as we look forward to a new year with peace on earth, good will to all.

Nutrient Supplementation: Misconceptions and Realities"

By Ruth S. Jacobowitz

The Doris Howell Foundation held its final Health Education Series Luncheon Lecture for 2009, on October 29, with Dr. Mark Kern discussing "Nutrient Supplementation: Misconceptions and Realities." Dr. Kern is professor of Exercise and Nutritional Sciences at SDSU and a registered dietician. The full house of interested women learned a lot and were able to ask all their questions, during and following the lecture.

Dr. Kern stressed that the supplements we may need depends on our current health status and learning what we are not eating so that if there are dietary insufficiencies, we may need nutritional support. These categories may include prior and during pregnancy and at birth, habitual dieters and those with difficulty chewing or malabsorption disorders, before surgery or for burns for wound healing, epilepsy, Aids, alcoholics, drug users and even those who are strict vegetarians might need vitamin or mineral support. However, he stressed that the best way to get what we need is from foods—vegetables, fruits, and grains. With a well-balanced diet our risks go way down.

He cautioned avoiding megadoses unless prescribed by your own physician. As for the case of organic vs. conventional foods, there is no difference except in the price. Just make sure to wash fruits and veggies to get rid of pesticides. To learn even more contact the Office of Dietary Supplements at the National Institutes of Health at www.ods.od.nih.gov.

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Thank you to contributing editors Beatrice K. Rose, M.D. and Ruth S. Jacobowitz.

**The Doris A. Howell Foundation
for Women's Health Research Presents...**

A look forward to exciting new programs in 2010 on cutting edge science:

Thursday, February 11, 2010

Dr. Eddie Koo, UCSD

Latest research on Alzheimer's and neurodegeneration.

Thursday, April 29, 2010

Dr. David Harari, Sharp Healthcare

Perimenopause and menopause management.

Robotic, minimally invasive surgical technologies.

Fall 2010

Current research on stem cells and their therapeutic potential.

If you would like to make advance reservations please call (858) 454-7797 or email admin@howellfoundation.org.

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