



# Howell Highlights

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

## About the Howell Foundation



Dr. Doris A. Howell  
Chair Emeritus; Founder

As we look forward to the promise that 2012 holds for all of us, the Doris A. Howell Foundation for Women's Health Research is diligently preparing for its 17th year. Founded in 1995, the mission, vision, programs and services of the Howell Foundation are firmly rooted in the organization's affiliation with UCSD, SDSU and USD's Hahn School of Nursing through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded. Dr. Howell is Professor Emerita of Pediatrics and former Chair of the Department of Community and Family Medicine and UCSD School of Medicine.

During her career, Dr. Howell recognized the critical need to improve women's health care and research, not only for the sake of women, but also for the sake of their family and loved ones. Women are the protectors and gatekeepers of their family's health. The promotion of family health begins with the knowledge base of women who are responsible for safeguarding the health of the family. For this reason, the Howell Foundation exists to serve as a catalyst to promote and advance women's health based on the wisdom that the more research accomplished in women's and family health, the greater benefit to the community at large.

As a not-for-profit organization, the Foundation for more than 16 years has successfully awarded 166 plus scholarships, totaling more than \$400,000, to undergraduate students enrolled at California colleges and universities, whose research is relevant to women's health issues. Our program has been very successful not only in the research findings that often warrant publication or presentation at conferences, it has also been instrumental in encouraging young scholars to consider and pursue careers in scientific-based women's health research. The financial support and unique features of the scholarship program directly benefits both the scholars to ensure the quality of the research, and the communities in which they live, by educating women, particularly those in underserved areas, about recent advances in women's health research and how to become their own health advocates. Ultimately, all ages of both genders benefit by the research promoted through the efforts of the Howell Foundation for better family health.

The efforts of the Howell Foundation are supported through the generosity of individuals, and corporate donors and sponsors, who are committed to advancing women's health. We sincerely thank you for your continued contributions.

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### 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:

- Donate online by visiting [www.howellfoundation.org](http://www.howellfoundation.org)
- Used the enclosed envelope
- Call (858) 454-7797

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## 2011 Howell Scholarship Program Recap

*Mandy Butler, Ph.D.*

In June 2011, the Howell Foundation awarded scholarships to four UCSD undergraduates to support their research in women’s health. Catherine Pham is studying a protein called Twist, which may play a role in how cancer cells acquire the ability to become mobile and move out of the primary tumor. Philip Loury is participating in a Phase II clinical trial in which he analyzes MRI images to determine if using bone-marrow sparing radiation therapy reduces the risk of developing hematological toxicities. Daniel McDonald is focusing on the causes of pulmonary arterial hypertension, which is a feature of congenital heart disease and lung diseases. It is due to proliferation and contraction of pulmonary artery smooth muscle cells, and Daniel hopes to identify factors that decrease the smooth muscle cell proliferation and which may make attractive therapeutic targets for the disease. Amy Morioka is working on fibrosis, which is the formation of excess fibrous connective tissue in an organ due to over-activity of fibroblasts during repair. Amy will attempt to identify proteins that play a role in the activation of the fibroblasts using a mouse model of scleroderma. The Grants committee is in the process of reviewing the 2012 applicants from the California State Universities. Thirty-two students applied for scholarships, and, in conjunction with CSUPERB, the Howell Foundation plans to award scholarships to the top eleven applicants.



Amy Morioka and Carol Tuggey, Nov 4th luncheon

### Full Scholarship Donor Honor Roll

Thank you to the following donors for supporting our Howell Scholarship Program with full research scholarships of \$3,000 each:

#### 2011 scholarship donors:

**\$6,000**

Mary Ann Blair

Barbara and Alex Bollinger

**\$3,000**

Jan Cetti

Clay and Anne Perfall

Beatrice K. Rose, M.D.

Ruth Lane Charitable Fdn

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The Thursday Club

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### New Howell Circle Members

Thank you to all new and renewing Howell Circle members. You will have the satisfaction of knowing that your gift will have a positive impact on the health and well-being of women, today and in the long-term.

#### 2011 new members:

**Carolyn Brown**

**Barbara Doren**

**Laura Gonzales**

**Carol Hobson**

**Grace Malloy**

**Irene Mylonas**

**Charlene Rights**

**Laura Sepulveda**

**Ann Silliman**

**Nancy Snyder**

**Helen Tomlinson**

**Dorothy Winter**

## Year End Giving

*Betty Brayshay, Chair of Fund Development*

At this busy and special time of the year we, at the Doris A. Howell Foundation, want to wish you a Blessed Holiday season and to thank you for your generosity and support of our mission. As you review your end of the year giving, we hope you will find our mission important enough for you to consider making an end of the year tax deductible gift. Your gift will allow the Howell Foundation to grant scholarships to the brightest and best undergraduate students who are focusing their attention on research in pursuit of finding cures and treatment options for diseases affecting women because “In Medicine, Gender Matters”. Why is this so important? Because a woman is the anchor of the home in whatever capacity she may serve: single, wife, mother, daughter or caregiver, it is vitally important to keep her healthy for both her role at home or in the workplace and to help her to be cognizant of any changes in her own body. A gift of \$3000 provides a full named scholarship and gives a donor ownership of a particular scholar. However, a gift of any amount will be gratefully received. This being the holiday season, you might want to consider honoring someone special with a gift in their name. Thank you for your consideration.

Now donate online! Visit [www.howellfoundation.org](http://www.howellfoundation.org) and click on “DONATE ONLINE!” or use the enclosed donation envelope.

## Message from the Chair

Dear Friends and Donors of the Howell Foundation,

I wish I could speak to each of you in person to tell you how important your membership and gifts have been in the past, present and future.

The past two years I have enjoyed the journey of working with such a devoted board. Our board is committed to the mission statement of our inspirational founder, Dr. Doris Howell. As we all know, our families need to be nourished and kept healthy in every possible way. The Howell Foundation strives to educate women and men to the best and most recent medical achievements in the 21st century. We will have funded 10 undergraduate scholars for 2011 to the amount of \$30,000. These are the brightest who have committed doing research in the field of women's health issues. The economic climate today has a giant impact on our students. We need to step up to the plate and assist. Our goal for 2012 is to fund 6 more scholars at \$3,000 per scholar, a total of \$18,000.

In closing, I wish to thank you for your continued support to the Howell Foundation. "Keeping our family healthy" is the factor that makes each one of us so vital to one another and to America. I look forward to seeing you on January 31st. Have a blessed and happy holiday season.

Sincerely,

*Pattie Wellborn*

Chair, Howell Foundation Board of Directors



Pattie Wellborn

## Health Lecture Series Plans for 2012

Our Health Lecture Series Committee, led by Priscilla Moxley, is working hard to finalize the list of topics and speakers for 2012. The kick-off event will be held on Tuesday, January 31, 2012 with Dr. Ian Purcell (see page 4 for more information). Dr. Purcell's lecture will cover migraines, dizziness and vertigo - health issues affecting so many women, including our members. Our Advisory Council, made of up prominent members of the San Diego research and medical communities as well as local community leaders met and provided us with a list of hot topics in women's health research. In addition, a survey was completed at the January 27, 2011 luncheon where members were able to give feedback on what they would like to learn more about. As a result of both the Advisory Council and the survey, the following additional topics will be covered in 2012: Pancreatic Cancer, Gluten Intolerance/Inflammatory Bowel Disease, and Hypertension/High Blood Pressure. The committee is working hard to find exciting, exuberant speakers on each of these topics. We hope you will find the lectures informative and stimulating.

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



**2012 Health Lecture Series**

**KICK-OFF EVENT!**

**Tuesday, January 31, 2011**

**12:00p.m.**

**“Migraine and Vestibular Migraine in Women”  
with Ian M. Purcell, M.D., Ph.D.  
Otoneurologist/Neurologist**

Dr. Purcell's lecture will include a discussion of migraine headaches, which is more common in women than in men. Dr. Purcell will cover the pathophysiology, diagnostic criteria, and treatment of migraine. Vestibular migraine is becoming a more recognized cause of episodic vertigo and dizziness although the diagnostic criteria and treatment protocols are not clear. Please join us to learn more about this important topic! Our lecture luncheons typically fill-up quickly so make your reservation early!

**To make advance reservations call (858) 454-7797 or email [admin@howellfoundation.org](mailto:admin@howellfoundation.org).**

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