



"Keeping the Women We Love Healthy"
HOWELL HIGHLIGHTS - SPRING 2012

Donor Spotlight: Jeanne Jones

Ms. Jones is a leader in light cuisine. She has written 33 cookbooks and also writes a syndicated column, "Cook It Light", that reaches 30 million readers each week. We recently interviewed Ms. Jones about her involvement with the Howell Foundation.



The Howell Foundation: How were you introduced to the organization?

Ms. Jones: I heard about the Doris A. Howell Foundation and Lecture Series from friends who knew I was a great admirer of Dr. Doris Howell.

How is the Foundation special to you?

Doris Howell has long been a role model for me. Her Foundation giving scholarships to young scholars doing research in the field of women's health is of great interest to me.

Why did you choose to become a donor?

I chose to become a donor because I have become increasingly impressed by the work these young men and women are doing and wanted to help them.

How do you hope to enrich the life of a scholar through your donation?

I hope to enrich the life of our scholars by supporting them both financially and participating in the work they are doing.

UCSD Scholarships Awarded

The Howell Foundation is extremely pleased to announce that we recently awarded two \$3,500 scholarships to UCSD undergraduate students performing research that is making an impact on women's health.

UCSD sophomore Justin Siu (with a GPA of 3.83) will be studying the theory that adiposity (which means obesity) is an indication for increased cancer risk. While the mechanisms that connect the two remain vague, Justin will be determining if increased adiposity and TNF-alpha (Tumor Necrosis Factor) are correlated with mammary tumor growth/formation. If they are, he will try inhibiting TNF-alpha and measure the growth of tumor cells. The results could influence the therapeutic treatment of breast cancer patients.

Brandon Kuang, a UCSD junior with a GPA of 3.889, will be studying, in collaboration with community leaders and MEDLIFE, the Knowledge, Attitude, and Practices (KAP) of women in Peru, a country where cervical cancer is the leading cause of cancer-related deaths. Brandon has experience doing this type of research and obtained CITI certification in Biomedical Research Ethics with Human Subjects. Brandon's research will be the first of its kind in non-urban centers to gauge Peruvian women's knowledge of cervical cancer, its etiology, risk factors, and whether they are being screened.

Save the Date! Thursday, July 26, 2012 "Gut Health, Nutrition, and Well-being"

Hippocrates said "all disease begins in the gut." How often do we think about the critical functions of the digestive tract in processing, absorbing and detoxifying our food? Dr. Vijaya Pratha will address all in her presentation. For more information on the event and how to register please visit www.howellfoundation.org/events/lecture-series.



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 support our mission, please visit www.howellfoundation.org, call us at (858) 454-7797 or email admin@howellfoundation.org.

Non-Profit Org.
U.S. POSTAGE
PAID
PERMIT NO. 3814
San Diego, CA

Doris A. Howell
Foundation for
Women's Health
Research, Inc.
PMB 320
7514 GIRARD AVE # 1
LA JOLLA, CA 92037



A NEW ONLINE LOOK FOR HOWELL!

It is with great pleasure that we announce the formal launch of the new Doris. A Howell Foundation website! Our enhanced online presence is designed to better promote the mission of our organization, highlight scholars and speakers, market key luncheon and educational events, and provide specific giving opportunities for individual donors, foundations and corporations. The new website features online event registration, online donations and e-newsletter signup. Howell Board Member Brad Benter graciously contributed to underwriting the design of the website. The website was created by Ranta Consulting, Inc. **Check out our new look today at www.howellfoundation.org!**

APRIL LUNCHEON RECAP

Our April Luncheon featured Michael Bouvet, MD, FACS. He presented a fascinating lecture about Pancreatic Cancer, including risk factors, presentation of the disease, the latest diagnostic methods for diagnosis, and treatments. Dr. Bouvet and his colleagues at the UCSD Pancreatic Cancer Program are working on exciting new developments using Fluorescent Orthotopic Models, in external and internal cancer imaging and laparoscopy. They are also studying the molecular events during pancreatic cancer development in hopes of finding new tumor markers for earlier detection.

SAVE THE DATE!

Our new educational evening series will launch September 25, 2012. Learn how to increase your personal happiness. Plan to attend ***"Intentional Happiness—Current Research and Practical Tools for Increasing Happiness."*** For details and online registration visit: www.howellfoundation.org.

Thank you to our Full Scholarship Donors for funding full research scholarships of \$3,000 each.

2012 scholarship donors YTD: Barbara and Alex Bollinger, Jeanne Jones, and Dr. Seuss Foundation

2011 scholarship donors: Mary Ann Blair, Barbara and Alex Bollinger, The Carlo and Jan Cetti Family Foundation, Clay and Anne Perfall, Beatrice K. Rose, M.D., M.P.H., Ruth Lane Charitable Foundation, Soroptimist International of La Jolla, The Thursday Club and Wells Fargo Bank.