



Keeping the Women we Love Healthy

Howell Highlights Summer 2015

How Far Do Your Donations Go?

"... I was able to gain experience in the lab setting that I never would have obtained through my undergraduate studies alone. By participating in research, I have learned how to work with others as a team, how to read publications and apply the information to my own experimentation, and how to handle situations where experiments do not work as planned where it is necessary to apply other methods. I was able to attend research symposiums where I was able to learn about others' research all over the state and the world. By working as a research scholar, I have become a better student, a better scientist, and more of a well-rounded individual." ~Samariah Bautch (CSU Fresno, 2014 Scholar)

CHEERS to Women's Health!

Women's health starts with research and ends with education.

Dr. Dr. Carole Banka was invited by the National CHEERS Foundation to talk about women's health at their "Women of Wonder" luncheon. The presentation "Strength in Numbers..." focused on the many methods by which women help other women understand and cope with stress. Summary coming to the Foundation's blog soon!

Save the Date! Friday, November 13, 2015

Don't miss our 20th Anniversary Luncheon featuring the presentation:



"One World, One Health"
With Stanley Maloy, Ph.D.
Professor
Dean, College of Sciences
Associate Director, Center for Microbial Sciences
San Diego State University

Register @ www.howellfoundation.org

Message from the Chair

Midway through the exciting 20th Anniversary year we have, in a sense, returned to our roots, building even closer ties to Soroptimist International of La Jolla. Their faithful support, financial and beyond, helps us fulfill our mission. In addition, our "Friends" and other supporters have gone beyond their annual donations to participate in our "20 for 20" campaign. All of this, for which we are so grateful, has made it possible for us to keep working towards women's health.

The CEI program offers pilot grants for studies that partner local research scientists with community organizations in addressing health issues specific to under-served women. The first award went to Dr. Elva Arredondo at SDSU, who partnered with San Diego WIC to address the high risk of diabetes and obesity associated with first pregnancies in Latina women. Dr. Hala Madanat, also at SDSU, received our second award, partnering with Student Health Services at SDSU to design and research a program to prevent the "freshman fifteen" weight gain in young women beginning their college careers. We eagerly await the results of these research programs which promise to have wide-reaching implications for "Keeping the Women We Love Healthy."

We welcome our newest Board member, soon-to-be doctor, Jessica Zhang, a medical student at UCSD. Her medical knowledge and passion for women's health will add greatly to the combined, and varied, expertise of our wonderful Board.

I thank our many donors for their financial support and our dedicated Board of Directors for their time, effort and inspiration. Without YOU we would not be celebrating the 20th Anniversary with such a sense of joy and accomplishment.

Stay tuned!



Registration for our FREE Evening Seminar "Hormones and Happiness" is now open.

Have you ever wondered which hormones make you feel powerful and confident, which ones help you cope with stress, what role hormones play when you fall in love or if hormones make you happy –or not?

Come and find out how our hormones are interconnected and the potential they have for making us happy or totally miserable on Oct. 15th at the McMillin Center/Liberty Station. Reception starts at 5:00 PM! For more information and to register, visit www.howellfoundation.org. **We hope to see you there!**





**Doris A. Howell
Foundation for
Women's Health
Research, Inc.**

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In case you missed it... just google "Keeping the Women we Love Healthy" to read about our fabulous presentations!



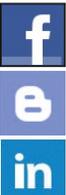
Photo Courtesy of Ashley Mackin/La Jolla Light.

In case you missed it, Ashley Mackin from the La Jolla Light did a wonderful job of summarizing the key - note presentation by **Dr. Heather Hofflich** on osteoporosis last May. The presentation covered the latest research on osteoporosis, including the risks and causes, to strategies for prevention, and treatment with the latest in new medication.

"Osteoporosis," Hofflich explained, "is caused by low bone mineral density and poor bone quality. As such, bones become porous and weak, and can fracture or break easily, especially from falls." Hofflich recommends that all women have their bone density screened starting at age 65, and men at age 70. However, anyone who has experienced a fracture after age 50 should also have their bone density screened".

A revolution in medicine has occurred over the past seven years involving the bacteria in and on your body, your "microbiome." Someday soon you will be having fecal bacteria tests in the same way that you now have blood tests! At the Howell Foundation luncheon on August 5th, **Dr. Sarah Highlander** from the J. Craig Venter Institute, shared the latest research regarding bacteria and health.

Different bacteria reside in different areas of the body and each individual has a signature profile of bacteria. These bacteria perform specific and important functions in each area of the body. Read more about Dr. Highlander's presentation on our blog "*Keeping the women we love healthy*".



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. Take a minute to read, comment, like, follow the messages and SHARE the information! Let's keep the conversation on women's health research moving. Share your experiences with family and friends so we can continue to **Keep the Women we Love healthy!** To support our mission, please call us at (858) 454-7797, visit www.howellfoundation.org, or email us at friends@howellfoundation.org.