



“Migraine and Vestibular Migraine in Women” was held on January 31, 2012 with Ian M. Purcell, M.D., Ph.D.

On January 31st, we held the first of our four part Health Lecture Series with guest speaker Dr. Ian Purcell. Dr. Purcell updated attendees on the latest treatments for migraine, vestibular migraine and vertigo.

- According to the American Migraine Study II done in 1999, approximately 20.9 million women suffer from migraine headaches; compared to 6.9 million men.
- Migraine is an under diagnosed condition with the rate of diagnosis in 1999 being only 48%.
- Menstrual migraine affects up to 60% of women with migraine.
- Patients can have migraine phenomena without an actual headache.
- Vestibular migraine is a relatively new diagnosis that is being more commonly diagnosed in Otoneurology and Neuro-Otology practices.
- It is becoming a more recognized cause of episodic vertigo and dizziness, although diagnostic criteria and treatment protocols are being developed.

Thank you to our scholarship donors who gave \$3,000 or more to support the Howell Scholars!

2012 scholarship donor: Jeanne Jones

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., Ruth Lane Charitable Foundation, Soroptimist International of La Jolla, The Thursday Club and Wells Fargo.

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*Howell Highlights
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Keeping the Women
we Love Healthy

2012 Health Lecture Series

The Howell Foundation is pleased to present our 2012 Health Lecture Series. The Lecture Series strives to educate women and men about the latest advances in women's health research.

Our 2012 lecture series kicked off the year with a lecture luncheon in January on "Migraine and Vestibular Migraine in Women". Additionally we will host lectures on the following topics:

April 11 - "Pancreatic Cancer: Are we making any progress?" with Dr. Michael Bouvet

July 26 - Gluten Intolerance/Irritable Bowel Disorder with Dr. Vijaya Pratha

October - Hypertension/High Blood Pressure, date and speaker TBD.

We look forward to seeing you at an upcoming lunch and lecture. The cost to attend a lecture is \$50. To make advance reservations, please call (858) 454-7797.



SAVE THE DATE!

Wednesday, April 11, 2012

**"Update on Pancreatic Cancer:
Are we making any progress?"**
with Michael Bouvet, MD, FACS

Join us to hear from Dr. Bouvet about the current research strategies and latest diagnostic and staging tests for the fifth leading cause of cancer-related deaths. This lecture is not to be missed!

2012 Howell-CSUPERB Scholars

11 New Scholarships

In January, the Howell Foundation announced 11 undergraduate research scholarship recipients. The scholarships were given to science students whose research is relevant to women's health. Five scholarships awarded by the Howell Foundation totaled \$15,000, made possible by the generous support of the Friends of the Howell Foundation and our Full Scholarship Donors. In addition, CSUPERB (California State University Program for Education and Research in Biotechnology) awarded an additional six research scholarships as part of their matching program. As a result, a full 11 research scholarships were given to undergraduates attending California State Universities. Each Howell-CSUPERB

Scholar will be conducting faculty mentored research projects in 2012.

The Scholars

The Howell Foundation funded scholarships were awarded to the following talented and committed students: Ellese Carmona (SDSU), Stephanie Dreikorn (CSU, Chico), Kelly Kivlahan (SDSU), Yu-Huey Lin (CSU, Cal Poly), Jazma Tapia (CSU, Los Angeles). Below are the six CSU student recipients of the CSUPERB/Howell Foundation matching program showing great professional promise academically and in research programs: Luigi Basilio (CSU, Fullerton), Angela Beal (CSU, Cal Poly), Kristine Miller (CSU, San Jose), Tuyen Ngcox Tran (CSU, Long Beach),

Nicholas Viera (CSU, Chico), and Andrew Yale (CSU, Fullerton).

CSUPERB Symposium

Dr. Skai Krisans, a Howell Board and Scholarship Committee member attended the 24th annual CSU Biotechnology Symposium awards banquet in Santa Clara on January 7th. Seven of the scholars were able to attend and Dr. Krisans personally presented them with their awards.



2012 Howell-CSUPERB Scholars, Dr. Skai Krisans and President Rollin Richmond of Humboldt State University.

2012 Spring Scholarship Awards

The Foundation has funded more than 170 research projects over the past 16 years, ranging from reproductive health and heart disease to cancer and genetics. The next 2012 scholarship series to be awarded includes four for UCSD undergraduate students totaling \$12,000. The Cheryl Wilson Nursing Scholarship of the Howell Foundation will award \$3,000 to a nursing Ph.D. student at the USD Hahn School of Nursing. Our distinguished Scholarships Committee will conduct an internal review of applicants and approval process. Students interested should contact their scholarship department for more details. We hope to announce recipients by the end of the season!