



Howell Highlights

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

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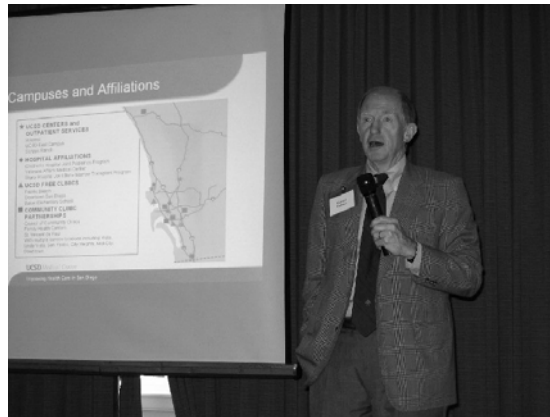
Luncheon Explores Future of Medical Care



Dr. Doris Howell

Two speakers shared the podium at the Howell Foundations June Health Education Series Luncheon, speaking on the present and future of medical care in the United States. First was Dr. Doris Howell. Dr. Doris Howell, long an advocate of preventing illnesses before they begin, spoke about the recent trend in advertising pharmaceuticals directly to the consumer through television and print advertisements. She encouraged the audience to be wise health care consumers, and to listen critically to these ads.

Dr. Howell was followed by Dr. Edward Holmes, Dean of the School of Medicine and Vice Chancellor for Health Sciences at UCSD. Dr. Holmes emphasized that a very high percentage of people in the United States have no medical insurance, and this creates a vicious cycle whereby increased rates cause more people to drop their insurance, causing rates to climb higher still. He further stated that the cost of hospitalization is very high, contributing to a strong trend toward outpatient care. He pointed out that in 1980, 16% of hospital care was provided on an outpatient basis, compared to 63% today.



Dr. Edward Holmes



Past Scholarship recipient Lena Van der Stap visits with Dr. Homer Peabody and Dr. Doris Howell

Speakers at future Howell Foundation Health Education Series Luncheons will include Dr. Christine Horner (see page 4 of this newsletter for details); Dr. Judith Swain, Director of the College of Integrated Life Sciences at UCSD; and Dr. Elizabeth Barrett-Connor, Chair of the Department of Community and Family Medicine at UCSD.

Questions or comments for Drs. Howell and Holmes may be directed to the Howell Foundation at (858) 454-7797.

For Your Calendar:

November 18- 11:30 AM

Howell Foundation Luncheon featuring Dr. Christine Horner

January 19- 11:30 AM

Howell Foundation Luncheon featuring Dr. Judith Swain

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New Scholarships Awarded

A total of eight applicants from UCSD were awarded Howell Foundation scholarships in June. They are:

Angelo Baquir

Jessica Hinton

Susan Lee

Nicholas Lind

David Phang

Wenting Shih

Morgan Silldorff

Jack Yacoo

Congratulations to all of our newest scholars!

Where Are They Now?

A recent survey of our past scholars revealed that, as hoped, they are achieving great things in medicine and research. Here's what a few are up to now:

Michael Gibson (2004 Howell Scholar) - Recently graduated from UCSD, he will enter Albert Einstein or UCSD Medical School this fall. He plans to spend his summer working with a reconstructive plastic surgeon in Guangzhou, China to gain clinical experience, as well as have a bit of an adventure.

Marisa Briones (2004 Howell Scholar) - She graduated from Cal State Northridge in 2004 and has completed her first year in a Ph.D. program in Molecular and Medical Pharmacology at UCLA. She currently works on HIV.

Chris Carroll (2004 Howell Scholar) - Chris is currently working as a summer intern at Neurocrine Biosciences and will enter a Ph.D. program at UC Irvine in the Fall. His Howell-sponsored research at UCSD resulted in two publications.

Howell Board Welcomes Five New Members

The Howell Board of Directors is happy to announce the appointment of 5 new Directors in July and August. The new directors are:

Joan Eichberg – Joan is a board member of San Diego Hospice, a Hospice patient care volunteer and chair of the committee on volunteers. She is also a member of the board of Jewish Family Service of San Diego and heads its strategic planning/marketing process. For many years she headed her own advertising agency in Los Angeles, the first in the country to be owned by women.

Jean Lunsford – Jean retired last year from her many years serving as Executive Assistant to the Dean of the College of Sciences at San Diego State University, bringing to our board her extensive experience in university administration procedures. Jean was also a founding board member of the Mt. Laguna Observatory Associates.

Michael Lee, M.D. – Michael is an attending physician and clinical researcher in the Division of Diabetes and Endocrinology at Scripps Clinic. He shares with Doris Howell a particular interest in pediatric and adolescent obesity.

Pamela Mellon, Ph.D. – Pamela is a professor of Reproductive Medicine and Neurosciences at UCSD, as well as Director of the Center for Reproductive Science and Medicine. She has served as a project mentor to several of our past Howell scholars. Pamela plans to be active with our grants committee, reviewing student applications and judging the merit of proposed research projects.

Priscilla Moxley – Priscilla currently works with Prudential California Realty in La Jolla as a realtor. She brings to our board a wealth of experience in fundraising and community service, especially in a university setting.

A most warm welcome to our new board members!

“The real voyage of discovery consists not in seeking new landscapes but in seeing with new eyes.”

- Marcel Proust

What's New? Notes from Doris Howell

As a number of breakthroughs and exciting, provocative research articles hit the tabloids daily, one can hardly choose the most important. The following captured my attention and, I hope, yours.

Ovarian cancer has continued to elude our best treatment efforts with early detection and surgical removal before the malignancy leaves the ovary, offering a 90% chance of cure, but dropping to 25% or less once dissemination occurs. Methods for early detection are now improving with new serial testing by transvaginal ultrasound imagery and early testing with the CA-125 blood test in high risk women. Recent studies in London, of cellular proteins have identified a pattern specific to ovarian cancer and a large study of OvaCheck is under way to confirm the findings and enlarge the groups for specificity and sensitivity of the protein for early detection.

Two other exciting tests are proving successful using high resolution mass spectrometry to analyze protein markers in the blood. The finding of elevated levels of a chemical, lysophosphatidic acid, in the blood of women in early stage ovarian cancer is significant. Until these tests are confirmed and more cases followed, women must contribute by immediately reporting to their gynecologists if they show the specific triad of symptoms – bloating, increased abdominal size and urinary urgency, especially when accompanied by fatigue and pelvic or abdominal pain. Don't think you are just over eating or getting older. Be alert!

Doris

Scholar Correspondence

It is always wonderful to hear that the scholarships awarded by the Doris Howell Foundation are meaningful in the careers of students. Now and then we hear quite spontaneously from a student letting us know what the award has meant to them. Michael Gibson, a student at UCSD, received support from the Foundation in 2004 so that he could continue studies on ovarian cancer in Dr. Howell's lab (no relation!) at UCSD. Here is a letter that he sent recently to Dr. Katie Smith, a member of the Grants Committee:

Dear Dr. Smith:

Thank you so much for contributing to the Doris Howell Grant. I greatly appreciate this funding for my project. I am so glad I was able to meet you and find out who is helping me continue my research. I can't thank you enough for giving students, like myself, such great opportunities through your kind and generous contribution.

Sincerely, Michael Gibson.

We know that many students benefit greatly for this support and hope that they will, in turn, ultimately contribute to the improvement of women's health.

"Somewhere, something incredible is waiting to be known."

- Carl Sagan

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

Dr. Christine Horner to speak at November event



Dr. Christine Horner

The featured guest at our November 18 luncheon will be Dr. Christine Horner, speaking on "Breast Cancer—New Approaches and Treatments." Dr. Horner is a nationally known surgeon from the Cincinnati area, and the author of "Waking the Warrior Goddess."

Dr. Horner has long had a special interest in breast cancer, and was a leader in the crusade that led to the passage of a federal bill known as the Breast Reconstruction Advocacy Project. This bill requires insurance companies to pay for reconstructive breast surgery following mastectomy. Dr.

Horner now spends a great deal of time writing and teaching about preventive medicine, and how to increase and maintain one's health naturally. Please call (858) 454-7797 for more information and to reserve seats.

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