



# Howell Highlights

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

## Inside this Issue

- > July Luncheon Recap
- > Notes from Dr. Howell
- > New and Renewing Circle Members

## Howell Foundation and Girl Scouts Collaborate to Combat Obesity



Just a few of the 50 Girl Scouts who spent a week learning about cooking and nutrition with Howell Foundation members

Several representatives of the Howell Foundation spent the week of August 7-11 working with the Girl Scouts of San Diego and Imperial Counties on a collaborative project aimed at reducing childhood obesity. Wearing bright red "Incredible Edibles" T-shirts and aprons, 55 girls ages 6-12 spent the week cooking and learning about nutrition, menu-planning, and healthy eating habits.

The curriculum for the program was developed over the past year by a panel of Howell Foundation board members and dedicated volunteers. Board members Dr. Doris Howell, Dr. Michael Lee, Priscilla Moxley, Peggy Dechsle, Jean Lunsford and volunteers Chris Carlin and Eileen Briese developed lectures and demos for breakfasts, lunches, dinners, snacks, and for special occasions. This same energetic group then taught and directed the cooking sessions with the Girl Scouts. They were assisted by Girl Scout leaders, Junior League observers, and camp staff.

The Howell Foundation is hopeful that the project will expand to reach many more San Diego-area children. The committee plans to work with senior scouts to create a cookbook of healthy and fun recipes for primary school children to take home and cook with their parents, entitled "For Kids By Kids." The Junior League of San Diego has voted to partner with the Howell Foundation to replicate the course, promote outreach, and participate in the production of the cookbook.

Thanks to the many of you who donated kitchen appliances and cookware. These items have been donated to the Girl Scout camp facility in Balboa Park following the cooking class. The project closed with photos and a huge "Thank You" card signed by every scout. In the final evaluations, several scouts said "We loved working with the cute little old ladies!" So much for our pride!



Dr. Doris Howell and a new friend.

## For Your Calendar

November 8—Howell Foundation Luncheon.

*\*\*Please note date change*

Dr. Evan Snyder speaks on "A Realistic Look At Stem Cells and Their Potential."

Watch our website for news on our 2007 Health Education Series speakers!

[www.howellfoundation.org](http://www.howellfoundation.org)



**Dr. Daniel Steinberg**

## Daniel Steinberg Discusses Cholesterol, Heart Disease

The Howell Foundation’s featured speaker at its July 13 Health Education Series Luncheon was Daniel Steinberg, M.D., Ph.D., Research Professor of Medicine, Emeritus at UCSD. Dr. Steinberg has done research in lipid chemistry and the causes of atherosclerosis for over 40 years. He and his colleagues have published over 400 papers on this topic. Dr. Steinberg’s focus was the role of LDL and HDL cholesterol in heart disease. He stated that lowering LDL cholesterol levels was key to lowering the risk of coronary heart disease. LDL is responsible for carrying cholesterol from the liver to cells throughout the body. Dr. Steinberg’s re-



search has showed that oxidation of LDL cholesterol initiates the atherosclerotic process that leads to heart attacks and strokes. He was an excellent and very informative speaker.



Howell Scholars Christine Lee and Melinda Mulvihill with Doris Howell.

Also present at the luncheon were several current Howell scholars—undergraduate students who are conducting research on women’s health topics with funding from the Howell Foundation. Scholars Christine Lee and Melinda Mulvihill briefly described their projects for the attendees.

One luncheon remains in the 2006 series. On November 8, Dr. Evan Snyder of the Burnham Institute will speak on “A Realistic Look at Stem Cells and Their Potential.” Please contact the Howell Foundation at 858-454-7797 to reserve seats.

**“The beginning of knowledge is the discovery of something we do not understand.”**

**- Frank Herbert**

## Welcome to our New and Renewing Howell Circle Members!

### *New Howell Circle Members:*

- Pat Fisher
- Pamela Mellon
- Pattie Wellborn

### *Renewing Howell Circle Members:*

- K.C. Chien
- Charles & Sue Edwards
- Dorothy Greiner
- Ben & Mary Holmes

### *Renewing Members, cont.*

- Mary Lorch
- Jean Lunsford
- Pamela Palisoul
- Ellen Revelle
- Lyda Shugert
- Jennifer Thomson
- Mary Wayne

## Notes From Dr. Howell... Medical Highlights

### *Dear Readers:*

#### **Shingles Vaccine - Yes or No?**

A resounding "YES", if you are over 60 years of age, or immune suppressed, as soon as it is available! If you have ever known anyone afflicted with this nasty skin/nerve condition, you will not want to experience it. Proudly, one of our local scientists, Professor Michael Oxman, MD at UCSD, has been one of the lead researchers who, after years of research, received FDA approval this spring for the new vaccine. Zostafax can prevent half of the cases of Shingles and significantly reduce the painful symptoms and duration in the other 50%. Fortunately it has few or very mild side effects. If you had Chicken Pox, at any time in your life, you are vulnerable to the lurking dormant Herpes Zoster virus, the cause of Shingles. If you have never had Chicken Pox ask your physician if you should receive the CHILDREN'S vaccine to stimulate protective antibody production. For those who don't know, inquire about being tested for the presence of antibodies to the virus. Protection by Zostafax is estimated to last at least 4 years and continuing studies will probably extend that much further. Shingles causes excruciating pain and lasts for weeks. Even more stressful is that in many older people, chronic nerve pain may persist for years thereby jeopardizing the quality of life. Victim beware, prevention is the answer — even if, as yet, Medicare will not pay for Zostafax vaccine.

#### **Vitamin D and Breast Cancer**

Several studies reported recently suggest that women with high levels of Vitamin D have a lower risk of having breast cancer, but larger numbers of women will need to be tested for confirmation. The threat of skin cancer has lead to more women avoiding sun exposure, the leading source of Vitamin D. The need for Vitamin D to enhance Calcium absorption and minimize post-menopausal Osteoporosis has been well demonstrated, but without adequate sunshine, supplemental Vitamin D, at least 800 International Units daily, with meals, and preferably with Calcium is highly recommended. Keep watching for more studies to support the preliminary data suggesting 25 - 50 % reduction in the risk of breast cancer in women with high levels of Vitamin D.

*Doris*

**"A Scholar is a candle which the love & desire of men will light. Let it not lie in a dark box."**

**- Ralph Waldo Emerson**

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

### "A Realistic Look at Stem Cells and Their Potential"



**Dr. Evan Snyder**

Please join the Howell Foundation on Wednesday, November 8, 2006 as we hear from Evan Snyder, M.D., Ph.D., of the Burnham Institute. Dr. Snyder will address the current research on stem cells and the possibilities for their use in medicine.

Please call (858) 454-7797 or email [admin@howellfoundation.org](mailto:admin@howellfoundation.org) for reservations or more information. Seating is limited, so please make your reservation early. *Please note that all registrations must be pre-paid or held with a credit card, and walk-ins cannot be accommodated.*

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