



Howell Highlights

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

Howell Foundation launches 2009 Health Lecture Series

**World-renowned genetic researcher Eric Topol, M.D.
"Personalized Medicine"
February 18, 2009**

"We are about to enter a new era of medicine - in which every aspect will eventually be individualized, including prevention and therapy." — Dr. Eric Topol.

Dr. Topol is recognized as one of the great leaders in cardiovascular medicine and his work in genetic research has no parallel. As Chief Academic Officer for Scripps Health, he is working with a team of researchers and physicians to discover and define the genes that may influence disease.

Learn from Dr. Topol how one person's genome may make them more susceptible than another to a given disease and what is being done to apply this knowledge in clinical research, drug discovery programs, and individualized patient care trials.

Don't miss this unique opportunity! Please join us on February 18, 2009 for lunch and Dr. Topol's presentation at the La Jolla Country Club.

Seating is limited and reservations must be pre-paid. As reservation preference is given to Howell Circle Members, please consider becoming a member. See page 2 for details. To make a luncheon reservation, please call (858) 454-7797 or email admin@howellfoundation.org.

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OUR MISSION

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 make a donation, please call (858) 454-7797.

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New Howell Circle Members

Thank you to all new and renewing Howell Circle members. Your support encourages undergraduates to pursue independent research.

Patti Coopridner

Madeline Winters

Stella Larsen

Charlotte Morton

Joan Evangelou

Irving Tragen

Jill Patch

Rosemary Patrick

Judith Smith

Laury Graves

Fran Dolan

Although it takes all levels of giving to make our Foundation successful, those who contribute \$125 or more in a given year are extended membership in the Howell Circle.

You will have the satisfaction of knowing that your gift will make a positive impact on the health and well being of women, today and in the long-term.

Please use the enclosed envelope to join or renew your Howell Circle membership – or to make a tax-deductible gift in support of Howell Research Grants awarded to undergraduate students researching women's health issues.

October Howell Luncheon Speaker

DR. MICHAEL BUONO ON "IF YOU DON'T MAKE TIME FOR EXERCISE, YOU WILL MAKE TIME FOR DISEASE"

October 29th we were treated to an inspiring lecture by Dr. Michael Buono, Ph.D. from San Diego State University. Dr. Buono presented irrefutable data which demonstrated the essential importance of exercise in our daily lives, in order to prevent diseases such as heart disease, cancer and stroke. The data clearly established that tobacco and poor diet, and physical inactivity are large contributors to death in the United States. It is estimated that 25% of adults do not engage in any daily physical activity and overall, only 33% of Americans are meeting daily physical activity requirements. Adults should do a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity a week by doing activities like brisk walking, ballroom dancing, or general gardening. However, health improvements can begin by adding as little as 10 minutes of physical activity per day. Current 2008 physical activity guidelines for Americans are the following: <http://www.health.gov/PAGuidelines>.

Welcome New Board Members

We are pleased to announce Carole Banka, Ph.D. and Betty Brayshay have joined our Board.

Carole Banka, Ph.D. is an Associate Project Scientist with the Department of Medicine at UCSD. She is the Founder and President of the Health Education and Research Society (HERS) and its predecessor, Innovations in Women's Health Research, outreach organizations to educate the lay public on current issues in women's health.



Betty Brayshay has an impressive record of board service on many San Diego organizations. Betty is the Founder of SPRITES and was honored this year at their 40th celebration, is a Past President of The Thursday Club and Patrons of the Prado and has been honored as a Woman of Dedication (Salvation Army). A few of her current board or committee positions are with Patrons of the Prado, ARCS, P.E.O. and St. Paul's Senior Homes and Services.



Invest in a Promising Young Researcher

Each year, 12 extraordinary undergraduate students are pursuing women's health research at UCSD, SDSU and other California Colleges through a grant awarded by the Howell Foundation. Please consider supporting a Howell Scholar with a full grant of \$3,000 – or partial support with a tax-deductible gift in any amount. Your gift is vital to the Howell Scholar Program. To make your tax-deductible gift, please call Tanya at (858) 454-7797.

Howell Scholar Alumni News

As the first Howell Scholar, Janice Bailey was awarded a \$2,000 grant from the Howell Foundation in 1995. She went on to graduate with a B.S. from UCSD in 1996, completed the Biomedical Sciences Graduate Program at UCSD Med School, received a two-year Markey Fellowship, and received her Ph.D. in Biomedical Sciences from UCSD in 2000. Janice was appointed a 2 year UCSD Faculty Fellowship 2002-2004. She is currently an Assistant Professor in the Department of Psychiatry at the University of North Carolina.

Note From Dr. Howell...

Earlier this year we asked for your suggestions on important issues in women's health — issues YOU were interested in hearing about. We took your "hot" topics to several respected researchers and asked them to recommend leading experts who could present the latest research advances on the health concerns you identified.

Our first installment of the 2009 Health Lecture Series features Dr. Eric Topol a leading expert in the exciting and innovative area of personalized medicine. Personalized medicine is the concept that information about a patient's genotype or gene expression profile could be used to tailor medical care to an individual's needs. Please plan to join us for Dr. Topol's informative and compelling presentation. Information you need to know!

The other areas of concern and interest you expressed include dermatology, vaccinations, nutrition and advances in palliative care. Please check our website in January for updated information on the 2009 Health Lecture Series (www.howellfoundation.org).

In addition to funding research grants to undergraduate students who are researching women's health issues, an important mission of the Howell Foundation is to educate women to be catalysts for better family health. We hope you will attend our luncheons — you'll walk away with important health information for both you and your family.

Doris A. Howell, M.D.



Health Hint:

What do sinusitis, most sore throats, bronchitis, runny noses and the regular cold have in common? They are upper respiratory tract infections usually caused by viruses that can't be cured with antibiotics. Yet, each year, health care providers in the U.S. prescribe tens of millions of antibiotics for viral infections. Antibiotics kill bacteria, not the viruses that cause colds or flu, most coughs and bronchitis, sore throats not caused by strep, and runny noses. Taking antibiotics when you don't need them or not as prescribed increases your risk of getting an infection later that resists antibiotic treatment. If the health care provider's recommendation is to wait- wait. Be patient and let the body do its work. For more women's health information visit www.4women.gov.

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

UPCOMING LUNCHEON!

February 18, 2009
12:00 noon (11:30 registration)
La Jolla Country Club
\$45 for Howell Circle Members
\$55 for Prospective members /
guests



Eric Topol, M.D.

"Personalized Medicine"

Learn from Dr. Topol how one person's genome may make them more susceptible than another to a given disease and what is being done to apply this knowledge in clinical research, drug discovery programs, and individualized patient care trials.

MARK YOUR CALENDARS!

May 28, 2009

"Advances in Palliative Care"

Join our own Dr. Doris A. Howell to learn about the best possible quality of life during illness.



Doris A. Howell, M.D.

Would you like to sponsor a Howell Scholar's lunch for \$45? Let us know when you make your reservation at (858) 454-7797.

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