



# Howell Highlights

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

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## In Medicine, as in life, gender matters

Gender matters - at least when it comes to medical research on diseases and cures. That is why we work so hard to accomplish our mission to fund research on women's health. The Howell Foundation has awarded over 130 scholarships to undergraduates pursuing research on women's health issues. We also strive to provide educational forums on the latest women's health research. Recent presentations with a research focus on women's health included:

**How to Treat a Woman...for Heart Disease** by renowned expert and researcher Dr. Christopher Glembotski

**Take a Nap, Change Your Life** by best-selling author and researcher Dr. Sara Mednick

**Improve Your Odds after Breast Cancer** by award-winning researcher Dr. John Pierce

We hope you will plan to join us at our next important educational forums:

### Plastic Surgery - Cosmetic and Reconstructive—July 16, 2008

Dr. Richard Bodor will present the most current principles of plastic and microsurgery and discuss, in graphic detail, issues every savvy patient should know before considering plastic or reconstructive surgery.

### If you Don't Make Time for Exercise, You Will Make Time for Disease - October 29, 2008

Dr. Michael Buono will present the latest research on the benefits of exercise gleaned from the highly-regarded Adult Fitness Program at SDSU.

**To register for the luncheon forum, call (858) 454-7797.  
Additional details can be found on page 4.**

## OUR MISSION

The Doris A. Howell Foundation for Women's Health Research is dedicated to making a long-term, positive impact on women's health by:

- Funding research on women's health
- Educating women to be the catalyst for family health

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

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**Thank you to Susan McClellan for hosting our April luncheon and her consistent efforts to help raise awareness of our work!**



Susan McClellan, Dr. Doris Howell, and Dr. John Pierce.

## April Howell Luncheon Speaker

DR. JOHN PIERCE ON "IMPROVE YOUR ODDS AFTER BREAST CANCER—BY 30-50%"

Dr. John Pierce spoke on how diet and exercise are key to surviving breast cancer. He reported on the first wave results of the Women's Healthy Eating and Living (WHEL) study, a National Institutes of Health funded trial of the role of diet and physical activity in the progression of breast cancer. The WHEL study addressed whether a diet very high in vegetables, fruits, fiber and low in fat could reduce breast cancer recurrence. In addition, the data collected was used to look at how several other factors may be related to breast cancer survival, including physical activity, blood carotenoids, and hot flashes. According to Dr. Pierce, eating 5-7 servings per day of vegetables and fruits plus 30 minutes per day of moderate exercise reduced mortality rates by 50%. In addition, women with higher serum carotenoids had lower recurrence rates. More information on the study can be found at [www.healthyeatingucsd.org/pages/whelStudy.htm](http://www.healthyeatingucsd.org/pages/whelStudy.htm).

## Welcome New Board Member Patti Coopridier

We are pleased to announce Patti Coopridier has joined our Board of Directors. Patti is an accomplished artist and arts and culture activist. Patti has served on the board of many organizations such as: The Salvation Army Auxiliary, Patrons of the Prado, The La Jolla Playhouse Steering Committee, and Scripps Memorial Hospital. In 2002 she was named San Diego "Woman of Dedication" by the Salvation Army. We welcome her and thank her for her commitment to Women's Health Research.



### Thank you...

"This project and the Howell Scholarship have given me a priceless learning experience and the opportunity that has changed the course of my future path as a researcher."

-June Chun  
'06 Howell Scholar, SDSU

"Thank you for investing in the lives of undergraduate students at UCSD. With your help I have been given an opportunity that will truly benefit the rest of my life."

-Rachel Poythress  
'07 Howell Scholar, UCSD

## Las Patronas Grant

The Howell Foundation was recently chosen as a 2008 Las Patronas Spring Grant recipient. The \$2,600 capital expense grant will help with updating the Foundation's information technology. Thank you to Las Patronas for supporting our efforts! Las Patronas is committed to providing financial assistance to non-profit organizations in San Diego County that provide valuable community services in the areas of health, education, social services, and cultural arts, and to continuing our tradition of service to enhance the quality of life in our community.

## New Howell Circle Members

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

Barbara Carter

Kim Conner

Galen Cooper

Leslie Harrington

Leah Higgins

Sue Kalish

Terri Kelly

Rhoda Lemlein

Constance Maples

Vicki Schoonderwoerd

Goldie Sinegal

## Note From Dr. Howell...

*Dear Readers,*

### **DON'T NEGLECT YOUR VITAMIN D**

Today's medical advice can be so contrary! A case in point is the recent recognition that in our zeal to prevent skin damage and cancer from sunlight's ultraviolet A and B rays, our essential Vitamin D needs are not being met. We have progressed from thick layers of ugly, but effective, zinc oxide, to a plethora of creams, ointments, lotions, sprays, etc. containing substances capable of excluding the UVA and UVB rays vital to activate our natural Vitamin D. This unique vitamin maintains levels of and proper balance of Calcium and Phosphorous needed for strong bone development. Each year such products contain higher SPF (sun protective factor) ratings and increased application is encouraged. Older women whose skin is not as efficient in absorbing sunlight may heighten the risk of inadequate sunlight by minimizing all exposure to direct sunshine to avoid basal cell cancer.

Only recently more critical research has revealed that Vitamin D in animals plays other roles as well, such as strengthening muscles and balance and influencing cancer cell size in organs other than the skin. Increasing significant research on humans is showing similar changes in heart, ovary, colon and lung cancer, but will require analysis of larger cohorts for confirmation.

While awaiting new studies, the recommended intake of Vitamin D by the National Osteoporosis Foundation, of 800 international units daily for persons under 50 years of age and 1000 international units daily for those over 50 years of age should be adopted. If regular intake of food such as liver, egg yolks, high oil containing fish, such as salmon, mackerel, tuna and sardines, is not your lifestyle, it would be prudent to choose a single Vitamin D oral supplement, now.

*Doris A. Howell, M.D.*



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for Women's Health Research  
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### **Howell Scholar Alumni News**

As a 2000 Howell Scholar, Joseph Sherman studied education equality in women in high school health care educational programs. Joseph graduated from UCSD in 2004, after a year exchange in Göttingen, Germany, which included a research project on Orphan Drugs addressing developing countries. He is currently working at the Peer Support Specialist Registry at the University of North Carolina at Chapel Hill. Joseph is also starting a non-profit to address education inequality.

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

## UPCOMING LUNCHEON!

**July 16, 2008**

12:00 noon (11:30 registration)

La Jolla Country Club

\$40 for Howell Circle Members

\$50 for Prospective members /guests



Richard Bodor, M.D.

### "Plastic Surgery - Cosmetic and Reconstructive"

Dr. Richard Bodor, M.D., Chief of the Plastic Surgery Department at the VA Medical Center, and Assistant Professor of Plastic Surgery at UCSD will present the most current principles of aesthetic, reconstructive, plastic and microsurgery and discuss issues every savvy patient should know before considering plastic or reconstructive surgery.

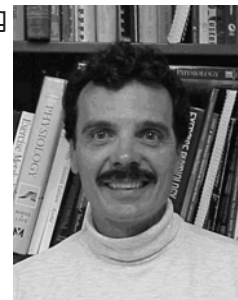
## MARK YOUR CALENDARS!

**October 29, 2008**

**"If You Don't Make Time For Exercise, You Will Make Time For Disease" with Michael Buono, Ph.D., Department of Exercise and Nutritional Sciences, SDSU.**

The evidence is mounting and more convincing than ever! Life long participation in physical activity can substantially improve health and well-being and reduce the risk of dying from coronary heart disease, stroke, high blood pressure and diabetes.

This lecture will review the numerous health benefits of exercise and highlight the data gleaned from the longitudinal studies conducted by the Adult Fitness Program at SDSU.



Michael Buono, Ph.D.

**Would you like to sponsor a Howell Scholar's lunch for \$40? Let us know when you make your reservation at (858) 454-7797.**

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