Keeping the Women We Love Healthy

2018 Annual Review

Education ▪ Research ▪ Community ▪ Outreach

"Take the research that is being done, translate it, and put it into practical use. Please take it seriously because we have no way to go but up, no option but success, no way to go but to fill the need. It is filling that need that I hope our Foundation will constantly do as its mission...

And so far I believe we've succeeded."

~Dr. Doris Howell

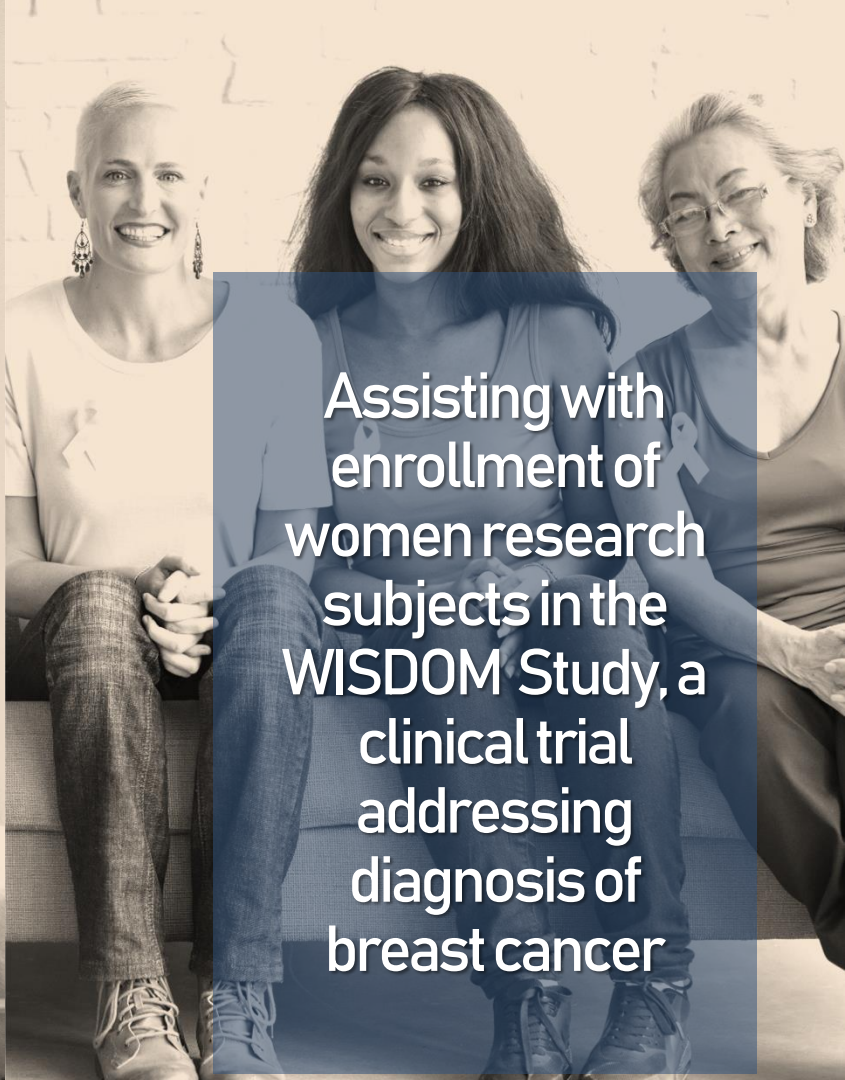
Research is the cornerstone of women's health. The exclusion of female subjects in current research efforts may result in the misdiagnosis and consequently, erroneous medical treatment of women. In the era of personalized medicine, a 'one-size-fits-all' approach on the basis of results from male research subjects places women at a higher health risk.

The Doris A. Howell Foundation for Women's Health Research is dedicated to making a long-term, positive impact on women's health. It is *THE* premier organization advancing women's health research.

Four educational luncheons & our evening "Health and Happiness" event

16 undergraduate research scholarships & two graduate nursing research scholarships

Our pilot grant for research of reproductive health of East African women refugees in San Diego County



Assisting with enrollment of women research subjects in the WISDOM Study, a clinical trial addressing diagnosis of breast cancer

"Unable are the loved to die, for love IS immortality"

~Emily Dickinson

2018 was a difficult year for the Foundation. We were deeply saddened to announce the passing of Dr. Howell. She passed peacefully in her sleep early morning on Friday, November 23rd, 2018, just short of her 95th birthday. Dr. Howell will be lovingly remembered by her family, friends and past and current Board Members. Devoted to improving the lives of others, her pervasive humanitarian outreach to those in need and to education is legendary.

Known as the "Mother of Hospice" in our community, Doris A. Howell, M.D. was a graduate of McGill University. A Pediatric Hematologist/Oncologist, and an internationally renowned leader in pediatrics and hospice care, she was a faculty member at Harvard and Duke Schools of Medicine, Chair of the Dept. of Pediatrics at the Medical College of Pennsylvania, and on the faculty of UCSD Medical School where she chaired the Dept. of Community and Family Medicine. Serving on the San Diego Hospice Board of Directors since its inception, she was a driving force for San Diego Hospice, a model of care that is recognized throughout the nation. She was elected Director Emerita in 1989.

In 2013, Interim Mayor Todd Gloria declared December 2nd as Doris Howell Day. In addition, Dr. Howell was also the recipient of the McGill University Life Time Achievement Award in October of the same year. Tributes to a life-long focus on health and education include numerous awards: the Salvation Army Woman of Distinction Award, the Humanism Award from the Health Care Foundation of New Jersey, and awards for leadership and service from the American Academy of Pediatrics. Dr. Howell was honored by KPBS during Women's History Month in 2012.

Upon her formal retirement, Dr. Howell began to focus on the critical need to improve women's health care and research. She and Soroptimist International of La Jolla began awarding research scholarships to young scholars. In 1995, the Soroptimists honored Dr. Howell by establishing the Doris A. Howell Foundation for Women's Health Research. Until 2017, she was an active board member of the Howell Foundation as Chair Emeritus.

It is comforting to know that her legendary legacy of helping others will continue. UC San Diego Health has named their palliative care service after Dr. Howell. Rady's Children Hospital has also honored Dr. Howell by naming the palliative care service after her. In 2016, the CSU Institute of Palliative Care headquartered at Cal State San Marcos inaugurated the Annual Doris Howell Award for Advancement of Palliative Care.

And the list goes on...

Dr. Howell truly believed that the way to fight bias against females in research was through education. In doing so, she touched the lives of many:

"I so admired Doris and thought the world of her. She was a mentor and an inspiration. Very few people have the sense of humor, brilliance, class and elegance that was always shown by Doris to everyone. I am honored to have known her." Tina SN

"Thank you for everything Dr. Howell. Your legacy will live on forever" USD Hahn School of Nursing

"We all know her as a fierce advocate for undergraduate researchers. She had a long, impactful and inspirational career as a physician, philanthropist, and palliative care advocate. She will be greatly missed by the CSUPERB community." CSU Program for Education in Biology (CSUPERB)

"Dr. Howell was truly incredible and such an inspiration. She touched so many people in her 95 years of dedication to medicine, research and hospice care. Beyond being such an accomplished woman, she was a kind, dear person to all who knew her. I feel so lucky to have known her the last 12 years and will cherish my memories of her wit, intelligence, humor and kindness." Tanya F.

"Dr. Howell will continue to inspire and serve as a role model to us all." Patty R

"Dr. Howell was an inspiration to thousands of people. Her extraordinary work as Founder of San Diego Hospice helped to change the way medicine is practiced to support those at the end of life, and it was an honor to be a part of that incredible community treasure." Melissa D

"She was a wonderful role model, inspiring mentor and dear friend to all of us." Julie CN

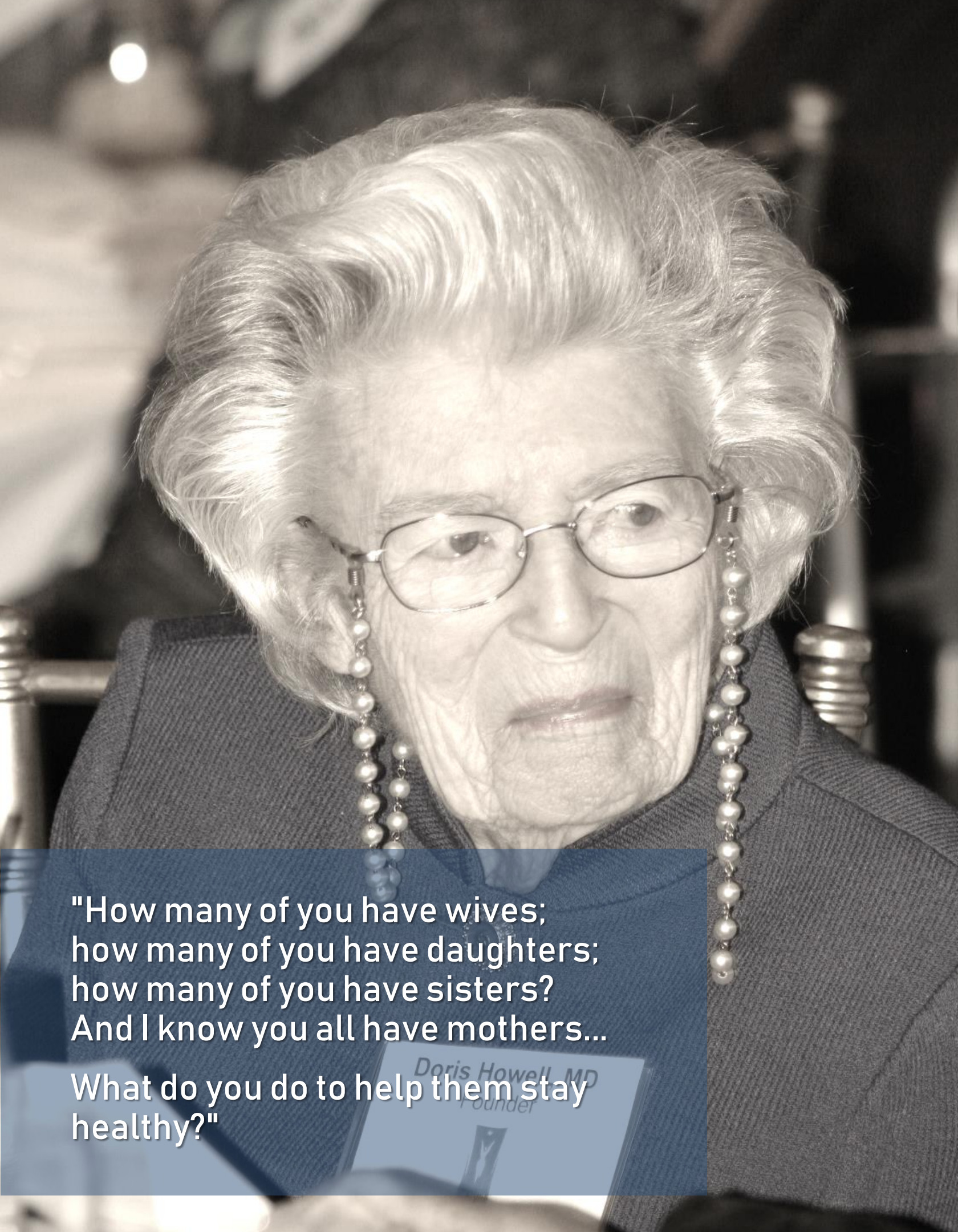
"She was a pioneer and leader in her field. Her legacy of providing scholarships to students researching women's health issues will live on through the Howell Foundation." Constance M

"Dr. Howell was an amazing, amazing person. What a beautiful heart she had for everyone. Always there to help anyone who had a need. She made a tremendous impact in the lives of so many. I am blessed in so many ways to have had the privilege to know her and work with her." Cheryl N

"Boy do we need more of HER in our world. I was honored to gain some of the best nuggets of wisdom in my life at her feet. She impacted the generations behind her. Grateful is too small a word. She was a living legacy." Kristen C

We thank you for your kind words. Now, more than ever, we are determined to place women at the forefront of medical research.!

Dear Dr. Howell, you will be sorely missed!



"How many of you have wives;
how many of you have daughters;
how many of you have sisters?
And I know you all have mothers...

What do you do to help them stay healthy?"

Your Donations at work!

In this issue:

- 2018 scholars making us proud!
- Women & our community: Reproductive health in East African Refugees
- Supporting research in our community
- Thank you for your service!
- Meet our Board
- With our deepest appreciation: 2018 would not have been possible without your support!

A Legacy of Love

2018. She is gone, but she is still with us. She always will be. Her ideals and the way she lived her life were compelling and timeless. Dr. Doris Howell gave us so much about which to think and feel. Her vision, her beliefs, her scientific knowledge and her deep understanding of people made her rare and beloved. Her passion has catalyzed the quest for women's health that will live on for many generations. We at the Foundation are fortunate to be inspired by such a person.

I hope she would be proud of us. I think she would really like where we've been over the last year and where we're going in the next. And you, our supporters, were a big part in making this happen. Thank you!

In 2018, we had the opportunity to support the WISDOM Trial, an unprecedented research study involving better ways to screen for breast cancer. Continuing with our mission to support research efforts in our community, we will be participating with the Susan G, Komen Foundation at the Metastatic Breast Cancer conference in March. Our own Past Chair, Carole Banka, will be judging research "pitches" and awarding one with funds to begin the work.

We will continue to identify high impact projects that will help carry the message to under-served populations in San Diego.

We said goodbye to a few valued Board members in 2018. Carole Banka, who had served for 12 years, and continues to serve on committees even now, has rotated off the Board. Dr. Jessica Zhang, a steadfast scholarship reviewer and participant, has left as well as Dr. Ralph Feuer. Teresa Castiglione, a staunch supporter and friend, has also moved on. We will miss them.

I will be stepping down as Board Co-Chair and retuning to serve as a Board member for my adored Howell Foundation to support the organization in its endeavors to promote our guiding principle of "keeping the women we love healthy". I cannot begin to express my gratitude for your support! During my transition year, I will be working closely with the Executive Committee to ensure that we highlight the importance of women's health research throughout years to come.

On that note, I would like to welcome Carol Tuggey as Vice Chair of the organization. She not only brings many years of experience in non-profit board management, but was instrumental in supporting the creation of the Doris A. Howell Foundation through Soroptimist International of La Jolla. I am looking forward to working towards a successful succession plan for our organization and especially working with Carol during 2019,

I had the fortune of welcoming wonderful Board Members in 2018. Bill Wurch JD, CPA, LLM is our new CFO. We've also added Marilyn Tedesco, Management Consultant, and Ruth Curran, MS, author and Strategic Partnerships Director. We are fortunate to rely on the experience of such talented individuals.

In 2019 the Foundation will be celebrating Dr. Howell's legacy at our events throughout the year. Specifically, a Celebration of Life will be scheduled and we will let you know the details as soon as they become available.

I know I speak for my 2018 Board Co-Chair, Abigail D'Agostino, in thanking all of you for your support in "Keeping the Women We Love Healthy", and Dr. Howell for leaving us with her legacy of love.

Kathleen A. Franklin,
2018 Board Co-Chair

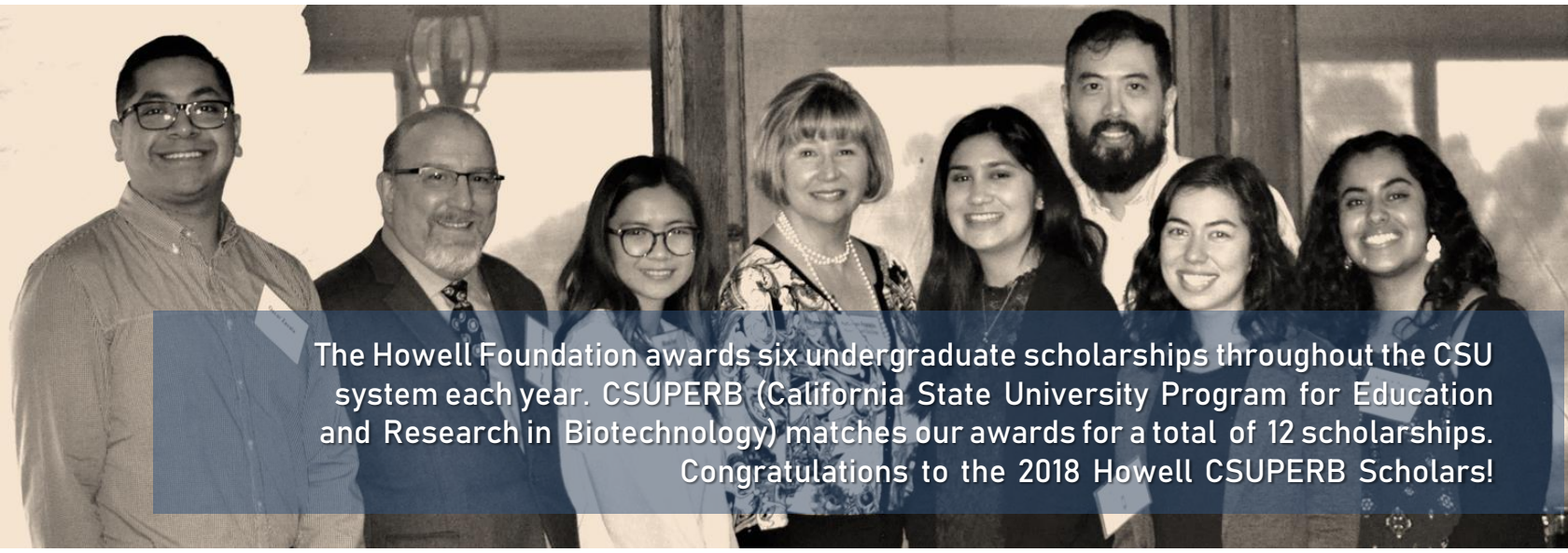
2018 Howell Scholars

Women's Health starts with RESEARCH

The Howell Foundation has awarded **$680,725** and funded **241 women's health research scholarships**. The research scholarships have ranged from the study of ovarian, breast and cervical cancers, to heart disease, the body's immune system, and pregnancy.

A good portion of the success of the program is that each student has a mentor professor who specifically guides the student. The mentor catapults the student's knowledge and skills in ways that couldn't be done otherwise.

The students who are selected for scholarships are without exception, tops in their class. It is inspirational to see their passion and their growth. After all, they are the embodiment of the promise of ***"Keeping the Women We Love Healthy."***



The Howell Foundation awards six undergraduate scholarships throughout the CSU system each year. CSUPERB (California State University Program for Education and Research in Biotechnology) matches our awards for a total of 12 scholarships. Congratulations to the 2018 Howell CSUPERB Scholars!

Analine Aguayo (CSU, Northridge)
"Premetastatic Niche Cell Responses to Breast Cancer Cells."
Mentor: Jonathan Kelber, Biology

Micah Feri (CSU, Long Beach)
"Progesterone signaling regulating female reproduction ismediated by progesterone receptor, Src kinase and Dopamine receptor (D1) interactions."
Mentor: Kevin Sinchak, Biological Sciences

Selina Gonzales (CSU, San Marcos)
"Hair cortisol during pregnancy, homeostatic dysregulation and risk for gestational diabetes."
Mentor: Kimberly D'Anna-Hernandez, Psychology

Stacy Guzman (CSU, Fullerton)
"Elucidating the Effects of Novel Small Molecules on the Wnt/ß-catenin Pathway."
Mentor: Peter de Lijser, Chemistry and Biochemistry

Kathryn Johnston (CSU, Bakersfield)
"Cell Viability Studies of Breast Cancer Cells Using Lysyl Oxidase Inhibitors."
Mentor: Karlo Lopez, Chemistry and Biochemistry

Elyssa Lawrence (CSU, Long Beach)
"Orthopedic Implant Behavior in Osteoporotic Bones Under Impact."
Mentor: Daniel Whisler, Mechanical and Aerospace

Maizie Lee (CSU, Fresno)
"Curcumin-quercetin hybrid molecules as potential chemotherapeutics for triple negative breast cancer."
Mentor: Qiao-Hong Chen, Chemistry

Nicole Lukasko (CSU, San Luis Obispo)
"Investigation of Antimicrobial Compounds in Umbellularia californica extracts."
Mentor: Alejandra Yep, Biological Sciences

Addie Norgaard (CSU, San Luis Obispo)
"The Effect of Glucuronated Hormonal Contraceptives on Glucuronidase Activity and Uropathogenicity in Escherichia coli."
Mentor: Christopher Kitts, Biological Sciences

Javier Rodriguez (CSU, Long Beach)
"Electromyographic suit to assess hormone replacement therapy/high-impact physical exercise on skeletal muscles in post-menopausal women."
Mentor: Emel Demircan, Mechanical and Aerospace Engineering

Bobby Teng (CSU, Northridge)
"Role of Interleukin-6 expression in Maternal gut bacteria and the alternation of mouse offspring brain development."
Mentor: Lisa Banner, Biology

Grace Yomogida (CSU, Long Beach)
"Structural and Functional Analysis of Myeloperoxidaseoxidized Apolipoprotein E3."
Mentor: Vasanthy Narayanaswami, Chemistry and Biochemistry

2018 Howell Scholars

The Howell Foundation's mission and vision are firmly rooted in our affiliation with UCSD, fostered by Dr. Howell. We award four undergraduate scholarships each year to UCSD students. Congratulations to our 2018 Scholars!

Allison Kramer (UCSD)
"Intervening on cancer genetic counseling in young breast cancer survivors"
Mentor: Irene Su, Reproductive Medicine

Annie Chen (UCSD)
"Exploring the Effects of Prolonged Letrozole Treatment on Metabolic Dysfunction in a PCOS Mouse Model"
Mentor: Varykina Thackray, Reproductive Medicine

Rachel Sebastian (UCSD)
"Using Placental Explants to Examine Alterations in exRNAs to varying glucose levels"
Mentor: Louise Laurent, Reproductive Medicine

Hoejeong Kim (UCSD)
"Characterization of Ly6A+ trophoblast cells in the mouse placenta"
Mentor: David Natale, Reproductive Medicine

In 2010, the Howell Foundation established the Cheryl A. Wilson Graduate Research Award in Nursing in honor of long-time Howell Board member Cheryl A. Wilson, R.N., M.A. We fund two Ph.D candidates researching women's health at USD's Hahn School of Nursing & Health Science. Congratulations to our 2018 Howell-USD Awardees!

Ellen Fleischman (USD)
"Perinatal Mood and Anxeity Disorders: Impact of Stigma and Social Support on Treatment-Seeking"
Mentor: Mary Barger

Michelle Lee (USD)
"The effects of galactogues usage on breastfeeding self-efficacy"
Mentor: Cynthia Connelly

2018 Outreach

In February, Dr. Anthony DeMaria discussed the most common heart afflictions, the risk factors and the new technology being developed to diagnose, treat and prevent heart disease.

Dr. DeMaria presented the latest innovations in cardiology, starting with the use of nano-bots smaller than the size of a vessel to shatter the plaque and re-establish and regulate the blood flow of our body.

The use of sensors to monitor cardiac health is yet another technology currently being developed and tested that is aimed at preventing heart disease. By analyzing the heart rate and rhythm, accurate treatment –including lifestyle changes—can have a positive effect in personalized medicine (vs. a one-treatment-fits-all approach). The encouraging news is that it involves the patient directly in his or her care.

In August, Dr. Carolyn Coker-Ross brought home the true meaning of addiction with her presentation ***"Addiction: it's not just drugs and alcohol."*** Based on her experience, and as a tribute to her brother, she discussed how addiction affects our brain.

Dr. Coker-Ross walked us through the importance of fully understanding the meaning of addiction and the process that takes place in the human brain when addicted. It is defined by the American Society of Addiction as a primary chronic disease involving brain reward, motivation, memory and related circuitry; operative words: chronic disease. In other words, an unconscious or an unwitting giving away of our power.

Being addicted might reduce our cognitive capacity, and is, in NO way, a disease of will power. When individuals with addictions make poor decisions, it is actually the brain driving the action, not the lack of will power.

Dr. Coker -Ross also touched on current and past research that indicates addiction can become an intergenerational disease, As an example, she concluded her presentation by opening up about her own family's addiction; bringing this important message full circle.

In May, Dr. Benjamin Shepard talked about examples of tissue engineering for both drug discovery and therapeutic tissue development. His presentation focused on current research areas where bioscience and technology have been very successful...

He elaborated on the areas of challenge in tissue regeneration: 1) current efforts in organ reconstruction based on previous research in vascular grafts (the blood vessel space), and 2) efforts focused on "additive manufacturing", also known as 3-dimensional printing. Of significant importance are the future applications of his own research in both areas.

The possibilities are endless and quite encouraging! Dr. Sheppard's research indicates that the applications for bio-technology will be extremely beneficial for illnesses where organs are damaged or inflamed.

In November, guest speakers Amy Borenstein, Ph.D and Pamela Maher, Ph.D provided eye-opening facts about dementia in the US. Six million Americans are diagnosed with some form of dementia, and diagnoses of the illness are expected to triple by 2050.

Dr. Borenstein (UCSD) described dementia and its major subtypes as well as the most important risk factors for dementia and Alzheimer's disease. She also discussed ongoing trials of antibodies against the Alzheimer protein beta-amyloid as well as lifestyle changes that may delay the onset of the disease to later ages.

Dr. Maher (Salk Institute) discussed the rationale her approach to the development of novel therapeutics for the treatment of AD. She provided examples of the use of this approach, summarized where research is right now and what she hopes to accomplish in the future.

The WISDOM Trial: Wouldn't you want to know?

In support of the WISDOM (Women Informed to Screen Depending On Measures of risk) trial, The Doris A. Howell Foundation celebrated its Health and Happiness Series in June with the presentation "Improving Benefits and Reducing Harms from Breast Cancer Screening: The WISDOM Trial.

The WISDOM Trial is the largest breast cancer screening study in California, and the Howell Foundation is thrilled to support enrollment. Visit www.wisdom.org for more information.

Hosting three renowned specialists in the areas of oncology, epidemiology and genetic testing, the Foundation's objective was to inform the San Diego community about the latest research being conducted regarding breast cancer screening guidelines, their efficacy, and the steps required to provide women with accurate, personalized prevention processes that effectively diagnose and treat breast cancer ON AN INDIVIDUALIZED basis.

Dr. Barbara Parker discussed breast cancer Precision Medicine, breast cancer incidence and death rates, and treatment advances for early and advanced breast cancer.

Dr. Andrea LaCroix described the trial as comparing yearly screening to a personalized screening approach that provides a mammogram timeline based on a participant's individual risk factors.

Dr. Lisa Madlensky discussed the genetic perspective of breast cancer risk and its role in determining the best course of action for women enrolled in the study.

A Sense of Community: 2018 Community Engagement Initiative Recipient

Dr. Sheila Mody, MD MPH.

Director, Fellowship in Family Planning
Division of Family Planning Department of Obstetrics, Gynecology & Reproductive Sciences
University of California, San Diego

"Partnering with Refugee Women to Inform Culturally Appropriate Patient-Centered Reproductive Healthcare"

The research project is a collaboration between the Department of Obstetrics, Gynecology and Reproductive Sciences at UCSD, the Refugee Health Unit at the UCSD Center for Community Health, and the United Women of East Africa Support Team (UWEAST). Dr. Mody and her partners will explore reproductive health patient-provider interactions and adapt patient-centered reproductive health counseling tools that can be accessible, culturally sensitive, and appropriate for refugee women.

Welcome on Board!

We look forward to working with you in the advancement of women's health!

Ruth Curran
Marilyn Tedesco
William Wurch

Thank you for your service

Your dedication and commitment to further the need for women's health research and education made us strong.

Carole Banka, Ph.D
Ralph Feuer, PhD
Teresa Castiglione
Jessica Zhang, MD

Legacy Council

With our greatest appreciation for your continuous support.
**Howell Board Emeritus are recognized for their 18+ years of service to the Howell Foundation.*

Betty Brayshay
Cher Conner
Gladys Kohn
*Howell Board Emeritus**
Jean McGrath
Priscilla Moxley
Peggy Oechsle
*Howell Board Emeritus**
Beatrice Rose, MD, MPH
*Howell Board Emeritus**
Pattie Wellborn
Cheryl Wilson, RN
*Howell Board Emeritus**

Advisory Council

Comprised of advisors of inestimable talent whose collective minds help the Foundation achieve its mission.

A. Stephen Dahms, Ph.D
Theresa Latosh
Eileen Gaffen
Mary Johnson
Stanley Maloy, Ph.D.
Michael J. Sailor, Ph.D.
Marilyn Tedesco

Our Supporters

Thank you for your help in placing women's health at the forefront of research. Without you, there wouldn't be us!

For the complete list, visit
www.howellfoundation.org

Earning your trust

SEAL OF TRANSPARENCY 2018 BRONZE GUIDESTAR

2018 Board Officers

Doris A. Howell, M.D.,
Chair Emeritus

Abigail D'Agostino, RN BSN MBA,
2018 Board Co-Chair

Kathleen A. Franklin
2018 Board Co-Chair

Brad Benter
2018 Board Secretary
Friends of Howell Committee Co-Chair

William A. Wurch, JD, CPA, LLM
Chief Financial Officer

Kay Christian Pierce
2018 Treasurer and Advisory Council Co-Chair

2018 Board Members

Tauna Austin, MS,
Friends of Howell Committee Co-Chair

Carole Banka, Ph.D
Immediate Past Board Chair,
Chair of Fund Development,
Chair of Health Lecture Series Committee

Mandy Butler, PhD,
Scholarship Review Committee Chair

Stacy Carota
Friends of Howell Foundation Committee Member

Teresa Castiglione

Ruth Curran, MS

Ralph Feuer, PhD

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Andrea Z. LaCroix, Ph.D.
Scholarship Review Committee Member

Hamilton Loeb Jr.
Fund Development Committee Member

Carolyn Northrup
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Chair of Strategic Planning Committee

Katherine "Meg" Richman, MD, FACR
Special Events Committee Chair

Marilyn Tedesco
Fund Development Committee Member

Carol Tuggey
Health Lecture Series Committee Member

Kristen Wells, Ph.D
Community Engagement Committee Chair

Jessica Zhang, MD
Scholarship Review Committee Member

Doris A. Howell Foundation
for Women's Health Research, Inc.
PMB 320
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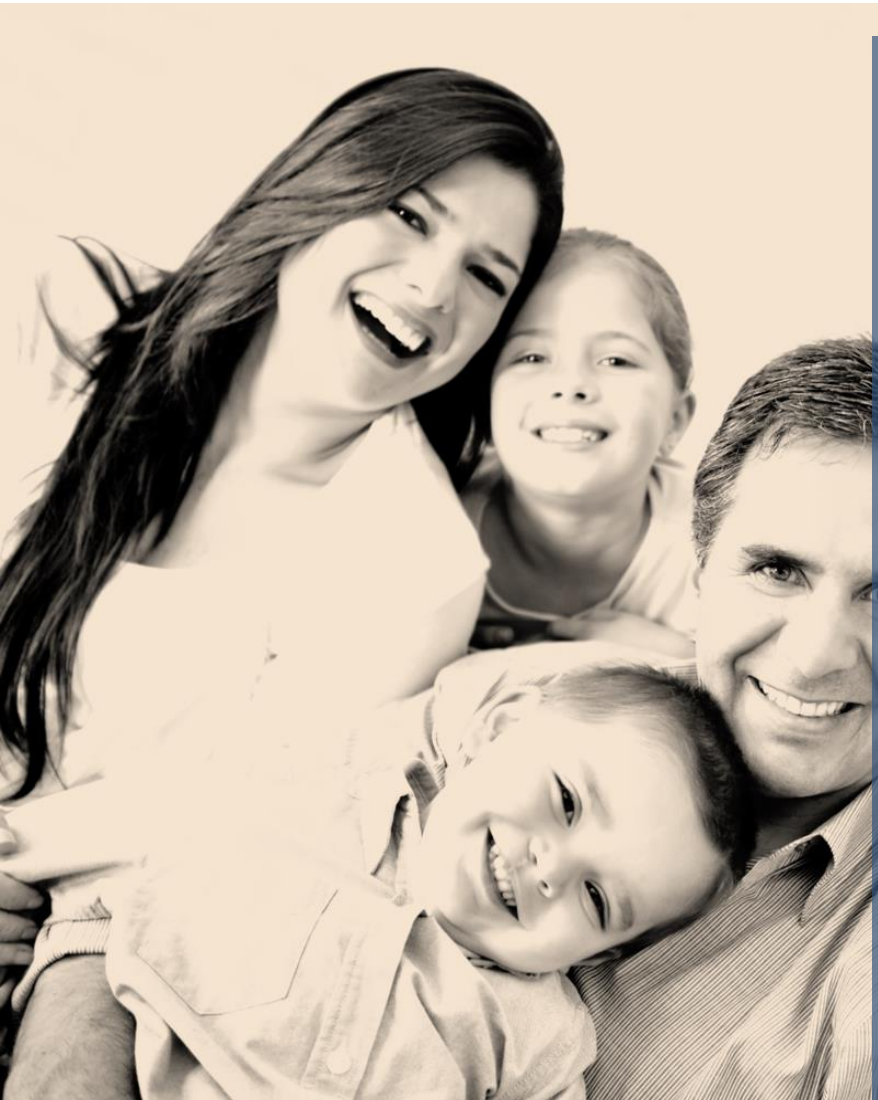

So, what are YOU doing today to *keep the women you love healthy?*

More often than not, women's health *IS* family health. By donating to the Howell Foundation, you help ensure that the illness in the lives of the women you love are diagnosed and treated accordingly. Our mission is to advance women's health and women's health starts with research!

Visit **www.howellfoundation.org** to learn about the many ways you can give!

Stay Connected!

The Howell Foundation is a 501(c)(3) non-profit organization. Tax ID #33-0715532.