THE HOWELL FOUNDATION

Keeping the Women We Love Healthy

2017 Annual Review

Education ▪ Research ▪ Community ▪ Outreach

"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?"

~ Dr. Doris A. Howell

Research is the cornerstone of women's health. The exclusion of female subjects in current research efforts translates into women being misdiagnosed and mistreated for any given illness. 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.

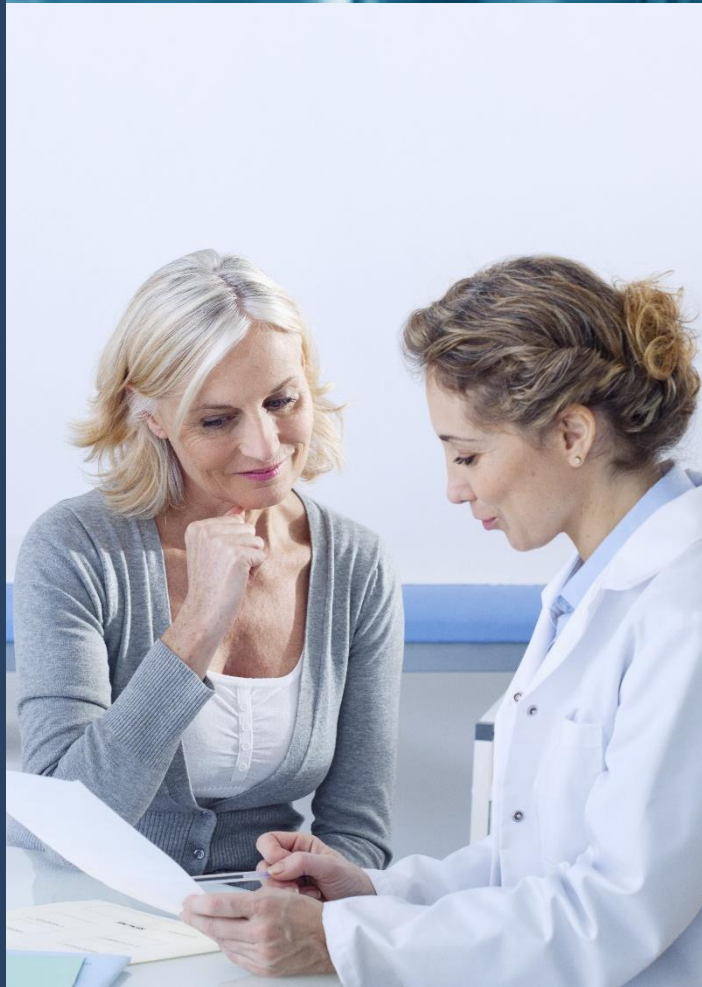
The Doris A. Howell Foundation for Women's Health Research is dedicated to making a long-term, positive impact on women's health. It is the premier organization advancing women's health.

We are unique in awarding undergraduate research scholarships to UCSD and California State University students. In addition, we support graduate nursing students at USD. In over two decades we have funded more than 200 exceptional scholars doing women's health research.

In parallel with our training scholarships, our outreach programs and blog translate novel research findings for the public; empowering women to become their own best health advocates.

Women's health research involving underserved or "at risk" populations is funded through pilot grants to researchers who partner with community organizations to address vital questions. This unprecedented award brings academic research full circle to benefit women nationwide.

For more information visit **www.howellfoundation.org**



Happy 2018!

Putting your Donations to work!

In this issue:

- 2017 scholars making us proud!
- Women & our community: Physical activity and the Pacific Islander community
- Remembering one of our own
- Thank you for your service!
- Meet our Board
- A look back at our outreach efforts
- The stars of our Fundraising event
- With our deepest appreciation: 2017 would not have been possible without your support!

Donate @
www.howellfoundation.org

Stay Connected!

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A Farewell Message

The room was red; the band was grand; the honorees were elegant and this was like nothing the Foundation had ever done. On November 30, 2017, in partnership with Leonard Simpson's Fashion Forward, we co-hosted our first major gala, the 10th Annual "10 Best Dressed" awards, honoring great philanthropists in San Diego.

So many of our Board members volunteered extra time to make this happen – Tauna Austin recruited and coordinated volunteers for the evening – Kay Pierce saw that income and expenses were handled seamlessly - Kathleen Franklin worked tirelessly on the auction and Brad Benter was everywhere at once. The administrative assistance of Tanya Fortuna and the marketing and design undertaking of Carolyn Northrup were invaluable. We had many volunteers from the community as well, most notably Maria Stanley and Amanda Gray. For many of us the highlight of the evening was the presentation of a Lifetime Achievement award to Dr. Howell, graciously accepted by her lovely niece, Alison Denman, who presented it to Dr. Howell the following day.

A portion of the proceeds from the event will go to our endowment fund insuring that the Foundation will be funding women's health research for years to come. We will add at least one scholarship and expand our outreach efforts as well.

For me, the Gala represented the culmination of my three years as Chair of the Foundation Board. Later this month I will transfer the leadership to the talented and enthusiastic Abigail D'Agostino and Kathleen Franklin, who co-chaired with me this year. The Board will be in good hands indeed! I wish for them both the joy and sense of accomplishment I have experienced working with our spectacular Board of Directors and "Friends" of the Howell Foundation. I will miss all those of you who have helped and accompanied me on this journey. Thank you!

Carole L. Banka, Ph. D.
2017 Co-Chair,
2018Board of Directors,
Howell Foundation.

2017 Howell Scholars

CSUPERB (California State University Program for Education and Research in Biotechnology) awards a new research grant to a CSU undergraduate for each full scholarship the Howell Foundation awards. The 2017 Howell CSUPERB Scholars are:

Norhan Alhajjar (SDSU)
Project: "Characterization of Vaginal Colonization by Staphylococcusaureus"
Mentor: Kelly Doran, Biology

Kim Anh Hoang (CSU, Sacramento)
Project: "Steric Effects in the Computational Modeling of Cyclization Reactions of Enediynones."
Mentor: Benjamin Gherman, Chemistry

Jennifer Luu (SDSU)
Project: "Genetic Analyses of Mouse Repeats Important in Aggressive Colorectal Cancer"
Mentor: Kathleen McGuire, Biology

Elizabeth Marquez (CPSU, Pomona)
Project: "Effects of Delta-9-tetrahydrocannabinol on the Severity of Candida albicans Vulvovaginal Candidiasis in Immunosuppressed Mice"
Mentor: Nancy Buckley, Biology

Susana Najera (SDSU)
Project: "Characterization of a Bacterial Two-Component Sensor Kinase"
Mentor: Kelly Doran, Biology

Grace Prator (CSU, Chico)
Project: "miR-375 has opposing roles in hormone secretion with a-cell and ß-cell"
Mentor: David Keller, Biological Sciences

Layla Ramos (CSU, Long Beach)
Project: "Androgen regulation of calbindin expression in the developing mouse cerebral cortex and hippocampus"
Mentor: Houng-Wei Tsai, Biological Sciences

Puneet Sanghera (San José State University)
Project: "The effects of lipopolysaccharide induced inflammation on spinal cord excitability"
Mentor: Katie Wilkinson, Biological Sciences

Matthew Slarve (CPSU, Pomona)
Project: "In Vitro Modeling of Bacterial and Fungal Lung Infections in Cystic Fibrosis Patients"
Mentor: Jill Adler-Moore, Biological Sciences

Rajan Suasin (CSU, Sacramento)
Project: "The Synthesis and Design of Sulfated Glycodendrimers Against Biofilm Formation"
Mentor: Katherine McReynolds, Chemistry

Miguel Tellez (CSU, Fullerton)
Project: "Purification and characterization of a small copper carrier (SCC) from blood plasma - a structural and physiological study"
Mentor: Maria C Linder, Chemistry & Biochemistry

2017 Howell Scholars

Women's Health Starts with RESEARCH

The Howell Foundation has awarded **$653,725** and funded **235 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."***

Our deepest appreciation to our **2017 Scholarship Donors** for funding full research scholarships of $3,500 or more:

- Eva May Fleet Foundation Fund at TSDF
- Reuben H. Fleet Foundation Fund at TSDF
- Andrea and Fred LaCroix
- Irene Nemeth
- Dr. Bea Rose
- The Ruth Lane Charitable Foundation
- Penelope Smith, MD
- Soroptimist International of La Jolla
- The Mirandon Foundation for Hope

2017 Howell-UCSD Scholars

The Howell Foundation's mission and vision are firmly rooted in our affiliation with **UCSD's School of Medicine** through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded.

Amanda Cheng (UCSD)
Project: "Early Detection of ASD in Female Infants"
Mentor: Karen Pierce, Neurosciences

Farhan Hussain (UCSD)
Project: "Does Heparan Sulfate Modulate Rett Syndrome Severity in Female Mice?"
Mentor: Jeffrey Esko, Cellular and Molecular Medicine

Susan La (UCSD)
Project: "EmPower Women: A Gender-Responsive Intervention for Women Living with HIV/AIDS"
Mentor: Jamila Stockman, Global Public Health

Lillian Sau (UCSD)
Project: "Investigating Role of Gut Microbiome in PCOS Metabolic Dsyfunction"
Mentor: Varykina Thackray, Reproductive Medicine

2017 Howell-USD Nursing Scholars

In 2010, the Howell Foundation established the Cheryl A. Wilson Nursing Scholarship, in honor of long-time Howell Board member Cheryl A. Wilson, R.N., M.A. to fund USD's Hahn School of Nursing & Health Science Ph.D. candidate nursing students whose research emphasis is on women's health.

Cheryl Boyd, APRN, PhD(c)
Project: "Determinates of Survivalism in Female Victims of Sex Trafficking"
Mentor: Cynthia Connelly, PhD, RN, FAAN

Raelene Brooks, PhD(c)
Project: "Bariatric Surgery Regain and Long Term Outcomes among Women: Self-Efficacy, Social Support, and Health Promotion Lifestyle Behaviors"
Mentor: Kathy James, DNSc, APRN

Community Engagement Initiative

2017 RECIPIENT
Christina K. Holub, PhD, MPH
Assistant Professor
Master of Public Health Program
College of Education, Health and Human Services
California State University San Marcos

Project title: "Increasing Physical Activity through a Culturally Tailored, Community-led Intervention among Pacific Islanders: A Multi-Generational, Family-based Approach"

In an effort to determine how to increase the success of exercise programs for female Pacific Islanders, Dr. Holub will test the following intriguing hypothesis: a woman will comply with and succeed from a specific, culturally-designed exercise program if another family member participates in the program with her.

Dr. Holub's research focuses on developing health promotion interventions to reduce health disparities through academic-community partnerships. In 2012, she was identified as a Pacific American Emerging Leader and was invited to be a fellow of the National Pacific American Leadership Institute (NAPALI). She is also a recipient of the NIH LRP Program in the area of Health Disparities Research. She has a strong background in behavioral sciences, with publications in the area of cultural adaptation of self-report instruments and in obesity prevention in minority communities. During her postdoctoral years at San Diego State University (SDSU), Dr. Holub led the evaluation team in a church-based randomized controlled trial funded by the National Cancer Institute, which aimed to assess the impact of a multi-level intervention on physical activity among church-going Latinas. Dr. Holub also managed a CDC-funded Special Interest Project in collaboration with Mexico's National Institute of Public Health aimed at developing culturally appropriate, evidence-based recommendations for obesity prevention programs.

In Memoriam

It is never easy to loose a fellow Board Member whose contributions made a significant difference in the manner in which the Howell Foundation operates today.

In recognition of her work, the Howell Foundation has established the Krisans Scholarship Award. Visit www.howellfoundation.org to make a donation in her name.

Skaidrite Krisans, Ph.D.
University of Michigan, Ann Arbor (1968).
Emeritus Professor of Biology
San Diego State University

"Skai was a fitness buff and was always willing to try the next new workout", comments Kay Pierce, Treasurer of the Foundation. "For a while she did the Perfect Workout-- moving very slowly while lifting weights. I would meet her at her gym and join her in this work out… years ago…

"She loved her trips to Italy and improving her working knowledge of the Italian language. She took pride in the fact that after the first two trips she was treated like a local in Italy. In other words, she would go in and buy an espresso and get the locals price and her husband would go in later in the day while she was in her Italian language school and he would get the 'tourista' price. It took them some time to figure out that he was paying more because they never went in together. She also loved fashion and was always dressed 'to the nines' in the latest Italian fashion".

~ Kay Pierce
Treasurer
Howell Foundation

Board

The Howell Foundation celebrates the stars that rotated off the Board in 2018

Betty Brayshay

Priscilla Moxley

Linda Osborne

Peggy Oechsle

Pattie Wellborn

Cheryl Wilson, RN, MA

On behalf of the Howell Board of Directors, we thank you for your years of service!

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

Advisory Council

With our greatest appreciation for your continuous guidance in the pursuit of women's health research.

Chairs

Kathleen Franklin
Retired California State Parks Superintendent

Kay Pierce
President,
Interim Partners

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Vice President of Academia, Industry & Gov. Relations at Southern California Biomedical Council (SoCalBio)

Theresa Latosh
Community Relations Manager,
Vi at La Jolla Village

Eileen Gaffen
President,
Steres Gaffen Media

Mary Johnson

Stanley Maloy, Ph.D.
Dean of the College of Sciences and Professor of Biology at SDSU.

Marilyn Tedesco
Founder and President
Training One

Michael J. Sailor, Ph.D. - Professor, Department of Chemistry and Biochemistry at UCSD.

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FIRST BOARD MEMBER EMERITUS:
Beatrice Rose, M.D., M.P.H.

ADMINISTRATOR:
Tanya Fortuna

Welcome!

Change of Guard @ the Howell Foundation: Excited about the new challenges!

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

Abigail joined the Howell Foundation Board in 2015. In addition to serving as Vice Chair of the Howell Board of Directors, she was in charge of chairing the Howell Foundation's Community Engagement Initiative. Abigail is Director of Patient Care Services at LightBridge Hospice & Palliative Care, and Founder & President of Nurses for Health.

Kathleen A. Franklin,
2018 Board Co-Chair

Kathleen has served on the Howell Board of Directors since 2006. She also sits on the following three Howell Committees: Finance, Strategic Planning and Nominating. Kathleen is an Artist and retired California State Parks Superintendent. She is passionate about supporting women's health and education.

Welcoming our new Board Members: Thank you for your passion in women's health!

Tauna Austin, MS
Program Manager, LigthBridge Hospice & Palliative Care

Teresa Castiglione
Executive Director, The Nemeth Foundation

Ralph Feuer, Ph.D.
Associate Professor, Department of Biology
San Diego State University

Shelley Gellman
Community Volunteer

Colleen Peterson
President, Peterson Hill Marketing

Katherine (Meg) Richman, M.D.
Medical Director of Radiology
UC San Diego Health

Howell Lecture Series: One BUSY Year!

Kicking off 2017 with Hoarding and How to Mitigate the Stress that Comes with it

Pictured above: Dr. Sanjaya Saxena, Dr. Jill Borman and Laura Sepulveda.

January, 2017.- The Foundation began 2017 with a symposium that included a topic some might find uncomfortable: clutter vs. hoarding. More than a behavior pattern, hoarding is now diagnosed as a stand alone disorder --vs. being diagnosed as a subcategory of OCD.

Chocolate and Heart Disease

Dr. Pam Taub

February 2017 .- In today's world, cacao has proven to have a surprising and significant influence on our health. The active ingredient in cacao, epicatechin, can decrease blood pressure, improve insulin sensitivity, decrease the adhesion of platelets, decrease the incidence of stroke, improve kidney function in aging patients, and reduce our bad cholesterol.

Taking information from her preliminary research and that of others, Dr. Taub set out to examine the effects of dark chocolate in a small group of patients with diabetes and heart disease.

Ending the Arms Race with Infectious Diseases

Dr. Janelle Ayers

March 2017.- When we get an infection, our immune system is capable of recognizing it, engaging a series of interactions to fight against it; sometimes damaging our organs. antibiotic will kill the pathogen creating the infection, but will not address the potential organ damage the infection creates

The Good, the Bad and the Complicated!

Dr. Susan Tapert and Dr. Igor Grant

May, 2017.- To understand how marijuana specifically harms the brain in teenagers and young adults , **Dr. Tapert** set out to identify the demographics related to substance abuse and compare brain function between users and non-users in the areas of cognitive behavior, memory and sequencing events. **Dr. Grant**, on the other hand, discussed new and novel approaches of cannabis as a medical alternative. The research he is conducting on the use of cannabinoids in the treatment of neuropathic chronic pain. All the studies he has conducted — all of them — show high levels of efficacy in the areas of chronic pain, multiple sclerosis, and control of nausea.

Howell Lecture Series: One BUSY Year!

How can you help keep the women you love healthy?

Have you considered having one of our speakers come present the latest in women's health research?

The Howell Speakers Service extends the Howell Foundation's educational mission into corporations and nonprofit organizations. Friends of Howell had the opportunity to listen to the latest research in the areas of sleep and nutrition during the second half of the year; information that is available through the Howell Speaker Service. For more information, visit **www.howellfoundation.org.**

Improving the Snooze: Sleeping Better as we Age.

August, 2017.- Are you bothered by trouble sleeping? Dr. Andrea LaCroix, Professor and Chief of Epidemiology in the Department of Family Medicine and Public Health at UCSD, spoke about how sleep changes as we age, the problems that women experience with sleep in midlife and beyond, and the ways we are learning to improve sleep without using sedative and hypnotic drugs.

Fasting: to Eat or not to Eat (and when), Those are the Questions!

November, 2017.- The body has capacity to recalibrate itself when it has the opportunity to do so through fasting. When you think you might not survive without eating every few hours, fasting is something which may be easily incorporated into your routine.

By having periods without food, insulin sensitivity improves and inflammatory reactions in the body cool down. This means those pesky, chronic symptoms lessen in intensity. Intermittent fasting is a common, and popular way to fast; 10-14 hours without food can be helpful and an easier number of hours with which to start (and this does include the hours you are sleeping at night so that makes it easier!).

Healthy, (Nutrient) Wealthy, Wise: The Benefits of Plant-based Nutrition to Prevent Cancer, Osteoporosis, & Dementia

November, 2017.- Inflammation causes many of the common diseases, such as dementia, heart disease, osteoporosis, cancer, and autoimmune disorders. Avoiding meat of all kinds (including fish and chicken) and dairy reduces inflammation and helps prevent, stop, and reverse all of these conditions, allowing us to live disease and pain free long into old age. Dr. Richman presented the scientific evidence supporting this and what one can do to protect the health and happiness for ourselves and our loved ones of all ages.

In Defense of Fat!

November, 2017.- In 1988 the Surgeon General identified reduction of dietary fat as the primary nutritional priority for all Americans and so was launched the "low-fat" food revolution. Unfortunately, the fat "reduced" from these foods was replaced with sugar and so began the obesity and diabetes "epidemic" in the US.

Against this backdrop, Dr. Banka spoke in defense of healthy fats and made the following suggestions:

- Eliminate any foods that are processed to be low-fat, reduced-fat, "lite" or "light."
- For cooking at medium to high temperatures use canola or avocado oils.

Celebrating the giving spirit of our community!

Leonard Simpson's

A DECADE OF STARS

*It was truly an honor for the Foundation to be selected by Leonard Simpson as the beneficiary of this prestigious event for its 10th anniversary. The generous support of our sponsors and guests will do much to further our mission and enable us to provide even more critical research and education in all aspects of women's health research so that we are all "**Keeping the Women we Love Healthy.**" With 100% of the proceeds benefitting our organization, the Board of Directors of the Doris A. Howell Foundation thanks you!*

The Alexander & Eva Nemeth Foundation

UBS

Fashion Forward Leonard Simpson

Mrs. Gigi Cramer
Hamilton Loeb
Mr. Irving Tragen
Mrs. Gladys Kohn
The Gottschalk Family
The Beyster Family Trust
The Knight Angels Foundation

Sheraton

Discover Rancho Santa Fe Magazine

Ms. Alison Denman , receiving the Life Time Achievement Award on behalf of her aunt, Dr. Doris Howell.

Dr. Carole Banka and Kathleen Franklin receiving the recognition from the United States House of Representatives to the Howell Foundation for the advancement of women's health, improving the lives of women in the San Diego Region and proclamation from the City Council of San Diego: November 30th as Doris A. Howell Foundation Day!

Dr. Carole Banka and Event Chair Brad Benter delivering the much needed awareness of women's health research!

Honoring our very own Betty Brayshay , Chair of Fund Development, and Pattie Wellborn, Immediate Past Board Chair, for their years of service to the Board of Directors of the Howell Foundation.

Your Donations @ Work!

17 undergraduate, graduate and postgraduate scholars who will be pursuing a career in women's health, researching topics that range from ovarian cancer to women living with HIV!

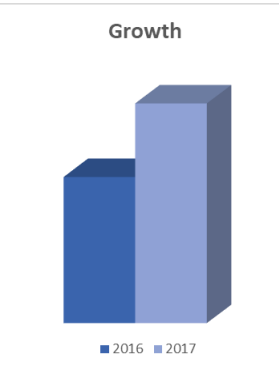
11 experts provided the latest research on chocolate and heart health, marijuana, infectious disease, hoarding, sleep and nutrition.

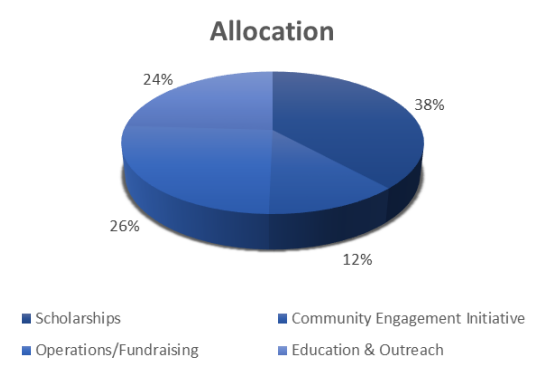
We are celebrating our 5th anniversary of the Community Engagement Initiative, focused on serving at-risk women in our community. This year will focus on the positive effects of exercise in the Pacific Islander community.

Our outreach efforts provided vital health studies results to over 1000 men and women who now have information on the latest research in women's health.

Our fundraising gala grew our annual operations budget. Proceeds will secure our growth in research scholarships and grants, and extend our outreach efforts!

2017: The results are in!





Thank you!

We couldn't have done it without your generous support!

Brad Benter
Secretary, Board of Directors
Doris A. Howell Foundation
Co-Chair,
The 10 Best Dressed Awards,
2017 Fundraising Event

To know that both the Palliative Care Services at Rady Children's Hospital and Thornton Hospital at UCSD, are named for Dr. Howell is just a reflection of one of her passions. Her other deeply held passion is her relentless work to bring awareness to the need for women's health research through the Doris A. Howell Foundation for Women's Health Research.

The Howell Foundation was established in 1995 with the help of Soroptimist International at a time when women were essentially overlooked in medical research. Dr. Howell's dream was to change this through funding women's health research and education. This dream has been fulfilled to date through the funding of more than 230 research projects and close to 100 educational events for the people of San Diego.

Imagine you are a recently rescued victim of sex trafficking. How do you recreate a life for yourself? The research of soon to be "doctor" Cheryl Boyd will determine the factors most important for survival after this horrific experience.

Imagine you are a young woman engaged to be married and you have been diagnosed with cancer. You then learn from your physician that the treatments required to save your life will make it impossible for you to have children. With funding from the Howell Foundation, Dr. Irene Su is pursuing techniques to preserve fertility in this very vulnerable group of young women.

These are only a couple of the many projects the Howell Foundation has supported in our 22 years. We have funded undergraduate students, graduate nursing students and faculty members at the four major universities in San Diego and throughout the Cal State system.

Now we want to expand the dream, to fund graduate students and postdoctoral fellows and to make San Diego a true hub for women's health research. It's about streamlining the research findings to provide the most accurate information to both, the medical community and the patient so that the right decision can be made when discussing women's health.

Because of your help during the evening, this dream is on its way to being realized.

So on your next visit to the doctor, remember: It all started with research. And you were a part of it!

On behalf of the Board of Directors of the Howell Foundation, I thank you!

Doris A. Howell Foundation for Women's Health Research, Inc.
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Because we all have one.

The reason behind our own loving, crazy family? **Healthy women!**

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!

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

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