



"Keeping the Women We Love Healthy"

## HOWELL HIGHLIGHTS

A Quarterly Publication - March 2014

### The Impact of your Donation



This year's CSUPERB Scholars pictured with Dr. Howell (from left to right): Lindsay Bradford, Patricia Nguyen, Matthew Siracusa

The Howell Foundation partners with renowned institutions in research and education such as CSUPERB, UCSD and USD's Hahn School of Nursing to award scholarships that allow medical/biosciences students to complete women's health research projects.

The Results? 2012 Howell Scholar Alyssa Jimenez is currently a 2nd year Ph.D. student at The University of Texas, Southwestern Medical Center. 1999 Howell Scholar Dan Hemmati is now a published researcher focused on breast cancer, and he states that the assistance provided by the Howell Foundation helped fund the research that led to the discovery of the molecular mechanism of cancer from gene mutation BRCA1 in breast cancer<sup>(1)</sup>. We have 2 more scholars at Harvard, and one at MIT.

Your support of the Howell Scholars Program is critical to assist academically outstanding undergraduates in continuing to make amazing medical advancements. Your generous gifts contribute immensely to their success! For more information on the Howell Scholars Program please visit [www.howellfoundation.org](http://www.howellfoundation.org).

<sup>(1)</sup> Dr. Hemmati's work <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC33176/>, & <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1735988/>

### 2014 Here we Come!

The Howell Foundation is beginning 2014 as solid as ever! I wish to thank the Board of Directors, Friends of Howell, our generous donors, and the many other wonderful people who believe in our mission of **Keeping the Women We Love Healthy**. Their constant support and dedication make it possible for us to make an imprint on our scholars and the community.

I have been privileged to Chair the Board for the past several years and I am so pleased with the journey we are taking. This year began with the great news of the Howell-CSUPERB Scholarship Awards. We will be announcing our UCSD scholars in April.

Our luncheon series continues to be educational and our first luncheon this year on "Intermittent Fasting" proved to be a record breaking attendance. March 18th is the date for our Health & Happiness seminar on "Stress Management". Our April 4th lecture-luncheon on pain management in women is creating an interest within the community. I urge you to make reservations for these events early!

Again, thank you for your support of our efforts. This year will be one of abundance, creativity and commitment! Please join us!



Pattie Wellborn,  
Board Chair



**Register NOW for the March 18th Health & Happiness Evening Seminar "An Integrative Approach to Stress Management: Reducing Stress and Increasing Happiness"**. Join us for

this thought provoking, UNIQUE program that addresses the latest research on the sources of stress and dealing successfully with it. Practical information you can use anywhere! Great speakers, lots of discussion! Ask the questions that matter TO YOU in your personal stress management strategies. Please visit [www.howellfoundation.org](http://www.howellfoundation.org) to register.

**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 support our mission, please visit [www.howellfoundation.org](http://www.howellfoundation.org), call us at (858) 454-7797 or email [friends@howellfoundation.org](mailto:friends@howellfoundation.org).**



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*Dr. Roberta Gottlieb (far right) during the Q&A session at the Howell Luncheon held Feb. 7<sup>th</sup>. Also pictured Pattie Wellborn, Chair and Carole Banka, Ph.D., Vice-Chair of the Howell Foundation (far left).*

### **In Case You Missed It...**

The Howell Foundation hosted its first Luncheon and Lecture of 2014, "The meal you miss could save your life: How intermittent fasting may extend health-span". Dr. Roberta Gottlieb presented the latest research on the relationship between fasting and the benefits that ultimately lead not only to a healthier life, but a longer one.

When asked about the secrets of longevity, Dr. Roberta Gottlieb, Director of Molecular Cardio-biology at Cedars-Sinai Heart Institute, commented that it is all about having a lifestyle that promotes cellular health. Intermittent fasting along with exercise and caloric restriction allow for a process called 'autophagy' - a normal, automatic physiological process that deals with "garbage" in cells by digesting the debris. Research has shown that this "cellular housekeeping" or

autophagy protects cells from fatal damage and allows organelles called mitochondria –the powerhouse of the cell – to become healthier and create energy for the cell, thus creating a realm of whole-body benefits; among them weight loss and cholesterol control, reducing the risk for cancer and heart disease, among other beneficial outcomes. Find more information at [www.howellfoundation.org/Events/pastspeakers.aspx](http://www.howellfoundation.org/Events/pastspeakers.aspx). To register for upcoming events please visit [www.howellfoundation.org](http://www.howellfoundation.org).



### **The Howell Foundation Riding the Social Media Fast Train**

In addition to its Facebook page the Howell Foundation now has a Blog and LinkedIn page. Take a minute to read, comment, like, follow the messages and SHARE the information! Let's get the conversation on women's health research moving. Share your experiences with family and friends so we can continue to **Keep the Women We Love Healthy!** **Howell Blog:** [www.howellfoundation.blogspot.com](http://www.howellfoundation.blogspot.com). **Howell LinkedIn page:** [The Doris A. Howell Foundation](http://www.howellfoundation.org).