

Spring 2011



Howell Highlights

A Quarterly Publication by the Doris A. Howell Foundation for Women's Health Research
Editor Beatrice K. Rose, M.D., M.P.H.

From the Howell Board of Directors

The fact that no newsletter was published during the winter quarter or that all seems to be quiet on the Howell Foundation Front, does not mean that your Howell Board has not been busy. Au contraire!

The Board asked itself several important questions, such as, how the Howell Foundation can achieve its mission more effectively and efficiently, especially in today's economic environment, how Howell Foundation members can contribute their many talents to help the Foundation in its work, and finally but not minimally, how can the Howell Foundation change from La Jolla's 'best kept secret' to La Jolla Scholarship Jewel. These questions brought about much discussion resulting in a new evaluation of the relationship of the Board with its members and pointed out the need for more overt outreach.

It was acknowledged that the two most successful Howell Foundation programs were 1. the Scholarship Program, and 2. the Lecture/Luncheon Series. The former depends on successful fund-raising to ensure sufficient funds to pay for scholarships, the latter depends on obtaining qualified, interesting speakers whose expertise could be transmitted to our supporting attendees.

Although simply stated above, complex detailed effort must be expended to make these programs successful. The Howell Board needs help to keep these accomplishments at their high level. Therefore, it is issuing a 'Help Wanted' list as an invitation to members to volunteer for any of the areas listed in which their services could be utilized:

1. An experienced someone to help improve and maintain our web site
2. A computer programmer to create (or adapt a commercial program) to track, long-term, scholars careers as well as analyze our data
3. Someone with grant writing experience to assist the fund-raising committees when asked
4. Someone with writing skills to assist with the Newsletter publication when asked

Please send your responses to Tanya Fortuna, Administrator, Howell Foundation at admin@howellfoundation.org.

Inside this Issue

- > January lecture series recap
- > New Howell Circle Members
- > Wilson Nursing Scholarship
- > Howell Scholar Update
- > Conversation with Doris
- > Full Scholarship Donor Honor Roll

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:

- Donate online by visiting www.howellfoundation.org
- Used the enclosed envelope
- Call (858) 454-7797

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News From Howell Scholars

2007 Howell Scholar Teresa Pan (UCSD) contacted us with an update on her educational status. She recently accepted an offer to study at the University of Kansas's Clinical Psychology Ph.D. program, and will be starting there this Fall. She will be trained in both research techniques and how to be a good clinician. She is planning to conduct neuroimaging research using fMRI in the realm of eating disorders and obesity. Her goal is to return to San Diego to serve the community here as a clinical psychologist. What a great scholar success story!

New Howell Circle Members

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

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

*New Howell Circle Members
January 2011 thru May 2011:*

**Carolyn Brown
Irene Mylonas
Charlene Rights
Laura Sepulveda
Anna Silliman
Helen Tomlinson**

Women and Heart Disease

In January, Dr. Carole Banka presented "Women and Heart Disease – Gender Matters". Stressing the differences in the incidence, symptoms, treatment and outcome of heart disease between women and men, Dr. Banka pointed out that:

- A woman dies of cardiovascular disease almost every minute in America
- Almost 500,000 women (1 in 2.5) dies of cardiovascular disease every year
- More women die of CVD than men; true for more than a decade
- More women die of the first heart attack than men
- 60% of women who die of their first heart attack have never had symptoms
- More women die of CVD than the next six causes of death combined

Women are less likely than men to experience crushing chest pain and pain that radiates through the left arm and the jaw. Instead, women may experience stomach or abdominal pain, nausea, clammy sweats, heart flutters, paleness, shortness of breath or difficulty breathing, dizziness, and/or unexplained feelings of anxiety, fatigue or weakness. These differences in symptoms may arise from the facts that women often develop diffuse plaque instead of large discrete plaques and, in some cases, arteries become smaller with no obvious blockage. These phenomena can make it difficult to diagnose this underlying cause of heart disease by angiogram in women. Furthermore, women are diagnosed later and often receive less extensive testing and treatment. Finally, women have more complications and die more often after cardiac surgery. For all these reasons it is important for women to recognize that they are as much at risk for a heart attack as men and to act upon any of the out-of-the-ordinary symptoms listed above. For more information, visit: www.womenheart.org, or www.heart.org.

Cheryl A. Wilson Nursing Scholarship

The Cheryl A. Wilson Nursing Scholarship honors Cheryl Wilson, a Past President and current Board Member of the Howell Foundation. Cheryl, a nurse by training, is also CEO of St. Paul's Senior Homes and Services and serves on the Senior Affairs Advisory Board of the City of San Diego. This first nursing scholarship of \$3,000 was awarded by the Howell Foundation to Linda Schaffer in August 2010. This scholarship is specifically for a graduate nursing student at USD's Hahn School of Nursing.

Howell-CSUPERB Scholars at Biotechnology Symposium

The 23rd Annual California State University Biotechnology Symposium was held on January 7-8, 2011 at the Hyatt Regency Orange County. The goal of the symposium is to make connections between innovative life science research and the impacts it has on society, to highlight cutting-edge biotechnologies, and to inspire students for success in the global economy. The program theme was innovation - especially as it might impact global health and new product development. Dr. Madeline Butler, chair of the Howell Grants Committee, attended the symposium and awarded Howell scholarships to 10 CSU undergraduates at the awards banquet on Saturday night. Several of the Howell scholars also presented their research at the conference.

Now donate online! Visit www.howellfoundation.org and click on "DONATE ONLINE!" or use the enclosed donation envelope. Thank you!

Conversation with Doris

There is no doubt that I have been enormously proud and gratified with the dedication and work of the various persons who have served on the Howell Foundation Board of Directors and the various committees. But as time has passed and we have become more and more successful, at the same time world has become more complex, our work has become more difficult, not the least of which is fundraising. Collectively we have come to the conclusion that we need more help, and more specifically, we need to involve our wonderful supporters in helping us accomplish our goals. Therefore, the Howell Board is asking for volunteers from our membership to help us maintain the high standards we have been meeting, not only for our scholarships, but our well attended Lectures which are educational. I firmly support them in this needed outreach and I hope that as many of you as possibly can will respond.

As a general principle, I am asking each member to extend an invitation to the quarterly luncheons to at least one person who may be interested in our mission; they may be inspired to join our Foundation at some future time. Thus we enlarge our circle of support and also become better known. The next few years may not see much improvement in our national economic status which means more effort must be expended to obtain funds for our scholars who must be supported because they are our future researchers.

To that end, I am going to ask the Board to set and publicize goals for our two important programs which should be modest enough to be doable but lofty enough to keep our eyes on an ever-expanding horizon. And I am asking you to help them reach those goals. I hope I can count on your continued support.

Sincerely,

Doris A. Howell, M.D.



Doris A. Howell, M.D.

Full Scholarship Donor Honor Roll

The Howell Foundation acknowledges with gratitude the members of the Scholarship Donor Honor Roll who have generously committed to the full funding of a Howell Scholarship (\$3,000 each). Their support ensures that a meritorious undergraduate student will undertake research in women's health issues under the committed supervision of her/his Professor for the academic year. Honor Roll Donors will enjoy the opportunity to develop a personal relationship with the student awarded the named scholarship. Although scholarships are named to honor someone or the person supplying the funds, anyone can contribute lesser amounts to support a named scholarship by so designating their contribution, e.g. The Cheryl A. Wilson Scholarship is only partially funded for 2011 and donations to complete that scholarship would be gratefully received.

2011 Full Scholarship Donor Honor Roll

Alex and Barbara Bollinger
Clay and Anne Perfall
Ruth Lane Charitable Foundation
The Soroptimist International of La Jolla Scholarships
The Thursday Club

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Cheryl A. Wilson

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

2011 Health Lecture Series

**July 28, 2011
12:00p.m.**

"Myths of Osteoarthritis"

with Gregg Middleton, M.D.

**Associate Clinical Professor, Rheumatology and Orthopaedics
University of California, San Diego**



Dr. Middleton's lecture will include a brief overview of different types of arthritis, followed by an in-depth discussion of the common misconceptions that both patients and doctors have about osteoarthritis. Myths cause many people to suffer a lot more than they really need to. Dr. Middleton will discuss our current understanding about what causes osteoarthritis, and finish with a look at what can be done to help people have less pain, better function, and an improved quality of life.

If you would like to make advance reservations please call (858) 454-7797 or email admin@howellfoundation.org.

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