



Keeping the Women we Love Healthy Howell Highlights Spring 2015

Our Scholars Making us Proud! The Impact the Howell Foundation has in Women's Health Research

Howell Scholar, Robert Vasko, used his research scholarship to work in the laboratory of Dr. Shelli McAlpine at SDSU. While there, with the support of the Howell Foundation, he co-authored four publications focused on compounds with potential as cancer therapeutics, particularly for one of the deadliest, pancreatic cancer. He has subsequently published a fifth paper about pancreatic cancer. Robert is now a third year medical student at the University of Texas Health Science Center at San Antonio. Not surprisingly, Robert plans to pursue a medical research career in Pediatric Oncology. Having a sick child in the hands of a great doctor should give all mothers hope.

Robert is one of 204 students who have received a Howell Foundation Research Scholarships over our 20-year history. In fact, our donors have made it possible for us to contribute over half a million dollars in undergraduate scholarships. In turn, students will contribute to seminal discoveries that will improve women's health.

Imagine the contribution you can make when you give students the financial support to become emerging researchers.

Help us Celebrate! Our 20th Anniversary is November 2015.



To help us celebrate our anniversary, and to honor of all the wonderful women in your lives, **we are asking that you donate \$20, \$200, or \$2000.** We'll take anything that starts with a '2'!

You can do so by visiting our website at www.howellfoundation.org and click on **GIVE TODAY.**

Message from the Chair

As I embark on the new adventure of chairing the Howell Foundation Board of Directors, I am blessed with the collective knowledge of remarkable past Chairs, including Cheryl Wilson, Kay Pierce, Judy Hodges and, most recently, Pattie Wellborn. Taking the helm for our 20th Anniversary year is especially exciting and challenging.

Friends and family have asked why I chose to take on such a task. For me, the reasons are obvious. On a professional level, I have devoted my research career to studying sex/gender differences. I believe passionately that women are not just small men (with ovaries). This truth has far-reaching clinical implications and the Howell Foundation is uniquely positioned to bring this important message to health care consumers.

On a personal level, I have had the great fortune to know Dr. Howell as a mentor (and an icon) for more than 15 years. To give back, even in small part, what she has given me is an honor. Doris has taught us all that women are the key to the entire family's health. By reaching women and the men who love them, we spread our message far and wide.

I certainly look forward to:

- Three exciting luncheons, including our 20th Anniversary luncheon in November
- Our "20 for 20" campaign launch
- Our signature evening "Happiness" event (free!)
- Establishing strategic partnerships with other organizations

And so, I step into this position with an outstanding organizational history, a wonderful board, an extraordinary group of donors ("friends") and many willing advisors. I thank each of you who has played a role in the Howell Foundation in the past 20 years. Stay tuned!



Register NOW for the May 28 Lecture "Bone Up: What you need to know about Osteoporosis in 2015". As many as half of all women and a quarter of men older than fifty will break a bone because of this silent disease. Learn about new concepts in diagnosis, treatments, and fracture prevention strategies from our guest speaker Dr. Heather Hofflich, leading expert in the prevention, diagnosis and treatment of osteopenia and osteoporosis. Pre-registration is required and unfortunately we are unable to accommodate walk-ins. The cost to attend is \$50. Register early to save your seat! Invitations were recently mailed in April. You can also register online by visiting www.howellfoundation.org, or by calling (858-454-7797) or emailing friends@howellfoundation.org. **We hope to see you there!**





**Doris A. Howell
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Women's Health
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In case you missed it...



The Howell Foundation held its first luncheon of the year with the presentation *"Telemedicine: Bridging the Gap Between Science and Technology"*, hosting Dr. Todd Coleman as the key note speaker. His presentation focused on merging the most recent wireless technologies to medical care. The new focus of his field of study is how to merge recent wireless technologies and biology to best serve the human being through an interactive, non-intrusive process. By understanding how the brain works and utilizing the concepts of analytics, Dr. Coleman, his laboratory team and his many collaborators have developed computer-interfaced systems that enable a direct communication pathway from the brain to an external device – the human and the computer collaborating together to provide physicians the adequate information tools for effective and timely patient care. For a full summary of Dr. Coleman's lecture visit our blog *"Keeping the Women we Love Healthy"*.

Next in Line: Don't Forget to Save the Dates!

Luncheon Series

Thursday May 28, 2015:

**"Bone Up: What you need to know
about Osteoporosis in 2015
With Dr. Heather Hofflich, UCSD**

Register TODAY at
www.howellfoundation.org

Luncheon Series

Wednesday,

August 5, 2015:

"Gut biome"

With Dr. Karen Nelson,
J. Craig Venter Institute

Evening Series (Free!)

Thursday,

October 15, 2015:

"Hormones & Happiness"

With Dr. Carole Banka,
UCSD

**2015 Featured Luncheon
Howell Foundation's
20th Anniversary Celebration!**

Friday, November 13, 2015

"One world, One Health"

With Dr. Stanley Maloy, SDSU



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. Take a minute to read, comment, like, follow the messages and SHARE the information! Let's keep 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!** To support our mission, please call us at (858) 454-7797, visit www.howellfoundation.org, or email us at friends@howellfoundation.org.