Stylin' for Women's Health Research

We at the Howell Foundation are always looking to place the need for women's health research at the cornerstone of any women's health initiative. Neglecting to do so, and continuing to diagnose and treat women centered on male-based research puts women at greater risk.

This year we are honored to be the beneficiaries of Leonard Simpson's "10 Best Dressed Awards" Gala during the celebration of 10 years of philanthropy in the San Diego community.

We are very excited about the Life Time Achievement Award that Dr. Doris A. Howell will be receiving for her philanthropic efforts.

Will you join us at our first Gala celebration?

November 30th, 2017
Sheraton San Diego Hotel & Marina
Bay Side Pavilion / 5 PM – 12 AM

Visit **www.howellgala.org** for tickets and information! We look forward to seeing you there!

Save the Date: Friday August 25th. "Improving the snooze: Sleeping better as we age"

Does anyone out there have occasional sleep problems? We have some answers! The speaker is a member of our own Board, **Andrea LaCroix, Ph.D.**, who also happens to be Director of the Women's Health Center of Excellence, Family Medicine and Public Health, UCSD. Dr. LaCroix will speak 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.

Register @ www.howellfoundation.org

The Howell Foundation is on the move!

I am very excited about what's been developing and I hope once you hear about it, you will be too.

One of the most exciting developments is our participation in Leonard Simpson's '10 Best Dressed Awards' and Gala on November 30th. Also, coming up on August 25th is the next Howell Foundation Luncheon Lecture on sleep and aging. Won't you join us?

A significant keystone for any successful organization is the completion of a Strategic Plan. And it's in the works. It helps the organization to define its mission, vision, values and goals. It is particularly important for nonprofit organizations to show this type of ongoing professional management when approaching major donors and institutions for funding.

Finally, no organization can be successful without the help of some extraordinarily talented and dedicated people. It's with the deepest gratitude that I say that we are very fortunate to have such people with us. Many of them for over a decade!

Some who are rotating off the Board at the end of this year will be sorely missed leaving holes that are difficult to fill. In particular we are in need of a CPA to guide us as the Chief Financial Officer. If you know of anyone who might be interested, will you please let Carole Banka, or me know?

Luckily, we have some new members on the board with superb qualifications. Please welcome:

- Tauna Austin, MS, Program Manager, LightBridge Hospice & Palliative Care
- Ralph Feuer, PhD, Associate Professor, Cell and Molecular Biology, SDSU
- Shelley Gellman, Businesswoman, La Jolla Soroptimist member for over 40 years
- Catherine (Meg) Richman, MD, Clinical Professor of Radiology, UCSD
- Kristen Wells, PhD, Associate Professor, SDSU Department of Psychology

Aren't we fortunate?

Kathleen A. Franklin

Co-Chair
Howell Board of Directors

Our Outreach Efforts: Information is Key!

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.

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. Keynote speaker, ,Dr. Saxena, mentioned that the reason why Americans hoard varies; some have a perceived notion of needing the items, others save an item because it may be used some day, and yet others save it because it was expensive. The strongest characteristic of hoarding is the emotional attachment that accompanies the need to save an item. Dr. Jill Bormann, Laura Sepulveda and Dr. Carole Banka discussed meditation, Pilates and women's bonding, respectively, as mechanisms to combat stress; including that associated with Hoarding.

Chocolate and Heart Disease

Dr. Pam Taub

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. The disease complications in this group of individuals was serious, and most of them had a plethora of pills to take. A skeletal muscle biopsy revealed that, not only had their condition been controlled, but that epicatechin was also having a positive effect on the mitochondria of the cells.

Ending the Arms Race with Infectious Diseases

Dr. Janelle Ayres

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. An antibiotic will kill the pathogen creating the infection, but will not address the potential organ damage the infection creates. Dr. Ayers' theory centers on strengthening the innate defenses of the organ(s) during the infection and harnessing them for therapeutic purposes. The overall goal: to develop a strategy that can address the physiological damage of an infectious disease. "Our bodies encode a defense system to fight disease. By understanding how it works and what genes are involved in creating this 'defense system', we can leverage research results to treat both infectious and non-infectious disease."

The Good, the Bad and the Complicated!

Dr. Susan Tapert and Dr. Igor Grant

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. Young individuals using cannabis demonstrated impairment in cognitive behaviors such as learning new information, memory, recall and sequencing events; displayed through careless errors in a variety of tasks. After a month of abstinence, MRI's showed improvement in the white and gray matter in the brain.

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 is showing extraordinary results. 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. Moderate effects on improving sleep in those with chronic pain has also been reported. More studies are currently being conducted; and even so, the struggle between science and society remains. If you think getting it is difficult, try conducting research with tight Federal guidelines. Seems contradictory, but necessary at this point.

Howell Scholars Making Us Proud!

As of June, 2017, the Howell Foundation has awarded $608,000 and funded 224 women's health research scholarships. This year has been particularly interesting with research topics ranging from Autism, Polycystic Ovary Syndrome, HIV Care for Women and Rhett Syndrome to Colorectal Cancer, Vulvovaginal Candidiasis and Bacterial and Fungal Lung Infections in Cystic Fibrosis Patients, to mention a few. And we are not done yet! Come and meet the Cheryl Wilson Nursing Scholars at our August luncheon series on Friday, August 25. For more information visit www.howellfoundation.org .

Howell-UCSD Scholars

Dr. Howell with Farhain Husseign (First Row), Dr. Rose (donor) and Michelle Mirandon (donor) with Susan La and Lilian Sau

- **Amanda Cheng,** Mentor: Karen Pierce, Neurosciences
- **Farhan Hussain**, Mentor: Jeffrey Esko, Celular and Molecular Medicine
- **Susan La,** Mentor: Jamila Stockman, Global Public Health
- **Lillian Sau,** Mentor: Varykina Thackray, Reproductive Medicine

Howell-CSUPERB Scholars

Dr. Howell (front center) and Dr. Maloy with the 2017 Howell-CSUPERB Scholarship recipients

- **Norhan Alhajjar (SDSU),** Mentor: Kelly Doran, Biology
- **Kim Anh Hoang (CSU, Sacramento),** Mentor: Benjamin Gherman, Chemistry
- **Jennifer Luu (SDSU),** Mentor: Kathleen McGuire, Biology
- **Elizabeth Marquez (CPSU, Pomona),** Mentor: Nancy Buckley, Biology
- **Grace Prator (CSU, Chico),** Mentor: David Keller, Biological Sciences
- **Layla Ramos (CSU, Long Beach),** Mentor: Houng-Wei Tsai, Biological Sciences
- **Puneet Sanghera (San José State University),** Mentor: Katie Wilkinson, Biological Sciences
- **Matthew Slarve (CPSU, Pomona),** Mentor: Jill Adler-Moore, Biological Sciences
- **Rajan Suasin (CSU, Sacramento),** Mentor: Katherine McReynolds, Chemistry
- **Miguel Tellez (CSU, Fullerton),** Mentor: Maria C Linder, Chemistry & Biochemistry

FAST FACTS

Howell Scholars Program

- Founded in 1995
- Applications solicited at UCSD, SDSU, USD Hahn School of Nursing, and all CSUs through joint effort with CSUPERB
- All research projects must have a women's health aspect
- All projects are overseen by a Faculty Mentor

OUR MISSION

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

CONTACT US

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TO MAKE A DONATION:

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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. All presentations are highly interactive unless the client specifically requests a one-way presentation from the podium. The presentations are structured to allow opportunities for the audience members to ask questions of the speaker throughout the presentation. When the setting allows, speakers go out into the audience to talk during those discussions. Visit www.howellfoundation.org for more information!

Meet our Speakers!

Andrea Z. LaCroix, PhD

- Professor and Chief of Epidemiology and Professor, Family Medicine and Public Health
- Director, Women's Health Center of Excellence, UCSD

Carole L. Banka, PhD

- Associate Project Scientist
  Department of Medicine
  UCSD School of Medicine

Katherine Richman, MD

- Clinical Professor of Radiology, UCSD

Abigail D'Agostino, RN BSN MBA

- Director, Patient Care Services Light Bridge Hospice
- Founder and President Nurses for Health