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OUR MISSION

The Howell Foundation is dedicated to making a long-term, positive impact on women's health as THE premier organization advancing women's health research and education.

TO MAKE A DONATION:

- Donate online by visiting **www.howellfoundation.org**
- Make sure you choose the **Doris A. Howell Foundation** when shopping on line.

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CONTACT US

7514 Girard Ave.
1 PMB 320
La Jolla, CA 92037
Phone: 858-454-7797
Fax: 858-454-7797
friends@howellfoundation.org
www.howellfoundation.org

Stay Connected!

2018: Renewing our mission!

The Howell Foundation continues to move forward on exciting ventures. At our Howell Foundation Health & Happiness Evening Series event, "Improving Benefits and Reducing Harms from Breast Cancer Screening: The WISDOM Trial," we learned compelling evidence regarding breast cancer assessments. Our expert speakers, Andrea LaCroix, PhD, Barbara A Parker, MD and Lisa Madlensky, PhD, engaged our audience in a thoughtful, evidence-based session from which all women would benefit. We are thankful to them, and the University of California medical researchers who are guiding us toward tailored and personalized medicine in women's health.

We continue to educate the community with our luncheons. In May, Dr. Benjamin Shepherd, Senior Director of Therapeutics at Organovo, presented the latest and most innovative developments in using cultured human tissues for vital organ transplantation. In February, speaker Anthony De Maria, MD, Judith and Jack White Chair of Cardiology and Founding Director of the UCSD Sulpizio Cardiovascular Center, delivered a cleverly crafted talk on the latest advances in medical and surgical treatment of heart disease.

The Foundation will also confer a new scholarship in memory of Skai Krisans, Ph.D. Skai was a valuable member of our Board as well as Dean of Arts and Sciences at San Diego State University. Her expertise in Genetics, Molecular Biology and Cell Biology added to the number of gifts she gave to the Howell Foundation and our community.

We are thrilled with the opportunity to continue realizing the mission and vision of the Howell Foundation and having you with us in this journey. We are so very grateful to our donors and volunteer Board members for their incomparable skills and hearts.

Thank you, all, for this journey.

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

Earning your trust!

To all our Board Members who are committed to serve in the advancement of women's health research, and to our volunteers and donors who with their support help us accomplish our mission, THANK YOU!

Howell Foundation's Outreach Efforts

Howell Luncheon Series: Technology & Medicine

Dr. Anthony DeMaria

In February, Dr. DeMaria talked about the most common heart afflictions, the risk factors and the new technology being developed to diagnose, treat and, most importantly, prevent heart disease. Even though questions remain about the onset of heart disease, what we know very well are the predisposing causes and risk factors. Developing new applications to monitor a patient's health has definitely taken off. As an example, it will come to a point were one can place a finger on an electronic device such as an Apple watch, and in turn, an electrocardiogram will be sent to their physician to determine if there is a heart attack in progress.

Dr. Benjamin Shepard

Continuing with the future of medicine, Dr. Stephen Shepherd presented examples of tissue engineering for both drug discovery and therapeutic tissue development. His presentation focused on current research areas where bioscience and technology have been very successful. He elaborated on the areas of challenge in tissue regeneration: 1) current efforts in organ reconstruction based on previous research in vascular grafts (the blood vessel space), and 2) efforts focused on "additive manufacturing" also known as 3-dimensional printing. Of significant importance are the future applications of his own research in both areas.

Howell Health & Happiness Series:
Sharing the WISDOM and making history in the process!

Key Note Speakers, Dr. Lisa Madlensky, Dr. Barbara Parker and Dr. Andrea LaCroix

In support of the WISDOM (Women Informed to Screen Depending On Measures of risk) Trial, The Doris A. Howell Foundation celebrated its Health and Happiness Series in June with the presentation "Improving Benefits and Reducing Harms from Breast Cancer Screening: The WISDOM Trial," hosting three renowned specialists in the areas of oncology, epidemiology and genetic testing. The objective was to inform the San Diego community about the latest research being conducted regarding breast cancer screening guidelines, their efficacy, and the steps required to provide women with accurate, personalized prevention processes that effectively diagnose and treat breast cancer ON AN INDIVIDUALIZED basis.

The notion is quite simple: to end the confusion about breast cancer screening methods and help women get the preventive care they REALLY need – rather than facing the uncertainties of misdiagnoses, unnecessary surgery, treatment, medication and cost. To sign up for the clinical trial, visit **www.wisdomstudy.org**

Co-sponsored by the *National CHEERS Foundation*, Anseth Richards notes that the organization's mission is to raise funds to support medical research and health institutions, health advocacy groups and outreach programs; and is proud to work with the Doris A. Howell Foundation to promote women's health education in San Diego County. We are grateful for such a generous donation!

Save the date! Friday, August 17

Dr. Carolyn Coker Ross
Addiction: It's not just drugs and alcohol.

Dr. Ross completed her MD at the University of Michigan Medical School. Dr. Ross's practice experience after medical school after raising two children. Her medical education fueled her interest in what makes people heal as she saw that most of her patients' medical problems were related to lifestyle habits and the stresses of modern living. After studying for two years with Dr. Andrew Weil, she began to focus her private practice on multiple addictions, the common factors and novel remedies. **Register @ www.howellfoundation.org**

Proud of our scholars!

To date, the Howell Foundation has funded 239 research scholarships for a total of $673,725. We are proud of our relationships with local universities UCSD, SDSU, Cal State San Marcos and USD's Hahn School of Nursing. Our partnerships allow the Howell Foundation to support amazing young researchers throughout the state. The students who are selected for scholarships are without exception, tops in their class. It is inspirational to see their passion and their growth.

2018 CSUPERB (California State University Program for Education and Research in Biotechnology)

Pictured above: 2018 Howell Scholars with Howell Co-Chair Kathleen Franklin & CSUPERB Executive Director, Susan Baxter

Every year, during our first luncheon of the year, we ratify a partnership that advances women's health at its basic level – research; two great organizations aligned to provide opportunities for students to have access to careers in the biomedical research field. Congratulations to out 2018 Howell—CSUPERB Scholars!

- **Analine Aguayo** (Biology, California State University, Northridge) Mentor: Jonathan Kelber, Biology
- **Micah Feri** (Biology and Physiology, California State University, Long Beach) - Mentor: Kevin Sinchak, Biological Sciences
- **Selina Gonzales** (Biology, California State University, San Marcos) - Mentor: Kimberly D'Anna-Hernandez, Psychology
- **Stacy Guzman** (Biochemistry, California State University, Fullerton)- Mentor: Peter de Lijser, Chemistry and Biochemistry
- **Kathryn Johnston** (Biochemistry, California State University, Bakersfield) - Mentor: Karlo Lopez, Chemistry and Biochemistry
- **Elyssa Lawrence** (Mechanical Engineering, California State University, Long Beach) - Mentor: Daniel Whisler, Mechanical and Aerospace Engineering
- **Maizie Lee** (Chemistry, California State University, Fresno) - Mentor: Qiao-Hong Chen, Chemistry
  Nicole Lukasko (Microbiology, California Polytechnic State University, San Luis Obispo) - Mentor: Alejandra Yep, Biological Sciences
- **Addie Norgaard** (Biochemistry, California Polytechnic State University, San Luis Obispo) - Mentor: Christopher Kitts, Biological Sciences
- **Javier Rodriguez** (Aerospace Engineering, California State University, Long Beach) - Mentor: Emel Demircan, Mechanical and Aerospace Engineering
- **Bobby Teng** (Biology, California State University, Northridge) - Mentor: Lisa Banner, Biology
- **Grace Yomogida** (Biology and Physiology, California State University, Long Beach) - Mentor: Vasanthy Narayanaswami, Chemistry and Biochemistry

University of California, San Diego

2018 Howell UCSD Scholars Annie Chen, Hoejeong Kim, Rachel Sebastian & Allison Kramer.

Founded in 1995, the Howell Foundation's mission and vision are firmly rooted in our affiliation with UCSD through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded. The 2018 Howell –UCSD scholars are:

- Annie Chen (UCSD) - Mentor: Varykina Thackray, Reproductive Medicine
- Hoejeong Kim (UCSD) - Mentor: David Natale, Reproductive Medicine
- Allison Kramer (UCSD) - Mentor: Irene Su, Reproductive Medicine
- Rachel Sebastian (UCSD) - Mentor: Louise Laurent, Reproductive Medicine

Howell Advisory Council

The Howell Foundation's Advisory Council met in January to discuss ways in which the organization can promote the renewal of our mission: To become THE premier organization advancing women's health. Thank you! And stay tuned...

Doris A. Howell Foundation
for Women's Health Research, Inc.

PMB 320
7514 GIRARD AVE #1
LA JOLLA, CA 92037

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Health is a gift. Don't take it for granted!

How can you help *keep the women you love healthy* TODAY?

Help us reach as many in the community as possible with the latest on women's health research, grants and outreach:

- **Become a Friend of Howell.** Your small donation or full scholarship award can help us achieve BIG things; among them, helping young scholars achieve their education goals and dreams!
- **Attend our educational events.** Spreading the word with family and friends, or participating with sponsorships allows us all to catch up while enjoying wonderful food and perhaps a great glass of wine.
- **Donate on behalf of your organization.** Women –and men-- in your company or foundation will have the opportunity to learn more about the women in their lives.
- **Have us over.** Our Speakers Service helps spread the word on the importance of women's health research.
- **Consider us in your planned giving efforts.** Celebrate the life of the women and men who mean the most to you.

Keep the Conversation Going! Share, Like & Follow: