2019
A Look Back

Engaged with our donors & volunteers

"For me, the Howell Foundation is about Education. Research. Next Generation. I learn so much about women's health from the top physician researchers and scientists in San Diego. Knowing that my contribution is going toward women's health research scholarships is rewarding. Having an opportunity to meet and hear from the student scholars several times a year at luncheon programs gives me faith in the next generation and the future of medicine."

Eileen Steres Gaffen
President
Steres Gaffen Media

Continued to provide the latest research in women's health through our Howell Health Lectures

Nearly 500 women in our community are informed on the latest health issues regarding women's health. Topics included:

- *Women and Diabetes: Digital Technologies for Diabetes Care*
- *Palliative Care Medicine*
- *Women's Bladder Health & Urinary Microbiome*
- *Latest Research in Metastatic Breast Cancer*

Funded and supported future careers in the Scientific Field

- *12 undergraduate students are launching and continuing their careers in the scientific field.*
- *With their research, two PH.D candidates are now advancing women's health in the community.*

Supported research that benefits the health and well-being of women in the community

Two projects focusing on breast cancer:

- *Komen's Metastatic Breast Cancer Conference*
- *On-going support for the WISDOM Study (Women Informed to Screen Depending On Measures of Risk)*

A Farewell Message

As I step down as Chair, I reflect on the tremendous work our Board Members and volunteers have undertaken to move women's health forward.

I am especially encouraged by the vision of our new Board Chair, Carol Tuggey. She has been serving as the Howell Foundation Co-Chair, and is very excited to help accomplish our mission to advance women's health research from this point forward.

Our sense of community health has always been a guiding principal of the Howell Foundation. While still serving on the board, I will be working on structuring the new program proposal 'High Impact Community Initiative', geared towards connecting under-served women in the community with the latest research, and how it impacts their health.

2020 will continue to bring great rewards. To start, the year marks our 25th anniversary! The Howell Foundation will be working towards building our 25x25 Scholarship Fund. Make sure to stay tuned.

The most rewarding aspect during my tenure as Howell Foundation Chair has been the opportunity to connect with our donors. Our work would never have reached the heights it has without your continuous support. And for that, I thank you.

Abigail D'Agostino, BSN MBA
2019 Board Chair

A Sneak-Peak for 2020

Dear Howell Friends:

This is an exciting time for the Howell Foundation. Our board is working to make us stronger, more involved in the community and of more support as an educational resource and advocate of women's health research.

We are enhancing our Educational Health Luncheon Series with topics that dominate today's pressing women's health issues, among our efforts, the addition of a webinar with an expert epidemiologist on the world-wide virus outbreak of Covid-19. We have committed to the professional work of an Executive Director and the enhancement of our efforts to update software programs that will help to keep us in contact with supporters of all kinds. We continue to implement the highest standards in the selection of Howell Scholars who are conducting exceptional research in the areas of women's health. And importantly, we continue to support community research efforts that will translate in women's health and well-being.

I am especially excited to be leading the Foundation to new heights along with my fellow board members. If you have been with us for a long time, we thank you! If you are just finding us, we hope you will look at the resources on our website: Howellfoundation.org. Please help us grow and prosper by spreading the word about us and "Keeping the Women we love healthy!"

Carol Tuggey
2020 Board Chair

Your Donations at Work!

In this issue:

- 2019 scholars making us proud!
- A look back at our outreach efforts
- What's planned for 2020?
- Remembering one of our own
- Thank you for your service!
- Meet our Board

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.

Learn the many ways you can keep the women you love heatlhy by visiting

www.howellfoundation.org

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 Scholarship Program

Madelaine Butler
Scholarships Review Committee Chair

"There are numerous studies that indicate that students who do research as undergrads gain both professional and personal skills such as problem solving, communication and teamwork. Many of our students would not be able to participate in research unless we provide them with financial support, thus by offering scholarships to deserving students, we are helping to foster the interest of students in research careers and improve their ability to succeed in any career."

Howell – UCSD Scholarships

The Howell Foundation's mission and vision are firmly rooted in our affiliation with UCSD's School of Medicine through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded.

Aditi Gnanasekar
"Investigating the role of eRNAs on the immune landscape in HNSCC"
Mentor: Weg Ongkeko, Surgery

Anahid Foroughishafiei
"Defining the Molecular Mechanisms Underlying Differential Regulation of Epithelial-Mesenchymal Transition (EMT) Upon Dynamic Stiffening"
Mentor: Jing Yang, Pediatrics

Kaitlyn Sung
Project: "In vitro validation of mutations in IGD patients"
Mentor: Pam Mellon, Reproductive Medicine and Neuroscience

Lindsay Wong
Project: "PTHLH Characterization in HPV-induced cancers"
Mentor: Weg Ongkeko, Surgery

Howell - Cheryl A. Wilson Graduate Award in Nursing

In 2010, the Howell Foundation established this award in honor of long-time Howell Board member Cheryl A. Wilson, RN, MA. to fund USD's Hahn School of Nursing & Health Science Ph.D candidate nursing students whose research emphasis is on women's health.

Loralie Woods
"Determining Promoters and Barriers of Treatment Utilization among Pregnant Women with Opioid Use Disorders "
Mentor: Cynthia Connelly, Ph.D. RN FAAN

Teresa Nguyen
"Recovery from Perinatal Mood and Anxiety Disorders in an Intensive Outpatient Program"
Mentor: Cynthia Connelly, PhD, RN, FAAN

"The Howell Foundation was one of the first nonprofits nationwide that supported undergraduate researchers. We've been very grateful for our partnership. Together, the Howell Foundation and CSUPERB have given $855,000 in awards to 200 students since 2001; the great majority, 87% of them, graduate and go on to apply successfully for medical school, graduate school or work in the bio medical field."

Susan Baxter
Executive Director
California State University Program for Education and Research in Biotechnology (CSUPERB

Howell – CSUPERB Scholarships

Rebeca Almeida "Mammographic Breast Density and Acculturation: Looking at Chinese Immigrants."
Mentor: Marilyn Tseng, Kinesiology & Public Health

Autumn Barker "Effect of Lactobacillus on Escherichia coli biofilm formation."
Mentor: Alejandra Yep, Biological Sciences

Jan Cajulao "Friends or Foes – the Effect of Probiotic Microbiota on Group B Streptococcus."
Mentor: Lily Chen, Biology

Samantha Crawford "Novel Detection of Biomarkers of Breast Cancer using Microfluidics and Nonlinear Multi-photon laser wave-mixing detection."
Mentor: William Tong, Chemistry and Biochemistry

Martey Haw "Molecular Analysis of Metastasis in Cancer Cells with Increased Intracellular pH."
Mentor: Bree Grillo-Hill, Biological Sciences

Emmanuelle Issa"MUC16 Specific Antibody Treatment of Ovarian Cancer."
Mentor: Cory Brooks, Chemistry

Katia Niño "Quantification and Dynamic Mapping of the Aminoglycoside Resistance Protein AAC(6′)-Ib."
Mentor: Marcelo Tolmasky, Biological Sciences

Danielle Reynolds "The Protective Role of ATF6 Under Stress Conditions Caused by Pregnancy and Childbirth."
Mentor: Chris Glembotski, Biology

Ashley Schwartz ("Mathematical and Computational Models Analyzing the Effect of Common Toxins on Embryonic Development in the Zebrafish Model."
Mentor: Uduak George, Mathematics and Statistics

Khadija Shafiq "Evaluating gD3pep Liposomal Vaccines Containing Different Adjuvants in an Intravaginal HSV-1 Mouse Model."
Mentor: Jill Adler-Moore, Biology

Jennifer Sih "Determining the Crystal Structure of two Human MYH7 Myosin Mutations causative of Hypertrophic Cardiomyopathy."
Mentor: Sanford Bernstein, Biology

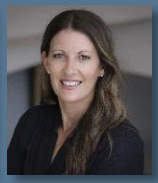
Kara Zeman "Optimization of the Synthesis of Octavalent Glycodendrimers as Anti-HIV Agents."
Mentor: Katherine McReynolds, Chemistry

2019 Howell Health Lecture Series

In January, Dr. Athena Philis-Tsimikas brought awareness on the country's diabetes health and management with her presentation "**Women and Diabetes: Use of Digital Technologies in Diabetes Care.**"

In May, Dr. Daniel Hoefer presented **"Why Palliative Medicine Must Become Mainstream."** He provided look at the current status of healthcare as it relates to the aging population.

In August, Dr. Linda Brubaker presented "**Urine Trouble: Women's Bladder Health and the Urinary Microbiome"** and explained the conditions that lead to a urinary tract infection as well as new treatments being developed.



In November, Rebecca Shatsky, MD and Brooke Emerling, PHD presented the encouraging status of **"Latest Research and Treatments for Metastatic Breast Cancer."**

"Women and Diabetes: Use of Digital Technologies in Diabetes Care."

In January, Dr. Athena Philis-Tsimikas presented the best ways to manage and care for diabetes. The main points discussed included:

- The two main factors to consider when thinking about diabetes are that there is a genetic pre-disposition to diabetes, and that age plays a role in the development of the illness.
- Diabetes is usually a gender specific disease, slightly higher in men than in women. Gestational diabetes should be an aspect pregnant women need to monitor.
- According to Dr. Tsimikas, it is estimated that a little over 11% of physicians tell their patients that they may be pre-diabetic. "The occurrence of heart-related diseases and stroke in women are exacerbated due to a diabetic condition. With diabetes, the protection premenopausal women enjoy significantly diminishes.
- Diabetes can lead to kidney failure, amputations, and ultimately hyperglycemia
- Carbohydrates are drivers of high blood sugars. Diabetes should be addressed with portion control, exercise and medication.

"Urine Trouble: Women's Bladder Health and the Urinary Microbiome."

In August, Dr. Linda Brubaker explained the facts about the conditions that lead to an urinary tract infection and new research taking place to treat it.

Urinary tract infections (UTI) affect half of women at least once in their lifetime. Women are more likely to have a second UTI after they've had the first one.

While for decades it was assumed that the bladder was a totally sterile environment, recent research has shown the contrary: the bladder is NOT a sterile organ. The bacteria in neighboring organs to the bladder may play a significant role in healthy or unhealthy bacteria in the bladder's uro-biome.

Dr. Brubaker is researching bio-phage therapy as a new alternative to treat severe and recurring urinary tract infections based on 2 main factors:

- The fact that intracellular bacteria hides in the walls of the bladder, making it difficult for antibiotics to clear the infection.
- Bacteria can also hide the organ's biofilm, which contains about 10 times more bacterial cells. This bacterial biofilm also contains viruses that may infect healthy bacteria.

"Why Palliative Medicine Must Become Mainstream."

In May, Dr. Daniel Hoefer presented the protocols and metrics to define new standards of successful healthcare in the growing, aging population, focusing on the patients' unique risks:

- The length of a hospital stay almost doubles in elderly population, from 4.7 to 8.1.
- Possible infections derived from surgery or illness.
- Number of medications required to ease discomfort/pain – or polypharmacy, defined as six or more medications.
- Loss of mobility. For an elderly patient, the daily loss of muscle strength due to hospitalization is estimated to be 5% per day, compared to 1%-1 ½% in younger individuals.
- The patient's frailty. There are specific, science-based. examinations that can determine the patient's frailty based on weight loss, muscle strength, decreased walking speed, level of exhaustion and inactivity.
- The family's emotional and financial well-being.

"Latest Research and Treatments for Metastatic Breast Cancer."

In November, Dr. Rebecca Shatsky explained the current status of research and finding a cure for metastatic breast cancer –including the effect it has in drug development, while Dr. Emerling resented her focus on the research that seeks to understand the cancer cell metabolism and the biological process that drives tumor progression that drives the metastatic spread.

For Dr. Shatsky, the map to finding a cure for metastatic breast cancer relies on personalized therapy. Every cancer tumor is different and unique. Citing the clinical trial of Dr. Steven Rosenberg, adoptive T –cell therapy based on analysis of proteins of a patient's cancer and the design of specific T-cells based on the results, along with chemotherapy to prevent the rejection of such cells is the most promising treatment as of today. One of Dr. Rosenberg's patients with stage IV metastatic breast cancer is now cancer free.

Dr. Emerling's research is focused on stopping the metastatic progression by suppressing proteins that are essential metabolic regulators responsible for the growth and metastasis of cancer cells, in particular cells with mutant p53. Using a variety of mouse models, Dr. Emerling is able to study how the breast cancer tumor initiates, maintains and metastasizes in a living organism. Historically, it has been very difficult to target cancer patients with this gene mutation. She hopes her research will result in therapies that directly target the p53 protein in patients with metastatic breast cancer.

Community and *Research* coming together

Metastatic Breast Cancer Conference

The Howell Foundation supported the Susan G. Komen Foundation during its second Metastatic Breast Cancer Conference and awarded $1,000 to **Brooke M. Emerling, Ph.D.** to support her research in finding a cure for breast cancer.

Celebration of Life

In an emotional ceremony, friends, colleagues and Board Members shared their experiences about this trailblazer in the community, **Dr. Doris Howell.**

Donor Appreciation Event

In an intimate gathering, major donors heard about the most relevant research in women's health during 2019, by **Andrea LaCroix, Ph.D.**, Professor and Chief of Epidemiology, Family Medicine and Public Health.

Support for the WISDOM Study

We continued to support the WISDOM Study (Women Informed to Screen Depending On Measures of Risk) by inviting key representatives to inform our luncheon guests about the relevance of the clinical trial and the impact it will have for women in our community.

Sneak Peak: What's in store for 2020

Marla Black
Executive Director

2020 marks our 25th Anniversary! I am encouraged by the Board of Directors of the Howell Foundation in moving the Foundation forward, and I thank their trust to make 2020 our best year yet.

As you know, the Foundation launched its 25 x 25 campaign. With the majority of our scholars continuing a career in the biomedical research and medical fields, we are ensuring the health of women in our community.

The Journey to Women's Health through Research

25 years ago, Dr. Howell recognized the critical need to improve women's health care and research, not only for the sake of women, but also for the sake of their families and loved ones.

She believed that to unleash innovation in women's health research you needed to reach young minds. With the help of Soroptimist International of La Jolla, the Howell Foundation for Women's Health Research was born.

By creating partnerships with academic leaders in our community, Dr. Howell's vision to fund the next generation of researchers and physicians came to fruition.

Today, the Howell Foundation is dedicated to closing these gaps and improving women's health long-term for the sake of the individual, her family and the greater community.

260+ scholarship later, the Howell Foundation continues to support the health and well-being of generations of women in our community!

To celebrate our accomplishments to date and to inspire the next 25 years of *"keeping the women we love healthy,"* we are asking individuals, giving circles, foundations and corporations to donate to our ***25 x 25 Women's Health Research Scholarship Fund*** to support undergraduate and graduate scholars.

By funding undergraduate and graduate level researchers, we are tapping their innovation and creating a sustainable pool of next generation women's health researchers.

The scholarships you fund comes with knowing that your investment supports a young scholar and contributes to a lifetime of furthering women's health and the health of our community.

Please make sure you visit **www.howellfoundation.org** to make a donation to our Scholarship Fund.

"Peggy was a devoted, dedicated person, who became the indispensable companion and aide to Doris. All of us carry with us the image of Doris and Peggy together. I was privileged to be with them and watch how Peggy complimented Doris as she helped her carry out those special activities that made Doris an internationally renowned advocate of women's health and civic leader. It was Peggy who helped Doris dot the "i's" and cross the "t's". It was Peggy who made certain that Doris was in the right place at the right time. It was Peggy waiting to take her home safe and sound.

I was a frequent third person occupant of Peggy's car. Those car rides were something special—for Peggy loved to drive fast and change lanes whenever she despaired of the laggard driver in the car ahead of her. As Peggy told me, 'I had a flying license before I was legally able to obtain a driver's license.' And she often confused her car for an airplane!"

Irving Tragen
Friend
Former Board Member

Celebrating the Life of Women's Health Champion, and Emeritus Board Member, Peggy Oechsle.

2019 was another sad year for the Foundation. Peggy Oechsle passed peacefully in December. An avid supporter of women's health, and Dr. Howell's cousin, Peggy Oechsle served as Howell Board Secretary for over 23 years!

She was involved in many forms of fine art, even during her professional careers in the airline and medical fields. She obtained her formal art education from the University of California, Santa Barbara and Otis Art Institute, Los Angeles.

Peggy's artistic recognition was in metal sculpture, woodworking, photography and acrylic painting. Her sculptures are in private collections throughout the United States. Her many 4' x 8' acrylic panels of storybook characters were displayed for years throughout the Pediatric Department of the Medical College of Pennsylvania in Philadelphia. For many years the children of the UCSD Hillcrest Primary Care Center enjoyed a 4' x 4' wooden "Busy Board" designed and built by Peggy. Also approximately forty greatly enlarged photos were displayed in the corridors of the UCSD Outpatient Center and Ambulatory Care Center for many years.

Although she continued her work in wood and metal sculpture, her primary focus turned to Chinese Brush Painting, with watercolor a secondary focus. Her Chinese Brush paintings have shown in shows in San Diego as well as in Los Angeles, Scottsdale, Arizona and Taiwan.

Her watercolors have shown primarily in San Diego; however both have shown in Las Vegas Art Expo (2008), New York Art Expo (2008) and High Point, North Carolina in 2008. In 2009 they were again shown in New York, High Point and Las Vegas.

Peggy studied with many well-known artists in Chinese Brush and Watercolor, including Ning Yeh, Grace Chow (both Chinese Brush), and Robert Landry, Robert Wood, Joan McKasson (all watercolor) and Cheng Khee Chee (both Chinese Brush and watercolor). Peggy was a member and Past President of the Chinese Brush Painting Society of San Diego and the La Jolla Art Association. She was a member of the San Diego Watercolor Society, American Artists for Chinese Brush Painting and the Fine Arts Society of North County. She showed in the Artists' Gallery of La Jolla during its eight-year existence. Her works are currently shown online at art-exchange.com and Timothy's Fine Arts. as well as at the Pacific Regent's Art Wall and San Diego Hospice and Institute for Palliative Medicine.

Her wisdom, sense of humor and encouraging words are missed!

Legacy Council

With our greatest appreciation for your continuous support. **Howell Board Emeritus are recognized for their 18+ years of service to the Howell Foundation.*

Carole Banka, PhD
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Cher Conner
Gladys Kohn *
Jean McGrath
Priscilla Moxley
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Pattie Wellborn
Cheryl Wilson, RN *

Advisory Council

Comprised of distinguished community leaders in the areas of medical research, philanthropy and finance of inestimable talent whose collective minds help the Foundation achieve its mission. We appreciate your guidance and support.

Carole Banka, Ph.D
Sanford Bernstein, Ph.D
Mary Johnson
Mark Kern, Ph.D
Stanley Maloy, Ph.D
Lisa Marvin
Michael J. Sailor, Ph.D
Marianne Sorge, FNP
Varykina G. Thackray, Ph.D

Our Supporters

Thank you for your help in placing women's health at the forefront of research. Without you, there wouldn't be us!

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Women's Health Research Champion
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So, what are **YOU** doing today to *keep the women you love healthy?*

More often than not, women's health ***IS*** family health. Family is the base of our community. By donating to the Howell Foundation, you help ensure that the illness in the lives of the women you love are diagnosed and treated accordingly.

Our mission is to advance women's health, and women's health starts with research!

Visit www.howellfoundation.org to learn about the many ways you can give!

Stay Connected!

The Howell Foundation is a 501(c)(3) non-profit organization, tax ID #33-0715532.