THE HOWELL FOUNDATION

In this Issue:

- Our Lecture Series: Presenting cutting-edge research
- Proud of our scholars!
- Howell Happenings
- How can you help?

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.

TO MAKE A DONATION:

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

amazonsmile

CONTACT US

Phone: 858-454-7797

friends@howellfoundation.org
www.howellfoundation.org

PO Box 910016,
San Diego, CA 92191

Stay Connected!

Howell Highlights 2021

Summer Edition

Summer is about to be over, and I am very satisfied with the Foundation's activities. This year has been a great year so far! The research topics of our 2021 Howell Scholars are sure to make a difference for the future of women's health. We had wonderful speakers and interesting topics at our webinars.

Speaking of our Lecture Series, please mark your calendars for our upcoming key presentations:

- **September 24:** Our guest, Dr. Eunah Hoh, will be discussing how micro-plastics pollution affects our health.
- **November 5:** We are scheduling our first in person meeting in almost 2 years! Watch your email or the website for more details as they become available. We have certainly missed seeing all of you in person!

As you can recall, we sent a Supporter Survey back in May, and the results confirmed our uniqueness. Dr. Howell's vision of advancing women's health through research is as relevant today as it was 25 years ago. Our Lecture series continues to provide early access to cutting – edge research to better the health of the women in our community, and our Scholarship Program has the potential to unleash the next research innovation on women's health. Using this information, we will continue to provide topics for our webinars and luncheons that support our mission and your interests. Thank you to all who collaborated!

I am also happy to report that we welcomed three Board Members to the group of dedicated volunteers: Carmen Colombo, Ph.D., Eileen Gaffen, and Aditi Gnanasekar.

Marla Black
Executive Director

Lastly, I want to thank all who supported us in the 25x25 campaign, and continue to do so throughout this year. While we are on our way to meeting our 2021 fundraising efforts, we still need your help. Please consider a donation the Howell Foundation.

Hope you had a wonderful, healthy summer!

Earning your trust!

GUIDESTAR GOLD TRANSPARENCY 2021

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 Lecture Series Webinars

Presenting cutting-edge research to advance women's health

Top Ten Stories in Women's Health, 2021 Edition

The Howell Foundation started 2021 with three experts in the field of women's health. The **Annual Howell Foundation Top Women's Health Stories of 2020** reviewed an update of the most relevant research stories that took place in 2020, and the impact it will have on women's health during 2021 and beyond.

Christina Chambers, Ph.D.
Professor of Pediatrics and
Co-Director of the Center for Better Beginnings at UC San Diego
Co-Director, Better Beginnings San Diego

Pregnant and lactating women are the most understudied group in women's health research.

For Dr. Chambers, the top one story of 2020 was about COVID-19 in women during pregnancy and lactation, and how it affects newborns. Dr. Chambers covered the most pressing and frequently asked questions on the topic.

Cynthia Stuenkel, MD
Clinical Professor of Medicine
Founding member and Past President of the North American Menopause Society,
UC San Diego

Dr. Stuenkel stressed the need of refining and updating the guidelines to assess a women's risk for heart disease at a younger age. For her, it's a two-prong approach: expand cardiovascular risk assessment guidelines, and the need for women to be aware of potential heart disease so they can be proactive about managing their own risk.

Andrea LaCroix, Ph.D.
Distinguished Professor and
Chief of Epidemiology,
Director, Women's Health Center of Excellence, UC San Diego

Dr. LaCroix presented issues that affect women in the later stages of life: the importance of heart palpitations in midlife, the effects of COVID in cancer screening results, updates on hormone therapy in breast cancer, links between adverse childhood experiences and dementia, light physical activity to increase our lifespan and maintaining mobility.

.

Sonia Ancoli-Israel, Ph.D.
Professor Emeritus of Psychiatry and Center for Circadian Biology
UCSD

The Importance of Sleep in Aging Women: Why can't Grammie Sleep?

In March, Dr. Ancoli-Israel addressed the reason older adults are not getting the sleep they need, pointing to the fact that it is not a result of aging per se, but rather a result of all the things that happen to women as they age. Her presentation focused on the need vs. the ability to sleep, the consequences of poor sleep in older adults, the co-morbidities associated with poor sleep, the primary sleep disorders in older adults, and the cardinal rules for good sleep.

Juliane Sempionatto, Ph.D.
Postdoctoral Researcher at Caltech

Wearable Electrochemical Sensors for Non-Invasive Monitoring of Health Status

In May, Dr. Sempionatto introduced the application of non-invasive wearable devices – or point-of-care sensors – currently in development, and discussed the challenges of the application of nanoengineering to biochemical measurement, as well as the opportunities involved in building a successful electrochemical wearable biosensor for monitoring important parameters related to women's health.

Congratulations to our 2021 Howell Scholars.

This is such a wonderful organization for supporting scholars!

~ Ann M.

The Howell Foundation advances women's health by inspiring and funding undergraduate and graduate researchers to unleash innovation for the next-generation pool of physicians and scientists to accelerate solutions in women's health.

2021 Howell-CSUPERB Scholars

Jennifer Anderson (Cell and Molecular Biology, California State University, Northridge)
Mentor: Daniel Tamae, Chemistry & Biochemistry

Lillian Cooke (Biology, San Diego State University)
Mentor: Tom Huxford, Chemistry & Biochmeistry

Jesse Garcia (Microbiology, California State University, Chico)
Mentor: David Keller, Biological Sciences

Hannah Heath (Nutrition, California Polytechnic State University, San Luis Obispo)
Mentor: Michael La Frano, Food Science & Nutrition

Maxwell La Forest (Molecular Cell Biology and Physiology, California State University, Long Beach)
Mentor: Kevin Sinchak, PhD, Biological Sciences

Amanda Lee (Mathematics, San Diego State University)
Mentor: Uduak George, Mathematics and Statistics

Kassandra Lopez (Biology, California State Polytechnic University, Pomona)
Mentor: Frances Mercer, Biological Sciences

Esveidy Isabel Oceguera Nava (Biochemistry, California State University, Fresno)
Mentor: Qiao-Hong Chen, Chemistry

Anastasiia Reipolska (Biology, Molecular Cell Biology and Physiology Option, California State University, Long Beach)
Mentor: Kelly Young, Biological Sciences

Ella Schwab (Biology, California Polytechnic State University, San Luis Obispo)
Mentor: Jean Davidson, Biological Sciences

2021 Howell-UCSD Scholars

Jessica Jiang
Mentor: Kellie Breen Church, Reproductive Medicine

Celine Bojo
Mentor: Pam Mellon, Reproductive Medicine

Farsamin Warisha
Mentor: Heidi Cook-Anderson, Reproductive Medicine

Maia Kirkegaard
Mentor: Karen Oegema, Biological Sciences

2021 USD - Cheryl A. Wilson Graduate Research Award in Nursing USD

Lorena Perez
Mentor: Cynthia Connelly

Ritamarie Smedile
Mentor: Mary Berger

Howell Happenings: Growing Stronger

Message from the Chair

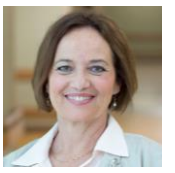
I am very excited to welcome Carmen Colombo, Ph.D, Eileen Steres Gaffen and Aditi Gnanasekar as new directors to the Howell Board.

They represent two key components of women's health: the need for cutting-edge research based on women's health issues, and the dissemination of the latest information on women's health.

Carmen, Eileen and Aditi join the Howell Foundation at an exciting time as we strategically solidify and grow our trademark programs. They are leaders in their respective fields, and we value their in-depth perspective.

I am especially thrilled that our youngest Board member, Aditi, was recently awarded the Barry Goldwater award. I can speak for all of us in congratulating her on this major accomplishment!

Welcome on Board!



Carmen Colombo

Eileen Gaffen

Aditi Gnanasekar

Our Next Event: Save the date!

Friday, September 24th

Microplastic Pollution in the Ocean and Human Health

Eunha Hoh, Ph.D.
Division of Environmental Health
Professor and Division Head
San Diego State University

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

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

Non-Profit Org.
U.S. POSTAGE
PAID
PERMIT NO.
2325
San Diego, CA

"Hearing from our scholars keeps us aware that we are in fact supporting young people doing valuable research in women's health. What I appreciate the most is hearing about more women's health issues from experts in their field."

~ Janace P.

The many ways you can give to *keep the women you love healthy*

- **Become a Friend of Howell.** Donate at one of the five giving levels at **www.howellfoundation.org**
- **Attend our educational events**. Learn first-hand about cutting-edge research affecting women's health.
- **Donate on behalf of your organization and invite us over**. Get up close and personal with experts on the field of women's health research.
- **Consider us in your planned giving efforts.** Honor the life of the women and men who mean the most to you.