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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 online.

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Stay Connected!

Howell Highlights 2022

Summer Edition

Dear Howell Foundation Supporters,

As we enter the warm San Diego summer months, I want you to know that the Howell Foundation is full steam ahead to support scholars working on key initiatives that help accelerate women's health research. Our dedicated Board of Directors continues to work to support our mission by connecting with scholars, donors and researchers.

We sponsored a webinar in February highlighting our own Board Member Katherine "Meg" Richman, MD, FACR, Clinical Professor of Radiology and Medical Director of Thornton Radiology at UCSD. Dr. Meg highlighted her journey in eating healthy "green/plant based " foods to support a heart healthy lifestyle. In May we met in person at the La Jolla Country Club to learn about "loving our eyes", Aging and Age-related Eye Diseases: The Women Perspective. Our presenter was Dorota Skowronska-Krawczyk, PhD, Assistant Professor at the Department of Physiology and Biophysics, Department of Ophthalmology and Center for Translational Vision Research at the School of Medicine UC Irvine.

The new Alumni Scholar committee has researched where our past scholars are. Our partnership with past scholars inspire the new generations of women's health researchers. We are thrilled to hear from so many past scholars and will be highlighting what they are doing in future newsletters and on our website. You will be very proud of our scholars who create a positive impact in women's health in our community.

Your donations matter! With your constant financial assistance, the Howell Foundation is able to continue to support undergraduate and graduate students who are researching cutting edge women's health.

Marla Black
Executive Director

Lastly, we received two legacy gifts this year that will ensure the sustainability of our Scholarship Program. This is a wonderful way to remember Howell Foundation in your estate planning.

I appreciate all of your support -past, present and future! I look forward to connecting with you soon. Have a healthy and happy summer!

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!

A key component of addressing gender disparities in women's health research is the ability to fund seed grants to undergraduate and graduate students. By financially supporting studies focused issues affecting women's health, the Howell Foundation seeks to accelerate scientific research that will benefit the health of women in our community.

Howell Scholar Update: Where are they now?

From Nurse Practitioner to Captain in the US Navy Nurse Corps.

Cheryl Wilson (left) & Jennifer Buechel.

In 2014, the Howell Foundation awarded the *Cheryl Wilson Award in Nursing* to Jennifer Buechel. Her doctoral thesis focused on HPV vaccine knowledge and uptake among military personnel.

At the time, she commented: *"As an Adult Nurse Practitioner, I have first-hand experience in how challenging it is for clinicians to provide routine and preventive care for female military populations in an operational environment, including sexual health and immunization prevention programs. I have the opportunity as a future nurse scientist to significantly improve health policy and education through research and evidenced-based practice."*

After completing her dissertation on the Human Papillomavirus (HPV), HPV vaccine and HPV testing, she graduated with her PhD in Nursing in 2016. She published her team's research in three peer-reviewed journal articles. She worked as an Associate Director and Department Head for Naval Medical Center San Diego. **Today, she is an Executive Officer for the Navy's premier medical research laboratory for submarines and undersea warfighters.**

Her proudest accomplishment is making Captain in the United States Navy Nurse Corps in 2020.

2022 Howell-CSUPERB Scholars

Andrea Abelian (Electrical Engineering, California State University, Los Angeles), "Characterizing Spreading Depolarizations for Electrophysiology-Based Stroke Therapy." **Mentor: Deborah Won, Electrical Engineering.**

Yazmine Bedolla (Biology, California State University, Fresno), "Influence of a VHH Crystallization Chaperone on the Structure Determination of MUC1 and MUC16 Specific Antibodies by X-ray Crystallography." **Mentor: Cory Brooks, Chemistry and Biochemistry.**

Jane Cox (Biology, California State University, Northridge), "Role of LCN2 In Mediating Premetastatic Breast Cancer Progression." **Mentor: Jonathan Kelber, Biology.**

Stephanie Duarte-Amezcua (Biological Sciences, Cellular and Molecular option, California State University, Chico), "Predicting Scoliosis based on Neurological Differences during Development." **Mentor: Kristen Gorman, Biological Sciences.**

Jason Guerrero (Biochemistry, California State University, Dominguez Hills), "Identification of Novel Natural Products with Selective Cytotoxicity against a Breast Cancer Cell Line." **Mentor: Erin McCauley, Chemistry & Biochemistry.**

Lily Harrison (Biology, San Diego State University), "Does non-nutritive sweetener consumption affect embryonic and pancreas development?" **Mentor: Kari Sant, Public Health.**

Joanne Mendez (Biological Sciences Systems Physiology, San José State University), "Probing pH sensitive regulation of the oncogene Myc." **Mentor: Bree Grillo-Hill, Biological Sciences.**

Guadalupe Romero Viramontez (Biology, California State University, Fresno), "Binding Mechanism of Antibodies to SeaUrchin-Argin (SEA) Domains in MUC16 for the Study of Pancreatic Cancer Immunotherapy." **Mentor: Cory Brooks, Chemistry and Biochemistry.**

Luke Tomaneng (Biology, California State University, Northridge), "Determining the role of RAI14 in pancreatic cancer using live-cell imaging." **Mentor: Jonathan Kelber, Biology.**

Ranel Tuplano (Biology, California State University, Northridge), "Differentiating CD98hc and LAT1/2 functions in eIF5A1/2-dependent migration of triple negative breast cancer cells" **Mentor: Jonathan Kelber, Biology.**

2022 Howell-UCSD Scholars

Gabrielle Scott, "Development of a Clinical Pelvic Model and Experimental Method to Measure Pressure Distribution of Expandable Dilators under Different Vaginal Stenosis Condition." **Mentor: Frank Talke.**

Hayelin (Jacklyn) Jung, "How Stress Affects Blood Glucose Levels." **Mentor: Kellie Breen Church.**

Jason Yang, "Investigation of the Necessity of AVPV Kiss1 Neurons during the preovulatory for GnRH/LH Surge in Female Mice." **Mentor: Alexander Kauffman.**

Kameswari Naga Sivani, "Analyzing clinical and genomic data from smoking-related HNSCC patients to examine smoking-influenced changes in tRNA expression." **Mentor: Dr. Weg Ongkeko.**

Howell Foundation's Lecture Series Webinars

Presenting cutting-edge research to advance women's health

Katherine (Meg) Richman, MD, FACR

Be your own Valentine! Love your heart and your health

The Howell Foundation started 2022 with the presentation "Be your own Valentine! Love your Heart and your Health" by Katherine (Meg), Richman, MD, FACR, Clinical Professor of Radiology at UC San Diego Health Systems, and Board Member of the Howell Foundation. Her presentation in February summarized a series of comprehensive studies that highlighted the importance of a plant-based nutrition plan to positively affect our health, including sexual health, diabetes, heart disease, Alzheimer's and dementia, and osteoporosis.

Dr. Dorota Skowronska-Krawczyk, PhD

Aging and Age-related Eye Diseases: The Women Perspective

Dr. Dorota Skowronska-Krawszyk discussed the complex process of aging and the distinct molecular aspects that contribute to age-related tissue dysfunction. She described age related changes in vision in the animal models and how it compares to the human eye. She focused on glaucoma and the mechanism of the disease, presented the newest findings regarding the role of senescent cells in glaucoma, and discussed several potential approaches to reduce the negative impact on healthy cells.

Howell Happenings: Message from the Chair

Dear Friends of Howell:

Our Foundation continues its mission to support women's health research in our extended community. Not only do we do the work of placing strong scholars in successful labs with powerful mentors, but we work to make sure that our community knows about that research and can possibly benefit themselves and live healthier lives! We could not do this without your support!

We are pleased to be able to have in person events again. Our organization has thrived with the active participation of those who attend our luncheons and learn from our speakers! In the coming months we will plan to have more of these. Some will be in La Jolla and others will be at Morgan Run and other locations.

Last Spring, we were invited to learn from our own Andrea LaCroix at a symposium presented by the Center for Life Course at UCSD. Building on that wonderful group of presentations on the most current menopause research from all over the world, Andrea and Kathryn will now be presenting their own research and tools for managing menopause at our August 5th luncheon. The topic is one that has long been requested by our supporters. Be sure to be there and to bring friends along!

With thanks to our donors and all who help us in support of our mission!

Carol

Registration Now Open

Health Lecture Luncheon

Friday, August 5, 2022
12:00-2:00pm

Know thyself at Menopause and Beyond: Knowledge is Power

Kathryn Macaulay, M.D.

Director, UCSD Menopause Health Program. Clinical Professor of Obstetrics, Gynecology and Reproductive Sciences

UC San Diego Health

Andrea Z. LaCroix, PhD

Distinguished Professor of Epidemiology. Director, Women's Health Center of Excellence. Herbert Wertheim School of Public Health and Human Longevity Science

University of California San Diego

This informative session will discuss hot-off-the-press major research programs funded for last the 20 years to improve our knowledge about menopause, and how to manage it with a newly created resource, mymenoplan.org. Visit www.howellfoundation.org to register!

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

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"Hearing from our scholars keeps us aware that we are in fact supporting young people doing valuable research in women's health." ~Janace P.

Give today to accelerate women's health research and *keep the women we 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.