The Doris A. Howell Foundation for Women's Health Research

Winter Newsletter

February 2024

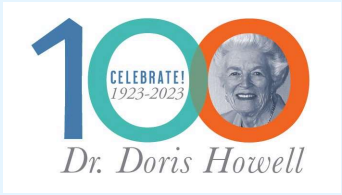
Scholars. The Latest Research. Women's Health.

Congratulations to **Roxana Gonzalez**, a 2023 Howell Scholar - she's been accepted into the Fresno State Bridges to Doctorate program with UC Davis!

Ms. Gonzalez is working in Dr. Qiao-Hong Chen's medicinal chemistry laboratory, where she's developing drug candidates to treat triple negative breast cancer. She explains, "I have always been passionate about women's health...Through my research I am able to contribute to finding more viable options for women who have more aggressive forms of cancer...This has motivated me to pursue a PhD and continue research in medicinal chemistry....This was the first scholarship I received for my research as an undergraduate, and it motivated me knowing there were other people who were willing to invest in my research."

Women's Research In the News

- Studies show "even 11 minutes a day of moderate-intensity exercise can significantly reduce the risk of cardiovascular disease, cancer and premature death."
- An HPV vaccine study "finds zero cases of cervical cancer among women vaccinated before age 14." Yes - you read that right - ZERO!



Support Future Scholars

More than 90% of our Howell Scholars go on to careers that will impact women's health.

Please consider making a donation to become a Friend of Howell and help us further Dr. Doris A. Howell's vision! Your contribution will be part of this year's Campaign to honor what would have been her 100th Birthday. Thank you!

Join us at our next Women's Health Research Lunch Symposium!

March 1
Luncheon at La Jolla Country Club
12:00 - 1:30 pm
""Not Every Heart Beats the Same
Women's Heart Health - The Minimum Every Woman Needs to Know"

Robert Stein, MD, a cardiologist at Palomar Health Center, and Barbara Buesch, RN, a stroke program coordinator at Temecula Valley Hospital, will discuss the latest research in women's heart health and how to keep your heart healthy.

Find out more and register at our **website**!
(You can find our video archive of women's health research presentations **here**.)

THE HOWELL FOUNDATION