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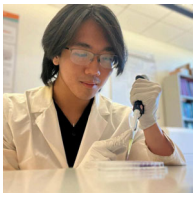

Scholar Highlight

Special congratulations to Howell Scholar **Bryan Kang** for being selected as a representative of CSU Long Beach in the upcoming CSU-wide Research Competition!

Mr. Kang is one of the new 2024 Howell-CSU Scholars. Working with Dr. Paul Weers, Bryan studies a protein, apolipoprotein A-1, that is part of the high-density lipoprotein (HDL) complex, otherwise known as the "good cholesterol." The Weers group is working to learn how HDL complex proteins help prevent cardiovascular disease.

Mr. Kang explains, "One specific interest of mine is addressing the differences between sexes and how exactly these molecular, cellular, and biochemical nuances confer resistance or increased likelihood of developing diseases. And so, as I pursue this path, I would like to acknowledge the support from the Howell Foundation and its donors..."

Women's Health Research News

Latest news:
A new 2024 clinical study linked statin use to reduced risk of Alzheimer disease – with no difference in the outcomes between men and women. Whew! (Read about the study here: https://pubmed.ncbi.nlm.nih.gov/38447103/ or just cut to the chase and get a clearly explained version from @thebraindocs: https://www.instagram.com/p/C5pXu1FLEvg/)

Good read:
"Whose Bodies Get Studied" https://open.substack.com/pub/annehelen/p/whose-bodies-get-studied)
"It's created a situation where we only learn about menstrual health, if at all, in relation to our reproductive system. We don't recognize its connection to female physiology and health as a whole or that the cycle can be considered a fifth vital sign, like your pulse or breathing rate, giving you insight into what's going on inside your body."

Upcoming 2024 Educational Events

May 10 - Health Lecture Series Luncheon on "Stronger for Longer: New Diagnostic Tools for Musculoskeletal Health with Aging" featuring Drs. Gina Wood and Christine Chung from UCSD, who are experts in bone health and age-related bone loss.

Register early to save your seat! For more information on our guest speakers, event details and to register visit the event page: https://www.howellfoundation.org/upcoming-event/

Save the dates!
Remaining 2024 Lecture Series Events:

July 26 - Webinar via Zoom
Topic: To be determined.

September 10 - Lecture Luncheon
Topic: Women's Mental Health

November 15 - Lecture Luncheon
Topic: Pelvic Floor Disorders

Check out our Event Photo Archive!

Recent Educational Event

Women's Heart Health 3/1/2024

The Howell Foundation health lecture series luncheon held March 1st sold out quickly! The program featured medical experts Dr. Robert Stein and Barbara Buesch, MSN, RN who talked about **"Women's Heart Health 2023: What's Killing Us and How to Prevent It."** They described the huge gap between scientific research and medical practice, called Therapeutic Inertia, that is one reason that therapies, devices, and treatments for cardiovascular disease are underutilized in women.

The back-and-forth presentation was full of advice on recognizing strokes, understanding your blood pressure, and the importance of history taking in

healthcare. **You can watch and listen to the presentation at this link:** https://vimeo.com/919477258

Support our 100 Campaign!

By inspiring young researchers early in their careers and educating women to be their own health advocate the Howell Foundation is carrying out Dr. Doris Howell's vision to "keep the women we love healthy."

To honor Dr. Howell's legacy and what would have been her 100th year, our 2024 goal is to gain 100 NEW Friends of Howell and raise $100,000 to support women's health research. **Please consider a donation to our 100 campaign:** Giving Page

Howell Scholarships Awarded

DOUBLE THE IMPACT! The Howell Foundation **recently awarded $21,000 for women's health research scholarships,** as part of our partnership with CSUBIOTECH. Together, we recognize that research experience is critical to engaging and graduating students interested in careers in women's health. For the partnership, CSUBIOTECH matches each scholarship the Howell Foundation funds to a CSU undergraduate. **We are pleased to present the 12 Howell-CSUBIOTECH Scholars chosen for 2024 and share their project info with you on our website:** https://www.howellfoundation.org/scholarships/

DONATE TODAY!

Doris A. Howell Foundation for Women's Health Research | PO Box 910016, San Diego, CA 92191

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