



Dr. Doris Howell

Scholars. Research. Latest News.



Hannah Heath, 2021 Howell Scholar

The Howell Scholars program is designed to set students up for post-graduate success in graduate or medical school, in hopes students will go on to careers in women's health research. For that reason, we like to check in with our alumni to see how things are going for them. **Today we feature 2021 Howell Scholar Hannah Heath**, who is now a 3rd year PhD student at the University of Illinois Urbana Champaign!

Ms. Heath is working in Dr. Zeynep Madak-Erdogan's lab, where she's studying the effects of cortisol on tumor aggressiveness in women with estrogen

She notes that Black women facing ER+ breast cancer have a 42% higher mortality rate from ER+ breast cancer, compared to non-Hispanic white women. These outcomes may be driven by chronic stress, as Black women experience systemic inequities that are known to raise cortisol levels.

She adds, "As a disabled Hispanic woman with several family members who also have chronic illnesses and disabilities, I have seen how crucial inclusive, cutting-edge research is for reducing the gaps in health equity."

When asked about the impact of the Howell scholarship, Hannah replied "My experiences as an undergraduate research assistant opened an entire world that I didn't realize existed, and it was through this role that I discovered a love for metabolomics, as well as a love for interpreting large data sets. The research the Howell Scholarship enabled me to pursue not only shaped my decision to obtain a PhD, but also sparked my interest in seeking a career in metabolomics research."

We look forward to sharing more Howell Scholar alumni updates with you soon!



Women's Health Research News

Latest news:

- The U.S. Department of Health and Human Services' Office on Women's Health (OWH) released a new 3 minute video, "**You Are Stronger Than Sarcopenia.**" This video, part of OWH's ongoing **Stronger Than Sarcopenia** campaign, discusses sarcopenia, a condition characterized by muscle and strength loss that is associated with aging.
- The National Academies of Science, Engineering, and Medicines updates the gaps in women's health research, along with how those gaps hurt women's health.
<https://www.nationalacademies.org/news/2024/07/significant-lack-of-data-and-research-on-chronic-conditions-affecting-women-is-hindering-diagnosis-treatment-and-prevention-report-calls-for-enhanced-nih-research-effort>

Good read:

- Cynthia L. Kenmuir, M.D., Ph.D., assistant professor of neurology at the University of Pittsburgh published a book and an article with the Mayo Clinic about strokes in women. "Women have unique health care challenges ranging from having different risk factors for stroke, to having different symptoms of stroke, to responding differently to treatments for stroke, and sometimes being treated differently by health care providers."
<https://mcpres.mayoclinic.org/healthy-brain/what-women-need-to-know-about-stroke/>



Remaining 2024 Educational Events

Upcoming Luncheon

Sept 20 - "Is Something Wrong or Is It Just My Anxiety? Updates in Anxiety for Women Across Middle Age" featuring guest speaker Paulette Tucciarone Cazares, MD, MPH - Principal Investigator, Sharp Neurocognitive Research Center.

While anxiety is known to affect women more commonly than men, its characterization in mid-life and its significant impact for women continues to be poorly understood. Growth in research supported by gender equity, social science, and advances in the gut-brain connection are opening new scientific doors, and improving our knowledge in this critical area.

Register early to save your seat! For more information on our guest speaker, event details and to register visit the event page: [CLICK HERE](#)

Save the date!

November 15 - "Taking Back the Floor: Understanding Pelvic Floor Disorder Diagnosis and Treatment Options" with guest speaker Lindsey Burnett, MD, PhD - Assistant Professor of Obstetrics, Gynecology, and Reproductive Sciences, UCSD.

Save the date and watch for more information this fall.

All information regarding current and past events can be found on our website at <https://www.howellfoundation.org/upcoming-event/>

Check out our Event Photo Archive!

Recent Educational Event



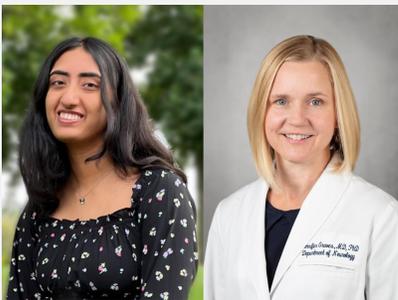
Health Lecture Series Events

May 10th Luncheon -Guest speakers Dr. Christine Chung, Director, Musculoskeletal Imaging Research Group and Interim Chair, Department of Radiology, UC San Diego and Dr. Gina Woods, Clinical Professor of Medicine and Co-Chief, Division of Endocrinology, UC San Diego, presented the latest research on Musculoskeletal Health in Aging for women. As we journey through life, maintaining our musculoskeletal health becomes increasingly vital to stay strong, mobile and independent. Drs. Chung and Wood introduced attendees to groundbreaking diagnostic tools that are transforming the approach to aging and musculoskeletal health. Watch and listen to the presentation at this link:

<https://vimeo.com/946347723>



July 26th Webinar - We offered a summer webinar at which Dr. Jennifer Graves, MD, PhD, MAS, Professor of Neurosciences and Vice Chair of Human Clinical Research at UC San Diego, presented the concept of Optimal Aging. While chronological age is fixed and unchangeable, biological age can vary based on various factors. With her unique perspective as a patient-facing neurologist and a federally funded researcher, Dr. Graves presented cutting-edge research about biomarkers like telomeres (part of chromosomes) and DNA modifications that can be used to determine biological age. Watch and listen to the presentation at this link: <https://vimeo.com/990799625>



Support our 100 Campaign!

This year, the Howell Foundation has been celebrating what would have been Dr. Howell's 100th birthday. **Our goal is to raise \$100,000 and 100 new "Friends of Howell"**. We are on the way to reaching this goal, which will allow the sustainability of the Foundation, but we still need your help. Our objective is to raise the importance of scientific research dedicated to women's health and to bring awareness of gender disparities in medical research that may affect proper diagnosis and treatment for women

As we aim to continue accelerating women's health research, we ask for your support. Your investment not only supports an emerging scientist in studying women-specific health issues, but also has the potential to discover the next scientific breakthrough and contribute to a lifetime of furthering women's health. **Please consider a donation to our 100 campaign: [Giving Page](#)**



Howell Scholarships Awarded

The Howell Foundation recently awarded two **Cheryl A. Wilson Graduate Research Awards in Nursing for a total of \$7,000**. The awards are in honor of long-time Howell Board member and current Legacy Council member Cheryl A. Wilson, R.N., M.A. to fund USD's Hahn School of Nursing & Health Science Ph.D. candidate nursing students whose research emphasis is on women's health. <https://www.howellfoundation.org/scholarships/>

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