

Keeping the Women We Love Healthy



The Doris A. Howell Foundation for Women's Health Research exists to improve the health of every woman.

The Foundation invests in scholars' research and community education to improve women's health. Our goal is to bring awareness of gender disparities in medical research that may affect proper diagnosis and treatment for women in our community, and raise the importance of science dedicated to women's health.

Donate Today

Scholar Highlight

Last fall we welcomed Theresa Nguyen, PhD (Howell-USD Scholar, 2019), to the Howell Foundation Scientific Advisory Council—a full-circle moment for a Howell Scholar whose work and story embody our mission.



As a Howell Scholar, Dr. Nguyen's research project focused on mental health factors influencing cannabis use during pregnancy, with a broader commitment to improving care for underserved populations. Following her doctoral work, she completed a prestigious postdoctoral fellowship with the National Clinician Scholars Program at University of California, Los Angeles, where she trained alongside physicians and nurses in health equity, leadership, and policy advocacy.

Today, she is an Associate Professor at the University of San Diego Hahn School of Nursing, where she teaches future nurse leaders and continues her research on perinatal women's mental health. In 2025 she received international recognition as a featured Junior Investigator at the Marcé Society – a research community dedicated to advancing maternal mental health.

Dr. Nguyen credits her Howell-supported research experience as a pivotal turning point. As a first-generation college graduate, the recognition carried deep personal meaning—affirming both her path and the importance of research that uplifts vulnerable communities.

Now, as a member of our Scientific Advisory Council, she brings that same passion back to the Foundation. She says, "What drives me... is a deep belief that research, education, and advocacy must work together to improve health care systems. I am motivated by the opportunity to

advance knowledge while also preparing the next generation of nurse clinicians and researchers to care for patients, communities, and each other.”

Her journey—from scholar to leader — reflects the lasting impact of investing in people and ideas that drive meaningful change.

2026 Howell- CSUBIOTECH Scholars

The Howell Foundation recently awarded \$21,000 to fund the 2026 Howell-CSUBIOTECH Scholarships to 12 students, as part of our matching program with CSUBIOTECH. Their women's health research projects have been underway this semester and we look forward to learning more when they submit their final reports in the fall.



[Learn More](#)

Community Education

March 20, 2026 - We kicked off our 2026 Health Lecture Luncheon Series on March 20th with guest speakers Dr. Lisa Madlenksy and Dr. Andrea LaCroix who presented the main results from the WISDOM Trial (Women Informed to Screen Depending on Measures of Risk) and about how knowing your genetic risk factors for breast cancer can guide your screening decisions. If you missed the event, click on the "watch now" button below.

We were also joined by 3 of our 12 recent Howell-CSUBIOTECH Scholars and heard about their important

women's health research projects being conducted this spring, made possible by your generous donations.

Watch Now



Recent Women's Health News

UCSD researchers made big news in women's health last month. They published research showing that women with higher levels of a single protein named pTAU217 in their blood were significantly more likely to develop dementia over following decades. Dr. Ayesha Sherzai (Loma Linda University) clarified one key point on her **Instagram account**: "The study [also] found that women who were taking a specific type of combined hormone therapy, estrogen plus a synthetic progestin, showed a stronger link between pTAU217 levels and dementia risk...Two things most coverage missed:

1. Estrogen alone didn't show the same pattern
2. The specific progestin used in this trial is an older, synthetic compound, not the same as the micronized progesterone many women are taking today...

The study authors themselves say the findings may not apply to current hormone formulations."

Read More

Have you been sitting around a Mah Jongg table or dinner table lately, hearing friends talk about peptide injections? Women are more likely to experience knee injuries so we do tend to keep our ears open for the latest research! The *New Yorker* just published an article by Dr. Dhruv Khullar that delves into the science underlying

peptide injections, the status of randomized human clinical trials on peptides, and the regulatory loopholes available to dietary supplements, or nutraceuticals. An important, hair-raising read, with lessons on how to assess off-label uses of FDA-approved peptides.

[Read More](#)



Join Our Upcoming Health Lecture Luncheon

Our May Health Lecture Luncheon will feature keynote speaker Rebecca Rakow-Penner, MD, PhD presenting the latest in "Women's Imaging" followed by a Q&A session. The event will take place on May 8th, at 12:00 PM and registration is now open.

[Register Now](#)



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