

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

Meet Joshua Massawe, a 2026 Howell-CSUBIOTECH Scholar and undergraduate Computer Engineering student at San Diego State University. Working with mentor Dr. Uduak George, Associate Professor of



Mathematics and Statistics, Joshua is contributing to the project “Genome-Wide Polygenic Risk Scoring for Early Prediction of Preeclampsia in a Diverse Population,” which explores how genomic data can help identify risk factors for preeclampsia.

Joshua’s background in computer engineering has opened doors across project management, software engineering, and biomedical engineering, including applications in women’s healthcare. Joshua states, “This project has shown me how programming, data analysis, and biotechnology can meaningfully support women facing serious pregnancy risks.”

Looking ahead, Joshua plans to build a career in the engineering industry after earning his B.S. (Spring 2027) in Computer Engineering. He indicates that his Howell-supported research experience has deepened his understanding of undergraduate research and offered a glimpse into post-graduate research, helping him consider graduate school as a future option.

2026 Howell-UCSD Scholars

The Howell Foundation recently awarded \$26,000 to fund the 2026 Howell-UCSD Scholarships to 4



students. Their women's health research projects have been underway this summer and we look forward to learning more when they submit their final reports in the fall.

[Learn More](#)

Community Education

May 8, 2026 - We held our second Health Lecture Luncheon of the year in May with guest speaker Dr. Rebecca Rakow-Penner, who presented vital information on the latest in women's health imaging.

We were also joined by all 4 of our 12 recent Howell-UCSD Scholars and heard about their important women's health research projects being conducted this summer, made possible by your generous donations.

[Watch Now](#)



Recent Women's Health News

Across many fields of medicine, physicians are emphasizing the importance of understanding health issues “across the lifespan.” In May women’s health experts announced that **Polycystic ovary syndrome (PCOS)** is being renamed polyendocrine metabolic ovarian syndrome (PMOS), taking the focus away from the ovaries and reproductive system, but instead emphasizing the full body effects of the syndrome. “The

ramifications continue across the lifespan,” Dr. Pal says, noting that some symptoms—such as irregular periods—may become less noticeable with age, even as underlying metabolic risks persist. ‘Patients can fall off the radar, while their metabolic underpinnings worsen.’”

[Read More](#)

Women face a “sharp increase in stroke risk after menopause. Women also carry a higher lifetime prevalence of several stroke risk factors, including hypertension and atrial fibrillation.” A new study confirms that a Mediterranean dietary pattern (not supplements or individual foods!) is associated with a 18% lower risk of strokes, with risks reduced for both ischemic and hemorrhagic strokes. Interestingly the data show a “dose-response” pattern – that is - the more closely people followed the diet, the lower their risk. So adding even just one “mediterranean” meal to your diet will help! Try swapping “red meat for fish at least twice a week, prioritizing fatty fish like salmon, sardines, or mackerel.”

[Read More](#)



Join Our Upcoming Health Lecture Luncheon

Our August Health Lecture Luncheon will feature keynote speaker Barbara Bailey, MS, Nurse Educator presenting "What Matters to You? Exploring Palliative and Hospice Care and Caregiver Dynamics" followed by a Q&A session. The event will take place on August 14th, at 12:00

PM and registration is now open.

Register Now



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!