

Keeping the Women We Love Healthy



Message from the Chair

Dear Friends:

As we approach the end of summer, we can reflect on milestones and a future of continuing impact of The Howell Foundation.

Thanks to decades of generosity, The Howell Foundation reached an **historic milestone of \$1,000,000** in scholarships awarded to outstanding student researchers dedicated to advancing women's health research. The scholarships have had a profound impact on both the

award recipients and their future careers, and on the science and medicine of women's health. A true legacy of Dr. Doris Howell and The Howell Foundation.

Thank you to all those who attended the August Howell Health Lecture Luncheon, in which we not only celebrated the \$1 million scholarship milestone, we were also introduced to two 2026 Cheryl A. Wilson Graduate Research Award in Nursing recipients PhD student

Ursula Gainer, MA, RN, who is researching the barriers and facilitators to seeking out mental health care among Black/African-American perinatal women living in Southern California; and PhD candidate Berenice Sanchez, MSN, CNS, who is examining the association of cross-border prenatal care on material and neonatal outcomes in a US-Mexico border population.



Attendees at the luncheon were treated to an inspiring presentation by nurse education Barbara Bailey, MS, RN entitled "What Matters to You? Exploring Palliative and Hospice Care and Caregiver Dynamics." Barbara has been a driving force in the development of palliative and hospice care programs in San Diego for decades.



Access Recording

All of the work of The Howell Foundation is made possible by you and others who want to make a difference in the lives of others, and on behalf of the Board of Directors, I am most grateful. I encourage you to visit The Howell Foundation [website](#) to learn more, to

renew your annual donation as a Friend of Howell (donors of \$150 or more become Friends of Howell) and consider becoming a recurring donor – a great way to sustain your giving. We now have a recurring giving option on the [donation page](#), which will help The Howell Foundation to continue to award scholarships, provide community education programs and ensure continuing the mission of Howell to make a difference in the lives of future generations of women.

Thank you again for the difference you make in our community.

With appreciation,
Bill Littlejohn, Board Chair
Doris A. Howell Foundation for Women's Health
Research

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Scholar Highlight

Scholar: Natalya Tasevski

Mentor: Dr. Fearheller

Project Title: "Investigating Female-Specific Cardiovascular Risks with T-Wave Inversions and Vascular Health During Submaximal Exercise Across Hispanic and Non-Hispanic"

Recent CSU San Marcos graduate Natalya Tasevski, a 2025 Howell Scholar, wrote to us about the powerful impact of her research experience: “With the guidance and support of my mentor, Dr. Fearheller, I was given opportunities that extended far beyond the classroom. I participated in every stage of the research process, from recruiting participants and collecting cardiovascular data to analyzing results, interpreting findings, and contributing to scientific manuscripts. These experiences gave me a deeper appreciation for the role of research in advancing evidence-based medicine and improving patient care.”

Natalya is also taking exciting next steps toward her goal of attending medical school. In her current role as a QC Inspector at Abbott Vascular, she is gaining valuable insight into how medical devices can improve patient care. She states, “I am excited to learn about the rigorous process behind developing and manufacturing these devices, and I know this experience will allow me to better educate future patients about the medical technologies that may become an important part of their care.”

We celebrate Natalya’s continued dedication to becoming a clinical researcher focused on solving complex medical problems. She reflects: “Understanding how these individual pieces fit together to influence a person's health is what makes medicine both challenging and rewarding to me. It is this complexity that fuels my passion to become a physician and motivates me to care for each patient as a unique individual with their own biology, experiences, and needs.”

Recent Women's Health News

We know the Friends of Howell count on us to highlight cutting-edge research in women’s health. Phage therapy is a new therapeutic tool that can detect and kill bacteria. Researchers in San Diego and colleagues worldwide are conducting multiple clinical trials to find out if it works to control urinary tract infections (UTIs). “UTIs are particularly prevalent in women, 50% to 80% of whom will experience at least 1 in their lifetime. About a third of women will have a recurrent infection, clinically defined

as 3 episodes in a year or 2 in 6 months.

Postmenopausal women, who lack a protective effect of estrogen, and women who have received kidney transplants are at higher risk, according to Lindsey Burnett, MD, PhD, a urogynecologist and assistant professor at UCSD.” Read more about the UCSD researchers at the forefront of phage therapy and the current status of the clinical trials in this [JAMA article](#).

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The Brain Docs (Drs. Ayesha and Dean Sherzai) continue to do an outstanding job explaining how clinical research works - in other words - how researchers prove that new biomedical products are safe and effective. In this recent article, they dissect the evidence around supplements marketed for brain health. “Taking a supplement gives you a sense of agency. You're doing something, rather than waiting for a problem to find you. That feeling is real even when the benefit isn't, and it's worth naming rather than dismissing.” However, “When they measure the effect of nutrition, exercise, sleep, stress management and cognitive engagement, the effects are large and the evidence is strong. Around 45% of dementia risk is associated with factors you can influence.” You can read more at the Brain Docs blog [here](#). For extra reading, see also [this summary](#) of the new blockbuster report from Harvard researchers describing 30 years of clinical research that connects resistance training with cognitive and cardiovascular health.

Read More

Save the date for our final
Health Lecture luncheon of 2026!
Friday, November 6th at 12:00pm.
Stay tuned for more info soon.



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.

Renew your annual Friends of Howell Donation!



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