



CIRWH NEWS FLASH

Center for Interdisciplinary Research in Women's Health

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THE UNIVERSITY OF TEXAS MEDICAL BRANCH

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From the Director's Desk



One goal of the Center for Interdisciplinary Research in Women's Health is to raise community awareness about issues important to the health of women.

I would like to thank Ricka Waldron, who last year found the perfect vehicle to accomplish this in National Women's Health Week. This event, the week after Mother's Day, is presented under the auspices of the National Women's Health Information Center. Ricka realized the week was not celebrated in Galveston and worked with Chris Packard, UTMB marketing director, to generate awareness about it with posters and a web page banner in May 2002.

What a difference a year makes!

As you will see elsewhere in *CIRWH News Flash*, National Women's Health Week is a key event this year, not only at UTMB but also throughout the community. It makes me proud that the first Mini Medical School in Galveston is a centerpiece of NWHW, and that Moody Gardens and so many UTMB entities are co-sponsors with us.

Please mark your calendar for May 11-17, so you can participate. More importantly, I hope everyone takes the overall message of NWHW to heart: Take care of your health first, so you can enjoy the quality of life you deserve with the ones you love.

Yours in good health,

Abbey B. Berenson, M.D.



UTMB leads local celebration of National Women's Health Week

True or False: Today, more than half of all American women are overweight.

Multiple choice: Being overweight increases the likelihood of developing a) high blood pressure, b) heart disease, c) arthritis, or d) all of them.

If you answered "true" to the first question, you are correct. According to the National Women's Information Center, obesity affects more than half of all adult women in the nation.

The correct answer to the second question is "d." An overweight woman, says the center, has a higher chance of developing such cardiovascular diseases or conditions as hypertension (high blood pressure) and heart disease, as well as arthritis.

The point of this quick quiz is to alert you to only one aspect of the state of women's health in the United States.

National Women's Health Week, being celebrated at UTMB and across the country May 11-17, draws attention to many health issues related to females.

UTMB joins with other hospitals, municipal, state and federal organizations and civic-minded associations in sponsoring a variety of activities designed to improve women's health and educate everyone about key women's health concerns.

"Historically recognized as caregivers in their families, in their communities and, of course, in the medical setting, women must remember to attend to their own health needs in order to be able to attend to the needs of the people around them," said Dr. Abbey Berenson, director of the Center for Interdisciplinary Research in Women's Health, a moving force behind the week of events in Galveston.

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Profile

Dr. Ana E. Núñez, director of the Women's Health Education Program at Drexel University College of Medicine, will be the featured speaker at UTMB's Kickoff Luncheon for National Women's Health Week at 11:30 a.m., May 12.



Preceding the luncheon, Dr. Núñez will give the William Rupert Kerr Lecture in Obstetrics and Gynecology at 10 a.m. in Levin Hall.

Drexel's Women's Health Education Program is a division of the university's Institute for Women's Health. Its purpose is to improve women's health care by developing, implementing and evaluating a competency-based curriculum for health care providers.

Dr. Núñez received her medical degree and completed her residency at Hahnemann University in Philadelphia, the first women's medical school in the nation and the precursor to Drexel's College of Medicine. She is a nationally recognized medical educator in women's health, curricular reform and cultural competency. Her research interests are in women's and minority women's health and culturally effective care. Dr. Núñez is a practicing general internist and is medical director for the university's Physician Assistant Program.

Mini Medical School to be held in Galveston for first time

The Moody Gardens Hotel will be the site for the first Mini Medical School to be held in Galveston since its inception. The event will take place during National Women's Health Week, and is designed to be an informative and entertaining public education program familiarizing lay people with medical terminology while providing a basic knowledge of medicine and insight into medical research. Mini Med faculty are also members of the UTMB medical faculty.

The classes are scheduled from 5:30 to 7 p.m., May 13–May 15 (Tuesday–Thursday).

For reservations and information, check the CIRWH web site or call (409) 747-8192.

The deadline for registration is Friday, May 2.

TUESDAY, MAY 13

What's a Woman to Do?

The Hormone Replacement Therapy Controversy

Presenters: Dr. Edward Hannigan and Dr. Victor Sierpina

WEDNESDAY, MAY 14

Botox: A New Wrinkle in the Fight Against Aging

Presenters: Dr. Sharon Raimer and Dr. Linda Phillips

THURSDAY, MAY 15

Oh, My Aching Joints: Understanding Osteoarthritis

Presenters: Dr. Bruce Baethge and Dr. Terry McNearney

UTMB leads local celebration of National Women's Health Week

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UTMB officially launches National Women's Health Week at a luncheon May 12 in the Faculty Dining Room at Levin Hall. The featured speaker will be Dr. Ana Nuñez, director of the Women's Health Education Program at Drexel University College of Medicine, the first women's medical school in the nation. (See profile above.) For reservations, log on to www.utmb.edu/cirwh, or call (409) 747-8192 by May 2. Tickets are \$15 each.

The highlight of the week is Mini Medical School, the first time this popular educational series presented by UTMB faculty members will be held in Galveston. The free classes focusing on women's health topics (see box on this page) will be held from 5:30 to 7 p.m. May 13–15 at the

Moody Gardens Hotel Ballroom, Salon E.

Each night, from 3–5 p.m., an accompanying Mini Health Expo will feature free screenings and health information from a variety of UTMB clinics. A research poster session coincides with the expo on May 14.

Physicians and scientists at UTMB will present posters with illustrations and text describing the work going on in their labs. The session provides an opportunity for the public and Mini Med students to discuss the array of research in women's health at the university with the women and men responsible for it. The center will provide prizes for outstanding research in the clinical and basic sciences, based on poster entries.

Sponsored by:

Moody Gardens Hotel

Center for Interdisciplinary Research in Women's Health

Department of Obstetrics and Gynecology

Office of Community Outreach

Office of Equal Opportunity and Diversity

Office of the President

Office of University Advancement

Regional Maternal and Child Health Program

Women's HealthCare Group



Grants

Dr. Jeff Baker received a grant from the Department of Health & Human Services, Bureau of Health Professions, for graduate psychology education at UTMB. The grant, Primary Care Psychology, provides support for psychological services provided to underserved and disenfranchised populations. Baker is associate professor and director of UTMB psychology training.

Dr. Abbey Berenson, professor in the Departments of Obstetrics & Gynecology and Pediatrics, received a five-year grant for Interdisciplinary Mentoring in Women's Health from the National Institute of Child Health and Human Development. Berenson also is CIRWH director.

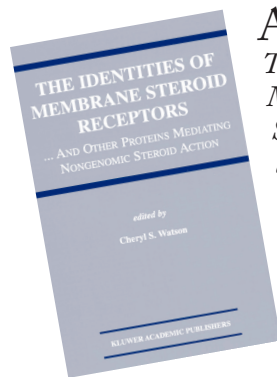
Dr. Yuri Vedernikov, assistant professor of obstetrics and gynecology, recently won his first NIH R03 grant to study Protease-activated receptor-2 (PAR-2) and its involvement in uterine contractility.

Honors and awards

Dr. Robin D. Froman was invited to be an associate editor of *Research in Nursing and Health (RINAH)*. Froman, professor, associate dean for research, and director of the office for nursing research and scholarship in the School of Nursing, previously was an assistant editor and column editor (Quantitative Methods) for *RINAH*, the official journal of the Southern Nurses Research Society.

Dr. Robert Garfield, professor of obstetrics and gynecology, was recently elected to a second five-year term on the March of Dimes Birth Defects Foundation Research Advisory Committee. He also recently established research agreements with the World Health Organization to study fertility and contraception, in cooperation with a Chinese research institution in Kunming, China.

The Society for Behavioral Science presented a Citation award in March to **Dr. Regina Lederman** for her paper entitled "Sexual Risk Behaviors in Youth Age 12–14 Years: Survey Comparisons of Parent-Teen Prevention, Intervention and Control Groups." Lederman is a professor in the School of Nursing.



A new book, *The Identities of Membrane Steroid Receptors and Other Proteins Mediating Nongenomic Steroid Action*, was published in March.

The book, edited by **Dr. Cheryl S. Watson**, professor of human biological chemistry and genetics, and published by Kluwer Academic Publishers, offers a comprehensive introduction to an important and hitherto underappreciated facet of steroid action: How reception and processing of the first steroid signal notifies cells of impending change and ways to establish the identity of the proteins initiating these cellular responses. Watson also is associate director of CIRWH.

Dr. Monica Longo, research investigator and Ph.D. student, recently received a Herzog Foundation Endowment Award to support her studies in preventive medicine and community health in the clinical science curriculum. She also presented a paper entitled, "On the fetal origin of disease: Effect of Uterine Environment and Genetic Imprinting on Vascular Reactivity in Later Life," at the 23rd Annual Meeting of the Society for Maternal Fetal Medicine in San Francisco in February.

Invited presentations

Dr. Gordon Klein, professor of pediatric gastroenterology, heads to Osaka, Japan, in June as an invited speaker on bone loss at the Pediatric Bone Disease Satellite Symposium at the first joint meeting of the International Bone and Mineral Society and the Japanese Society for Bone and Mineral Research. Klein also is on the organizing committee for the 2003 International Osteoporosis Conference in Beijing in October.

Dr. Susan Rosenthal gave three invited talks at the 38th Annual Pediatric Postgraduate Course, "Perspectives in Pediatrics," in Miami, including "Update on STD Vaccines," recently published as an article titled, "Vaccines May Offer Women Safety from Sexually Transmitted Diseases." Rosenthal also is associate director of CIRWH.

Publications

The spring issue of *Academic Psychiatry* included an article by **Drs. Ruth E. Levine, Carmen Radecki Breitkopf**, and others titled, "Complications Associated With Surveying Medical Student Depression: The Importance of Anonymity." In January, Levine learned she was designated a fellow by the American Psychiatric Association, and will be honored at the annual meeting in San Francisco in May. Levine, associate professor of clinical psychiatry and internal medicine, becomes a full professor in September.

Faculty in the Department of Pharmacology and Toxicology, **Drs. Kathryn A. Cunningham** and **Mary L. Thomas**; and **Dr. Wenxia Zhou**, former postdoctoral fellow at UTMB, recently published "Estrogen Effects on the Hyperactivity Induced by (+)-MDMA and Cocaine in Female Rats" in the latest issue of *Behavioral Neurosciences*. The investigators found that OVX+E animals exhibited a greater locomotor hyperactivity in response to both psychostimulants than did OVX animals.

CIRWH Calendar

CIRWH Seminars

Noon–1 p.m., Room 2.312 Children's Hospital

April

April 17: Gary Kesling, Ph.D., M.B.A., "Violence and Injury Prevention"

April 24: Texas Forum on Female Reproduction, No Seminar

May

May 8: Kathryn Cunningham, Ph.D.

May 15: National Women's Health Week, No Seminar

Women's Health Conferences and Workshops

April

April 14–15: "Vulvodynia—Toward Understanding a Pain Syndrome," Bethesda, Md.

April 15–16: "Steps to a Healthier U.S.: Putting Prevention First Summit," U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Baltimore, Md.

April 16: "Successful Mentoring for Women in Science," NIH; web site: learningsource.od.nih.gov/career.htm

April 25–27: "Natural Remedies for Psychiatric Disorders: Considering the Alternatives," Boston, Mass.

April 28–29: "Safety in Numbers: Working Together From Research into Practice," Atlanta, Ga.

May

May 3: 2003 Seminar for the National Lupus Community Outreach Awareness Program, "Unlocking the Mystery of Lupus," Beaumont, Tx.

May 13: "Reproductive Health and the Criminal Justice System: Benefiting Women and Girls," Broomfield, Colo.

May 14–15: "Promising Practices: Linking Health and Criminal Justice for Women and Girls," Broomfield, Colo.

May 21–23: "Giving Dynamic Presentations for Women in Science," web site: learningsource.od.nih.gov/career.htm

June

June 21–26: "World Congress on Family Violence," Prague, Czechoslovakia

July

July 29–31: "Communication and Negotiation for Women in Science" web site: learningsource.od.nih.gov/career.htm

National Women's Health Observances

April

April 1–30: National STD Awareness Month

April 1–30: Sexual Assault Awareness Month

April 1–30: Women's Eye Health and Safety Month

April 7: World Health Day

April 7–13: National Public Health Week

May

May 1–31: National Osteoporosis Awareness and Prevention Month

May 12: International Chronic Fatigue Syndrome Awareness Day

June

June 1–30: National Scleroderma Awareness Month

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