



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



This issue of the newsletter focuses on National Women's Health Week: its activities and speakers. But I'd like to focus on the real reason we pay attention to this national observance:

the 9,687 women who work at UTMB and the 3,946 men here who care about the women in their lives.

In 2004 alone, UTMB experienced nearly 850,000 outpatient visits, served more than 40,000 inpatients and newborns, and taught more than 2,100 students. In order to do all that, we must be healthy ourselves.

Your household may be different, but my experience is that for the most part, women ensure the health of the people around them: attending to diet, family activities, accidents and first aid, scheduling regular and emergency doctor visits, and largely, nursing the ill back to health.

As with the 13,634 employees at UTMB, in order to care for the people around them, the women in our lives, in our communities, in our state and in our nation must look out for their own health, first.

So, when you talk with the women who are important to you—ask if they have had their well-woman check-ups, yearly mammograms and colorectal exams if they are past age 50. Then, ask them again until they do, and remind them that you do this because you care.

Yours in good health,

Abbey B. Berenson, M.D.

Calling all Wonder Women—National Women's Health Week is May 8-14

What are you doing today? Have you finished your annual report, signed the kids up for soccer, picked up the dry cleaning, dropped the dog off at the vet, made dinner for your in-laws, and checked your emails? Do you feel tired? Are you gaining weight? How's your libido?

Never fear, National Women's Health Week is here, and this year's theme is "Overcoming the Wonder Woman Myth." That's right, this feminine heroine doesn't need help to stay fit, trim, and unstressed—because she is a comic book character. Mere mortals, on the other hand, have much to learn.

Three UTMB faculty members provide just such a learning opportunity during a panel discussion of key women's health topics for National Women's Health Week. Everyone is invited to attend this new event, which offers continuing education units, May 9, from 1:30 to 3:00 p.m. in Levin Hall Auditorium. Dr. Jennifer Ellison, adjunct assistant professor of physical therapy, will help find ways to fit fitness into our whirlwind schedules. Professor of psychiatry and behavioral science, Dr. Ruth Levine will explain how to recognize and address depression.

NWHW PANEL MEMBERS



Dr. Jennifer Ellison



Dr. Ruth Levine



Dr. Karen Szauter

Dr. Karen Szauter, clinical assistant professor, internal medicine—gastroenterology, will shed light on the question, "Do you know what you just ate?"

The event is one of several activities celebrating National Women's Health Week, May 8–14. "This national campaign focuses discussion on women's health issues and provides links to resources in our communities," said Dr. Abbey Berenson, director of the Center for Interdisciplinary Research in Women's Health, and leader of the local initiative. "It is important to understand that women's health is multifaceted, and has far-reaching impacts on our society."

After moderating the panel on May 9, Dr. Brent Bost, author of *The Hurried Woman Syndrome—A Seven Step Program to Conquer Fatigue, Control Weight, and Restore Passion to Your Relationship*, will read from and sign his book. The free event at the Rosenberg Library, 2310 Sealy, in

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Researcher Profiles

Name: Jennifer Ellison, Ph.D., PT

Title: Assistant Professor, Department of Physical Therapy, UTMB

Birthplace: Cody, Wyoming

Education: B.S.: Physical Therapy, University of Oklahoma; M.H.S.: Physical Therapy, Washington University; Ph.D.: Biomechanics/Kinesiology, Texas Woman's University.

How long have you been at UTMB? Four Years

What is the focus of your National Women's Health Week presentation?

Finding time for fitness activities

What do you enjoy most about your work? Teaching physical therapy students and watching them evolve into caring health care professionals with good clinical skills

What do you enjoy least about your work? Committee meetings

If money were no object, what would you be doing right now? More research

Name: Ruth E. Levine, M.D.

Title: Professor, Clinical Psychiatry and Internal Medicine

Birthplace: Albany, NY

Education: B.A.: University of Texas, M.D.: UTMB, Internship: Internal Medicine at UTMB, Residency: Psychiatry at the Boston University School of Medicine

How long have you been at UTMB? On the faculty since 1991

What is the focus of your National Women's Health Week presentation?

Helping women recognize symptoms of depression, determining ways of managing these symptoms and getting the help they need.

What do you enjoy most about your work? Having the opportunity to work with, teach, and mentor medical students.

What do you enjoy least about your work? The frustrations of watching a public mental health care system deteriorating because of dwindling resources.

If money were no object, what would you be doing right now? I imagine it would be pretty similar to what I'm doing right now.

Name: Karen Szauter, M.D.

Title: Associate Professor, Internal Medicine-Gastroenterology

Birthplace: Youngstown, Ohio

Education: Undergraduate: Case Western Reserve University
Medical School: Case Western Reserve University School of Medicine

Post-Doctoral Training: Internal Medicine: Baltimore City Hospital

Fellowship Training: Gastroenterology: MetroHealth Medical Center, Cleveland, Ohio

Fellowship Training: Nutrition: St. Vincent's Charity Hospital. Cleveland, Ohio

How long have you been at UTMB? 14 years

What is the focus of your National Women's Health Week presentation?

Nutrition and the importance of healthy eating for women.

What do you enjoy most about your work? Educational work. I really enjoy developing educational programs and working with learners of all levels.

What do you enjoy least about your work? Inefficiency. I tend to fill my days and don't like wasted time.

If money were no object, what would you be doing right now? I have many interests outside of my work. I doubt that I would stop working, but I would like to have more time to do work in the theatre. I would also like to go back to school to pursue a degree in education.

National Women's Health Week

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Galveston, is from 5:30 to 7 p.m. Light refreshments will be served. May 9 also is National Women's Check-Up Day; call your physician to schedule a well-woman check-up.

Make some time for an on-campus Fitness Walk May 9, as well. This energizing activity will start at 7:30 and 11:30 a.m., and 3:30 p.m., in front of Moody Medical Library. Bring someone who could use a break, and support women on this campus.

For those interested in exploring additional health-related topics, May 10 marks the start of UTMB's Mini Medical School-Galveston 5:30-7:30 p.m. at Galveston College. This weekly, three-lecture series is open to the public at no charge, however advance registration is required. (See schedule and registration information on page 4.)

Join UTMB researchers 3-5 p.m. May 11 for an interactive poster session in the Levin Hall foyer. Investigators from diverse fields and specialties will be on hand to showcase their work and explain how it relates to women's health. This casual gathering is an excellent opportunity to learn more about the ways in which UTMB is leading women's health research.

NWHW Sponsors

*Center for Interdisciplinary Research
in Women's Health*

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Gynecology*

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Office of the President

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Galveston College*

*UTMB School of Medicine Faculty
Women's Caucus*

*Core Committee for the Advancement
of Women Faculty and Administrators*

*Regional Maternal and Child Health
Program*

Women's HealthCare Group

Honors and Awards

Dr. Concepcion D. Arrastia, assistant professor, obstetrics & gynecology, was named the 2005 Rising Star in Cancer Research by *Redes En Accion*: The National Hispanic/Latino Cancer Network in March at the group's fifth annual National Steering Committee Meeting in San Antonio.

Dr. Bin Gong, postdoctoral fellow, pathology, received third place for student excellence 2005 from the Society of Toxicology for "Fetal basis of dissecting aortic aneurysm." The award, announced by the National Institute for Environmental Health Sciences, was presented in New Orleans during the society's annual meeting in March.

Dr. Jeffrey M. Baker, associate professor, orthopaedics and rehabilitation, was awarded board certification in clinical psychology by the American Board of Professional Psychology in December. He also was appointed to a three-year term on the Committee on Accreditation of the American Psychological Association.

Dr. Krystal F. Revai, assistant professor, Department of Pediatrics, received a Junior Faculty Travel Award from the Southern Society for Pediatric Research for her presentation: "Pneumococcal Conjugate Vaccine Increased Nasopharyngeal Bacterial Colonization in Children with Acute Otitis Media" at the Southern Regional Meeting Feb. 24-25 in New Orleans.

Dr. Cheryl Watson, professor, Department of Human Biological Chemistry & Genetics, recently was named to a three-year term on the Membership Committee of the Endocrine Society, an international professional organization for her field.

Invited presentations

Dr. Ayman Al-Hendy, assistant professor, obstetrics & gynecology, was invited to the 2nd NIH International Congress on Advances in Uterine Leiomyoma Research in Bethesda, Md., in February to give a seminar on "A Functional Polymorphism in Catechol-O-Methyl Transferase Gene Explains Increased Risk of Uterine Leiomyomas in Black Americans."

Tips for the Hurried Woman

Dr. Brent Bost, author of the *Hurried Woman Syndrome*, identifies five ways to overcome the Wonder Woman myth:

1. Admit you have limits
2. Set priorities
3. Simplify your life
4. Get organized
5. Monitor your progress

Here's one more thing you can do: Join Dr. Bost for a reading and book signing 5:30-7 p.m. at the Rosenberg Library May 9. Light refreshments will be served.



Dr. Bost

Dr. Elizabeth T. Anderson, professor, School of Nursing, was the keynote speaker for the University of Miami, School of Nursing, Homecoming Alumni Breakfast in Coral Gables, Fla., in November. Her topic was "From Novice to Expert to Novice to?"

Dr. Vimlarani Chopra, assistant professor, obstetrics & gynecology, was invited as a visiting lecturer by the International Space University in Strasbourg, France, to give two lectures and conduct a workshop related to Space Life Sciences in January. Her topics were "Space Microbiology" and "Space Immunology." She also gave talks at the following venues in February in Agra, India: B. R. Ambedkar Agra University, the International Symposium on Human Papillomavirus and Cervical Cancer at the Institute of Cytopathology and Preventive Oncology, the Dabur Research Foundation, and DB Educational Institute.

Dr. Jeff Baker presented an invited lecture on "The Assessment and Treatment of Patients with Chronic Pain" at a meeting of the Texas Psychological Association in San Antonio in November.

Dr. Elizabeth Reifsnider, professor, School of Nursing, presented "Childhood Overweight along the Texas Mexico Border" at the School of Nursing/Sigma Theta Tau Annual Nursing Research Conference in November at UT Pan American in Edinburg. She also was symposium coordinator on Mothers' Views of Child Feeding and Health in

February at the Southern Nursing Research 19th annual conference in Atlanta.

Dr. Ellen More, professor of history of medicine and medical humanities in the Institute for the Medical Humanities, was an invited speaker in Washington, D.C., at the History of Medicine Division of the National Library of Medicine symposium, "Women Physicians, Women's Politics, and Women's Health: Emerging Narratives," in March. The event, marking Women's History Month, was held in conjunction with the exhibition, *Changing the Face of Medicine: Celebrating America's Women Physicians*, of which More was the curator. Her presentation was "Dr. Mary Steichen Calderone: Professionalism, Sexuality, and the Politics of Shame."

New Grants

Al-Hendy, Ayman. Obstetrics & Gynecology. Reversal of Infertility in Ovarian Failure. *National Inst of Child Health & Human Development*. \$420,000/three years.

Ostir, Glenn V. Internal Medicine-Geriatrics. Assessing Quality of Life for Rehabilitation Patients. *National Inst of Child Health & Human Development K01*. \$540,000.00/five years.

Caban, Mabel. Orthopaedics & Rehabilitation. *Allergan*. Botulinum Toxin: A Safe and Effective Focal Therapy. Unrestricted educational grant.

National Women's Health Week

May 9–14, 2005

Schedule of Events



MONDAY, MAY 9, 2005

All day

National Women's Check-Up Day

Galveston County

Make an appointment with your physician, link to the Women's Health Care Group (<http://www.utmb.edu/whcg/>) or call (281) 534-6414 or (409) 747-9229 to schedule an exam.

MONDAY, MAY 9, 2005

7:30, 11:30 a.m. and 3:30 p.m.

Commit to Fit Walk

Campus community

Walk starts at the Library Plaza and ends at the Field House. Refreshments and Commit to Fit T-shirts for all participants.

MONDAY, MAY 9, 2005

1:30–3 p.m., open to campus and public

National Women's Health Week Panel

Levin Hall Main

Dr. Jennifer Ellison, adjunct assistant professor of physical therapy, "Fitting in Fitness;" Dr. Ruth Levine, professor, psychiatry & behavioral science, "Depression: More Than Just the Blues;" and Dr. Karen Szauter, clinical assistant professor, internal medicine–gastroenterology, "Do You Know What You Just Ate?" Moderator, Dr. Brent Bost, author of *The Hurried Woman Syndrome*

MONDAY, MAY 9, 2005

5:30–7 p.m., open to public

The Hurried Woman Syndrome reading and book signing by Dr. Bost.

Rosenberg Library, 2310 Sealy Ave., Galveston

Light refreshments will be served.

TUESDAY, MAY 10, 2005

5:30–7:30 p.m., free but advance reservations required.

For reservations and information, online at www.utmb.edu/minimed/ or call (409) 747-8192.

Deadline: Friday, April 29.

UTMB Mini Medical School (three weekly sessions—May 10, 17 and 24).
Galveston College, Community Room N-119

WEDNESDAY, MAY 11, 2005

3–5 p.m., open to campus and public

NWHW Scientific Poster Session

UTMB Levin Hall Foyer

Displays on research related to women's health, campus-wide

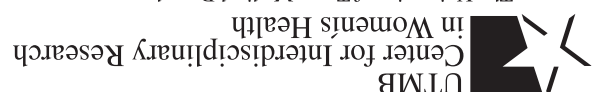
CIRWH Seminar May 6, 2005

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