Former sister wife Rebecca Musser visited San Angelo in November and spoke publicly for the first time at a benefit for the Laura W. Bush Institute for Women’s Health about human trafficking.

Musser spoke about how testifying in the trials of Warren Jeffs and other Fundamentalist Church of Jesus Christ of Latter-Day Saints members helped heal some of her emotional wounds. “Shame is used...I think testifying helped me go back and face a lot of the things that were really hard to talk about.” said Musser. Musser’s foundation “Claim Red” is dedicated to helping victims of human trafficking.
**Gender-Specific Medicine & Women’s Health Symposium**

The Office of the Provost, Office of the President and the LWBIWH hosted the Gender-Specific Medicine and Women’s Health Symposium in Lubbock. The symposium highlighted research and education in the areas of women’s health, sex and gender differences.

Faculty, residents and students from all schools and campuses were encouraged to submit research and scholarship works. The keynote speakers included national women’s health and sex and gender experts, Saralyn Mark, M.D., endocrinologist, geriatrician, women’s health specialist and president of Solamed Solutions and Virginia M. Miller, Ph.D., professor of physiology and surgery at the Mayo Clinic in Rochester, Minn.

**Centralized seed grant program**

The LWBIWH launched its first centralized seed grant program which encompassed all schools, all five LWBIWH campuses, as well as the School of Pharmacy in Dallas. With contributions from each campus and the LWBIWH executive office, $215,000 was committed to the program and the awardees were honored at the Gender-Specific Medicine & Women’s Health Symposium.

**El Paso Campus:**
- **Zuber D. Mulla, Ph.D.** for $10,000 - Hospital Outcomes of Robotic vs. Laparoscopic Hysterectomy: a Statewide Analysis
- **Xiaoming Gong, Ph.D.** for $10,000 - Vitamin A and Maternal-fetal Immune Tolerance
- **Irene Sarosiek, M.D.** for $22,265 - Investigation of Cytokines as Potential Biomarkers for Gastropareses and Diabetes Among Postmenopausal Females (funded by the LWBIWH executive office)

**San Angelo Campus:**
- **Michelle Hanby, Ph.D.** for $10,000 - Assessing Gender Disparities in Health Behavior Risk Factors
- **Jungeun Lee, Ph.D.** for $10,000 - Object Monitoring of Physical Activity for Depression in Elderly Women

**Lubbock Campus:**
- **Rajinder Koul, Ph.D.** for $9,800 - Health Disparities in Women With and Without Communication Disabilities

**School of Pharmacy in Dallas:**
- **Ronald Hall, Pharm. D.** for $25,000 - Influence of Obesity on Doxorubicin PK and Dosing in Women with Breast Cancer
- **Carlos A. Alvarez, Pharm. D.** for $24,992 - Initiation of Adjuvant Hormonal Therapy Among Underserved Breast Cancer Survivors (funded by the LWBIWH executive office)

**MommyMeds app available soon**

The MommyMeds app from the TTUHSC InfantRisk Center gives new and expectant mothers a fast, convenient way to access evidence-based information about medications and their safety during pregnancy and breastfeeding.

The app will soon be available to consumers. The app features reliable safety ratings and other information on more than 20,000 drugs, syndromes and other over-the-counter products, has search capabilities that allow users to enter product name and/or sort by category to obtain product safety information. The app also allows users to scan a barcode or search by keyword to obtain product safety information.

**Did you know:** Women who have experienced domestic violence may have an increased risk of developing asthma?
Differences in Bones

- Before age 55, the prevalence of osteoarthritis in most joints is higher in men than women.

- Because of the width of women’s hips, they are more prone to injuring their knees.

- Men have a higher mortality after osteoporotic hip fracture.

- Older men are more likely than women to die from a fall injury.

Interesting Facts

Did you know:

Women who have experienced domestic violence may have an increased risk of developing asthma?

GiRL Power Amarillo

The LWBIWH Amarillo hosted its 5th annual GiRL Power event at the Amarillo Civic Center in November. More than 300 moms and daughters learned tools to face challenges such as bullying, low self-esteem, rising obesity and Internet safety.

The keynote speaker, Vanessa Pasiadis, author of “Don’t Call Me Cookie”, spoke about her book and about living an active and healthy life. “Don’t Call Me Cookie” tackles the subject in a fiction format following the life of 12-year-old Cookie and her friends and family in their journey to a healthy life style. Every girl at the event received a copy of the book.

One mom said the event, “[Helps her have] individual time with my daughter. This is our second year to come and we have learned so much. It has helped me be able to better communicate with her and most important create a lasting memory to spend the day with her”.

GiRL Power Dallas

The LWBIWH and Texas Health Resources had another successful GiRL Power event in the Metroplex. The event was held at the Southern Methodist University campus. More than 400 moms and daughters enjoyed an afternoon full of fun, prizes and great information to help them grow and build healthy relationships.

Attendees enjoyed workshops from the Girl Scouts, Zumba instructors, nutritionists, and Eric Spellman, a cyber safety expert. Moms also received an excellent presentation by Dr. Shelia Chhutani on managing stress and multi-tasking. Carly Patterson, Olympic gymnast, was a hit as the keynote speaker.

Girls and moms alike were delighted to receive door prizes ranging from restaurant gift certificates and movie passes, to a bike from Richardson Bike Mart and a retro makeover and photoshoot from Shoshanna Portnoy.
Access to Breast Care for West Texas update

Currently, 452 women have received breast care services through the Access to Breast Care for West Texas (ABC4WT) program. There have been 352 mammogram screenings, 118 diagnostic mammograms, 105 breast ultrasounds, 29 biopsies and nine surgeries performed.

Concho Valley
Almost 35 women were scheduled to receive breast care services in November. Through the program, eight women have been diagnosed with breast cancer at stages 0, I, II and III. After a successful breast cancer awareness month, ABC4WT in the Concho Valley has focused on revisiting clinics and small businesses. Employees have also continued to make new connections and contacts to schedule future health fairs and educational events with churches and other organizations. ABC4WT has also been present at grocery stores in the outlying areas of the Concho Valley, enrolling and educating women about the program and breast care.

Panhandle
The Breast Center of Excellence (BCE) partnered with the Amarillo Area Breast Health Coalition’s WISE Woman in Amarillo and scheduled 38 women for screening mammograms. In addition, outreach events netted more than 150 women being scheduled for mammograms. Rakhshanda Rahman, M.D., director of BCE and Sharon Felts, grant manager, attended the Breast Health Summit in Houston. Rahman facilitated a panel discussion, “When is Enough, Enough?” focusing on end of life issues for breast cancer survivors. Felts was awarded second place in a poster competition for her work detailing the Change Cycle Intervention Program, a clinical trial studying the effects of a coping skills class for breast cancer survivors and co-survivors on quality of life.

What’s Happening?

Wireless Health 2013 Conference
Elizabeth Ojeda, R.N., MSN, and Leslie Chupp, M.D., presented their preliminary research findings at the Wireless Health 2013 Academic and Industry Conference in Baltimore. Their prospective research titled, “Does the Use of Electronic Interactive Social Networking Increase the Compliance Rate in Adolescent First Time Oral Contraceptive Users” was selected for poster presentation for the duration of the conference. Ojeda presented their abstract to approximately 200-300 conference attendees.

El Paso Campus
The El Paso campus of the LWBIWH is up and running with a true focus on the mission of the Institute. The office is co-directed by Michele Follen, M.D., Ph.D., who will manage research and education and Veronica Mallett, M.D., who is dedicated to the outreach component. Administrators for El Paso at the Paul L. Foster School of Medicine are Christina Melendez and Susanne Van-Weelden.

Leslie Shen in Woman’s World
Leslie Shen, Ph.D., was quoted in the Oct. 28 edition of Woman’s World Magazine regarding bone health. “Tai Chi is easy on joints, yet it strengthens your muscles - which, in turn, strengthens the bones they pull on,” Shen said.

Shhhh...Are You Sleeping?
Marjorie Jenkins, M.D., chief scientific officer of the LWBIWH, presented a session on sleep disorders and overall general health in San Angelo for community supporters of the Institute titled, “Shhh ... Are You Sleeping?” Sleep debt or disorders are often unrecognized, untreated and misdiagnosed in millions of women.

Quarterly Lunch & Learn Session
Kaye Renshaw, LPC, Joanna Wilson, M.D., and Suzi McKee served as panelists at the “Mind, Body & Spirit” luncheon. Each specialist presented their top 10 health tips to an audience of more than 100 women in Amarillo. Topics included mental, physical and emotional health.

We Want to Hear From You
If you have a story you want included in Community Matters or on our website, email us and we will get back to you. We love to hear new stories about community involvement, research and education programs.

Visit the LWBIWH website, Facebook and Twitter pages for more news and announcements:
twitter.com/#!/lwbiwh
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www.laurabushinstitute.org

Please submit news for the website, social networks and Community Matters newsletter to Maegan Seymour at: maegan.seymour@ttuhsc.edu.

Executive Director: Laura Street
Director of Outreach: Angela Knapp - Eggers
Managing Editor: Maegan Seymour
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