

The LAURA W. BUSH INSTITUTE *for* WOMEN'S HEALTH

impact

REPORT VOL 2. | WINTER 2017 ★



HEALTH, INDIVIDUALLY INSPIRED.

Laura W. Bush

INSTITUTE *for* WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER





Mission & Vision

MISSION

The Laura W. Bush Institute for Women's Health is dedicated to improving the lives of women and girls in Texas and across the nation by advancing multidisciplinary science in women's health. Recognizing that differences matter, we promote health, individually inspired, through scientific investigation, translation of science into practice, and providing outreach that impacts the community today and tomorrow.

VISION

To maintain a national position as leaders in women's health and gender-based medicine throughout Texas and the nation, while remaining committed to enriching the lives of women and girls in our communities.



I am pleased to present you this report on the outstanding events and happenings at the Laura W. Bush Institute for Women's Health. Serving as chairperson for the institute's National Advisory Board for the last several years, I am thrilled by the wonderful progress that the institute has made. These past months have been quite busy and, in my opinion, the most exciting! In May, we hosted a beautiful symposium and luncheon in Fort Worth. Mrs. Bush welcomed more than 300 guests to a program about women's heart, hormone and brain health. Underwritten by PlainsCapital Bank and co-chaired by Kit Moncrief, Mayor Betsy Price and myself, the event introduced the Laura W. Bush Institute for Women's Health to an eager audience.

In September, Mrs. Bush was an outstanding keynote speaker in Lubbock for "Spoken from the Heart." Three hundred and fifty sponsors and guests enjoyed a VIP reception and dinner and were later joined by five hundred others from the Lubbock Community for a musical theatre program and "fireside chat." The surprise of the night was a performance by international vocalist and Texas Tech University graduate David Gaschen.

I am proud to say that these events have been supported by our National Advisory Board members as well as donors in each community. Thank you to my fellow board members and community sponsors for their confidence in the institute. The future is bright!

SINCERELY,
Lee Ann White

CHAIR
*National Advisory Board
Laura W. Bush Institute for Women's Health*



Laura W. Bush

INSTITUTE *for* WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER



I hope as you read this magazine, you will be as engaged as I am with the scope of work the institute is doing throughout Texas. Each area of our mission has grown. We are funding important research that I think you will find fascinating. We continually expand medical education in the form of curriculum modules and continuing professional development to update students, physicians and health care workers about sex and gender differences in chronic diseases. This year, our community outreach will impact the lives of more women and girls than ever before.

It is a pleasure to announce the opening of our newest office in Abilene! Committed leaders there helped facilitate a unique partnership between the Laura W. Bush Institute for Women's Health and Hendrick Health System, a trusted medical center that has been providing expert care in Abilene for more than 90 years. It is a great fit.

On behalf of the institute, I want to thank our National Advisory Board members for their guidance and commitment this year. Thanks also to the many sponsors and donors whose generosity supports the programs and events throughout the state and establish the Laura W. Bush Institute for Women's Health as a valuable member of their community.

SINCERELY,
Connie Tyne

EXECUTIVE DIRECTOR

Laura W. Bush Institute for Women's Health



The Fifth Annual Sex and Gender Medicine & Women's Health Symposium welcomed faculty and students to hear groundbreaking evidence about sex and gender differences in Type 2 diabetes and assessing cardiovascular risk. In addition, keynote speaker, Dr. Mala Mahendroo shared her research on reducing preterm births and Dr. Jennifer Phy described a novel dietary approach for the management of polycystic ovary syndrome.

In the education arena, the **Sex and Gender Specific Health (SGSH) Curriculum** products are now used at medical schools across the U.S. The success of the 2015 Sex and Gender Educational Summit and the work of our team is well-represented in the recently published special supplement of the "Biology of Sex Differences Journal."

For the past eighteen months in addition to my Chief Scientific Officer role with the institute, I have served as the director of Medical Initiatives and Scientific Engagement at the U.S Food and Drug Administration's Office of Women's Health. This has given me a rich perspective on the scientific, educational and public health influence of the Laura W. Bush Institute for Women's Health. Without a doubt, this work accomplished through the efforts of educators, researchers, students and staff continues to have national and international impact.

SINCERELY,
Marjorie Jenkins, M.D.

CHIEF SCIENTIFIC OFFICER

Laura W. Bush Institute for Women's Health

National Advisory BOARD MEMBERS

Actively led by Board Chairman Lee Ann White, the National Advisory Board of the Laura W. Bush Institute for Women's Health is involved in ensuring that the institute serves our communities through community impact, scientific investigation and translating science into practice. With the mission of the institute in the forefront, we are dedicated to improving the lives of women and girls in Texas and across the nation.



BACK ROW

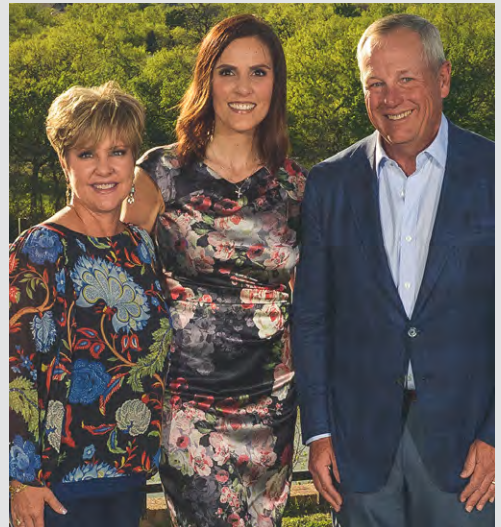
Bitsy Stone, Diana Strauss, Andi Ball, Margaret Purvis, Lea Wright, Donna Williams, Betsy Sowell, Lana Andrews, Norman Dozier, M.D., Terri Duncan, Robert Casanova, M.D., Marjorie Jenkins, M.D., Connie Tyne and Larry Gill

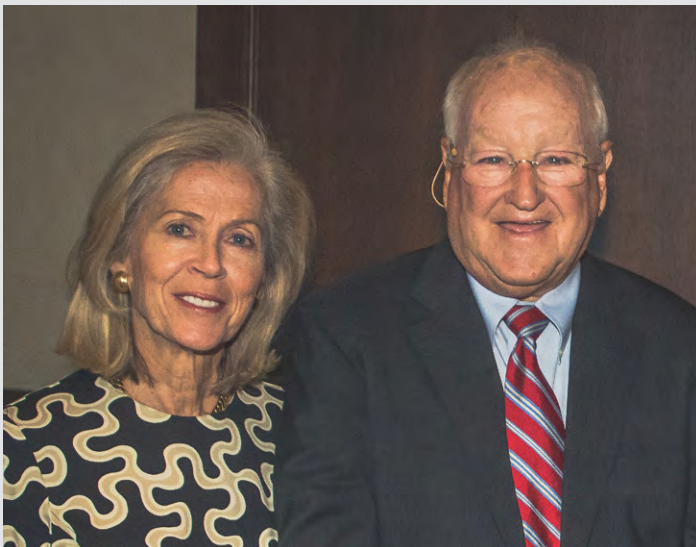
FRONT ROW

Meredith Land, Jeanne Tower Cox, Christy McClendon, Diane Scovell, Lee Ann White, Laura Bush, Gloria Hicks, Laura Street, Lisa Troutt and Jan Rees-Jones

NOT PICTURED

Liz Bates, Debbie Francis, Susie Hance, Nancy Neal, Janet Tornelli-Mitchell, M.D., Elizabeth Webb and Nancy Weiss





UPDATE FROM DR. PRIEN

Cara Wessels

We received some exciting news from TTUHSC Department of Obstetrics and Gynecology Director of Resident Research Samuel Prien, Ph.D., whose research on assistive reproductive technologies was featured in our Spring 2016 Impact Report.

As a direct result of funding by the Laura W. Bush Institute for Women's Health and her own dedication, Cara Wessels completed and passed her comprehensive exam and is now a Ph.D. candidate.

Wessels has multiple presentations that have been accepted to both the American Society for Reproductive Medicine and the American Society of Animal Science Perinatal Biology Symposium. She received a National Institutes of Health/U.S. Department of Agriculture travel award to the perinatal symposium and an ASRM travel award to present her work there.

Additionally, Wessels received the Houston Livestock and Rodeo Scholarship — one of the most prestigious graduate student scholarships on the academic campus — for the second year in a row in recognition of all of her previous accomplishments. She continues to represent herself, the Texas Tech University System and the departments of Ob/GYN and Animal and Food Sciences with pride.





INVESTIGATING SEX DIFFERENCES OF ALCOHOL EFFECTS

to determine individualized treatment

Alcoholism has long been recognized as a genetically-based brain disease with a high morbidity and mortality for both men and women throughout the world. Yet, there is an incomplete understanding of the biology of Alcohol Use Disorder. Genetic and environmental factors affect whether an individual will become alcohol-dependent, making it a complex disease with wide-ranging possibilities. Susan Bergeson, Ph.D., is one of only a few researchers who includes sex as an important variable in alcohol responses.

Bergeson's research considers age, gender, time and dosage across various brain regions. Her collaborative team of basic scientists, clinicians and medical and graduate students, monitors genetic, biological and neurological changes that result in the tendency for higher consumption of alcohol and alcohol dependence. They have identified sex differences in consumption and dependence at the genetic, molecular, physiological and behavioral levels.

Recently, Bergeson reported that significant variations exist in the effectiveness of specific drugs used to reduce the negative aspects of alcohol in females and males. She found when a high quantity of alcohol is consumed, the brain responds by turning on complex immune system functions. Bergeson's research lab has successfully tested drugs that significantly reduced binge and chronic drinking, alcohol withdrawal and duration and intensity of alcohol-related pain. The studies also identified significant variations between female and male mice that received drug therapies to reduce the negative aspects of alcohol.

Follow-up studies are ongoing to test hypotheses regarding the role of individual genes. This research will lead to a better understanding of the complex molecular mechanisms underlying alcohol use disorders and the development of more effective treatments.

The long-term goal of Bergeson's research and her collaborators is to treat Alcohol Use Disorder with a personalized, sex-specific and pharmaceutical approach.





INFANT RISK

CENTER *update*

NEW STUDY TO FIND BREAST CANCER MARKERS IN BREAST MILK

It is well known that breastfeeding reduces the risk of breast cancer in mothers — possibly as high as 36 percent — but how or why this occurs is unknown.

However, it is not well known that breast milk contains a large amount of breast tissue cells including epithelial cells, ductal cells, stem cells and many others.

In essence, breast milk serves as a useful biopsy sample for determining the cellular composition of the breast.

The InfantRisk Center (IRC) determined that cancer markers can be detected from breast milk in women with a family history of breast cancer (BRCA) markers. With that in mind, IRC researchers are reviewing eight cancer markers in breast milk.

Presently 18 moms who are at high or low risk of breast cancer have consented to take part in this IRC study. The IRC will purchase the microarray chips to analyze these patients soon.

Though they need to recruit many more moms to finish the study, the IRC is excited to report unique non-invasive access to various premalignant cellular markers via human milk. With additional research, the IRC could use a milk sample to determine the risk of breast cancer in mothers and provide extremely early-stage detection.

2016 INFANTRISK CENTER STUDIES COMPLETED OR IN PROCESS FOR PUBLICATION

In 2016 the InfantRisk Center has published results from two studies, including:

- Multiple Sclerosis International published a study by Saneela Almas, M.D., Jesse Vance, Pharm.D., Teresa Baker, M.D., and Thomas Hale, R.Ph., Ph.D., titled, “Management of Multiple Sclerosis in the Breastfeeding Mother.”
- Clinical Lactation published a study by Kathleen Kendall-Tackett, Ph.D., Zhen Cong, Ph.D., and Thomas Hale titled, “Factors That Influence Where Babies Sleep in the United States: The Impact of Feeding Method, Mother’s Race/Ethnicity, Partner Status, Employment, Education and Income.”

In addition, the results from three other studies are currently being prepared for publication. All three pending publications are based upon studies conducted by Texas Tech University Health Sciences Center (TTUHSC) postdoctoral researcher Palika Datta, TTUHSC pediatric research associate Kathleen Rewers-Felkins, Baker and Hale.



INFANTRISK CENTER, CALL CENTER, APP & WEBSITE UPDATES

Since 2012, the IRC has received 54,535 calls — 41,443 from patients and 13,092 from health care professionals. The majority of these calls involve the use of analgesics, antidepressants, antibiotics, antihistamines and alcohol during lactation and the use of antidepressants, antihistamines/decongestants and antimanic/antipsychotic drugs during pregnancy.

The IRC asks all callers if they are willing to participate in one of its studies — about 80 percent respond positively.

The MommyMeds app has been downloaded 27,148 times; the InfantRisk for Health Care Providers app has been downloaded 7,879 times.

The InfantRisk website has seen 2.9 million individual visitors and 5.6 million page views. In the last year, the site has experienced more than a million page views, or approximately 3,000 per day, and roughly 76.5 percent are new visitors.

research
award
recipients



SEED GRANT & RESEARCH SCHOLAR AWARDS

LAURA W. BUSH INSTITUTE AND UNIVERSITY MEDICAL CENTER

Rapid Efficient Processing of Sexual Assault Evidence for DNA Testing
\$10,000

DANIEL HARDY, PH.D. - SCHOOL OF MEDICINE

Gender/Ethnic Differences in Procedures for Shoulder/Knee/Ankle Conditions
\$14,850

MIMI ZUMWALT, M.D. - SCHOOL OF MEDICINE

Breaching Barriers via Google Glass: An FMRI Report on Clinical Skill Acquisition
\$12,500

JONG-YEOL KIM, M.D. - SCHOOL OF MEDICINE

Hltf in Gender-Biased Neonatal Survival
\$20,000

BEVERLY CHILTON, PH.D. - SCHOOL OF MEDICINE

Sex Differences in Alcohol Use Disorder Treatment
\$20,000

SUSAN BERGESON, PH.D. - SCHOOL OF MEDICINE

Folate Transporter in Pregnancy & Cancer
\$10,000

MICHAELA JANSEN, PH.D. - SCHOOL OF MEDICINE

Women Breast Cancer Differences in Ethnic Populations
\$2,500

HAFIZ KHAN, PH.D. - GRADUATE SCHOOL OF BIOMEDICAL SCIENCES

GENEROUS SUPPORT FROM THE UNIVERSITY MEDICAL CENTER (UMC) HEALTH SYSTEM IN LUBBOCK MAKES OUR ANNUAL SEED GRANT PROGRAM POSSIBLE. THE LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH AND THE UMC WOMEN'S HEALTH COMMITTEE WORK TOGETHER TO ADVANCE WOMEN'S HEALTH PROJECTS ACROSS MULTI-DISCIPLINARY SCIENCES.

CENTRALIZED SEED GRANT RECIPIENTS

LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

Sex-Based Approach to Manage Obesity in Adolescents

\$20,000

TETYANA L. VASYLYEVA, M.D. - SCHOOL OF MEDICINE

Exercise & Seizure Sensitivity in Female Mice; the Role of Estrogen

\$25,000

JAMES STOLL, PH.D. - SCHOOL OF PHARMACY

Targeted Therapy for Breast Cancer Brain Metastasis

\$20,000

XINLI LIU, PH.D. - SCHOOL OF PHARMACY

Development of Fetal Gender-Specific Therapy, Targeting Placental Glutathione (GSH) Antioxidant System in Maternal Obesity & Alcohol Consumption

\$24,969

GEORGE HENDERSON, PH.D. - SCHOOL OF PHARMACY



SEX & GENDER

SPECIFIC *Health*

SEX- AND GENDER-SPECIFIC HEALTH CURRICULUM:

SEXANDGENDERHEALTH.ORG

New interactive module on cardiovascular disease will join the existing modules on neurological disease, attention-deficit/hyperactivity disorder, osteoporosis and diabetes.

INTERACTIVE MODULES & SLIDE LIBRARY TOPICS INCLUDE:

- | | | | |
|-----------------|---------------------------|------------------------------|----------------------------------|
| · BREAST CANCER | · OSTEOPOROSIS | · ALZHEIMER'S DISEASE | · MULTIPLE MYELOMA |
| · COLON CANCER | · URINARY TRACT INFECTION | · ANESTHESIA | · NEONATAL MORBIDITY / MORTALITY |
| · DEPRESSION | · OBSTRUCTIVE SLEEP APNEA | · ASTHMA | · PHARMACOTHERAPY |
| · DIABETES | · PAIN MANAGEMENT | · IMMUNOLOGY | · STROKE |
| · LUNG CANCER | · ACUTE CORONARY SYNDROME | · INFLAMMATORY BOWEL DISEASE | |

EIGHT MODULES ARE CURRENTLY ACTIVE, WITH TWO IN REVIEW –
Communications and Cardiovascular Disease

NEW MODEULES ADDED:

"Gender Differences in Neurological Disease"

by Farida Sohrabji, M.D., of Texas A&M University based on her presentation at the 2015 Gender-Specific Medicine & Women's Health Symposium in Lubbock

"Sex and Gender Differences in ADHD"

by Bruce Becker, M.D., of Brown University based on new research showing the disparity in diagnosis of ADHD between males and females





SEX & GENDER-BASED HEALTH

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.

"Y" DOES "X" MAKE A DIFFERENCE in an Emergency?

CONTINUING MEDICAL EDUCATION SERIES:

LAURABUSHINSTITUTE.ORG/PROFESSIONAL-EDUCATION.ASPX

Teaming up with Alyson McGregor, M.D., director for the Division of Sex and Gender in Emergency Medicine at Alpert Medical School Department of Emergency Medicine at Brown University and attending physician at Rhode Island Hospital, the institute generated a dynamic Continuing Professional Development (CPD) presentation on sex and gender differences in emergency medicine. The emergency room is much more than broken bones and wounds. The emergency room is the place we turn for help with unexplained pain, difficulty breathing, loss of consciousness and other frightening conditions.



During an emergency, people assume they are cared for by knowledgeable professionals with the latest information. According to McGregor, this may not always be the case. Many emergency departments across the United States have not updated recommendations and test ranges with guidelines specific to women. This means that a woman with atypical symptoms or sub-clinical blood markers may not receive appropriate treatment because diagnostic decisions will be based on comparing her test results to that of a man. According to the Centers for Disease Control and Prevention (CDC.gov):

- More women die from heart disease than men
- Women are more likely to have atypical symptoms of heart attacks and strokes than men
- Women under 50 years of age have a 24 percent higher mortality rate from myocardial infarction (heart attack) than men of the same age
- Women can suffer a heart attack and show no blockage in the heart arteries
- Women under 55 are 7 times more likely than men to be misdiagnosed when having a heart attack
- Being misdiagnosed in the emergency room doubles a woman's risk of dying

McGregor has seen these problems first-hand and understands the need to educate physicians regarding new standards which will lead to better outcomes and more personalized care for women.

Collaborating on this CPD is just the beginning. The institute is bringing the issue of sex and gender differences to the forefront. With the help of specialists like McGregor, we are updating the medical training for current and future health care professionals. Translating science to clinicians improves health care for women and moves us closer to our goal of personalized medicine – health, individually inspired.

Learn more at WWW.SGWHC.ORG

A woman with reddish-brown hair, wearing a white lab coat over a black lace top and a silver bracelet, is focused on using a white pipette. The background is a blurred laboratory setting with shelves and equipment.

INVESTIGATING PROTECTIVE PROPERTIES OF SERTOLI CELLS

to deliver insulin medicine

Diabetes is the seventh leading cause of death in the United States. This growing health problem can lead to chronic complications like cardiovascular disease, kidney failure, lower-limb amputations and blindness, and it is increasing at unprecedented rates. Currently, 29.1 million Americans — 9.3 percent of the population — are affected. In Texas, more than 14.2 percent of our population has diabetes with the annual cost of treatment coming to a staggering \$23 billion. Jannette Dufour, Ph.D., has devoted more than 15 years to discovering innovative treatments for diabetes.

There are two types of diabetes, Type 1 and Type 2. The first is an autoimmune disease in which the immune system attacks the islet cells that produce insulin in the pancreas. According to Dufour, when someone loses islet cells and they cannot make any more insulin, the blood glucose levels increase and they have Type 1 diabetes. Islet cells are the key to successful long-term treatment.

During her post-doctoral studies at the University of Alberta, Dufour worked with the team that developed a highly successful procedure for transplanting islets that allowed 60 to 80 percent of people with Type 1 diabetes who received an islet transplant to be off external insulin for up to a year. This has brought researchers closer to finding a cure for diabetes.

In 2005, as Dufour transitioned to the research faculty in the Cell Biology and Biochemistry department of the School of Medicine at TTUHSC. She was concerned with the short supply of islet cells for transplantation and the continuous need for anti-rejection medications. While lifesaving, these drugs have serious side effects, such as suppressing the immune system, which leaves the patient vulnerable to infections, diseases and cancers. Her research focused on the potential therapeutic use of Sertoli cells to solve these problems.

The tiny Sertoli cells, which were discovered in the male testes in 1865, are thought of as nurse cells because they protect the developing sperm cells. Using preclinical models, Dufour began to look for a way to manipulate and transfer Sertoli cells into Type 1 diabetes patients to protect the transplanted islet cells. Years of research paid off when the Dufour team successfully engineered Sertoli cells to produce insulin and normalize blood glucose levels short term, which has the potential to eliminate the need for islet transplantation. Today, one of the primary goals of their research is to have these insulin-infused Sertoli cells provide long-term treatment for both types of diabetes.

The more common form of diabetes, Type 2, originates as a metabolism problem. Patients start out making the insulin they need and, at some point, they cannot produce enough insulin and require external help. Dufour's lab is now working on a project focusing on Type 2 diabetes.

Through her research, Dufour hopes to fully understand how the Sertoli cells survive and protect themselves. Continued research may lead to cell therapy and transplants that are sustainable and would not require anti-rejection medications for patients.

While Dufour is currently focused on treatments for diabetes, she is excited about the enormous potential for Sertoli cells in the treatment of spinal cord injury, rheumatoid arthritis, Parkinson's disease and other morbidities. This is highly relevant science – bench to bedside – and may one day improve your life or the life of someone you love.

ABILENE OFFICE

opening

On Sept. 28, the Laura W. Bush Institute for Women's Health announced a dynamic partnership with Hendrick Health System and the opening of its new office at the TTUHSC in Abilene. On hand for the press conference were TTUHSC President Tedd L. Mitchell, M.D., Hendrick Medical Center Chief Executive Officer Tim Lancaster and National Advisory Board member Larry Gill.

Executive Director Connie Tyne said the new office in Abilene allows the institute to expand its promotion of personalized medicine, community outreach and health care services throughout the Texas Big Country.

"The Laura W. Bush Institute for Women's Health is proud to partner with the Hendrick Health System, which has been caring for the people in the Abilene area for more than 90 years," Tyne said. "They provide expertise for cancer care, children's health, neuroscience, heart health, women's health and more to ensure patients receive compassionate, quality medical treatment. Their community programs will be amplified and enriched as the two organizations combine resources and talent to support new and on-going programs."

Pearl Merritt, Ed.D., who serves as the Abilene regional director for the Laura W. Bush Institute for Women's Health is also regional dean for the TTUHSC School of Nursing and dean of the Cisco College nursing program.

"I know with the support of the Laura W. Bush Institute for Women's Health and Hendrick Health System, we will provide more opportunities for improving women's health in the Abilene community," Merritt said.

Elyse Lewis, coordinator of Women's Services and Community Initiatives at Hendrick Health System, will serve as director of community outreach for the Laura W. Bush Institute for Women's Health in Abilene. Lewis is a member of Junior League, Keep Abilene Beautiful, Abilene Community Partners and United Way Young Leaders.

"I am thrilled to be part of the Laura W. Bush Institute for Women's Health partnership that will continue to make a positive, meaningful impact in the lives of Texas women through education and women's health research," Lewis said.



SIGNATURE EVENTS



COFFEE & CONVERSATION: DALLAS

WOMEN & SLEEP: GOOD NIGHT ~ GREAT DAY

What's more important than sleep? Not much according to nationally renowned sleep expert James Maas, Ph.D., author of "Sleep for Success" and "Sleep for Performance." Maas gave a thought-provoking presentation on sleep – what it is and how to get it – to more than 150 women in attendance. He was followed by Marjorie Jenkins, M.D., as she gave the physician's perspective on the gender differences between men and women with sleep disorders. Ending with a question and answer session, both doctors spoke with the audience and made recommendations on how to get better sleep. The event was hosted by National Advisory Board members Lee Ann White, Jeanne Tower Cox and Debbie Francis and was made possible by the generosity of the Laura W. Bush Institute for Women's Health National Advisory Board.

POWER OF THE PURSE: AMARILLO

FAITH • FAMILY • FREEDOM

A sentimental and moving event this year, the Power of the Purse annual fundraising luncheon and purse auction featured guest speaker Taya Kyle, wife of former U.S. Navy Seal Chris Kyle. More than 850 guests listened as Kyle spoke from her heart about her life before, during and after her marriage to an American hero. Engaging the crowd with humorous and tragic stories from life, Kyle invoked laughter and tears while imparting words of wisdom. Guests enjoyed hearing her speak, and many stood in line for an autographed copy of her book, "American Wife." Kyle generously donated the handbag she carried to the "American Sniper" film premier in Hollywood to the auction.

LAURA BUSH INSTITUTE FOR WOMEN'S HEALTH PRESENTS: SAN ANGELO

TAYA KYLE

An inspirational luncheon featuring Kyle was called the best event yet in San Angelo. With excellent media coverage, the Laura W. Bush Institute for Women's Health was the talk of the town. Kyle's message of love, war, faith and renewal resonated with everyone in attendance. More than 650 guests were silent as Kyle shared her very personal account of her first meeting with her late husband, their love story, their wrenching emotional struggles and the life-lesson that keeps her going today. She hopes to help others find peace after working through their own tragedy. Proceeds from the event assist in funding outreach opportunities throughout the year.

SIGNATURE EVENTS



WOMEN'S HEALTH SYMPOSIUM: FORT WORTH

FEMALE FOCUS: DIFFERENCES MATTER

A collaboration with TTUHSC, University of North Texas (UNT) Health Science Center and the Fort Worth mayor's office introduced the institute to Fort Worth. The luncheon, underwritten by PlainsCapital Bank, hosted 300 guests and highlighted the medical differences between men and women with regard to heart disease, hormones and brain health. Special guest, Mrs. Laura Bush, welcomed the audience.

Introducing heart health, Wayne Isom, M.D., chairman emeritus of cardiothoracic surgery at NewYork-Presbyterian Hospital Weill Cornell Medical Center, urged avoidance of risk factors, such as smoking and being overweight. Presenting "Focus on Hormones and the Brain," were UNT Health Science Center's Meharvan Singh, Ph.D., and Rebecca Cunningham, Ph.D.. Wrapping up the symposium was Marjorie Jenkins, M.D., reporting on sex and gender medical research funded by the institute.

WOMEN'S HEALTH SYMPOSIUM: LUBBOCK

SPOKEN FROM THE HEART:

A CONVERSATION WITH MRS. LAURA BUSH

The institute brought former First Lady Laura Bush for a special event in Lubbock. Speaking in a relaxed and personal way, Mrs. Bush delighted the 800 guests with updates on her family and life after the White House. TTUHSC President Tedd Mitchell, M.D., humorously led the fireside chat with Mrs. Bush into a discussion of the Laura W. Bush Institute and its future. She expressed pride in the institute's work in West Texas and a renewed commitment to sex and gender research. For the finale, international vocalist and Texas Tech University alumnus David Gaschen captivated with songs from Broadway but added a Texas touch with a George Strait tune.

WOMEN'S HEALTH SYMPOSIUM: LUBBOCK

GENDER-SPECIFIC MEDICINE

& WOMEN'S HEALTH SYMPOSIUM

More than 300 TTUHSC faculty, staff, and medical students attended the fifth annual event, highlighting research specific to women's health and sex and gender differences in medicine. The day featured 15 speakers, breakout sessions and a keynote address by Mala Mahendroo, Ph.D., of University of Texas Southwestern Medical Center on "Pregnancy, Parturition and Prevention of Preterm Birth: New Insights into an Old Process." Sessions covered sex and gender differences in Type 2 diabetes, cardiovascular disease, anterior knee pain and pharmaceuticals. Presenting on women's health with research funded by the institute, Jennifer Phy, D.O., offered a novel dietary approach for polycystic ovary syndrome management. Two dozen women's health or sex and gender medicine posters were presented and judged, with winners congratulated by TTUHSC School of Medicine Dean Steven Berk, M.D.

CAMPUS WIDE

EVENTS

GIRL POWER



Go for the Gold - either in the form of a tiara or Olympic medal. With those words, the Laura W. Bush Institute for Women's Health in San Angelo kicked off an energy-centric GiRL Power event hosting more than 650 pre-teen girls and their power women. Guests enjoyed moving to the music with spontaneous dance parties and learning from various breakout sessions featuring celebrity experts. Shannon Sanderford opened the event by sharing the highs and lows of her emotional journey to winning the 2015 Miss Texas crown. After describing several years of falling short, Miss Texas expressed the importance of not giving up because of failure. Sanderford's ultimate win made victory that much sweeter. She remained true to herself. Instead of giving up when her friends told her to quit, she persevered and kept improving until the crown was hers!

Nastia Liukin, born to Olympic gymnast parents, was destined to win an Olympic medal, not just once, but twice. After her second win, she became complacent in her abilities and did not put as much effort into training and failed to make the team while completing her third Olympic trial. As heartbreaking and embarrassing as it was, she learned a valuable lesson: just because you prove you can do something does not mean you will always be the best. You still have to work hard every day.

In October, the Laura W. Bush Institute for Women's Health in Amarillo also held a busy bee event featuring "The Lemonade Girl," Makaila Ulmer. At only nine-years-old, Ulmer overcame her fear of bees and turned that fear into honey. Using her grandmother's recipe, Makaila's lemonade specially made with honey is currently marketed through Whole Foods. Indirectly sharing some parenting tips for the adults, Mikaila, now 11, related to her peers in a way that led them through her narrative of trial and error until she found the right recipe for success.

GiRL Power is a multi-campus event aimed at pre-teen girls and their power women (mothers, coaches or guardians) in Amarillo and San Angelo. The institute brings in relevant speakers to share ideas and stories on self-esteem, goal setting and anti-bullying programs. Separate breakout sessions for girls and power women focus on bullying, safety, health and nutrition.





GIRLS NIGHT OUT



Corpus Christi hosted Aspen Matis, author of the memoir “Girl in the Woods,” who captivated audiences at three GNO events at Texas A&M University at Kingsville, Texas A&M University at Corpus Christi and Del Mar College. She shared her story of surviving rape, struggling through depression and hiking thousands of miles to find comfort. She finally arrived at acceptance, where she found peace of mind.

Not one to leave the guys out, San Angelo hosted a Girls Night Out and Guys Night Out for underclassmen that focused on the theme “Aim High.” They featured Olympic gold medalist Shawn Johnson East for women and former Texas Longhorn and NFL player Scott Johnson for men. Both speakers advised the students on topics ranging from setting and achieving goals to personal wellness and recognizing healthy boundaries in relationships.

On Sept. 15, the institute traveled to West Texas A&M in Canyon with speaker Beth Holloway, mother of the late Natalee Holloway who disappeared in Aruba in 2005. Sharing a cautionary tale which made personal safety paramount, Holloway explained her heart-breaking experience with attendees in hopes that no one else would fall victim to a predator masquerading as a friend.

Girls Night Out was a multi-campus event that features one or two keynote speakers to raise awareness of safety issues, school resources and campus police services while empowering women. It was an evening of fun, information and bonding.



AMARILLO

LUNCH & LEARN

Using an inventive format this year, Amarillo hosted a 3-part Lunch-n-Learn series, focusing on emotional, physical and nutritional health. The series was free and featured experts in the various areas of health. For each lunch, a local beneficiary was designated to receive donations, with the institute matching donations collected at the lunch.



To kick off the series, Olga Tolscik, M.D., spoke on the topic "Help! My Mood has Fallen and it won't Get Up! – How to Nurse Yourself back to Emotional Wellness." More than 130 women tuned into this informative session. Using humorous stories woven with serious guidance, Tolscik offered real-life advice to the audience.

Focusing on physical health, yoga master Julie Mitchell led more than 100 attendees on a journey of self-awareness and wellbeing with the topic "Celebrate your Chakras with Body, Mind, Spirit and Bare Feet...



with Chair Yoga." Mitchell led the group in simple yoga moves that can be done at any fitness level and anywhere from an office chair to a kitchen chair. She also gave recommendations on stress relieving exercises, such as breathing and meditating.

The third session in this series covered nutritional wellness with the owners of Two Knives Catering Kristi Aragon and Becky McKinley. Attendees learned dietary information and instructions on topics from better eating habits to weight loss and healthy snacking.

NURSE FAMILY PARTNERSHIP GRADUATION

The institute was proud to sponsor the graduation ceremony and after party for the young women completing the Nurse Family Partnership (NFP) program. The program provides young, new mothers support, mentorship and guidance from pregnancy through the child's first year. A majority of the mothers are teens with little to no



family or spousal support. Programs like NFP help ensure these young women and their children have a fighting chance from the beginning. Graduates, their babies and families attended the celebration and received mom and baby care packages.

BREAST CENTER FOR EXCELLENCE

In partnership with the Breast Center for Excellence, the institute was able to offer free pap smears for underserved and underinsured women on the High Plains. More than 100 women joined us for lunch and free screenings. Bringing life-saving screenings to the women who are the least likely to receive them is one more way the institute is committed to improving the lives of women in West Texas.

CORPUS CHRISTI

DAY OF THE WOMAN SYMPOSIUM

Hosting more than 200 women this past October, the Day of the Woman Symposium in Corpus Christi engaged guests on the topic of "Being Your Own Best Friend." The symposium, emphasizing emotional, physical and nutritional health, featured guest speakers Sharon Kulig, Ph.D., a speech language pathologist of San Angelo, Linda Ross, D.N.P., M.S., R.N., regional director for the Laura W. Bush Institute in San Angelo, Robert F. Gagel, M.D., head of internal medicine at MD Anderson in Houston, and Lisa Wright, certified fitness trainer in Corpus Christi. This

free event is a continuation of outreach in the Bay Area funded with proceeds from the March 2015 "A Conversation with Mrs. Laura Bush" luncheon, chaired by National Advisory Board member Gloria Hicks.



covering the topics of consent, physical and mental assault, as well as what to do if you experience an assault or witness one. The scenes are performed by theater students to better prepare everyone for these possibilities. It was well received by the students and faculty at SMU. There may be future grants to continue these assemblies at SMU and perhaps expand "Connecting the Dots" to other campuses.

as an opportunity for faculty, staff and students to see what the Rec has to offer without the presence of men. Some of the night's activities included strength training, Zumba, bump-tastic KnockerBall and rock-climbing, as well as access to the pool, weight room, volleyball and badminton courts. Partnering with the TTUHSC School of Medicine students, the institute provided wellness checks along with information and resources on nutrition, cancer prevention and exercise. Other vendors were allowed booths to hand out freebies to everyone. Plans are already in the works to make 2017 bigger and better!

DALLAS

VIOLENCE PREVENTION GRANT

After meeting with the orientation group at Southern Methodist University (SMU), the institute provided a grant to SMU for a mandatory assembly this fall for all incoming students (freshmen and transfers) entitled "Connecting the Dots." The assembly, written by an SMU alum, is a series of vignettes



LUBBOCK

WOMEN'S NIGHT AT THE REC

Lubbock saw its annual Women's Night at the Rec packed with nearly 500 in attendance. Texas Tech University Robert H. Ewalt Student Recreation Center (Rec) opened its doors to a "Girls Only" night, which served



SAN ANGELO



RODEO SWEETHEARTS

Quickly becoming an annual staple in San Angelo, Rodeo Sweethearts provides a fun filled dinner party with music, laughter and dancing. This year's performance, "Storm the Fort", was a sold-out, one-night only event with more than 300 guests laughing their way through the night. The event raised more than \$18,000 for the Breast and Cervical Cancer Treatment Fund. Rodeo Sweethearts continues to amuse crowds while helping fight cancer.

RAPE AGGRESSION DEFENSE SYSTEM (R.A.D.) FOR WOMEN AND MEN

The Laura W. Bush Institute for Women's Health was awarded a grant from the San Angelo Health Foundation to implement the Rape Aggression Defense (RAD) system throughout the Concho Valley. Beginning with female students at Angelo State University RAD courses are being held on an ongoing basis. The institute participated in a Sexual Assault panel discussion at Angelo State University that laid the groundwork for continued conversation on personal safety for students on campus.

ANGELO STATE UNIVERSITY CIRCLE CONFERENCE

Through a partnership with the Angelo State University (ASU) Human Resources Department, the institute co-hosted ASU's second annual Circle Conference. More than 50 ASU staff coordinators were in attendance to hear a presentation by Sharon Kulig, Ph.D., on brain health, aging well and happiness. The event was a huge success with 100 percent of those in attendance indicating that they would attend again to hear Kulig, making the institute proud to call Kulig one of our own.

STUDENT SCHOLARSHIPS

The institute's Medical Advisory Board helped select six students to receive scholarships to Angelo State University students for Fall 2016. The scholarships totaled \$5,500 and were

awarded to outstanding students with special interest in women's health and gender medicine in their chosen fields of research, education or outreach.

EAT WITH THE EXPERT: THE ART OF NOT BEING PERFECT

The institute co-sponsored its first Eat with the Expert for 2016 with the Junior League of San Angelo titled "The Art of NOT Being Perfect." Genevieve Pfluger Mejia, M.D., Julie Vann, L.P.C., and Teresa Baker, M.D., spoke about balancing life and handling social pressures. Turnout was excellent, with women from ages 23-40 years in attendance. The institute is looking forward to partnering with the Junior League for future events.

EAT WITH THE EXPERT: THE ART OF A HEALTHY CHILD

The institute hosted a second Eat with the Expert which continued the "The Art of Life" series with "The Art of a Healthy Child." Hector Acton, M.D., spoke about parenting topics from raising toddlers to teens. Acton used current, real life examples and suggestions for raising children in a world of instant gratification. Following his dynamic presentation, the guests were treated to a lively panel discussion featuring five pediatricians and one concussion specialist all from San Angelo Community Medical Center.



 **San Angelo
Community Medical Center™**

Exclusive health sponsor of the Laura W. Bush Institute in San Angelo

LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



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