

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

impact

REPORT VOL. 6 | WINTER 2019 ★



HEALTH, INDIVIDUALLY INSPIRED.



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.

OUR FIRST YEAR AS CO-CHAIRS OF THE NATIONAL ADVISORY BOARD HAS BEEN INTERESTING & ENGAGING

We have enjoyed the scientific investigation of the aging process by learning about rejuvenation of telomeres and stem cells. Research scientist Susan Bergeson, Ph.D., shared the latest findings in her search for a cure for alcohol use disorder. The Laura W. Bush Institute for Women's Health continues to fund seed grants for research in areas of women's health and sex and gender distinctions in specific diseases.

Our board has supported the expansion of the medical education and curriculum website that now provides an open access resource to health science schools informing our next generation of physicians, nurses, pharmacists and other health care professionals. **We are committed to making personalized medicine a reality for men and women.**

The institute's special events were exceptional as we hosted Mrs. Laura Bush for a sold out crowd in Amarillo, Texas and featured Barbara Pierce Bush and Jenna Bush Hager during their "Sisters First" book tour across Texas, in cities including Lubbock, Corpus Christi and Abilene. These events generate the resources needed for programs and outreach in each community.

We offer special thanks to the hundreds of donors and volunteers who join us in furthering the mission of the institute.



WE LOOK FORWARD TO SEEING YOU!

Jeanne Tower Cox & Jan Rees-Jones

CO-CHAIRS

National Advisory Board

Laura W. Bush Institute for Women's Health



Women's health includes physical, mental and emotional well-being both personally and for those we love.

These past months, much of our focus has been on pain that cannot be seen and often goes untreated. We have started the conversation about mental illness, including depression and addiction, and we will work to remove the stigma. Our friend and survivor of suicide loss Terry Bentley Hill shared her brave story of tragedy and recovery with our audiences in Texas, in cities including Amarillo, Abilene and Corpus Christi. In each town, she was surrounded by women and men who thanked her for helping them understand the loss in their lives. Read more on page 8.

In Amarillo, Texas, there has been a need for alternative treatments for drug resistant depression, anxiety and phobias. The institute was able to help by dedicating proceeds from their "Power of the Purse" luncheon, featuring former First Lady Laura Bush. A new Transcranial Magnetic Stimulation (TMS) machine is now available to patients, including pregnant women, who cannot take psychiatric medications safely.

The Laura W. Bush Institute for Women's Health fully supports the new Mental Health Institute at Texas Tech University Health Sciences Center (TTUHSC) and we will continue to offer help and hope to women throughout Texas. Thank you for your interest and support of women across the state.

SINCERELY,
Connie Tyne

EXECUTIVE DIRECTOR

Laura W. Bush Institute for Women's Health



My dual role as chief scientific officer for the Laura W. Bush Institute for Women's Health and director of Medical and Scientific Initiatives in the FDA's Office of Women's Health has proven to expand perceptions and knowledge in ways we could not have imagined. The unique health needs of women have been part of our mission since the inception of the institute and we have emerged as a global leader in sex and gender science and health professionals' education. In 2015, TTUHSC School of Medicine and the institute co-founded the first "National Sex and Gender Medical Education Symposium" along with our partners, the American Medical Women's Association and Mayo Clinic. The second symposium was held at the University of Utah with over 170 academic organizations represented. The institute has developed nationally-recognized educational materials to help ensure research

discoveries which can inform clinical care are included in the curricula of schools of medicine, pharmacy, nursing and health professions. These resources are now available free world-wide due to a generous grant from the institute.

On the national front, the FDA led a national scientific meeting on "Sex and Gender Influences in Opioid and Nicotine Use, Dependence and Recovery," a first-of-its-kind focused on sex and gender. I was fortunate to work with many colleagues across the federal and academic landscape to develop this two-day scientific program which highlighted the increasing breadth of scientific evidence about sex differences and gender influences while also recognizing gaps in research and treatments.

In conclusion, the institute works to ensure better health for all and 2018 has been filled with progress due, in large part, to our TTUHSC family and the communities who support us every day of the year. Thank you!

SINCERELY,
Marjorie Jenkins, M.D.

CHIEF SCIENTIFIC OFFICER

Laura W. Bush Institute for Women's Health

TMS MACHINE

treatment updates

The Transcranial Magnetic Stimulation (TMS) machine, purchased with proceeds from the "Power of the Purse" event this past April, has arrived in the TTUHSC Department of Psychiatry in Amarillo. TMS is an FDA approved treatment that delivers magnetic pulses into the brain to stimulate brain activity and create new neural pathways. The TMS equipment is the first of its kind in the Texas Panhandle, delivering treatments to the brain bilaterally and deeper than traditional TMS units, while producing minimal side effects. This means that people who have had little or no relief with medications or cognitive therapy can be treated with TMS and have a better chance of remission from their symptoms. The treatment is non-invasive and considered safe for pregnant women and young adults.

Since September, the faculty and nurses in the department of psychiatry have provided over 110 treatments to patients who thought there was no other option to remedy their overwhelming depression. There is a rating scale used by TMS providers to track each patient's overall response to treatment. Using that scale, patient scores have improved up to 40% in a relatively short period of time. Some people are



getting their lives back and friends and family members are seeing loved ones return from the depths of mental illness.

The FDA recently approved TMS therapy for patients with Obsessive-Compulsive Disorder and the psychiatry Department has made a grant request that will allow them to purchase the additional helmet. Future treatments may include bi-polar disorder, schizophrenia, PTSD, ADHD, addiction and autism. These will provide new hope for many people in the Panhandle.

National Advisory BOARD MEMBERS

Actively led by co-chairs Jeanne Tower Cox and Jan Rees-Jones, the Laura W. Bush Institute for Women's Health National Advisory Board ensures that we are active in the communities we serve through sponsoring research, education and outreach. With the mission at the forefront, we continue to be dedicated to improving the lives of women and girls in Texas and across the nation.



FRONT ROW

Meredith Land, Diane Scovell, Lee Ann White, Lana Andrews, Nancy Weiss, Jeanne Tower Cox, Laura Bush, Jan Rees-Jones, Kit Moncrief, Liz Bates, Donna Williams, Lea Wright and Debbie Francis

BACK ROW

Connie Tyne, Elizabeth Webb, Lisa Troutt, Maggie Murchison, Laura Street, Larry Gill, Nancy Neal, Norman Dozier, M.D., Christy McClendon, Marjorie Jenkins, M.D., Elisa Brown, M.D., Janet Tornelli-Mitchell, M.D., and Margaret Purvis

NOT PICTURED

Andi Ball, Terri Duncan, Susie Hance, Gloria Hicks, Betsy Sowell, Bitsy Stone and Diana Strauss



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**serves as a National Advisory Board Member*

TERRY BENTLEY HILL

WHEN YOUR CRISIS BECOMES YOUR CAUSE, *good things happen*

Why is Hollywood addressing mental illness through movies and programs like *"A Star is Born"*, *"A Million Little Things"* and *"13 Reasons Why?"* Because we are in a crisis. In the past year, there have been an average of 123 suicide deaths per day, calculating to about 45,000 a year. As the second leading cause of death among children and teens, 4,400 children were lost to suicide last year alone. As with heart disease and cancer, mental illness requires treatment and support and can be deadly when ignored. For every suicide death, 25 attempts are made. How many people do we know suffering from depression who are considering ending their lives? It is time to follow the advice of attorney Terry Bentley Hill and "Stop minding your own business!"

As a survivor of family suicide, her journey through grief and recovery has taught her that the compassion of a friend or stranger could save the life of a person struggling with depression.

In the early 90s, Bentley Hill was the wife of a district attorney in Amarillo, Texas, and the mother of four little girls. She was a witness to her husband's depression, mood swings and alcohol use. Knowing a mental health break down or alcohol scandal would ruin his career and devastate their family, they hid their problems from others. Like thousands of spouses, Bentley Hill tried everything she could to help her husband while keeping their secret. But in 1995, his suicide was like a nuclear bomb going off in their home and it had devastating consequences for years to come.

After her husband's death, Bentley Hill moved her daughters to Dallas, Texas, to be near family and

worked with a therapist to deal with her anger, sadness and guilt. She did her best to give her children a safe home and sense of family without their dad. Eventually, she made the decision to go to graduate school and build a career for herself in a field where she could make a difference. Just as she began law school, her youngest daughter Hallie, age 14, took her own life. The nightmare was even worse than before.

Today, Bentley Hill's message to survivors is one of forgiveness and hope. Many suicides are more unsuccessful than successful due to interventions, intuition and luck. Keeping secrets is not the solution but getting help and being helpful is.

As a board member of the Suicide & Crisis Center of North Texas and the 24 Hour Club, Bentley Hill is an activist and a survivor. She has shared her powerful and personal story with audiences across the state, including four events sponsored by the Laura W.

Bush Institute for Women's Health this year.

As a Texas criminal defense attorney, many of Bentley Hill's clients suffer from mental illness or substance addiction. She works to find legal solutions that include getting the help her clients need to turn their lives from destructive to productive.

To stem the rising tide of brain disorders, substance addiction and suicide, we must see it, address it, and reach out to people who are suffering. As Bentley Hill says, "get off the sidelines and do something!"





ELISA BROWN, M.D.

OB/GYN

serving her country and community

Elisa Brown was born in Houston, Texas, to a high school principal devoted to education and music. Her dad's passion and dedication led him to become a celebrated cellist with the Scott Joplin Orchestra and the Ebony Opera Guild and a father who taught his children to study music and reach for the stars. Young Brown enjoyed the piano but found her gift was singing. During her time at the Kinder High School for Performing and Visual Arts, she majored in vocal music and enjoyed singing with symphonies and chorales. At Texas A&M University, Brown studied German and French and was a liberal arts and language major.

Brown's mother loved medical science and distinguished herself as the first African-American graduate of the University of Texas Galveston program in physical therapy. Her mom completed her master's degree in physical therapy at Stanford University in Palo Alto, California, and excelled as a role model through work at Texas Institute of Rehabilitation and Research helping polio victims learn to walk again. As for Elisa Brown, she declared her intention to be a doctor when she was still in nursery school. Young Brown was no stranger to the world of medicine as she loved spending time with her aunt who was a nurse.

With family members as inspiration, Brown graduated from A&M and chose to pursue a career in medicine. She worked as a medical assistant while diligently preparing for medical school. She earned her Doctor of Medicine from East Virginia Medical School in Norfolk, Virginia, and completed her OB/GYN residency at the University of Kentucky.

Completing her residency, Brown joined the Air Force as an OB/GYN at bases in North Dakota, Louisiana and Idaho. Her experiences, including mission trips to Peru and Africa, convinced her that problems are the same for the impoverished around the globe. Just after September 11, 2001, Brown left the Air Force and began helping low-income women at a Federally Qualified Health Center (FQHC) in rural Alabama. Those three years taught her that increasing resources and access to care could change a woman's life and she wanted to help equip others with that same knowledge. It was time to become a teacher.



TTUHSC School of Medicine recruited Brown in 2005 as an assistant professor and clinician. Today, she supervises OB/GYN residents and oversees a federal grant aimed at lowering the teen pregnancy and maternal mortality rates in the Permian Basin where both are extremely high. She has received two clinical teaching awards and the Dean's Distinguished Faculty Service Award. To increase her personal education, Brown is nearing completion of her master's degree in Public Health.

In 2018, Gary Ventolini, M.D., regional dean of the TTUHSC at the Permian Basin School of Medicine, recommended Brown for regional director of the Laura W. Bush Institute for Women's Health in the Permian Basin. She was attracted by the plan to work within the community to improve women's health. She looks forward to building coalitions with other regional non-profits and state agencies to improve access to care and more efficiently utilize state resources. She is just the woman for the job!





GENDER-SPECIFIC MEDICINE

&



Women's Health Symposium



Keynote speaker for the September 26, 2018 event was Sandra Chapman, Ph.D., founder of the Center for BrainHealth® at the University of Texas at Dallas. As a cognitive neuroscientist, Chapman conducts scientific studies that apply novel approaches to advance creative and critical thinking, strengthen brain resilience and incite innovation throughout life. Her topic, "Limitless: Harnessing Plasticity to Double Brain Performance" provided new information that soundly disputes previous beliefs that the brain cannot be rejuvenated or restored. That was good news for the 300 students and faculty in attendance!

Chapman shared the encouraging statistic that 87% of people will not develop Alzheimer's disease. To maximize cognitive performance and retain a healthy brain across the lifespan, she strongly recommends focusing on one task at a time. Her research has proven that multi-tasking damages the brain over the long term. However, the brain is rejuvenated by improving blood flow through regular exercise and through quality sleep that allows time for storing data in an organized way.

To personalize this information, Chapman recommends the new Brain Performance Challenge app developed at the Center for BrainHealth®. She told the students

it would "give a 'snapshot' of your current brain health, provide you with tips for boosting brain performance and allow you to track your improvement as you put those tips into practice."

THE SYMPOSIUM WAS HONORED TO HAVE SEVERAL ADDITIONAL SPEAKERS WHO COVERED IMPORTANT AND RELEVANT TOPICS:

Esther Schwartz, Ph.D., *Sex and Gender in Mental and Behavioral Health*

Alan Peiris, M.D., *Vitamin D and the Brain*

Katie Miller, Dean Phillips & Ashley Streseman, *Gender Differences in Substance Disorder: Reflections from Medical Students Participating in the Betty Ford Experience*

Susan Bergeson, Ph.D., *Medications Development in Alcohol Use Disorders*

Sandra Whisner, Ph.D., *Association Between 30-day Readmission and OT Services with Consideration of Gender and Ethnicity*





SEVEN ABSTRACTS WERE SELECTED FOR MERITORIOUS ACKNOWLEDGEMENT:

The basic research award went to:

- Suheung Lee, Kushal Gandhi, Gary Ventolini and Natalia Schlabritz-Loutsevitch, *Handheld Raman Spectroscopy Device as Point of Care Diagnostic Tool*

The award for clinical and translational research one went to:

- Guangchen Ji, Volker Neugebauer and Peyton Presto, *Sex Differences in Fear Extinction Learning Ability Predicting Brain Behaviors*

The winners in the clinical and translational research are:

- Erica Poe, Catherine Wiechmann, Rebecca Meiser and Philip Simpson, *Disparities in Literacy of Women's Health*
- Beatrice Caballero and Karen Castaneda, *Comparison of Surgical Outcomes between Breast Conserving Surgery and Modified Radical Mastectomy in Male Breast Cancer in the U.S.*
- Palika Datta, Ph.D., Katheleen Rewers-Felkins, Heather Thompson, Ph.D., Raja Reddy Kallem, Ph.D. and Thomas W. Hale, Ph.D., *Transfer of Inhaled Cannabis into Human Breast Milk*
- Palika Datta, Ph.D., Kathy Rewers-Felkins, Rakhshanda Rahman, M.D., Teresa Baker, M.D. and Thomas W. Hale, Ph.D., *Breast Milk and Cancer Biomarkers*
- Anudeep Dasaraju, Cornelia de Riese, M.D. and Eneko Larumbe-Zabala, Ph.D., *Investigating the Association between Metabolic Syndrome and Adenomyosis*

Sisters First

DOUBLE - HEADER

Jenna Bush Hager and Barbara Pierce Bush (Coyne) shared their stories, their loves and heart breaks with guests in Corpus Christi *and* Abilene in just one day!

Travel began early as the sisters and members of Laura W. Bush Institute for Women's Health National Advisory Board flew to south Texas in a rainstorm. The VIP reception and luncheon event for 480 guests at Texas A&M University-Corpus Christi was chaired by Gloria Hicks. The local businesswoman and philanthropist managed every detail to perfection and covered all expenses with in-kind donations. After lunch, the group flew to Abilene for a warm welcome from Joy Ellinger, chair of the dinner event, and Pearl Merritt, Ed.D., regional director of the Laura W. Bush Institute for Women's Health. They hosted a VIP reception and cocktail party followed by a seated dinner for 570 guests. After a delightful evening, the sisters were back in Dallas by bedtime!

National Advisory Board member, Janet Tornelli-Mitchell, M.D., interviewed the sisters with insightful questions based on their new book "Sisters First: Stories from Our Wild and Wonderful Life." The girls took guests on a revealing, funny and thoughtful tour behind the scenes of their lives: sharing never-before-told stories about their family, adventures and current professions. **It was clear that every burden was shared and every victory celebrated together.** In the background, slides resembling a scrapbook showed the sisters with cousins and family at Christmas and Halloween, at Kennebunk Point in Maine and in the White House.

What impressed guests most was how genuinely down-to-earth these two very fortunate women are. They have known great privilege but they show kindness and humility as they interact with others. They shared their profound sadness over the recent loss of their grandmother, Former First Lady Barbara Bush. They told of their final call with her and wondered who could possibly keep them in line now that "the enforcer" was gone. **The legacy left by their beloved "Ganny" is one of honesty, strength and loyalty.**

Jenna Bush Hager is a correspondent on NBC's Today Show and a contributor to NBC Nightly News. She is the author of the New York Times bestseller "Ana's Story: A Journey of Hope" and co-author with her mother Mrs. Laura Bush of two children's books. She is married with two beautiful daughters and a husband who is the love of her life.

Barbara Pierce Bush (Coyne) is the CEO and co-founder of Global Health Corps, an organization that is building the next generation of global health leaders and problem solvers who share a common belief that health is a human right. Just a few days after our events, Barbara Pierce Bush wed Craig Coyne in a small private wedding in Kennebunk Port, Maine.

Today, the sisters live very different lives just four blocks apart in New York City. They love being together whenever possible and their parents often come to visit their daughters, sons-in-law and their young granddaughters, Mila and Poppy.





These lovely women are working to make the world a better place using their unique talents and strengths and sharing their faith, family and unconditional love.



Sisters First

ABILENE



Sisters First

CORPUS CHRISTI



Research Award Recipients

SEED GRANT & RESEARCH SCHOLAR AWARDS

Laura W. Bush Institute for Women's Health and University Medical Center

"The Effect of Curcumin on Cognition in Breast Cancer Patients"

SANGEETA AWASTHI, M.D. – SCHOOL OF MEDICINE | \$9,000 - YEAR 2 OF 2

"Gender Differences in 30-day Mortality Rates and Unplanned Readmission for Patients Treated for Heart Attack and Stroke"

YAN ZHANG, PH.D. – SCHOOL OF MEDICINE | \$10,000 - YEAR 2 OF 2

"Association between 30-day Readmission and OT Services with Consideration of Gender and Ethnicity"

SANDRA WHISNER, PH.D. – SCHOOL OF HEALTH PROFESSIONS | \$10,630 - YEAR 2 OF 2

Generous support from the University Medical Center (UMC) Health System make 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

"Elucidating the Cellular and Molecular Pathways Involved in the Sexual Dimorphism at the Blood-Brain Barrier During Ischemic Stroke Injury Using a Stem Cell-Based In Vitro Model"

ABRAHAM AL-AHMAD, PH.D. – SCHOOL OF PHARMACY | \$10,000

"Adipose Tissue Derived Exosomes Placental Axis as a Novel Target for Prevention Pregnancy Complication"

NATALIA SCHLABRITZ-LUTSEVICH, PH.D. – SCHOOL OF MEDICINE | \$17,900

"Dietary Tocotrienol (Vitamin E Isomer) Supplement for Postmenopausal Women: Aspects of Metabolomics and Gut Microbiome"

CHAWN-LI (Leslie) SHEN, PH.D. – SCHOOL OF MEDICINE | \$25,000

"Endocannabinoids: Detection and Measurements in Breast Milk"

THOMAS HALE, R.PH., PH.D. – SCHOOL OF MEDICINE | \$25,000

"Dual Benefits of Vaginal Estriol: Improved Urogenital Health and Re-Myelination in Multiple Sclerosis"

MIRLA AVILA, M.D. – SCHOOL OF MEDICINE | \$19,952

Miscellaneous Awarded Grants
Laura W. Bush Institute for Women's Health, Lubbock Office

"Sticker Project - Combating Human Sex Trafficking"
LUBBOCK COUNTY MEDICAL SOCIETY | \$8,872

Women's Health Day Personal Hygiene Kits
THE FREE CLINIC AT LUBBOCK IMPACT | \$400

Student Scholarships
GLOBAL HEALTH INTERNATIONAL PROGRAM | \$5,000

Miscellaneous Support for Students & Curricula
ARTS IN MEDICINE, AMERICAN MEDICAL WOMEN'S ASSOCIATION, & OTHERS | \$4,000

With funds raised from the Sisters First event in September 2017, the Lubbock Office has awarded these grants that directly impact the Lubbock Community. Special thanks to the event sponsors who made these grants possible:

Platinum Sponsor

COVENANT HEALTH WOMEN'S CENTER

Gold Sponsors

ASCO, INC.
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JAN REES-JONES
THE SCOVELL FAMILY

LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



SERVICE AREAS

Abilene • Amarillo • Corpus Christi • Dallas • Fort Worth • Lubbock • Permian Basin • San Angelo

CAMPUS EVENTS

ABILENE

EXPERT WITNESS TRAINING

Recognizing a need in the Abilene community, the institute hosted a three-day seminar on “Building Capacity for Expert Witness Testimony in Cases of Domestic Violence, Sexual Assault and Stalking.” Funded by a grant from the Criminal Justice Division of the Office of the Governor to the University of Texas at Austin, the training provided education to attorneys and district attorneys to aid in prosecution of crimes against women. **The institute is dedicated to improving the lives of women, whether through direct education or through education directed at those who protect the public.**

DAY OF THE WOMAN - “STOP MINDING YOUR OWN BUSINESS”

This compelling program was presented to an audience of more than 200 by Terry Bentley Hill, a survivor of family suicide. She reminds us that mental illness is a disease that requires treatment and support just like cancer and heart disease. **More than 12 million women in the U.S. experience clinical depression each year and sometimes the compassion of a friend or even a stranger can save a life.** Bentley Hill urged everyone to notice the suffering of others and never hesitate to ask someone, “Are you OK?” To learn more about Bentley Hill’s story, please see the article on pages 8 and 9.



MENTAL HEALTH SYMPOSIUM

To discuss the impact national mental issues have upon Abilene communities, the Laura W. Bush Institute for Women’s Health was one of the sponsors for Abilene’s Fourth Annual Mental Health Symposium in August 2018. The symposium, titled “Legislative Initiatives, Ethical Considerations and Women’s Mental Health,” explored how women’s health issues impact society and what is being done within the legislature to address these issues.

The symposium also provided information about mandatory Child Protective Services (CPS) reporting guidelines and the related ethical considerations to which professionals must adhere. In addition, the program sought to increase attendees’ knowledge of the criminogenic risk for mental health care and increase understanding of co-occurring disorders and treatment intervention options.

State representative Stan Lambert provided legislative updates regarding mental health, and Dawn McKeehan, a criminal justice project manager for the Meadows Mental Health Policy Institute, discussed solutions to data-driven systems transformation. Abilene attorney, Taylor Tomanka, J.D., discussed issues related to ethics and reporting abuses and neglect. Other speakers included Andy Meiron from CPS and Sherri Layton from La Hacienda Treatment Center in Hunt, Texas.



TAYLOR COUNTY BREAST CANCER AWARENESS PROCLAMATION



The Taylor County commissioners and judge presented Hendrick and the Laura W. Bush Institute for Women's Health office in Abilene with a proclamation in honor of breast cancer awareness month. An audience of almost 100 guests heard from cancer survivor and speaker, Robin Wertheim, district director and

our District 71 Statehouse Representative. It was a great day for survivors, those suffering with breast cancer and the institute.

BREAST CANCER SURVIVORS LUNCHEON

The institute and Hendrick Health System co-sponsored a free community luncheon held at Hendrick Medical Center for 155 guests. In partnership with the Abilene community churches, the program focused on education about breast cancer prevention, early detection and resources for women of color. **In Abilene, this**

group of women have an unusually high number of late-stage breast cancer diagnoses and a higher mortality rate. Guest speakers included April Enard, M.D., of Family Medicine and Obstetrics of Sweetwater and Karla Baptiste, a two-time breast cancer survivor and author of "Dig In Your Heels: The Glamorous (And Not So Glamorous) Life of a Young Breast Cancer Survivor." This was the fourth annual event.



AMARILLO

GIRL POWER



To reach the tween crowd, Amarillo hosted its annual event with more than 300 young girls and their mothers attending. The night's theme was "Bloom Where You are Planted" and featured special guest speaker Miss Texas Madison Fuller. Using her puppet "friends," Fuller entertained the girls with a well-designed ventriloquist routine and song. Fresh off her loss at the Miss America Pageant, **she was**

able to offer the audience poignant advice on the realities of not always reaching your goals and stressed the importance of making the most of the journey. Additional speakers from the Discovery Center and CareNet provided important information on bullying, self-esteem, exercise and internet safety. Despite the rain, this was one of the best GiRL Power nights ever!



A FOND FAREWELL

Rakhshanda Rahman, M.D., founding executive director of the Breast Center of Excellence, has been a staple in Amarillo at TTUHSC. She recently moved to Lubbock, Texas, to continue her critical work on the TTUHSC campus using the Cryoblation machine to blast cancerous tumors. We featured Rahman and the innovative machine in the summer 2017 IMPACT issue. Taking her place in Amarillo will be Mary Grace Bridges, M.D., who is also trained in Cryoblation treatment.



LUNCH & LEARN SERIES

“YOU MATTER...AND SEX MATTERS”



More than 100 community leaders attended the Lunch & Learn featuring Kaye Renshaw, Ph.D. Offering new information about women’s issues; attendees learned innovative techniques for optimal sexual health. **For centuries, female problems were considered to be emotional or mental; not**

physical. Research now proves that childbirth and aging can lead to painful physiologic conditions that can be successfully treated by knowledgeable physicians. The bottom line is women who have issues with intimacy were encouraged to get medical help from a physician they feel comfortable talking to.

“YOU MATTER...AND SITUATIONAL AWARENESS MATTERS”

We had a great turn out of community leaders for the Lunch & Learn featuring retired Sgt. Strecia McCaig. Sharing tips on personal safety, McCaig reminded the group that personal safety begins with being more aware of your surroundings, especially in comfortable settings like your home, driveway and neighborhood parking lot. As a retired member of the Amarillo



Police Department, she gave practical guidelines for men and women to follow to ensure that they and their loved ones remain protected. One should never feel self-conscious about being “too safe” because the bad guys are looking for the ones who are not paying attention to their surroundings and are distracted by something, such as a phone. You are the first line of defense when it comes to your safety.

CORPUS CHRISTI

DAY OF THE WOMAN “STOP MINDING YOUR OWN BUSINESS”

Recognizing that mental health is a hot topic, the institute invited Terry Bentley Hill, who is a survivor of family suicide, to speak twice in Corpus Christi. At both noon and evening events, **she reminded women that mental illness is a disease that requires treatment and support just like cancer and heart disease.** More than 12 million women in the U.S. experience clinical depression each year and sometimes the compassion of a friend or even a stranger can save a life. Terry urged everyone to notice the suffering of others and never hesitate to ask someone, “Are you OK?” To learn more about Terry’s story, please see the article on pages 8 and 9.



DALLAS

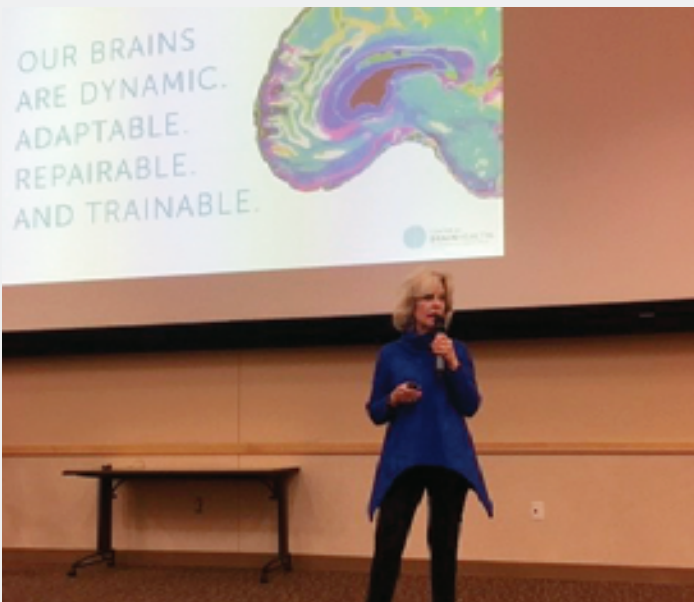
SIXTH ANNUAL NATIONAL WOMEN'S HEALTH LEADERSHIP SUMMIT



Marjorie Jenkins, M.D., and the Laura W. Bush Institute for Women's Health were delighted to host nearly 40 experts from across the U.S. and Canada for this summit. Using the acronym LEADERS – this Leaders Empowering the Advancement of Diversity in Education, Research and Science group is an initiative aimed to increase women's health endowed chairs in internal medicine and subspecialties. Six years ago when they first began, there were four endowed chairs among them. During the meeting, Jenkins proudly announced that the group had reached 28 endowed chairs. These academic medicine specialists came together for sharing and mentoring and to discuss innovative topics in the world of sex and gender medicine.

LUBBOCK

SEVENTH ANNUAL GENDER-SPECIFIC MEDICINE & WOMEN'S HEALTH SYMPOSIUM



The annual symposium, open to all faculty, staff and students from Texas Tech University, TTUHSC and Angelo State University, invited speakers to focus on sex and gender differences in a variety of health-related topics. This year the keynote speaker was Sandra Chapman, Ph.D., founder of the Center for BrainHealth® at the University of Texas at Dallas. **As a cognitive neuroscientist, Chapman conducts scientific studies that apply novel approaches to advance creative and critical thinking, strengthen brain resilience and incite innovation throughout life.** Her topic, "Limitless: Harnessing Plasticity to Double Brain Performance" provided new information that soundly disputes previous beliefs that the brain cannot be rejuvenated or restored. To read more about her talk and see the list of abstract winner, please see the article on pages 12 and 13.



PERMIAN BASIN

ODESSA TEENS BECOME WONDER GIRLS

The second annual Wonder Girls camp was a great success involving 60 young teens. The STEM (Science, Technology, Engineering and Mathematics) program expanded from one to



three full days with special instruction from a “rock star” team of young women from the Think Outside the Box program in El Paso. Odessa College provided learning space and the campers visited the 3-D lab to see the printer in action. They did lots of experiments and projects that were surprising and messy! The girls learned how exciting science can be. A partnership with Keep Odessa Beautiful encouraged the girls to design creative outfits from recycled items and show them off in a style show the last day! There was plenty of healthy food, dancing, yoga, and art activities provided by the Crisis Center of West Texas and Karen Hildebrand, the executive director.

There is no doubt that this inspiring and educational experience will drive some of these campers to achieve more than they dreamed possible. We hope each girl found her inner power and beauty. The Laura W. Bush Institute for Women’s Health was again honored to sponsor 20 girls for this special week.

SAN ANGELO



EAT WITH THE EXPERTS SERIES WOMEN’S NIGHT OUT – MOSAIC MADNESS

Held at Art in Uncommon Places, “Mosaic Madness” generated outstanding art pieces by 40 attendees that will be used to enhance the Red Arroyo Trail. Three doctors (neurologists and cardiologists) spoke about stress and the physiological and psychological impact that it has on the body. Whether observing or creating works of art, research shows it is an excellent method of reducing stress.

LOVING THE GAME

This lunchtime event included a play-day full of Mah-Jongg and Bridge. Featured guest speaker Patricia Sulak, M.D., discussed living well and provided lessons for those new to the games of Mah-Jongg and/or Bridge. This community give-back was an easygoing lunch offering fun, friendship and learning.



BIRDS & BEES, OH HELP ME PLEASE

Presented by Megan Michelson, director of The Birds & The Bees, discussed a contemporary approach to “the talk” with preschoolers and pre-teens. She empowered parents and gave them the confidence to engage in “the talk” with their children. Her strategies break down the big, overwhelming, outdated conversation into smaller, manageable discussions geared toward this tech-savvy generation. Everyone walked away with tools to use for when they are asked the dreaded question, “where do babies come from?”

LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH MAMMOGRAM PROGRAM

The newly established Laura W. Bush Institute for Women's Health Mammogram Program is off to a great start. The Mammogram Program is serving clients living within 10 counties of the Concho Valley and providing outreach and education as well as breast health services to those who qualify. Currently, 181 clients are enrolled and 205 services are scheduled to be provided. To date, a total of 3 breast cancers have been diagnosed through the new program.

PINK OUT THE CONCHO VALLEY

In October, more than 2,500 shirts were distributed at over 50 retailers, each with a recommended minimum \$15 donation. All proceeds go back to the institute's local mammogram program (see story above). The fundraising goal for 2018 was a net profit of \$20,000. The Bank and Trust was the T-shirt partner and for every #PinkOutTheConchoValley donation, they gave an additional \$2 to the breast cancer treatment fund.

PINK PARTY ON THE PATIO

Partnering with Twisted Root Burger Co. to promote breast cancer awareness, we raised funds for the institute's mammogram program. The fundraising goal for the evening totaled over \$10,000. Attendees took part in helping breast cancer patient, Becky Martin work to achieve a goal of being in the Guinness World Records for the most number of signatures on a bald head. Martin is undergoing chemotherapy treatment currently and reached her goal of 500 signatures. The event was recorded and sent to Guinness World Records for review.



Girls Night Out

When we started Girls Night Out (GNO) several years ago, we set out to create an annual outreach event for college-age women, focusing on wellness and safety, as well as introducing them to the school's resources such as the campus police, health center and Title IX offices. Since that time GNO has spread to universities around Texas—north to south and east to west—with each iteration becoming unique to the school and culture it fosters. Through our sponsorship of this event, we give each school the latitude to produce a program that meets the needs of their campus. Some use a professional acting troupe to offer messages of acceptance and consent and others hire a motivational speaker to deliver talks that challenge students to do their best. Whatever format is used, each event fits the community and culture of that school. A few universities have added a Guys Night Out program. What better way to protect women than to teach the men to behave! Tailoring messages for both sexes ensures that everyone is informed, equipped and prepared for a safe and successful future.



AMARILLO: GIRLS NIGHT OUT & GUYS NIGHT OUT IN CANYON

Given the success of Girls Night Out last year at West Texas A&M University in Canyon, the institute was asked to include a program for all the student Buffs this year. We invited former Super Bowl champion, Seattle Seahawk player Clint Gresham, to bring his motivational message, entitled “BECOMING | Loving the Process to Wholeness”, to the girls and guys. He spoke to each group separately on loving the process of growing up regardless of adversity, challenges or heartache. His message came

from recounting his journey through life that included a traumatic birth and losing his best friend in childhood, to experiencing the Super Bowl as a member of the Seattle Seahawks and being a father for the first time. Rather than experiencing life through outcomes or the expectations of others, Gresham encourages others to understand that life is not a destination but a journey. Whether the journey is painful or not, it is necessary. Step back. Breathe. Stay in the Moment. “We are all becoming . . . something incredible.”

The Lady Buffs were treated to a special presentation by RAD (Rape, Aggression, Defense) trainer Catie Wiedenhofer, who uses her passion for self-defense in her demonstrations to encourage young women to know their strength and recognize the personal weapons at their disposal so that no woman feels defenseless.

SAN ANGELO: GIRLS NIGHT OUT & GUYS NIGHT OUT

This year, young women and young men from Angelo State University, Howard College and Good Fellow Air Force Base were invited to attend our 8th annual event featuring internet sensation, Rick Rigsby, Ph.D., and social media relationship victim, Mackenzie Baldwin.

Rigsby, famous for a viral commencement speech about his father, spoke about making good choices, respecting yourself and setting yourself up for success. For





the young women, that means not allowing people to treat you with disrespect; for the young men, that means treating others with the respect they deserve, even if they do not demand it.

Baldwin provided a fascinating and frightening talk on social media safety and false identities. Having been seduced by a Taliban recruiter posing as an American teenager on a social media site, she lived through the nightmare of being brainwashed and almost kidnapped by the extremist group. She bravely told her story to both the girls and guys as a warning about the unseen dangers of social media. Baldwin gave everyone a lesson in protecting yourself and your personal information online and distrusting people you don't know.

CORPUS CHRISTI: ISLANDERS NIGHT OUT

Collaborating with the institute, the Texas A&M University-Corpus Christi hosted motivational speaker Justin Jones-Fosu for his presentation on "Why Matters NOW!" to a mixed group of guys and girls. As president of Justin Inspires, Jones-Fosu encouraged the crowd with his high energy and entertaining message of self-respect, encouragement and self-awareness. Hosted by National Advisory Board member Gloria Hicks, the students came away understanding they can "go high or go low" when engaging others, and that choice could determine their future.



CORPUS CHRISTI: JAVELINAS NIGHT OUT

Young women and men from Texas A&M University-Kingsville were also treated to the reflections of Jones-Fosu. His message included his philosophy that there are three types of achievers: those who do not achieve, those who do and those who exceed their own expectations. Jones-Fosu's presentation helped students define which type they are today and if that is where they intend to remain. Remembering "why" you are in college and where you hope to go from here is important to achieving your goals.

Additionally, a group of students was selected to experience "impairment goggles," that help demonstrate what being a "little inebriated" feels like when walking or driving. It was a humorous lesson that offered a valuable lesson.

DALLAS: VIOLENCE PREVENTION ASSEMBLY AT SOUTHERN METHODIST UNIVERSITY (SMU)

Continuing our annual sponsorship of the mandatory Violence Prevention Assembly at SMU, the professional touring troupe, "Speak About It", brought a discussion of tough topics like personal boundaries, consent, and bystander intervention. The frank and balanced presentation gave students the tools to build healthy relationships, look out for each other and get mutual consent while empowering them to feel free to be the person they truly are.



THE LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH IS
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WOMEN THROUGH HEALTH SYMPOSIUMS THAT ENLIGHTEN
AND INSPIRE THEM TO EXPECT NOTHING LESS THAN
PERSONALIZED MEDICINE BECAUSE HEALTH SHOULD BE
INDIVIDUALLY INSPIRED.

Laura W. Bush

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

