

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

# impact

REPORT VOL 9 | SUMMER 2021 ★

Laura W. Bush Deborah Francis  
Marjorie Jenkins Lee Ann White Janice Lee  
Lorraine Cox

HEALTH, INDIVIDUALLY INSPIRED.



# WHO WE ARE: *What we do*

## RESEARCH

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The Laura W. Bush Institute for Women's Health has devoted over \$3.25 million in resources to fund novel research unique to women's health that highlights critical issues for women and focuses on the vital differences in cause, symptoms and treatment of medical conditions related to women. This investment currently has a 4:1 return as scientists are now reaping the rewards of multi-million dollar National Institutes of Health (NIH) grants that began with Institute funded seed grants that provided "proof of concept" for future research.

## EDUCATION

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The institute produces original curriculum and medical education resources to facilitate professional education that addresses each patient's uniqueness. Considering the sex and gender of a patient as a critical variable, differences are illuminated and verifiable data is cited. The understanding is that every patient deserves personalized medicine if they are to enjoy optimal health.

Founder Dr. Marjorie Jenkins initiated this mission because "to affect change, new information must become part of the curriculum taught in our schools." The institute engages Texas Tech University Health Sciences Center (TTUHSC) faculty and some national leaders to ensure the writing, reviewing and editing of these resources are accurate and up-to-date.

[www.SexandGenderHealth.org](http://www.SexandGenderHealth.org)

By providing learning modules, videos and disease specific slide sets, sex and gender differences are being integrated into the curriculum of over 148 medical schools in 14 countries. Nurses, pharmacists, physician assistants and dentists account for over 70,000 views and 1,700 registered users.

## COMMUNITY

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Our community involvement is unique to each city. In some instances, we collaborate with other non-profit groups to co-brand an event, and other programs are produced by institute staff. We assess the needs of a city and work to provide resources that are not already in place. Regardless of the type of outreach, the goal remains to serve a broad audience, especially the underserved women in each community.

With the charge given by Mrs. Bush, the Laura W. Bush Institute for Women's Health remains dedicated to improving the lives of women throughout Texas and across the nation.

*Front cover: The beautiful tree on the cover represents the visible strength and greatness of the Laura W. Bush Institute for Women's Health, while the roots silently provide stability and growth.*

*The concept was born from the imagination of Jan Rees-Jones. Photo by Connie Tyne.*



## WITH GRATITUDE FOR

# *Mrs. Laura Bush*

Our namesake, former First Lady Laura Bush, remains a steadfast supporter of the Laura W. Bush Institute for Women's Health. Since 2008, she has traveled throughout Texas to promote gender-based research, maternal health, programs for young women and female-focused care in our state.

Mrs. Bush was thrilled to partner with Texas TTUHSC because she wanted to improve healthcare for women and girls in West Texas - where both she and President Bush grew up. She has charmed audiences from San Angelo to Corpus Christi, and from Dallas to Lubbock. We are proud that the success of the Laura W. Bush Institute for Women's Health has touched the lives of over 100,000 women, and that number continues to grow today.

Mrs. Bush has introduced the institute to some of the nation's top doctors, foundations, businesses and researchers who have made our growth possible. We would not be able to advance women's health in our state, and in our country, without her loyalty and friendship. Our gratitude is great, and we thank her from the bottom of our hearts.

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“Thanks to the terrific work of the Laura Bush Institute, women in West Texas, and around the world, will live longer, healthier lives.”

— *Mrs. Laura Bush*

THANK YOU  
TO OUR FOUNDER



## FOUNDER *Marjorie Jenkins, M.D.*

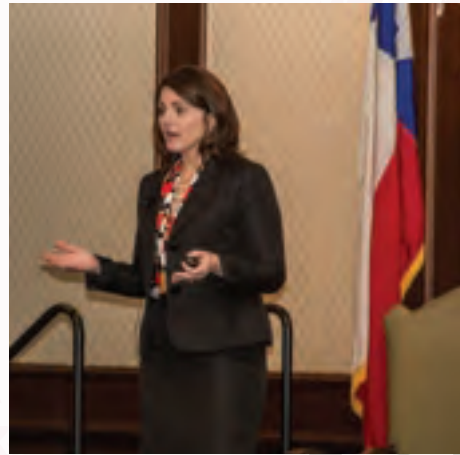
The founder and first executive director, Dr. Marjorie Jenkins is well established as the cornerstone of the Laura W. Bush Institute for Women's Health. As an internal medicine physician and director of a TTUHSC Women's Health Clinic in Amarillo, she was acutely aware that scientific research on women lagged far behind men. She demanded new data that would lead to more accurate diagnosis and treatment for women. Dr. Jenkins knew that personalized medicine requires the integration of sex and gender differences across the entire research and clinical care continuum.

In 2007, Dr. Jenkins became a pioneer in this field when she launched the Laura W. Bush Institute for Women's Health with a goal of change. By 2021, her inspiring work reaches across TTUHSC, federal agencies, academic health centers and advocacy centers. Whether directing millions of dollars for research and educational programs or chairing the first three U.S. Sex and Gender Medical Education Summits, when these issues are on the agenda, she has been not only at the table but often leads the way. Thanks to Dr. Jenkins, the institute has attained a position of leadership and respect in the field of women's health and sex and gender differences.

Dr. Jenkins has continued to guide the Institute as the Chief Scientific Officer and now as an esteemed member of the National Advisory Board and Scientific Council. Her power and passion propels us to do more, say more and be more as we advocate on behalf of women's health. We appreciate you, Marjorie!



THANK YOU  
TO OUR FOUNDER





## WITH GRATITUDE FOR

*Tedd Mitchell, M.D.*  
AND  
*Lori Rice-Spearman, Ph.D.*

**It is with great appreciation and gratitude that we highlight the recent presidents of TTUHSC who have played a critical role in the success of the Laura W. Bush Institute for Women's Health. With leadership and funding from the top, the institute has expanded and enhanced each campus across the state.**

From 2010 to 2019, Dr. Tedd Mitchell provided guidance and support along with his personal enthusiasm for President and Mrs. Bush. On the special occasions when Dr. Mitchell was called upon to interview the first lady, everyone was in for a treat. His famous "Mitchell humor" was shared by Mrs. Bush who seemed to enjoy teasing him in return. The institute experienced growth and enhanced influence under the mentorship of Dr. Mitchell.

Dr. Lori Rice-Spearman, the first woman president of TTUHSC, also has a warm regard and a firm commitment to the institute. She relates instinctively to our National Advisory Board members — some of whom have been friends for years. Women's health and sex and gender differences are of professional interest to her and she fully supports expansion of curricular integration of new science and research. With Dr. Rice-Spearman's guidance, the future of the Laura Bush Institute is bright.

## INTRODUCING THE DEPARTMENT OF EXTERNAL RELATIONS

*Ashley Hamm*  
AND  
*Cyndy Morris*




**In 2020, the Laura W. Bush Institute for Women's Health shifted on the organization chart to a position within the Department of External Relations. This move puts our institute team in direct partnership with the Institutional Advancement and the Marketing and Communications teams; a perfect fit.**

Working more closely with these creative people has taken our outreach to a new level. Our goal of increasing our Feed your Mind webinars and podcasts are enhanced by the experience of talented people within these departments.

Ashley Hamm, vice president of External Relations, leads this team of creative and committed men and women. She has supported the LWB institute behind the scenes for many years and is now in a position to take it to a higher level. Working closely with chief advancement officer Cyndy Morris, the new partnership is the next step in advancing the underwriting, growth and influence of the institute.





# PILLARS OF THE LAURA W. BUSH INSTITUTE

The four remarkable women who represent the pillars of the Laura W. Bush Institute for Women's Health reflect all the strength and beauty of Corinthian columns. **Debbie Francis, Lee Ann White, Jeanne Tower-Cox and Jan Rees-Jones are women whose leadership transformed a cause into a movement that is changing the landscape of women's health.**

Inspired by the confidence of Mrs. Laura Bush, they invested time and energy into an institute that would improve the lives of women in Texas and across the world.

From a small gathering in Amarillo to this robust institute with six regional offices, they shared the vision of Dr. Marjorie Jenkins and provided indispensable support for research and education in women's health. As board chairs, they invited leaders from each of our communities to join the National Advisory Board and share their advice and perspective.

**Thank you for building a strong institute that reflects the ideals of the founders, the passion of the board members and the transformative action required to achieve lasting change.**



## Debbie Francis

CHAIRPERSON

2008 - 2013

"Accepting a leadership role for a new institute presents a daunting task that requires a big

commitment. Knowing that First Lady Laura Bush was lending her name encouraged me to take a close look. The founding director, Dr. Marjorie Jenkins, described an urgent and compelling need for increasing research and education for women's health. I had no idea that so little existed and it was obvious how vitally important this could be for women everywhere.

The early years saw the recruitment of remarkable board members who were devoted to Mrs. Bush and brought their passion and expertise to the table. Together we created a mission statement

and by-laws that directed our five and ten year goals. We met in Amarillo, El Paso and Lubbock to become better acquainted with the people and resources available to the institute.

Gratitude and major credit goes to TTUHSC for providing a start-up grant and annual underwriting that supported staff and office space across Texas. Fundraising from the board and from our first events soon allowed early grants for Dr. Leslie Shen and Dr. Tom Hale, founder of the InfantRisk Center. There were many more to come. Our team has always embodied the "can-do" Texas spirit.

As the first chairperson for the Laura W. Bush Institute for Women's Health, I am proud of the growth that has taken place and the breadth and scope of accomplishments of the past years. It was my honor to serve and I will always treasure my association with the institute and the many friendships that continue today."



## Lee Clnn White

CHAIRPERSON

2013 - 2017

"I am filled with gratitude for my five-year tenure as chairperson of the Laura Bush Institute

for Women's Health. In this role, I learned what truly outstanding women and men serve on the National Advisory Board (NAB). It was gratifying to travel to each of our cities, experience the tremendous support for our special events, and meet many community donors and volunteers.

In 2013, we relocated our bi-annual meetings to boardrooms in Dallas near the Bush Presidential Center. This led to a closer association with Mrs. Bush who began hosting a meeting and luncheon for our board each year. Relishing the opportunity to socialize with her and with each other, deeper friendships have formed.

We organized our annual Dallas event, "Coffee and Conversation" that brought the advice of experts on sleep, women's hormones, anti-aging and many other topics. Thanks to Mayor Betsy Price, National Advisory Board member Kit Moncrief, and Plains Capital, we expanded to Fort Worth with similar topics held at elegant luncheons at River Crest Country Club. The reputation and influence of the Laura W. Bush Institute for Women's health has grown continuously and provided important health information to over a thousand women.

The mission of the the institute for Women's Health with its focus on research, education, and community outreach continues to align with our family and philanthropic interests. I remain an active member of the National Advisory Board and Alan and I continue to enthusiastically advocate and support the institute."





## Jan Rees-Jones

CO-CHAIR

2017 - 2021

"My association with the Laura Bush Institute for Women's Health has been a very eye-opening experience. In 2012, Debbie Francis invited me to join the board of an institute focusing on women's health and sex and gender differences. From my limited perspective, I did not fully understand the need for research in this area. However, a dynamic group of women was working on behalf of former first lady Laura Bush, so I decided to broaden my horizons, get out of my comfort zone and see what it was about.

At one of my first meetings, Dr. Marjorie Jenkins spoke about the major disparities in research and the resulting poor quality of medical attention women receive. All I could think was "how did I not know this?" Since that time, my knowledge and understanding of women's health issues has expanded and ultimately given me the confidence to ask questions of my personal doctor regarding my health and the effects of medication. Now I am committed to helping other women become advocates for themselves and others.

In 2017, Lee Ann White approached me about sharing the board chair role with Jeanne Cox. Looking

back, working with Jeanne has been a delightful experience that has led to a fun friendship. We have accompanied Mrs. Bush and others to events sponsored by the institute across Texas and met hundreds of engaging women. I am filled with gratitude for the pioneering women who saw a tremendous need for research in women's health when most of us saw none. How insightful of Laura Bush to be associated with this cause allowing it to garner the attention and funding needed for the great success we see today. I am thankful that so many women continue to benefit from the research and education that leads to personalized medicine for women and men. My respect and admiration goes to the scientists, educators, and national and community advisory board members who accepted the challenge and created the Laura W. Bush Institute for Women's Health. Thanks to all!"



## Jeanne Cox

CO-CHAIR

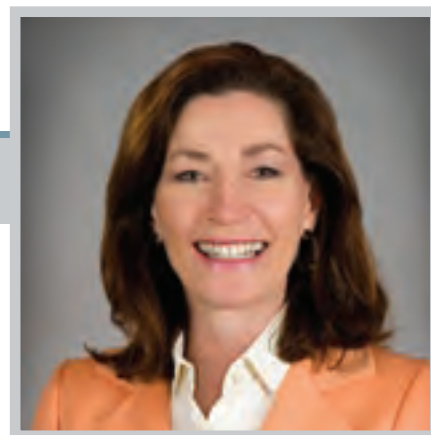
2017 - 2021

"I came to the Laura Bush Institute for Women's Health through a conversation with my friend, Debbie Francis who was Chair of the NAB at the time. I thought the research Debbie was telling me about was not only fascinating but life-changing. The early meetings always included reports from Dr. Marjorie Jenkins, the brilliant founder and Chief Science Officer of the Laura W. Bush Institute for Women's Health. Dr. Jenkins' knowledge and keen insight were changing the paradigm of standard medical thinking from a male-centric model to one of individualized medicine, and an awareness of the myriad differences in biological sex-related medicine.

Building upon Debbie's foundation, Lee Ann White took the NAB to a new level of commitment and engagement. It has been an honor and a pleasure to follow in their footsteps and co-chair the NAB these last four years with Jan Rees-Jones. Jan is kind, generous, patient and incredibly easy to work with. Our Board is comprised

of thoughtful, civic-minded individuals all of whom I am proud to call friends and colleagues. They are the best!

The contributions of Laura Bush -lending her name and validating the work of the Laura W. Bush Institute for Women's Health in her appearances, programs and interviews -has given the institute the visibility and credibility that comes with the association to someone so highly regarded and respected. She is the leader we all want to be and it's her example that makes us work harder to be the best. Thank you, Laura Bush! You are always an inspiration. My gratitude goes to all who have come before us and to all those with us now helping to move forward the crucially important research and outreach of the Laura W. Bush Institute for Women's Health. THANK YOU!"



## *Diane Scovell*

### INSTITUTE SUSTAINABILITY

When an incredibly intelligent and generous woman suggests to the National Advisory Board members how best to support the institute, everyone listens! Diane Scovell, a life-long Red Raider and alumni of Texas Tech, is committed to the sustainability of the Laura W. Bush Institute for Women's Health. She provides an example of stewardship that inspires others and always leaves them laughing. On many occasions, we have joyfully reported 100% participation. The Scovell Family Foundation underwrites the brief videos on our website, [SexandGenderHealth.org](http://SexandGenderHealth.org), that are designed for the lay audience and provide compelling sex and gender differences relevant to a variety of medical conditions and lifestyle topics. We are enormously grateful to Diane for her friendship and leadership.



## *Margaret Purvis*

### PERMIAN BASIN



Thanks to the spirit and determination of National Advisory Board member Margaret Purvis, the regional offices for Midland and Odessa are coming to fruition. We are grateful to Margaret and the Marshall Verne Ross Foundation for their support of TTUHSC and the Laura W. Bush Institute for Women's Health. The family foundation began decades ago after the premature death of Margaret's cousin by the same name. Family members have been meeting annually and providing generous grants for the benefit of health care, hospitals, and scholarships. In 2015, Margaret learned about the work of the InfantRisk Center through a presentation to the NAB by co-director, Teresa Baker, M.D. Since then, the Foundation has supported the institute with directed giving that provides vital research grants to the InfantRisk Center and benefits mothers and babies across Texas and around the world.





*Gloria Hicks*

## CORPUS CHRISTI

For the past six years, the Laura Bush Institute for Women's Health has been hosting events and providing educational programs in Corpus Christi. There are no branches of TTUHSC in the southern part of Texas but that is the home of National Advisory Board member, Gloria Hicks.

Thanks to her deep affection for the Bush family, Gloria has served on the board for many years. In 2015, she organized an unforgettable luncheon honoring Mrs. Bush that was a tremendous success. Three years later, an equally memorable event featuring Jenna Bush Hager and Barbara Pierce Bush was the talk of the town. Having raised funds in Corpus Christi it was our pleasure to return the investment with annual programs such as Day of the Woman, Girl Power, and Girls/Guys Night Out at Texas A&M University (TAMU) Corpus Christi and TAMU Kingsville.

Gloria is the consummate planner and organizer who oversees every detail to perfection. She also breaks all records for door prizes for these events! There is no doubt that the Hick's family is committed to the Corpus Christi community and we extend that good will. It has been a pleasure working with her to share the Laura Bush Institute for Women's Health in every way possible.



From top left to right- Diane Scovell, Kit Moncrief, Connie Tyne, Janet Tornelli- Mitchell, M.D., Nancy Neal, Norm Dozier, M.D., Donna Williams, Debbie Francis, Lisa Troutt, Elizabeth Webb.

From bottom left to right- Nancy Weiss, Gloria Hicks, Jan Rees-Jones, Laura Bush, Jeanne Cox, Lana Andrews, Lea Wright, Meredith Land.

Not pictured: Larry Gill, Marjorie Jenkins, M.D., Jackie Martin, Christy McClendon, Maggie Murchison, Sheryl Pfluger, Margaret Purvis, Diana Strauss, Laura Street, Lee Ann White

## *National Advisory* BOARD MEMBERS

**Mrs. Lana Andrews, Dallas**  
**Dr. Norman Dozier, Abilene**  
**Mrs. Debbie Francis, Dallas**  
**Mr. Larry Gill, Abilene**  
**Mrs. Gloria Hicks, Corpus Christi**  
**Dr. Marjorie Jenkins, Greenville,**  
**South Carolina**  
**Mrs. Meredith Land, Dallas**  
**Mrs. Jackie Martin, San Angelo**

**Mrs. Christy McClendon, Lubbock**  
**Mrs. Kit Moncrief, Fort Worth**  
**Mrs. Maggie Murchison, Dallas**  
**Mrs. Nancy Neal, Lubbock**  
**Mrs. Sheryl Pfluger, San Angelo**  
**Mrs. Margaret Purvis, Midland**  
**Mrs. Jan Rees- Jones, Dallas**  
**Mrs. Diane Scovell, Dallas**  
**Mrs. Diana Strauss, Dallas**

**Mrs. Laura Street, Amarillo**  
**Dr. Janet Tornelli- Mitchell, Lubbock**  
**Mrs. Jeanne Tower Cox, Dallas**  
**Mrs. Lisa Troutt, Dallas**  
**Mrs. Elizabeth Webb, Dallas**  
**Mrs. Nancy Weiss, Lubbock**  
**Mrs. LeeAnn White, Dallas**  
**Mrs. Donna Williams, Arlington**  
**Mrs. Lea Wright, Amarillo**

We are honored and humbled to present members of our National Advisory Board, some of whom have served for over ten years. Meeting twice each year, they advise and inspire the staff to reach farther and accomplish more. They share airplanes for our VIP travel, host events in their homes, emcee special events, and enthusiastically fund programs and research. These women and men are the foundation of the Laura Bush Institute for Women's Health and we are forever grateful for their generous and selfless contributions.





# COMMUNITY ADVISORY BOARDS

## Members

### ABILENE

"The impactful and life-changing work happening in Abilene wouldn't be possible without the support of the Abilene Community Advisory Board. Thank you, advisory board members, for so generously sharing your insight, experiences and resources. Thank you for championing our cause of women's health and heartily encouraging others to do the same. Achieving our mission is made easier thanks to your involvement and enthusiasm for the work of the Laura W. Bush Institute for Women's Health." — Elyse Lewis

MEGAN ALLRED  
ALLISON ALVAREZ  
EMERALD CASSIDY  
LISA CHAVEZ  
JULIE DENNY

JOY ELLINGER  
MARY GILL  
SUE MCWILLIAMS  
KAYE PRICE-HAWKINS

KATHERINE RINARD, M.D.  
SARA TRAMMELL, M.D.  
JACKIE ZIMMERMAN, D.O.

### AMARILLO

"The Amarillo Community Advisory Board is extraordinary in their loyalty – not only during the pandemic, but always. We are blessed to have Board members who provide monetary support, as well as incredible sweat equity for all our endeavors. Each of our CAB members contribute to our Community Connections membership and most all are sponsors for our Power of the Purse luncheon. We are fortunate to have their friendship. Special thanks to our National Advisory Board/Community Advisory Board members who have supported our luncheon since the very beginning, Laura Street and our Chair Lea Wright." — Angela Knapp Eggers

MELODY ALEXANDER  
MARY BAGWELL  
DENISE BLANCHARD  
KELLY CAVINESS  
MEAGHAN COLLIER  
CINDY CUNNINGHAM  
BETH DUKE  
ANA ESTEVEZ  
AMY HENDERSON

VALERIE KIPER  
TONI KNAPP  
DANNA KRAUSE  
MARY NELL LEMERT  
JULIE MITCHELL  
AMY-BETH MORRISON  
HELEN PIEHL  
JULIE PUCKETT  
VICKY RICHMOND

JESSICA ROPER KING  
CAROLYN SHERROD  
\*LAURA STREET  
SHAUNA THORNHILL, OD  
COURTNEY VANDERHAM  
NANCY WILLIAMS  
\*LEA WRIGHT

### LUBBOCK

"The Community Advisors in Lubbock are a dedicated and talented group of women who believe in the work of the Laura Bush Institute for Women's Health. They represent many segments of the community and ensure that each event is relevant to Lubbock women and leads to support for causes important to them. Their commitment is deeply appreciated." — Betsy Jones, Ed.D.

BETSY JONES, ED.D.  
LINDA GREENSTREET  
CLAUDIA GRIFFIN  
DONNA GRIFFIS  
HEATHER HOCKER  
PAULA KEY

LIANE LOCKE  
\*CHRISTY MCCLENDON  
\*JANET TORNELLI-MITCHELL, M.D.  
CYNDY MORRIS  
\*NANCY NEAL  
AINSLEY NELSON

CATHY PORTER  
CAROL TARBOX  
ANDREA TIREY  
\*NANCY WEISS  
LEISHA WOMBLE  
KAREN WORLEY

*\*serves on the National Advisory Board*



# COMMUNITY ADVISORY BOARDS

## Members

### SAN ANGELO

“The Laura Bush Institute for Women's Health in San Angelo is so grateful for the immense support from our community advisory board members and the Brooks, Bates and Stephens families over the years. Their donations have allowed us to assist hundreds, if not thousands, of women in the Concho Valley that we otherwise might not reach. They truly make a difference in the services we are able to provide to our community.” — Caroline Drain

SHEILA ALLEY  
LINDA THORSEN BOND, PH.D.  
MICHAEL BOOMERSHINE  
SHERIAN BRILEY  
SUSAN BROOKS  
PENNI CAMBRE, M.D.  
EDWARD CARRASCO  
ROSALINDA CARRIZALES, D.O.  
DINAH CUMMINGS, PH.D.  
CRYSTIN DARBY  
KRISTEN FINLAYSON  
RETHA FORTENBERRY

VAL FRANK  
SUZAN GARGAN  
DEBORAH HAJOVSKY, M.D.  
VIRGINIA HOWELL  
MALINDA HUFFMAN  
NANCY HUGHES  
DEANNE HUME  
SCOTT JAMESON  
KENDAL JASTROW  
CODI KINGMAN, M.D.  
FLOR MADERO, PH.D.  
\*JACKIE MARTIN

ANGIE MCCASLAND  
CAROLYN MCENRUE RIDGE  
GENEVIEVE MEJIA, M.D.  
TRISH MERTZ  
JENNIFER MOSS, M.D.  
\*SHERYL PFLUGER  
LINDA ROSS, DNP, RN  
KAM STRIBLING  
LEANA TALBOTT, PSY.D.  
LESLI UHERIK  
WILL WELCH  
MIA WEST



**We would like to  
thank our hospital  
partners for  
their continuous  
support of the  
Laura W. Bush  
Institute for  
Women's Health!  
We could not do it  
without you!**



The San Angelo Institute transitioned our Exclusive Healthcare Sponsorship from San Angelo Community Medical Center to Shannon Medical Center as of January 2021. We are grateful to have a relationship with Shannon Medical Center through both Angelo State University and the Laura W. Bush Institute for Women's Health's Mammogram Program that allows open communication and support from the health care facilities and the physicians alike.

Prior to becoming our Exclusive Healthcare Sponsor, Shannon Medical Center has been instrumental in the Mammogram Program's success and its physicians have served on both the Community Advisory Board and Medical Advisory Board since their inception. **We appreciate and have the upmost respect for all of the staff at Shannon Medical Center that are dedicated to supporting the institute and most importantly, our community here in the Concho Valley.**



The Laura Bush Institute for Women's Health is grateful for its continued partnership with Hendrick Health, exclusive health care sponsor of the Laura Bush Institute for Women's Health in Abilene.

**"The Laura W. Bush Institute for Women's Health is an example of one of many successful collaborations between Hendrick Health and TTUHSC to improve health care in Abilene,"** says Brad Holland, President and CEO of Hendrick Health. "Hendrick is committed to providing the highest quality care to the communities we serve. The Laura Bush Institute for Women's Health is committed to improving the lives of women. Together, our two organizations are poised to make a lasting impact on the health of Texas women."

This partnership is a success, thanks in part to the pursuit of a shared common goal – improving the lives and health of women and girls. Since the opening of the Abilene office in 2016, the collaborative nature of this partnership has paved the way for the expansion of new programs and services to Abilene including health education and CPRIT breast and cervical cancer screenings.



# Meet our Staff

Each of our six regional offices across West Texas is as unique as the community it serves. Our programs and outreach may differ but the commitment to meet the needs of women remain the same. **Our team members enjoy friendship, collaboration and sometimes a little competition.** With great pleasure, we highlight each member of our amazing team. Together we strive to build an institute that is true to its mission and worthy of its name.

## ABILENE



*Pearl Merritt, Ed. D.*

REGIONAL DIRECTOR | 5 YEARS

"It is so rewarding to work for the Laura Bush Institute for Women's Health and know that our Abilene Community and surrounding rural communities are benefitting from this valuable resource. To be able to provide life-saving services for women to detect cancer, mental health services, and other issues is life changing for these women and their families. We have a supportive Community Advisory Board and our partnership with Hendrick Health Care System strengthens our ability to serve more women. I am so grateful to be a part of the Laura Bush Institute for Women's Health in making a difference in the lives of many individuals."

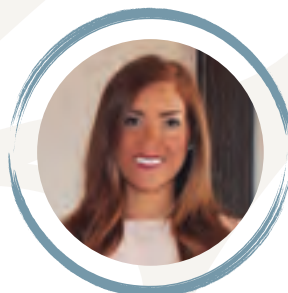


*Elyse Lewis*

OUTREACH DIRECTOR | 5 YEARS

"Community outreach is about giving back, contributing, and helping women who cannot help themselves. I am grateful for the opportunity to work for the Laura Bush Institute for Women's Health, a mission-driven organization that does these things so well. There is nothing more rewarding than witnessing the direct impact of our outreach efforts to educate and provide cancer screenings to underserved women. I go to work each day confident in the knowledge that our work is making a difference in the health outcomes of women."

## AMARILLO



*Ashley Forti*

ASSISTANT DIRECTOR | 4 MONTHS

"Working for the Laura W. Bush Institute for Women's Health is truly inspiring. Empowering women is not only the Institute's mission but also a personal one. Through education and research we have created a strong community that I am so proud to be a part of."

## AMARILLO



*Angela Knapp Eggers*

SENIOR DIRECTOR | 10 YEARS

"Working for the Laura Bush Institute for Women's Health has been the greatest privilege and one that allows me to enjoy every day's challenges and rewards. Making a difference in the lives of women for themselves and their families is tangible – we can actually see and appreciate the impact of our efforts with each event, every research outcome and learning tool. Working with the TTUHSC leadership, our team members, volunteers and donors along the journey has been one of the most fulfilling of my career. We are fortunate in the Amarillo area to have such incredible support from those who believe in our mission. To each of you, we sincerely thank you!"

REGIONAL  
TEAM MEMBERS

CORPUS CHRISTI



*Kimberly DeVisser*

ADMINISTRATOR | 6 YEARS

"The mission of the Laura W. Bush Institute for Women's Health is extraordinary and has had such a profoundly positive impact on our Corpus Christi community. It is inspiring to see the work of the researchers, the dedication of the donors, board members, volunteers and educators.

I am humbled to be a part of the experience and grateful to all of those who make the institute possible!"

LUBBOCK



*Betsy Goebell Jones  
Ed.D.*

REGIONAL DIRECTOR | 11 YEARS

"I am so grateful that our TTUHSC colleagues stepped up from the earliest days to apply creativity and innovation to their teaching, their scholarship, and their outreach to our community. Examples include a rapid shift to remote teaching, our ongoing series of institute webinars and research symposia, and our efforts to thread diversity, inclusion, and racial justice into all of our work, including women's health and sex- and gender-differences."

DALLAS

EXECUTIVE OFFICE



*Connie Tyne*

EXECUTIVE DIRECTOR | 6 YEARS

"It is a joy and an honor to share each day with the Laura Bush Institute for Women's Health board members and teammates. We may be spread across Texas but we could not be closer in our commitment to research, education, and women's health. I am very grateful for all I have learned and for the many new friends who enrich my life. Thanks especially to Mrs. Laura Bush for sharing her name, her time, and her support to this institute that proudly bears her name."



*Ashlee Martinez*

ASSISTANT DIRECTOR | 2.5 YEARS

"Having the opportunity to work in this position has been nothing short of incredible. Helping women across Texas, inspiring young girls and bringing awareness of the sex and gender differences in medicine and research has truly become a passion of mine. I'm so blessed to be able to work with such a wonderful group of women who are as passionate about women's health as I am! They bring something unique to each of our cities and the institute would not be able to thrive without them."



*Maggie Ryan*

ADMINISTRATOR | 8 YEARS

Every day, I am energized to contribute to the mission of the institute. I feel fortunate to have a front row seat to the research and education that changes lives – from awarding a grant to a junior faculty member to sponsoring events for undergraduate and graduate students. I am grateful to assist in making a difference!



## REGIONAL TEAM MEMBERS

### LUBBOCK

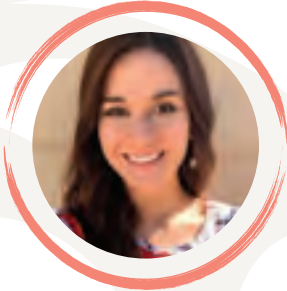


*Linda Gilmore*

**PROGRAM MANAGER -  
SEX AND GENDER SPECIFIC  
HEALTH PROGRAM | 8 YEARS**

I am grateful for the opportunity to be a part of the Laura W. Bush Institute for Women's Health efforts in creating sex and gender difference education products for health care students and contributing to the increasing global awareness of the importance of sex and gender considerations in all aspects of medical research and health care.

### SAN ANGELO



*Caroline Drain*

**COMMUNITY EVENT COORDINATOR  
2 YEARS**

The Laura W. Bush Institute for Women's Health has allowed me the opportunity to help shape the lives of both grade school and college age women, while also lending a hand to the hundreds of women in our community who are involved in our Mammogram Program each year. It is such a rewarding experience to know that every day when you come to work, you are making a positive difference.

### PERMIAN BASIN

The Laura W. Bush Institute for Women's Health at Texas Tech Health Sciences Center was born out of a vision of excellence in healthcare for women. The idea was conceived in 2007 by Dr. John Jennings, then dean of TTUHSC Permian Basin Campus and former President of the American College of Obstetricians and Gynecologists. Dr. Jennings envisioned a center for cutting edge research giving women access to evidence-based, life-enhancing care dedicated to their gender-specific needs. The Laura W. Bush Institute for Women's Health has grown to be a force for research, education, and outreach in the field of health care across the state of Texas.



*Elisa Brown-Pruett, M.D.*

**REGIONAL DIRECTOR | 2.5 YEARS**

I have been working with The Laura W. Bush Institute for Women's Health for a relatively short time, but I have had the privilege to be a part of the stellar contribution the Institute has made to West Texas and to the entire state. The sex and gender-based research, the outreach programs for women and girls of all ages and, the education provided to health care learners and the community are invaluable. I am proud to serve along with our leadership, our members and staff. And a special thank you to our operations director, Dr. Lisa Platner for keeping our fires burning here in the Permian Basin.



*Lisa Platner, Ph.D.*

**OPERATIONS DIRECTOR | 2 YEARS**

I have been with the Laura Bush Institute for Women's Health for two years. People keep asking me what I want to be when I grow up. After nearly 40 years taking care of and educating mothers and babies, I think I've found my niche'. I'm having so much fun in this position I keep pinching myself to make sure it's not a dream!

### SAN ANGELO



*Susan Wilkinson Ph.D.*

**REGIONAL DIRECTOR | 2 YEARS**

It has been a privilege to impact lives with the Laura W. Bush Institute for Women's Health at Angelo State University serving on the Advisory and Medical Advisory Boards, with the Breast Cancer Screening project and lastly, assuming the Regional Director role in 2019. We are forever thankful for the acceptance and support in our San Angelo community be it through participation, voluntary hours or donations.

# Feed your mind

## WEBINAR SERIES

The challenges of 2020-2021 inspired The Laura W. Bush Institute for Women's Health team to share important information through webinars. This format allowed us to interact with people in each of our cities and throughout Texas. By storing each episode on our YouTube channel, the interviews and programs remain available for review and to share with others.



### FEED YOUR MIND, NOURISH YOUR SKIN

HOLLY ROWE, ESPN REPORTER AND MICHELLE TARBOX, M.D.  
DERMATOLOGIST

Holly Rowe, a 20 year veteran reporter for ESPN, has covered almost every sports personality you know. She never expected to be speaking about herself but in 2015 she was diagnosed with Desmoplastic melanoma, a rare form of skin cancer. The treatments were harsh and she struggled through a reoccurrence and additional chemotherapy. While she did not blame herself, looking back she could see missed opportunities for prevention in her own life. Rowe encouraged everyone to use sunscreen, avoid tanning beds, and have a physician inspect you “front and back” every year.

Dr. Michelle Tarbox is a distinguished dermatologist associated with UMC in Lubbock and Assistant Professor at TTUHSC School of Medicine. Following Holly, Dr. Tarbox provided graphics and information about assessing our skin discolorations and recommending when to see a physician. She answered questions from viewers and many people made appointments for a full body skin check-up right away!





## FEED YOUR MIND, NOURISH YOUR INNER SELF

STEPHANIE MOSES, PH.D., AND SARAH WAKEFIELD, M.D.

In November, with many months of quarantine behind us, we turned our focus to mental health. Dr. Stephanie Moses is Associate Professor, Department of Family & Community Medicine and Assistant Dean for Graduate Medical Education at TTUHSC School of Medicine in the Permian Basin. Her counseling work within the women's clinic makes her the doctor women are turning to each day! Dr. Moses discussed stress, depression, anxiety and anger. She encouraged us to create a schedule, set healthy boundaries, maintain social contacts in creative ways, and limit negative input from news and social media.

Dr. Sarah Wakefield is board certified in General Psychiatry, Child and Adolescent Psychiatry and Forensic Psychiatry. Her work with children, adolescents, and college students helped us better understand the frustration, stress and fear our children may be experiencing. We received helpful tips for stabilizing emotions through exercise, sleep, improving personal relationships and experiencing gratitude.



## FEED YOUR MIND, NOURISH YOUR BODY

JENNIFER PHY, D.O., AND CHRISTINE GARNER, PH.D. R.D.

Our December program helped us understand how the foods we eat can prevent or treat medical conditions or even cause harm. Dr. Jennifer Phy is an associate professor of Obstetrics and Gynecology at TTUHSC. She is board certified in OB/GYN and in Reproductive Endocrinology and Infertility. Dr. Phy discussed the remarkable success her infertility team had using a specialized eating plan to assist over one thousand women in conceiving healthy babies. The PCOS diet can also help to create metabolic stability and lead to better health for people with diabetes and other endocrine disorders.

Dr. Christine Garner is an Assistant Professor of Pediatrics at TTUHSC who is conducting research with the InfantRisk Center in Amarillo. Dr. Garner works with children in the department of pediatrics and shared helpful advice for encouraging better eating habits for our kids. She discussed taking responsibility for teaching good habits and limiting sweet treats. Dr. Garner provided handouts with fun healthy snack ideas.



## **FEED YOUR MIND, FROM COPING TO THRIVING**

**KITTY HARRIS, PH.D.**

Quarantine and winter weather has led to too much of everything: binging on food, alcohol, screen time, social media, and more. We turned to an expert in addictive behaviors and recovery to share how to assess our habits and what to do next.

Dr. Kitty Harris is Emeritus Professor at Texas Tech University where she served for twelve years as the Director of the Center for the Study of Addiction and Recovery. Dr. Harris wrote and produced a program, RecoverOnline.org that represents the future of addiction treatment. By using the latest technology, it provides a cost-effective substance disorder program for people across the United States and removes barriers to treatment.

Dr. Harris first encouraged us to look at ourselves and ask if there is any personal behavior we are hiding or minimizing. If so, we should ask what it is we fear or hope to avoid. When we have concerns for others, it is important to approach with love and concern, not criticism. In either case, all behaviors have consequences, some good and some bad. Recovery is a process that requires on-going structure and social support and can lead to a fulfilling life of gratitude.



## **FEED YOUR MIND, MIND YOUR HORMONES: WOMEN'S BODIES 20 TO 90: EXPERT ADVICE TO IMPROVE YOUR LIFE**

**TERESA BAKER, M.D.**

Teresa Baker, M.D., is co-director of the InfantRisk Center and professor and regional chairman of Obstetrics and Gynecology at Texas Tech University Health Sciences Center. In her interview with Connie Tyne, she described the ten most common questions she is asked by patients. Dr. Baker began with topics such as contraception, staying healthy during pregnancy, and the reasons to consider breastfeeding. She also described risk factors for postpartum depression such as fatigue, pain, isolation and social media – comparing oneself to the “perfect family.” Dr. Baker continued into a discussion of menopause, hormone replacement and aging well. Medicine has changed a lot in the past generation and this update was very helpful for many women. Dr. Baker answered several interesting questions from the audience with her usual warmth and humor.



# ABILENE

## VIRTUAL TEA PARTY: SPILLING THE TEA ON BREAST CANCER

“Routine screenings find cancer early. It’s extremely important to make and keep cancer screening appointments - even during a pandemic,” said Dr. April Enard. These comments were a recurring sentiment for Virtual Tea Party attendees.

This interactive event included topics like Spilling the Tea: what your doctor really wants you to know about breast cancer; how genetic testing helps to prevent cancer; and moving through cancer with exercise and nutrition. Virtual attendees participated from home asking questions and receiving answers in real time from a team of experts. Guest panelists included oncologist Dr. Mustapha Khalife, family medicine physician, and Dr. April Enard and Melissa Boyd of Hendrick Health. Abilene cancer survivors Deydra Williams and Stephanie Phelps, the founder of Strength for Life, joined them. The nonprofit organization provides free exercise opportunities for cancer patients.

## ABILENE RESEARCH SYMPOSIUM

Due to COVID-19, the 2020 symposium was conducted virtually. Anna Krichevsky, Ph.D., an associate professor of neurology at Harvard Medical School, was the symposium’s keynote speaker. She presented, “Expanding the Repertoire of Therapeutic Targets for Brain Tumors: The Focus on Non-coding RNA.”

Symposium speakers and presenters included faculty and student scientists from TTUHSC, Abilene Christian University (ACU), Hardin-Simmons University (HSU), McMurry University (MU), Cisco College (CC) and Hendrick Health System. The half-day event attracted 174 people for the symposium and 24 scientific abstracts.

“This is a great way for us to share our expertise and resources with other local universities,” said symposium organizer Dr. Pearl Merritt. “Ultimately, it’s the students who benefit.”



## AMARILLO

### GOVERNOR'S COMMISSION FOR WOMEN

The institute collaborated with the Governor's Commission for Women in a webinar titled *Addressing Emotional Well-being During COVID-19*. This outstanding event featured Tim Bowles of the Ocean's Behavioral Hospital in Amarillo, Dr. Amanda Mathias of the Meadows Mental Health Policy Institute of Fort Worth and Dr. Amy Stark of the TTUHSC Department of Psychiatry in Amarillo. The panel experts were extremely helpful and nearly 200 guests participated.

### GIRLS NIGHT IN

The pandemic provided the opportunity to create a free virtual event for West Texas A&M University (WTAMU) called Girls Night In. This annual event featured keynote speaker Jody Holland, many door prizes and a grand prize of a Nintendo Switch. WTAMU provided branded cups for each attendee after the event when they came by the Student Leadership Offices. The Chat feature for this webinar was on fire! The participation for this networking event, even though it was virtual, created a new vehicle for the students to get to know each other.

## CORPUS CHRISTI

### VIRTUAL NIGHT OUT

Texas A&M University in Corpus Christi and Kingsville came together in September of 2020 to collaborate on their annual Girls Night Out which they titled Virtual Night Out. The event offered webinar presentations for approximately 1,000 incoming

freshmen. Keynote speaker Justin Jones-Fosu presented *Living to a Different Beat*, which provided helpful tips on adapting to pandemic dynamics, while adjusting to the ebbs and flows of college life.

## LUBBOCK

### WOMEN'S NIGHT AT THE REC

We are proud to continue our co-sponsorship of the annual event for the women of the Texas Tech University community! The theme this year was, "Still Connected; Always Strong" to reflect the new normal in the pandemic area. Masks were required and social distance was encouraged. Even so, students, faculty and staff enjoyed an evening of fitness classes, weight lifting, pickle ball, wall climbing, stand-up paddle boarding, educational classes and so much more. The event provided a fun and safe atmosphere to learn about physical health, nutrition and mental well-being. Attendees were also introduced to an array of resources available at the Rec Center and the TTU campus.





## LUBBOCK



Lead by Department of Medical Education Professor and Lubbock regional director, Betsy Jones, Ed.D., medical students were on hand to conduct surveys on health literacy, vaping, access to mental health resources and the impact of COVID shutdown. This data will be used to meet the needs of students and to advance research projects. Free gifts, goodie bags and door prizes completed this exciting evening. In fairness to males, other sponsors host a Guys Night at the Rec event the following week.

## SAN ANGELO

### PINK OUT: OCTOBER – SAN ANGELO



COVID- 19 can't stop the Laura W. Bush Institute for Women's Health in San Angelo. We raised \$2,800 through t-shirt sales and donations in October. All proceeds of Pink Out the Concho Valley goes to the Breast Cancer treatment fund that benefits the women in San Angelo and the surrounding areas. Our goal next year

is to increase sales through online promotion and more flexible shipping that is easy and convenient.

### WEST TEXAS HUNGER SUMMIT WITH TEXAS HUNGER COALITION AT BAYLOR UNIVERSITY

The institute was excited to co-host the 8th Annual West Texas Hunger Summit. The “Collaborations to Address Hunger” included topics of food insecurity before, during and after the COVID19 pandemic, poverty informed practices, and the importance of health and hunger. The Zoom summit included speakers from Minnesota State College Southeast, University of Illinois, The University of Texas at Austin and Dell Medical School, Baylor University, and the National Foundation to End Senior Hunger.

### MAMMOGRAM PROGRAM FOR WEST TEXAS

In the 2020-2021 program year, our Mammogram Program in San Angelo, funded by the San Angelo Health Foundation and Shannon Medical Center, assisted over 367 women in the Concho Valley. Over 492 diagnostic services led to the detection of 14 breast cancers.

Over the last 9 years, we have provided over 3,700 screenings that detected 88 breast cancers.



## Jennifer Ashton, M.D.

**Jennifer Ashton, M.D., OB/GYN** is a physician, author, mother and friend. As the chief medical correspondent for *ABC News* and *Good Morning America*, she is on the front line of every health crisis and medical breakthrough. In 2021, Dr. Jen joined the team on *GMA3: What You Need to Know*, a news, health and lifestyle program. Her latest book is titled *The New Normal: A Roadmap to Resilience in the Pandemic Era*. Having survived a personal family tragedy, she brings sound advice, hope and healing to others.

Dr. Ashton has a girlfriend's approachable demeanor and Ivy League credentials that combine to make her the definitive voice for women's health in the modern age.



A M A R I L L O

*power*  
of the **PURSE**  
LUNCHEON

*honoring the*

*Laura W. Bush*

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



*featuring*

**DR. JENNIFER ASHTON**

*Chief medical correspondent for ABC News  
and Good Morning America*

— W E D N E S D A Y —

**SEPTEMBER 29, 2021**

PURSE AUCTION 10:30 A.M.  
LUNCHEON 11:30 A.M. - 1:00 P.M.

**AMARILLO CIVIC CENTER**

*Heritage Ballroom*

L U B B O C K

*Laura W. Bush*

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

*Please join us for a luncheon with*

**DR. JENNIFER ASHTON**

*Chief medical correspondent for ABC News and Good Morning America*

**Finding Health, Healing & Happiness in the New Normal**

**SEPTEMBER 30, 2021**

**11:30 A.M. - 1:00 P.M.**

**Overton Hotel & Conference Center, Lubbock, Texas**

[www.laurabushinstitute.org](http://www.laurabushinstitute.org)

# GENDER-SPECIFIC MEDICINE & *Women's Health Symposium*

## SEX AND GENDER EDUCATION SUMMIT

The institute's ninth annual event combined virtually with the Center of Excellence for Integrative Health's Symposium. Featured speakers included Dr. Victor Sierpina of the University of Texas' medical branch who presented "A Mindful Life: Methods and Manifestation." Dr. Elisa Brown of TTUHSC and the Permian Basin Regional director for the institute discussed racial justice issues in women's health. The keynote speaker, Dr. Sabra Klein of Johns Hopkins University gave a fascinating presentation on the sex and gender differences in the pathogenesis of respiratory viruses – aptly timed for the pandemic. Thirty-one virtual posters were presented online and meritorious acknowledgements were awarded in five categories related to Women's Health & Differences in Health/Gender research.

The Laura W. Bush Institute for Women's Health was a Platinum sponsor of the 2020 Sex and Gender Health Education Summit held virtually in Philadelphia. At this biennial summit, representatives from medical schools nationwide gathered to discuss strategies for furthering the integration of sex and gender difference awareness into all areas of health care education and practice. The Laura W. Bush Institute for Women's Health Executive Director Connie Tyne provided an overview of the progress made since the first Summit held at the Mayo Clinic in 2016. Dr. Simon Williams, a TTUHSC Assistant Professor in the Department of Cell Biology & Biochemistry and the Associate Dean for Academic Affairs, gave a presentation outlining assets available at the Laura W. Bush Institute for Women's Health website [www.SexandGenderHealth.org](http://www.SexandGenderHealth.org). These include convenient slide sets related to many medical conditions that highlight biological differences in disease.

The goal is to make it simple for professors to include the new information in their lectures to students. Anthony Betteridge, founder of VxMED, provided an introduction and demonstration of the new tutorial created by his company. It was received with interest and enthusiasm.



## DR. BERGESON AWARDED

### MULTI-MILLION DOLLAR NIH GRANT

A new treatment for alcohol use disorder designed by the TTUHSC research team led by Susan Bergeson, Ph.D., was awarded a \$7.25 million grant from the NIH. Dr. Bergeson and Ted Reid, Ph.D., professor of

ophthalmology and visual sciences, designed a new medication that puts them on the pathway for investigational approval by the FDA for “Medication Development for the Treatment of Alcohol Use Disorder.”

The first step will be for Dr. Bergeson and Dr. Reid to oversee the manufacture of the Minocycline-based drug and ensure its safety. The next step brings in Dr. Leslie Shen who will assist in the presentation of preclinical animal studies to the FDA for approval prior to carrying out the Phase I clinical trial on human subjects.

The Laura W. Bush Institute for Women’s Health is proud to have awarded Dr. Bergeson several grants in the early stages of her research to establish the proof of concept required. She has always separated male and female data to identity biological sex differences in alcohol use disorder.

Bergeson said this NIH grant is a good example of the university investing in its researchers and having something valuable to show for it. “I’ve been working since I was an undergraduate student on alcohol use disorder problems,” Bergeson added. “I just feel blessed to have gotten to a point where we actually were able to target a pathway that allows us to diminish drinking.” This work could potentially be a benefit to millions of people.

## VXMED



We are excited to include VxMED among the educational tutorials offered via SexandGenderHealth.com

Using the latest virtual reality technology, VxMED creates interactive clinical patient encounters, each featuring a unique 3D patient exhibiting the life-like symptoms of important diseases. Students identify symptoms, order tests, and make a diagnosis while receiving real-time feedback.

Developed by medical students at TTUHSC, and with support from the Laura W. Bush Institute for Women's Health's Sex and Gender Specific Health Initiative and the Texas Tech University Innovation Hub, VxMED offers the Sex and Gender Specific Health Cardiovascular Module free of charge to all users. A grant from the U. S. Air Force Small Business Technology Transfer (STTR) program will help fund future modules on other diseases.



# INVESTIGATING SEX DIFFERENCES IN COVID-19

*to develop more effective treatment and vaccination strategies*

Since the emergence of COVID-19, researchers have observed sex differences.

**Despite experiencing similar rates of infection, males are three times more likely to experience severe or fatal cases of the disease.** The reasons for this gender disparity have been attributed to many different factors including higher rates in men of cardiovascular disease, smoking, and hypertension, which are known risk factors for COVID-19 mortality. However, even after correcting for these factors, men remain at higher risk for COVID-19 complications.

In contrast, social isolation and economic closures related to pandemic conditions tell a different story. Since February 2020, 83% of working women reported increased levels of depression compared to 36% of working men. Similarly, 52% of women reported increased anxiety compared to 29% in men.

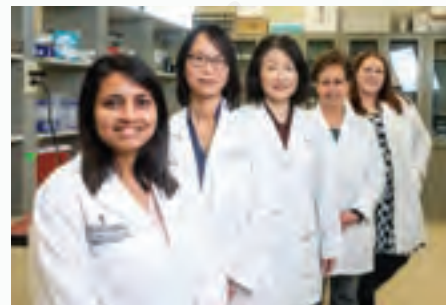
The Laura W. Bush Institute for Women's Health recently awarded a \$25,000 seed grant to Irene La-Beck, Pharm.D. to identify immunological and genetic factors that contribute to sex differences in COVID-19 and explain differences in disease severity and clinical outcomes between male and female patients.

La-Beck is a pharmacist and Associated Professor in the Department of Immunotherapeutics and Biotechnology at the TTUHSC Jerry H. Hodge School of Pharmacy.

La-Beck believes that one possible explanation for COVID-19 sex differences is biological, as some of the immune system genes are on the X-chromosome. Since men have one X chromosome and women have two, women may have more ability to fight COVID-19 infections.

Additionally, the coronavirus responsible for COVID-19 uses the ACE2 as a receptor to enter cells, and the ACE2 gene is on the X chromosome. Thus, genetic mutations, X-linked inheritance of ACE2, and immune system genes could explain differences in COVID-19 disease severity between males and females.

La-Beck and her team are excited by the implications of their research and anticipate that by understanding biological differences in COVID-19 disease severity, scientists and clinicians will be able to develop more effective treatment and vaccination strategies.



“  
By improving  
COVID-19  
treatment and  
prevention, we aim  
to improve health-  
related quality of  
life for both males  
and females.  
—Irene La-Beck, PharmD

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

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