

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

impact

REPORT VOL. 7 | SUMMER 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.

DEAR FRIEND,



This year, the Laura W. Bush Institute for Women's Health celebrates its 10th anniversary. The years have flown by, and I am proud of the progress the institute has made to improve the lives of women and children in Texas. To-date the institute has:

- Provided over \$2.5 million in grants for women's health and sex and gender research
- Developed a website, SexAndGenderHealth.org, that contains learning modules, a slide library, a video library, and robust resources for medical professionals
- Educated more than 25,000 women and girls about issues unique to women's health and safety
- Been awarded \$7.5 million through Cancer Prevention Institute of Texas (CPRIT) grants that have screened more than 8,000 women, detected 132 breast cancers, and supplied 6,500 HPV vaccines to young people

The institute depends on the passion and commitment of a dedicated group of board members, donors, staff, and volunteers. You will read about some of these special people in this issue of IMPACT.

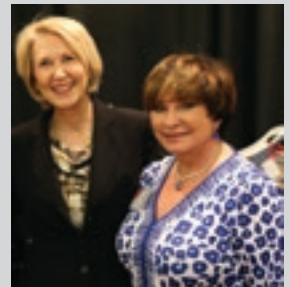
Thank you for your support for and interest in the Laura W. Bush Institute for Women's Health.

WARMLY,

Laura Bush

NATIONAL ADVISORY BOARD

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COMMUNITY

ADVISORY BOARD

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SEX & GENDER

SPECIFIC *Health*

All health professionals, doctors, nurses and pharmacists strive to provide the best possible care for their patients. In order to achieve this, the Laura W. Bush Institute for Women's Health is working to educate current and future health providers to consider each patient's uniqueness. First, that means taking into consideration how their sex and gender impacts their medical needs.

Through interactive online modules, students and clinicians are able to review the latest research on sex and gender differences, update their skill sets and go in-depth with subjects such as cardiovascular disease, diabetes, osteoporosis, infectious disease and alcohol use disorder.

These modules are now part of the required curriculum for some of our Texas Tech University Health Sciences Center (TTUHSC) students. When all five subjects are completed, the student receives a Sex and Gender Health Certificate. The

certificate is equivalent to ten hours of continuing education and qualifies the holder to join the Sex and Gender Health Collaborative Practitioner Register found on the American Medical Women's Association website.

"Sex and Gender in Acute Care Medicine" is an important new textbook by Alyson McGregor, M.D., director of the Division of Sex and Gender in Emergency Medicine at Alpert School of Medicine at Brown University. This resource is posted under the Slide Library tab at www.sexandgenderhealth.org. The book is written for emergency medical professionals and each chapter covers a specific problem they encounter. McGregor provides a pre-test and post-test with each chapter and highlights the sex and gender differences that could be overlooked by emergency personnel. Medical professionals consider this critical information in the pursuit of personalized medicine.



CPRIT *Update*

MAMMOGRAM PROGRAM FOR WEST TEXAS

In 2018, we were pleased to announce a new program funded by the San Angelo Health Foundation that provides free breast cancer screenings to women who do not have insurance or are underinsured due to high deductibles. The services are provided at no cost thanks to a collaborative partnership between San Angelo Community Medical Center and Shannon Hospital. The Mammogram Program covers women in 10 counties in the Concho Valley.

Within the past few months, 119 women have been scheduled for mammography services. Already, 432 diagnostic breast services have identified 12 women with breast cancer. The Laura W. Bush Institute for Women's Health is committed to supporting the women in West Texas.

HIGH PLAINS

The institute continued to partner with the TTUHSC Breast Center of Excellence, sponsoring their 2018 Pap Days. At these events and through a grant from the Cancer Prevention and Research Institute of Texas (CPRIT), women receive free cervical cancer screenings, Pap smears and HPV vaccines. Using the *SiMCentral* mobile unit, the Third Annual Hereford Pap Day at Hereford Regional Medical Center provided 18 women with cervical cancer screenings resulting in four needing additional diagnostic services. One screening led to a mild dysplasia diagnosis. Additionally, for the Fourth Annual Amarillo Pap Day at the Heal the City Free Clinic, 19 women received cervical cancer screenings, resulting in two needing additional diagnostic services and two diagnoses of mild dysplasia. **Under the direction of Rakhshanda Rahman, M.D., executive director of the Breast Center of Excellence, these events are provided for both uninsured and underinsured women of the Texas Panhandle.** The effort is saving lives and making a difference throughout the year with the CPRIT-funded grant program.

WEST CENTRAL TEXAS

The institute is pleased to announce an expansion of the CPRIT grant for West Texas. With Rahman as the primary investigator, the grant will additionally provide no-cost mammograms, cervical cancer screenings, HPV vaccinations and Pap tests to women living in 60 counties throughout the Texas Panhandle, South Plains and West Central Texas regions. Through screening and outreach programs like this one, the Laura W. Bush Institute for Women's Health is changing the lives of women who do not have the means to seek medical attention but truly need it.

"We are thrilled with this CPRIT grant expansion to the Abilene area," said Pearl Merritt, Ed.D., regional director for the Laura W. Bush Institute for Women's Health in Abilene and co-primary investigator on the grant. "Abilene is located in a part of West Texas with a significantly higher rate of breast and cervical cancer morbidity compared to the rest of the state. This grant will help us overcome these health disparities."

"The need within this population is great because about 47 percent do not have health insurance," Rahman said. "Ethnic minorities that make up a large proportion in this region have access issues that will be overcome by this grant."

SIGNATURE EVENTS



FORMER FIRST LADY MRS. LAURA BUSH PRESENTS LUNCHEON

encouraging women to take action

The Laura W. Bush Institute for Women's Health in San Angelo welcomed back our namesake, Mrs. Laura Bush. The annual Presents Luncheon was a sold out success. Mrs. Bush grew up in Midland with plenty of "West Texas Hospitality." **She told the guests it was great to be back in San Angelo, "where this community has always been so welcoming of me."**

The institute's founder and chief scientific officer, Majorie Jenkins, M.D., interviewed Mrs. Bush in a casual fireside chat setting. Mrs. Bush was happy to begin with a family update including her daughter Barbara's surprise wedding in October. "We wanted her grandfather, George, to be in attendance when she got married," she said about the beautiful and intimate wedding in Maine. Grandmother Barbara had passed away a few months earlier and former President George H.W. Bush was in failing health.

Mrs. Bush said her in-laws were both warm, engaging people with a fierce loyalty to their large family. Jenkins asked if her mother-in-law, Barbara, had ever given any advice and Mrs. Bush shared a true story. "She gave me one very important piece of advice. She told me to never criticize my husband's speeches because 'they don't know how to handle that.' One evening, my husband George asked for my honest opinion on a speech he had just given. After I answered truthfully that it wasn't that good, he ran into the back of the garage!" The former First Lady went on to talk about her love of libraries and books, her love of nature and national parks and her interest in women's health.



The Laura W. Bush Institute for Women's Health has developed a website for educating both current and future healthcare practitioners about the role of sex and gender differences in medicine. When asked why it was important for women to be aware of these differences and advocate for more personalized healthcare, Mrs. Bush was happy to respond. "I am so grateful that the institute is actively pursuing research in the field of sex and gender differences. We all believe that in most cases men and women should be treated equally.

However, when it comes to medicine, they should not. Women have different bodies, thinner veins and smaller frames. Symptoms of diseases in men can present differently in women. It is so important for women to ask their doctors questions about the right dosage for medicines and the treatment plan that has proven most helpful for women." **She also encouraged women to take action when they think something is wrong, to get checked, and to be persistent until they get answers. After all, you know your body the best.**

It was a bittersweet moment when Linda Ross, DNP, R.N., regional director of the Laura W. Bush Institute for Women's Health, announced her retirement after seven years. Mrs. Bush took a moment to express her gratitude to Ross and thank her for her outstanding leadership in San Angelo.

In closing, Mrs. Bush addressed the crowd. **"I would like to extend my thanks to San Angelo which provided an example and a road map for other communities to follow. The continuous support of West Texans through your time and resources has been and will continue to be vital to the success of the institute."**

SPECIAL THANKS TO OUR \$25,000 SPONSORS

LIZ AND DEVIN BATES • SUSAN AND RANDY BROOKS
CALTECH • SAN ANGELO COMMUNITY MEDICAL CENTER • POLLYANNA AND STEVE STEPHENS

SIGNATURE EVENTS



SPECIAL THANKS TO OUR \$10,000 SPONSORS

AMARILLO NATIONAL BANK • AT&T • DR. KENT ROBERTS AND ILENE ROBERTS BALLIETT FOUNDATION
HIGH PLAINS CHRISTIAN MINISTRIES FOUNDATION • THE HILLCREST FOUNDATION • JOSEPHINE ANDERSON CHARITABLE TRUST
KAMR LOCAL 4 NEWS & KCIT • TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

MARLEE MATLIN

POWER OF THE PURSE

courage + dreams = success

Moving. Beautiful. Poignant. These are just some of the words the 800 guests used to describe the annual Power of the Purse keynote speaker, Marlee Matlin. Celebrating the tenth anniversary of this popular luncheon and designer purse auction, we were proud to bring Matlin and longtime interpreter, Jack Jason, to share stories from her childhood, acting career and life as a deaf activist.

As an 18-month-old baby, Matlin spontaneously lost her hearing and no cause was ever identified. Growing up as the only deaf person in her family, she faced her difficulties with the support of her parents and especially her two older brothers. Sharing funny childhood stories, Matlin illustrated her parents' attempts to raise her as a "normal" child. When asked why they had to have a "Caution: Deaf Child Crossing" sign in their yard, Matlin's mother said she was just lucky! As she grew older, her parents gave her the courage to overcome challenges and pursue her dreams. Adding a personal reflection on past problems, Matlin explained her advocacy for children and those struggling against domestic abuse and addiction – both battles she knows from her own experience. Sober for 32 years, Matlin is supportive of others. **She sees herself as a voice for those without a voice and crusades to raise awareness for better hearing health for millions of deaf and hearing-impaired children and adults everywhere.**

Making her stage debut at age 7, Matlin is one of the hardest working women in Hollywood. She has extensive experience in theatre and film, enjoyed recurring roles in multiple television series, made-for-TV movies and cinema. Many remembered her important roles in "West Wing" and "Desperate Housewives."

Matlin has been recognized with many awards and nominations. **Her film debut in Paramount Pictures**

"Children of a Lesser God," won her an Academy Award for Best Actress. At just 21, she became the youngest recipient of the Best Actress Oscar and the only deaf performer ever to win one. Over the years, Matlin has been nominated for four Emmy awards, two Golden Globe awards and has a star on the Hollywood Walk of Fame.

In 2008, Marlee had a fabulous time twirling her way around the dance floor on ABC's "Dancing with the Stars." In addition to her acting and dancing, Matlin is a published author four-times over including her autobiography "I'll Scream Later."



Sharing her formula for success, Matlin encouraged the audience to be brave and find their own voice. She had everyone join the deaf community by learning the hand signs for "Courage," "Dreams" and "Success." **She explained that when courage is added to dreams, success is the outcome.** In closing, Matlin encouraged everyone to keep dreaming and never let others determine your future. After these moving words, she received a standing ovation.

Over the last ten years, the funds raised through Power of the Purse have helped many areas of the community. The institute helped launch the InfantRisk Center at TTUHSC founded by Tom Hale, Ph.D. Today, the InfantRisk Center and the MommyMeds app have become valuable world-class resources for pregnant/breast-feeding mothers and their physicians in Texas and around the world. Additionally, the institute has provided support for mental health, teen pregnancy and breast cancer prevention. The community programs include Lunch & Learn, Day of the Woman, GiRL Power and Girl's Night Out, all of which improve the lives of women and girls in the Panhandle communities. This year, a new ultrasound machine will be purchased for the TTUHSC Obstetrics & Gynecology Department.

SIGNATURE EVENTS



SPECIAL THANKS TO OUR \$2,500 SPONSORS

COVENANT HEALTH-JOE ARRINGTON CANCER RESEARCH & TREATMENT CENTER • GRACO REAL ESTATE DEVELOPMENT, INC.
JF CHARITABLE FOUNDATION, INC. • TTUHSC OFFICE OF THE SOM DEAN • UMC HEALTH SYSTEM

HOLLY ROWE

SURVIVING ON THE SIDELINES

living and working with passion

Each year, many people graduate from college with a broadcast journalism degree, but few have done more with that degree than veteran ESPN reporter Holly Rowe! In February, she spoke to a sold-out luncheon crowd in Lubbock after working the sidelines of the Texas Tech University men's basketball victory the night before. The crowd was thrilled to hear about her life and work, and she was equally thrilled to see a few special local friends such as Marsha Sharp and Karen Knight.

Growing up in Bountiful, Utah, Rowe was a huge sports fan from the beginning. It is possible that her small but mighty stature steered her away from participation sports and onto the sidelines where she could stand up to anyone. And she still does! It was no surprise when she began her college career at Brigham Young University (BYU) and soon became involved as a play-by-play voice for BYU women's basketball, volleyball and gymnastic teams. Rowe transferred her studies to the University of Utah where she pursued and received her bachelor's degree in broadcast journalism. During those years, Rowe was a sportswriter for the Daily Utah Chronicle and the Davis County Clipper, and anchored the campus TV station news.

From 1993 to 1997, Rowe joined the men on the football field as a sideline reporter for the annual BYU vs. Air Force game for the Blue and White Sports Network. During her early career, she worked with Fox and ABC Sports. In 1998, she was hired as one of four play-by-play announcers on ESPN's coverage of the Women's World Cup and also hosted their coverage of the Running of the Bulls! **Rowe noted that working in a primarily man's world was often challenging.** When there were uncomfortable incidents with

men, she chose not to take them personally. She told the audience that the majority of the time she was treated with professional courtesy and respect by coaches, players and colleagues. She always felt like she belonged.

Holly Rowe recently celebrated over 20 years as one of ESPN's most versatile announcers covering a wide variety of sports for ESPN. She is one of the lead reporters on their Saturday Night Prime College Football, Big Monday College Basketball, Women's Final Four, Women's College World Series, NCAA Volleyball and Beach National Championships and the lead WNBA announce team.



The one story Rowe did not expect to cover was her own. In 2015, she was diagnosed with desmoplastic melanoma, a rare form of skin cancer. The treatments have been harsh and she has struggled through a reoccurrence and another additional chemotherapy. While she does not blame herself, looking back she can see missed opportunities for prevention in her own life.

Rowe encouraged each person to use sunscreen, avoid tanning beds and have a physician inspect you front and back every year. **She has become a tireless advocate for cancer research and prevention.**

Rowe is incredibly grateful for the love and support of her family, including her grown son McKylin Rowe. She receives thousands of good wishes from her legion of fans who follow her progress and share their own stories and prayers. For her, cancer is part of her life's journey and she hopes her experiences can help others. The audience in Lubbock was moved by the joy and resilience of Holly Rowe and she will continue to be an inspiration to us all.

SIGNATURE EVENTS



WOMEN'S HEALTH SYMPOSIUM: DALLAS

WOMEN'S BODIES 20-90: EXPERT ADVICE TO IMPROVE YOUR LIFE

A record-breaking crowd attended our 6th annual Coffee & Conversation event at the Dallas Country Club proving the topic to be irresistible! Featured speakers were Teresa Baker, M.D., co-director of the InfantRisk Center and professor of Obstetrics and Gynecology at TTUHSC, and Hadine Joffe, M.D., executive director of the Connors Center for Women's Health and Gender Biology at Brigham & Women's Hospital at Harvard Medical School. To cover the topic of women's health, Baker focused on women's reproductive years and Joffe on women's hormones and menopause.

Candid, humorous and educational, both doctors described the ten most common questions they are asked by patients.

Baker covered topics such as contraception: the risks involved, when to start and when to stop, how to stay healthy during pregnancy and the pros and cons of breastfeeding. She shared information about risk factors for postpartum depression such as fatigue, pain, isolation and social media – comparing oneself to the “perfect family.” The women in the audience particularly enjoyed her hilarious answer to the question, “will my body ever be normal again?”

Joffe took the stage to discuss the menopause and beyond. **“Ladies, let's start right now – MENOPAUSE is not a bad word!”** She explained the phases of menopause – perimenopause, menopause and post menopause – describing what happens to reproductive hormones during each phase. Joffe answered questions about the causes of hot flashes; gave advice on sleeping disruption; offered medical expertise on options for hormone replacement therapy; and shared solutions for women with little or no libido.

Before the morning ended both doctors returned to the stage to take questions from the audience. Overall, guests left armed with information and hope as they called their physicians to make an appointment!

WOMEN'S HEALTH SYMPOSIUM: FORT WORTH

GENETIC TESTING: SHOULD I BE TESTED? COULD IT SAVE MY LIFE?

With all the information floating around about genetic testing and DNA, the institute, in partnership with Moncrief Cancer Institute, used the 4th annual Lunch & Learn at the River Crest Country Club to help set the record straight. With a special welcome from Fort Worth Mayor, and long-time institute supporter, Betsy Price, the luncheon featured Keith Argenbright, M.D., director of Moncrief Cancer Institute and Professor and Chief of Community Health Sciences at the University of Texas Southwestern Medical Center, along with Sara Pirzadeh-Miller, assistant director of the Cancer Genetic program and certified genetic counselor at UT Southwestern and Moncrief Cancer Institute.

Argenbright explained that DNA testing may be the key to restoring health and saving lives. He gave the audience an overview of genetic testing and explained the importance of using a certified genetic counselor to interpret the results. **He explained that medical doctors have some genetic training but a genetic counselor is only focused on genetics.** This set the stage for Pirzadeh-Miller to take over to provide insight into the world of genetic testing and counseling.

She began explaining that while 60-70% of cancers are sporadic, some people are born with a predisposition for increased risk of certain cancers. When working with a genetic counselor, the first thing is to take a family history of relatives who had cancers to determine your risk for cancer. **Once the genetic test is done, the counselor will go over the results and help you determine the right course of action, which may include early cancer screenings, lifestyle changes, or, in extreme cases, preventative surgeries.**

Pirzadeh-Miller also detailed some of the limitations of genetic testing such as not all mutations are detectable and that negative results are only helpful if the mutation has already been identified within the family. She stressed that the results indicate a probability, not a certainty of developing cancer. Emphasizing that a genetic counselor can help you make the best decisions for your healthcare, she ended her talk with facts about Direct to Consumer (DTC) testing, such as AncestryDNA and 23andMe at home testing kits. While the results can be fun to learn about your ancestry, genealogy and DNA traits, these kits are not diagnostic and legally can only assess for a limited set of conditions. Genetic testing should always be followed up by a knowledgeable professional who can provide an accurate interpretation of the test results.

LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



SERVICE AREAS

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

Girls Night Out

Girls Night Out is our popular program benefiting college freshmen. We have expanded to include college men at some universities. It is an entertaining and inspiring event. What more could a student ask?

COLLEGE & UNIVERSITY	PROGRAM	FY 13-14	FY 14-15	FY 15-16	FY 16-17	FY 17-18	FY 18-19
Angelo State University	Girls Night Out	✓	✓	✓	✓	✓	✓
Texas Tech University	Women's Night at the Rec		✓	✓	✓	✓	✓
DelMar College	Girls Night Out			✓	✓		
Southern Methodist University	Violence Prevention Assembly			✓	✓	✓	✓
Texas A&M University-Corpus Christi	Girls Night Out			✓	✓	✓	✓
Texas A&M University-Kingsville	Girls Night Out			✓	✓	✓	✓
Angelo State University	Guys Night Out				✓	✓	✓
West Texas A&M-Canyon	Girls Night Out				✓	✓	✓
Abilene Christian University	Girls Night Out					✓	
Texas A&M University-Corpus Christi	Guys Night Out					✓	✓
Texas A&M University-Kingsville	Guys Night Out					✓	✓
West Texas A&M-Canyon	Guys Night Out					✓	✓



CAMPUS EVENTS

ABILENE

KIDS COUNT ON US

For the fourth year, the institute was proud to partner with Hendrick Medical Center, for a free program focusing on preventing physical and sexual child abuse. This educational training was available to law enforcement agencies, social workers, healthcare professionals and child advocacy partners. There is certainly a need. **Last year in the Big Country, 207 sexual assault exams were performed at Hendrick Medical Center, and 107 of those victims were under the age of 18.**



DAY OF THE WOMAN

The Laura W. Bush Institute for Women's Health was excited to welcome Patricia Sulak, M.D., to Abilene for our popular Day of the Women luncheon. Her insightful presentation was welcomed by a receptive audience. **Sulak noted that many people prefer medical cures to "self-help" but she stressed that we have to learn to manage our own bodies in a positive and pro-active way.** In her many years as an OB/GYN, she heard patients say they could not lose weight, sleep, or stop addictive behaviors. She surprised them by agreeing completely! In Sulak's experience, a woman can accomplish nothing until she believes she can. That piece is missing from many conversations on the topic of weight loss and improving health. Sulak provided 11 tips for accomplishing lifestyle goals which she assured the audience was not as difficult as it seems once you believe in yourself. Her website www.LivingWellAware.com provides expert advice for healthy change.



Speakers from many backgrounds helped the audience recognize and evaluate child abuse. The topics included: *How Honest are Your Neighbors?*; *Digital Safety*; *Implementation of a Health Navigation Program for Abused and At-Risk Children*; *The National Center for Missing and Exploited Children: A Powerful Resource in the Fight Against On-line Exploitation and Trafficking*; and *'Twas the Night before Christmas: A Case Study of Solicitation and Rape of an Adolescent*. Better recognition of child abuse is an important step in prevention. We are working to make Abilene a safer city for our children.

AMARILLO



DAY OF THE WOMAN

Hosting our 5th annual Day of the Woman event, the Laura W. Bush Institute for Women's Health in Amarillo welcomed more than 200 community members at a dinner. Everyone in attendance received important advice about improving brain resiliency and memory from Leanne Young, Ph.D., executive director of the Brain Performance Institute

in Dallas. **Young gave her expert opinion on optimizing brain health, which included information about the brainHQ Double Decision app, which allows users to try do-it-yourself brain improvement exercises.** Moving to a visible aspect of a women's self-image, local plastic surgeon Paul Proffer, M.D., of Proffer Surgical Associates, shared the latest information on facial rejuvenation and shared tips for revitalizing one's skin care routine. His presentation on what works and what doesn't, answered many questions and provided resources for those interested in rejuvenation without surgery. A panel discussion followed, with Amy Stark, M.D., from TTUHSC of Psychiatry, joining the other speakers to address mental health.

THE PROVIDERS

We were proud to partner with Panhandle PBS station to premier a film titled "The Providers" on the TTUHSC campus in March. **The film depicted rural America and highlighted the crises concerning physician retention, access to health care and the opioid epidemic.** A panel



discussion featuring Richard Jordan, M.D., and Amy Stark, M.D., of TTUHSC, as well as Tony Cook, M.D., of Canadian, Texas was well received with engaging questions and eye-opening conversations. Not only do rural communities struggle with finding physicians willing to remain locally, but they live with the constant threat of losing their healthcare and/or hospital facilities.



LUNCH & LEARN

Leading off our annual Lunch & Learn series was Community Advisory Board member Farrar Mansfield. In the first of a three-part series, Mansfield, a local lifestyle coach and CEO of Fruition, spoke to community members on the subject of Then & Now: Getting Sane without

Going Crazy. **Offering practical advice on the day-to-day struggles we all face, she suggests regular breaks from social media and taking the time to organize your home or office.** Farrar recommends making organization a habit so it is less of a chore. Guests left with great tips and an invitation to attend future events.

CORPUS CHRISTI



GIRL POWER

Hosting our first ever tween event in Corpus Christi, the institute brought this energetic, positivity-focused event to the young girls at Incarnate Word Academy. Featuring t-shirts, door prizes, food, dance party breaks and so much more, the girls had a blast. They also had the benefit of excellent speakers such as Teresa Baker, M.D., OB/GYN from TTUHSC School of Medicine, Catie Wiedenhofer, with radKIDS, and Eric Spellmann, an Internet safety expert. Baker prepared the girls and their mothers for their changing bodies; Wiedenhofer led the girls in a rambunctious safety demonstration and offered advice on dealing with bullies; and Spellmann warned about social media and, during a break-out session with the moms, offered advice on avoiding online predators. Every girl left with a journal to help them communicate better with their moms.

LUBBOCK

WOMEN'S NIGHT AT THE REC

We are proud to help sponsor this annual event for the women of the Texas Tech University System! More than 700 female students, faculty and staff enjoyed an evening of fitness classes, weight lifting, wall climbing, bumper ball and so much more. **The event focuses on health, well-being and lots of fun without the fear of intimidation.** Led by Department of Medical Education professor and our Lubbock regional director, Betsy Jones, Ed.D., medical students were on hand to conduct surveys on mental health, self-care, good nutrition and exercise. They also had the opportunity to practice blood pressure and heart rate readings on live patients. Free gifts, goodie bags and door prizes completed this exciting evening.



Special thanks to all the volunteers and vendors who make this a must-do annual event. Before the guys get too jealous, some of the other sponsors hosted a Guys Night at the Rec event later that month.

SAN ANGELO



EAT WITH THE EXPERT: COOKING FROM THE HEART

So nice, we had it twice! The institute hosted two special

Valentine's events at the Christoval Winery. Attendees were encouraged to bring a valentine, galentine or come with a friend to experience an evening with Chef Marc Daniels from San Angelo Community Medical Center and cardiologist, Michael Blanc, M.D. The sold-out events featured a cooking demo and gourmet meal, with Daniels and Blanc sharing heart healthy cooking tips with the guests. Everyone received a recipe booklet to kick-start their healthy eating and create new habits with their loved ones.

GIRL POWER

Our 8th annual event introduced more than 540 attendees and volunteers to an "Out of this World" experience. Featured keynote speakers were NASA astronaut Nicole Stott and Miss Texas 2018 Madison Fuller. Stott dazzled the girls with stories about her two spaceflights and life in space for 104 days on both the Space Shuttle and the International Space Station. Stott is the first person to paint with watercolors in space. She shared pictures of her amazing art inspired by the distant view of Earth through her small window. Madison Fuller was down to earth as she entertained the crowd with her double ventriloquist routine. Fuller uses her puppets to bring a positive message for young girls through dialogue and song. During the break-out session, the girls participated in a radKIDS self-defense class with trainer Catie Widenhofer. A break-out session for the moms provided advice on the challenges of puberty from Elisa Brown, M.D., associate professor for the Department of Obstetrics and Gynecology



at TTUHSC Permian Basin and regional director of the Laura W. Bush Institute for Women's Health in the Permian Basin.



DIA DE LA MUJER

Our 2nd annual event hosted more than 100 attendees from the Hispanic communities throughout the Concho Valley. Dia de la Mujer

is held entirely in Spanish to better serve Hispanic women and address the health concerns that are of interest to them. Our goal is to increase general knowledge of health issues, healthcare and access to health care in San Angelo. The event features keynote speakers, 18 vendor booths of different organizations, lunch, a cooking demonstration, prizes and much more!

WEST TEXAS HUNGER SUMMIT

The Laura W. Bush Institute for Women's Health is proud to continue support of the summit. This year, more than 100 attended giving agency representatives, school districts, churches and individuals an opportunity to share their knowledge and expertise about food insecurity and prospective methods to overcome it. **The summit's goal is to move the community closer to ending hunger altogether.**

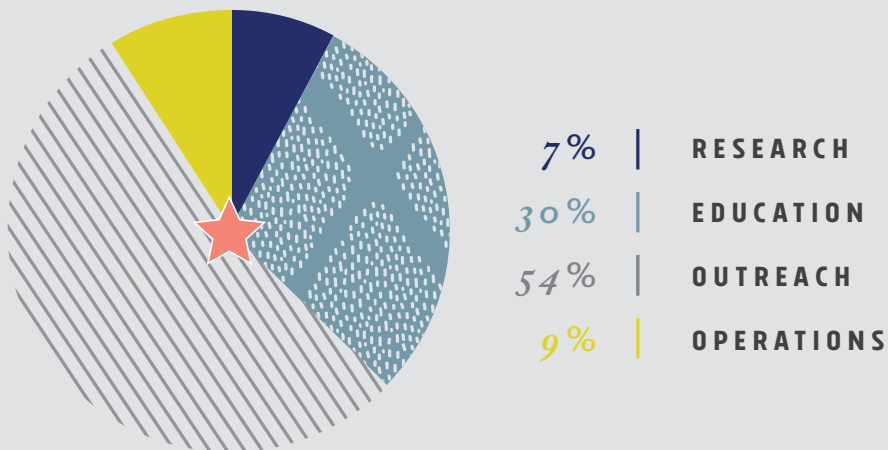
Featured speaker Edwin Marty, first Food Policy Manager for the City of Austin, delivered an impactful message entitled "Journey from Hunger to Hope" Additionally, Kevin Tutt, a world famous motivational speaker, presented on "Continuing to make a difference."



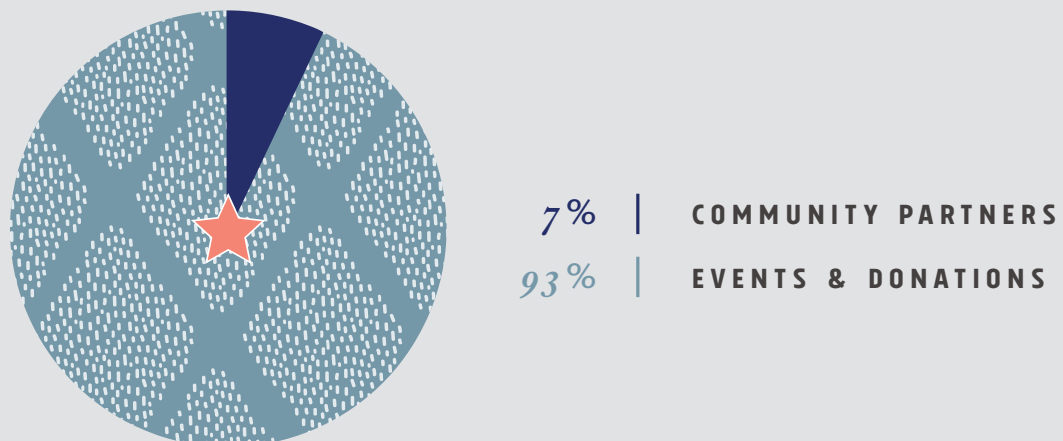
Exclusive health sponsor of the Laura W. Bush Institute in San Angelo

FINANCIALS

FISCAL YEAR 2018 EXPENSES



FISCAL YEAR 2018 REVENUE



2018 Donors

OF THE LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

We are pleased to recognize and thank those who made gifts between January 1 and December 31, 2018.

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\$100,000 AND ABOVE

San Angelo Health Foundation

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\$50,000-\$99,999

Hendrick Health System

San Angelo Community Medical Center

PARTNER

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SUSTAINER

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