

impact

REPORT VOL. 7 | SUMMER 2020 ★



LORI RICE-SPEARMAN, PH.D.



CYNTHIA JUMPER, M.D.



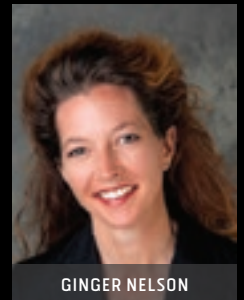
MARJORIE JENKINS, M.D.



ASHLEY HAMM



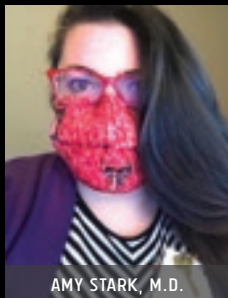
MIN KANG, PHARM.D.



GINGER NELSON



OLGA DOWELL, M.D.



AMY STARK, M.D.



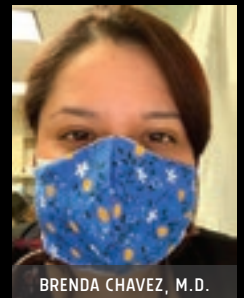
SUSIE STRIEGLER, MSN, R.N.



ELISABETH CONSER, M.D.



AMANDA SPANN, R.N.



BRENDA CHAVEZ, M.D.



CYNTHIA WILLIAMS, LVN



JESSICA GRAY, M.D.



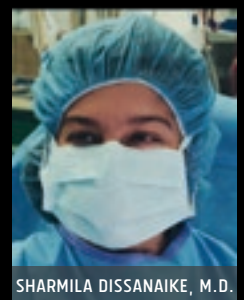
YOUNG RAN LEE, PHARM.D.



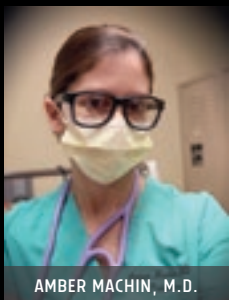
MICHELLE TARBOX, M.D.



REGAN DARBY, N.P.



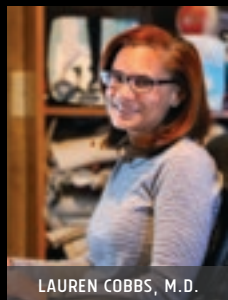
SHARMILA DISSANAIKE, M.D.



AMBER MACHIN, M.D.



DANA PHILLIPS, M.D.



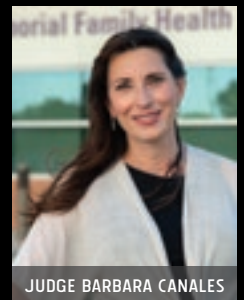
LAUREN COBBS, M.D.



ANA ARGUMANIZ, N.P.



LILIA ADRA, PHARM.D.



JUDGE BARBARA CANALES



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.

THE LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

Thank You

We are proud to dedicate this issue to the thousands of women across Texas who have worked tirelessly through the COVID-19 pandemic. These few names and faces represent the many unsung heroes on the front lines and behind the scenes. Thank you for your generous service.

Lori Rice-Spearman, Ph.D. — Interim President, Texas Tech University Health Sciences Center (TTUHSC); Provost and Chief Academic Officer; University Distinguished Professor. *Leader of the TTUHSC educational, scientific, and community response*

Cynthia Jumper, M.D. — Professor of Medicine and Vice President for Health Policy & Special Health Initiatives TTUHSC. *Collaborated with the Texas Department of State Health Services regarding procuring critical care equipment for the Texas COVID-19 stockpile*

Marjorie Jenkins, M.D. — Co-Founder and Former Chief Scientific Officer of the Laura W. Bush Institute for Women's Health; Dean, University of South Carolina School of Medicine Greenville; Chief Academic Officer, Prisma Health-Upstate. *Co-Developer of the VESper™ ventilator expansion device*

Ashley Hamm — Interim Vice President of External Relations, TTUHSC. *Leader in efforts to meet critical needs for front-line health care providers including PPE, child care, alternative housing, and mass communications throughout the system*

Min Kang, Pharm.D. — Interim Senior Vice President of Research, TTUHSC. *Developer of a decontamination chamber for N95 masks for healthcare workers throughout West Texas*

Ginger Nelson, J.D. — Mayor of Amarillo, Texas. *Served as the face of Amarillo's response to the pandemic, with a special outreach to reassure and answer questions from Panhandle children*

Olga Dowell, M.D. — Family and Emergency Physician, TTUHSC Permian Basin

Amy Stark, M.D. — Associate Professor of Psychiatry, TTUHSC Amarillo

Susie Striegler, MSN, R.N. — Forensic Nurse, Hendrick Health System Abilene

Elisabeth Conser, M.D. — Associate Professor of Pediatrics, TTUHSC Lubbock

Amanda Spann, R.N. — Nurse, South Plains Hospice Care, Lubbock

Brenda Chavez, M.D. — Family Medicine Resident, TTUHSC Lubbock

Cynthia Williams, LVN — LVN, Larry Combest Community Health & Wellness Center Lubbock

Jessica Gray, M.D. — Family Physician, University Medical Center Physicians Lubbock

Young Ran Lee, Pharm.D. — Associate Professor of Pharmacy, TTUHSC Abilene

Michelle Tarbox, M.D. — Associate Professor of Dermatology, TTUHSC Lubbock

Regan Darby, N.P. — Family Nurse Practitioner, Shannon Medical Center San Angelo

Sharmila Dissanaike, M.D. — Professor and Chair, Department of Surgery TTUHSC Lubbock

Amber Machin, M.D. — Emergency Medicine, University Medical Center Lubbock

Dana Phillips, M.D. — Professor of Obstetrics and Gynecology, TTUHSC Lubbock

Lauren Cobbs, M.D. — Associate Dean for Student Affairs, TTUHSC School of Medicine Lubbock

Ana Argumaniz, N.P. — Community Health Center Abilene

Lilia Adra, Pharm.D. Candidate — Student, School of Pharmacy TTUHSC Amarillo

Judge Barbara Canales — County Judge, Coordinated state and local response to COVID-19 for Corpus Christi

DEAR FRIENDS,



What a challenging time this has been. There was no roadmap to see us through a pandemic or to prepare us for quarantine. The Laura W. Bush Institute for Women's Health offices postponed six major fundraising events scheduled for spring and all our programs throughout the state came to a stop. We are now working to restore breast and cervical cancer screenings, pregnancy prevention programs and so much more. Thankfully, each of our amazing speakers has rebooked for the fall. We hope you will join us for these very special events.

It is a pleasure to share the photos and stories collected over the earlier months that take you from city to city with the institute's team. Mental health was a major focus for our Day of the Woman programs and our friend Terry Bentley Hill continued to share her story and inspire women across Texas. Our thanks also go to Teresa Baker, M.D., who agreed to speak to girls, teens and women about their ever-changing bodies and the anxiety and depression that can accompany those changes.

Our National Advisory Board Co-Chairmen Jeanne Cox and Jan Rees-Jones have been engaged and supportive every step of the way. Their advice and guidance have taken the institute to a new level of influence locally and nationally, and we appreciate them more each day.

Thank you for reading the IMPACT report and joining our mission to improve the lives of women everywhere.

SINCERELY,

Connie Tyne

EXECUTIVE DIRECTOR

Laura W. Bush Institute for Women's Health

LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



SERVICE AREAS

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

National Advisory BOARD MEMBERS

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

This fall, the National Advisory Board will be welcoming two new members from San Angelo, Texas, Jackie Martin and Sheryl Pfluger.



FRONT ROW

Nancy Weiss, Gloria Hicks, Jan Rees-Jones, Laura Bush, Jeanne Cox, Lana Andrews, Lea Wright, Meredith Land

BACK ROW

Diane Scovell, Kit Moncrief, Connie Tyne, Janet Tornelli-Mitchell, M.D., Nancy Neal,
Norman Dozier, M.D., Donna Williams, Debbie Francis, Lisa Troutt, Elizabeth Webb

NOT PICTURED

Larry Gill, Marjorie Jenkins, M.D., Christy McClendon, Maggie Murchison,
Margaret Purvis, Diana Strauss, Laura Street, Lee Ann White



COMMUNITY

ADVISORY BOARDS

Members



COMMUNITY

ADVISORY BOARDS

Members

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Elyse Lewis, *outreach director*
Megan Allred
Emerald Cassidy

Lisa Chavez
Julie Denny
Joy Ellinger
Mary Gill
Sue McWilliams

Kaye Price-Hawkins
Katherine Rinard, M.D.
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Jackie Zimmerman, D.O.

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Donna Fansler, *assistant director*
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Mary Bagwell
Denise Blanchard
Kelly Caviness
Meaghan Collier
Cindy Cunningham
Beth Duke

Ana Estevez
Amy Henderson
Jessica Roper King
Valerie Kiper
Toni Knapp
Danna Krause
Mary Nell Lemert
Amy-Beth Morrison
Helen Pichl

Julie Phillips Puckett
Vicky Richmond
Carolyn Sherrod
*Laura Street
Shauna Thornhill, O.D.
Courtney Vanderham
Nancy Williams
*Lea Wright

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Maggie Ryan, *administrator*
Kelly Crofoot
Linda Greenstreet
Claudia Griffin
Heather Hocker
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Liane Locke
*Christy McClendon
Heather McDonald
*Janet Tornelli-Mitchell, M.D.
Cyndy Morris
*Nancy Neal

Cathy Porter
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Andrea Tirey
*Nancy Weiss
Leisha Womble
Karen Worley

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regional director
Caroline Chambers
outreach director
Patty Gardner
Clifton T. Jones, Ph.D.
Leslie Mayrand, Ph.D.
*Sheryl Pfluger
Rod Schumacher
Bitsy Stone
Kam Stribling

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Deborah Hajovsky, M.D.
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Sharon Kulig, Ph.D.
Jennifer Moss, M.D.
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Kai "Jack" Sun, M.D.
Shelly Weise, Ed.D. P.T.
Susan Wilkinson, Ph.D.

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Sheila Alley
Liz Bates
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Sherian Briley
Susan Brooks
Colbey Bunker
Penni Cambre, M.D.
Edward Carrasco
Rosalinda Carrizales, M.D.
Dinah Cummings, Ph.D.
Crystin Darby
Retha Fortenberry
Val Frank
Suzan Gargan
Deborah Hajovsky, M.D.
Nancy Hughes
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Kam Stribling
Leana Talbott, Psy.D.
Will Welch
Ann West
Mia West

**Serves as a National
Advisory Board Member*



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 students. When all five subjects are completed, the student receives a Sex and Gender Health Certificate of completion. The certificate qualifies the holder to join the Sex and Gender Health Collaborative Practitioner Registry found on the American Medical Women's Association website.



SEX AND GENDER SPECIFIC HEALTH MICRO MODULES

These micro modules provide a quick overview of the sex and gender differences in specific disease states/conditions. For more in-depth, clinical information, users are directed to the Learning Modules and Slide Library.



"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 sexandgenderhealth.org. The book is written for emergency medical professionals and each chapter covers a specific challenge 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*

BREAST CENTER OF EXCELLENCE



Breast Center *of* Excellence

TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER

The goal of the TTUHSC Breast Center of Excellence is to improve access to preventive care to underserved women who do not know or understand that services are available at no cost. **Through breast and cervical cancer screening, we bring peace of mind to many women, lifesaving advice and treatments for others.** The HPV vaccine is free and available to young women and men in an effort to prevent deadly cancers that could occur later in life. The institute supports the Breast Center of Excellence and appreciates the strong leadership of the director, breast surgeon Dr. Rakshanda Raman, M.D.

The center has had several key accomplishments in the past two grant years. The team was able to provide direct education to 3,456 attendees at community health fairs throughout 24 of the 26 counties and 2,458 clinical services to uninsured women of the Texas panhandle.

Information provided at health fairs includes cervical cancer, breast cancer and HPV vaccination awareness. It is during these events that TTUHSC Breast Center of Excellence allows participants to apply for breast and cervical screening and diagnostic services.

For 2020, we hoped to expand our education and increase awareness, education and screenings. However, the challenges of the COVID-19 virus have put a tremendous strain on local and state resources. **In April, the CPRIT leadership withdrew their request for proposals that would extend grant funding when the current grants expire. Loss of funding will be a big challenge for these cancer prevention programs.**

MAMMOGRAM PROGRAM FOR WEST TEXAS

In the 2019-2020 program year, the Laura W. Bush Institute for Women's Health Mammogram Program in San Angelo, funded by the San Angelo Health Foundation and partnered with both Community Medical Center and Shannon Medical Center, has provided over 450 screening and diagnostic services to the women of the Concho Valley. From these services, 19 diagnoses of cancer have been made. **The Mammogram Programs through the Laura W. Bush Institute for Women's Health in San Angelo over the last 8 years have provided over 3,200 breast cancer screening services.** Of these, 1,797 (56.1%) were women who had not had a mammogram within the past year and 676 (21.1%) had never been screened.

Mark Your Calendars

FOR OUR UPCOMING EVENTS



SAN ANGELO, TEXAS

Presents

ARCHIE MANNING

Thursday September 3, 2020

11:00 a.m. - 1:00 p.m.

McNease Convention Center

Former University of Mississippi football quarterback, Archie Manning played 13 seasons in the National Football League for the New Orleans Saints, Houston Oilers and Minnesota Vikings. As a standout college athlete, Manning's no. 18 jersey was retired and he was inducted into the College Football Hall of Fame. In the first college football game nationally broadcast in prime time in 1969, Manning threw for 436 yards and three touchdowns. After football, he became one of the 13 founding members of the College Football Playoff Committee in 2013. Two of his sons, Peyton and Eli, have had successful professional football careers, leading their teams to two Super Bowl wins apiece.



ABILENE, TEXAS

AN EVENING WITH

NOLAN RYAN

Thursday November 19, 2020

6:30 p.m.

Abilene Convention Center

Nolan Ryan is one of the most decorated pitchers in Major League Baseball history. After high school, he was drafted by the New York Mets in the 1965 draft. During his record 27-year career, he accumulated 324 wins and established all-time records in strikeouts at 5,714 and no-hitters at 7, also throwing 12 one-hitters. Nolan's lengthy career spanned four decades, playing for the NY Mets, the Los Angeles Angels, the Houston Astros and the Texas Rangers. He was chosen as a Major League Baseball All-Star eight times.

Jennifer Ashton, M.D., OB/GYN

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 has been on the front line of the COVID-19 pandemic this year. Dr. Ashton has survived her own family tragedy and brings genuine hope and healing to others.



Power of the PURSE LUNCHEON

Amarillo, Texas

Fall 2020

Purse Auction, 10:30 a.m.

Luncheon, 11:30 a.m. - 1:00 p.m.

Heritage Ballroom of the

Amarillo Civic Center



AMARILLO, TX | LUBBOCK, TX

Finding Health, Healing and Happiness with Dr. Jen

Lubbock, Texas

Fall 2020

11:30 a.m. - 1:00 p.m.

Overton Hotel and Conference Center

Coffee and Conversation

"PAIN, OPIOIDS & CBD: LET'S ASK THE EXPERTS"

Thursday October 1, 2020, Dallas, Texas

Coffee in Century Hall 9:00 a.m. - 9:30 a.m. | Program in the Debate Hall, 9:30 a.m. - 11:45 a.m.

Old Parkland Campus, 3819 Maple Avenue

Daniel Clauw, M.D. is the Director of the Chronic Pain and Fatigue Research Center and Professor of Anesthesiology, Medicine and Psychiatry at the University of Michigan. Dr. Clauw is directing three NIH grants studying chronic pain conditions. Dr. Clauw has extensive experience with the use of opioids and other medications for pain relief.

Ziva Cooper, Ph.D. is the Research Director of the UCLA Cannabis Research Institute and Department of Psychiatry and Bio-behavioral Sciences. Dr. Cooper served on the National Academies of Sciences Committee that recently published a comprehensive consensus report of the health effects of cannabis and cannabinoids.



SIGNATURE EVENTS





WOMEN'S HEALTH SYMPOSIUM: FORT WORTH

“WOMEN'S BODIES 20 – 90: EXPERT ADVICE TO IMPROVE YOUR LIFE”

The annual *Lunch & Learn* at River Crest Country Club was enjoyed by 100 women interested in getting advice from OB/GYN, Dr. Teresa Baker. Her presentation covered the 10 conversations she has most often with her patients as they move through the hormonal phases of their lives. **Some of the topics she discussed were fertility, birth control, hormone replacement therapy, hysterectomy, depression and menopause.** There was relevant information for every woman in the room! Most guests were surprised by how medicine has changed and they were advised not to automatically take the path of their mothers or grandmothers. Baker also spoke of the challenges in maintaining physical and emotional health through the phases of their lives. The attendees, including Mayor Betsy Price, were excited to stay and get some “one-on-one” time with Baker as she answered questions. Special appreciation goes to Kit Moncrief for hosting this educational luncheon.

Sisters First

DOUBLE-HEADER

It was a joy to watch first daughters Barbara Pierce Bush and Jenna Bush Hager light up the stages in Amarillo and San Angelo on November 15, 2019. The two were on a book tour celebrating their new children's book, *Sisters First*, a "lovely, lyrical ode to the magic of sisterhood."

They were welcomed in Amarillo by members of the community advisory board and instantly felt the love. The Civic Center was filled with flowers, balloons, and beautifully dressed women. Opera star Eric Barry sang the National Anthem and TTUHSC Interim President Lori Rice-Spearman, Ph.D. made opening remarks. After a fabulous lunch prepared by Two Knives Catering, a pair of nine-year old girls entertained the crowd with a darling rendition of the Irving Berlin tune "Sisters" from the movie *White Christmas*.

Mayor Ginger Nelson did a fine job interviewing Barbara and Jenna and the pair often added antidotes and funny stories as they reminisced about their childhood adventures. It was clear that the 560 guests would have stayed all afternoon if the stories had continued. The good news was that everyone

received a signed copy of their children's book *Sisters First*.

After a quick flight to San Angelo, Jenna and Barbara took a break and some fresh air with a jog along the Concho River and a walk through town. Having spent their early years in Midland, a couple of hours away, they immediately felt right at home.

They mentioned to the audience later that there was no doubt — they could live in San Angelo!



The evening festivities began with a sold out VIP reception at RAW 1899 Wine Bar. Guests enjoyed tasty snacks and beverages, chatted with friends, and had a chance to meet and greet the sisters as they had their photos taken. Guests

walked or took the trolley to the Murphy Performance Hall that was filling up with 500

excited fans. News anchor Carolyn McEnrue

enjoyed interviewing Jenna and Barbara about the stories of their childhood and the magical adventures represented in the book. Once again, the audience enjoyed hilarious tales of growing up, and sometimes misbehaving, in the White House. Again, each person took home a copy of *Sisters First*.



Fertility Treatments

AND CANCER

A diagnosis of cancer comes with a thousand questions beginning with: Why me? Why now? What's the cause of this?

To address this important question, we are sharing information from the American Society for Reproductive Medicine and Society for Assisted Reproductive Technologies, which govern fertility treatments in the United States.

Is There A Link Between Fertility Treatments and Cancer?

There has been a growing concern that the use of fertility drugs could lead to an increased risk of cancer — in particular, breast, ovarian and uterine (including endometrial) cancers. When researching the risks of fertility treatments, it's important to carefully interpret epidemiological studies of women taking fertility drugs. **All of these cancers are more common in women with infertility**, so merely

not support a relationship between fertility drugs and an increased prevalence of breast or ovarian cancer, but a final answer may require decades of follow-up to confirm.

However, an increased chance for “borderline” ovarian tumors has been observed with In Vitro Fertilization (IVF), even when compared to the subfertile population. **More research is required to examine what the long-term impact fertility drugs may have on breast and ovarian cancer prevalence rates.** For uterine cancer, the numbers are too small to achieve statistical significance, but it is at least possible that the use of fertility drugs may indeed cause some increased risk of uterine cancer.

Dr. Robert Kauffman, M.D. the director of Reproductive Medicine & Infertility in the Department of Obstetrics and Gynecology at Texas Tech University Health Sciences Center School of Medicine added that this question becomes more complicated when a woman is overweight because obesity is a clear risk factor for infertility and a bigger risk factor for developmental cancer.

While scientists continue to research a link between fertility treatments and cancer, women exploring the prospects of fertility treatments will want to read the consent forms thoroughly, share family history information with their physicians and stay up to date with new research. In addition, **regular preventive check-ups and cancer screenings are especially important for peace of mind and possible early detection.**

Regular preventive check-ups and cancer screenings are especially important for peace of mind and possible early detection.

comparing these women with women in the general population inevitably shows an increased incidence of cancer.

However, when the analysis considers the increased cancer risk due to infertility per se, the evidence does

CAMPUS EVENTS

ABILENE



DAY OF THE WOMAN

Brain Health is a popular topic. It was addressed by our expert Leanne Young, Ph.D., from the Brain Performance Institute and Center for Brain Health at University of Texas at Dallas. **Young's presentation focused on simple and helpful brain tips such as avoiding multi-tasking and taking frequent breaks.** She shared stories of recovery from brain injury and PTSD and tips for optimizing thought processing to be more efficient and effective.

AMARILLO

GIRLS NIGHT OUT AT WEST TEXAS A&M UNIVERSITY

More than 400 WTAMU freshman women attended this fun and educational program featuring Terry Bentley Hill. The Dallas attorney shared her moving story about personal depression and surviving the suicide of her young daughter. **Her talk, "Stop minding your own Business," encouraged everyone to pay attention when their friends are hurting.** Campus counselors discussed resources and everyone had fun learning about R.A.D. defense training. Amarillo OB/GYN Teresa Baker, M.D. did a quick education on the female anatomy and answered questions that most people don't want to ask!



GIRLPOWER

"LET'S FLAMINGLE!"

More than 400 girls and their mothers attended a fabulously fun evening of photos, art, music, activities and inspiration! The West Texas A&M Lady Buff's basketball team shared a few personal stories of achieving success in college on and off the court, signed autographs and took selfies with the girls. Keynote speaker and CAB member **Thornhill O.D.**, shared her deeply personal message of overcoming generational poverty, homelessness and negative counseling as a teen before a coach believed in her and set her on a path to college. From the moment of her first real opportunity, Thornhill worked hard and proved herself by becoming a successful eye doctor, mother and community leader. The "flamazing" evening also featured segments on Internet safety, exercise, crafts and custom nachos.



GIRLPOWER IN MULESHOE, TX

"BLOOM WHERE YOU'RE PLANTED"

Nearly 200 girls and moms flocked to our pilot program making it a huge success. Dr. Teresa Baker, M.D. an OB/GYN in Amarillo, answered the top 10 questions she is asked by her patients. **Twins want to know about skin care, sleep, relationships and their changing bodies.** Internet safety expert Eric Spellmann, shared important and sometimes frightening updates about Internet predators and staying safe. He followed with a breakout session, just for the mothers, reminding them to regularly monitor phones, iPads and computers and put them out of reach at night.



LUNCH & LEARN

Two Knives Catering chef Kristi Aragon and nearly 150 guests kicked off the holiday season with "HoHoHoliday Nutrition!" As the guests learned cooking tips from Aragon, they savored her special dishes and were thrilled to take home the recipes!

DAY OF THE WOMAN

With keynote speaker Ben Nemtin, Day of the Woman was a special evening of self-reflection. Because of a depressive episode during his youth, Nemtin and three classmates decided to make a "bucket list" with no limits. Over the next few years, they were able to have a beer with Prince Harry, play basketball with President Obama and enjoy many other feats, large and small. **Nemtin's challenge to the audience was to consider what makes you happy, what you are curious about or what you want to try before you die, and write it down!** From there, your odds of accomplishment improve. He was preceded by Dr. Amy Stark, M.D. who provided an update on the TTUHSC's Department of Psychiatry's Transcranial Magnetic Stimulation (TMS) machine that has been remarkably effective for most depressed patients.



CORPUS CHRISTI

DAY OF THE WOMAN

The fifth annual educational meeting hosted 300 guests who enjoyed the hospitality of Texas A&M University (TAMU) Corpus Christi. **The topic of Having a Healthier Brain was addressed by Leanne Young, Ph.D. of the UTD Brain Performance Institute, Amy Stark, M.D. of the TTUHSC Psychiatry Department and Tim Tate, a licensed professional counselor in Corpus Christi.** Guests enjoyed great food, presentations and a panel discussion on brain health and Mental Health First Aid. The team answered dozens of questions and 100% of the attendees said they would attend again.

JAVALINA'S NIGHT OUT AT TAMU KINGSVILLE

Terry Bentley Hill was the speaker at Texas A&M University Kingsville. **The Dallas attorney described the way her late husband's college drinking became a serious alcohol addiction that ruined their family and took his life.** Bentley Hill shared her personal struggle with depression that will require medication and counseling for many years. Prior to the presentation, she visited with the TAMU counselors so they would be prepared to talk to the students who wanted to reach out for help. Over 200 women felt the impact of this story of survival and hope.

LUBBOCK

THE 8TH ANNUAL GENDER SPECIFIC MEDICINE AND WOMEN'S HEALTH SYMPOSIUM

Annabelle S. Volgman, M.D., the acclaimed physician, professor and medical director of the Heart Centre for Women at Rush University Medical Centre in Chicago is also called a cardiologist to the stars. Dr. Volgman was featured in "O, The Oprah Magazine" after counseling Oprah on preventing cardiovascular disease (CVD). **Dr. Volgman discussed CVD in women, silent atrial fibrillation and under-diagnosed risk factors for stroke.** The topic of "Sex and Gender in Exercise and Osteoporosis" was addressed by Mimi Zumwalt, M.D. and a ZOOM presentation by Gary Sutkin, M.D. was very informative on the touchy subject of "Surgery and Human Error." Four researchers were honored for their outstanding posters in Clinical and Translational Research and received awards from TTUHSC Interim President Lori Rice-Spearman, Ph.D.



WOMEN'S NIGHT AT THE REC

Laura W. Bush Institute for Women's Health co-sponsored this year's Women's Night at the Rec at Texas Tech University Student Recreation Center. **The goal of the event was to educate and empower women on issues surrounding mental health, physical health, nutrition and self-care.** This free event was open to the Texas Tech community featured health workshops, exercise classes, pool yoga, climbing and bouldering, nutrition & exercise tips, food and prizes. Girls and women felt welcomed and got a great workout in without a guy in sight!



PERMIAN BASIN

STOP MINDING YOUR OWN BUSINESS

The Midland Executive Women's Club invited the institute to provide a speaker for their October meeting. Terry Bentley Hill gave a powerful and personal message as she asked the women to "Stop Minding Your Own Business." **Bentley Hill described hiding her husband's alcohol problem to protect his career, coping with his death by suicide, her depression**

and resistance to medication and the tragic loss of her youngest daughter. Her powerful honesty struck a chord and several of the women decided to work together to remove the stigma of such problems and help their community cope more effectively.

SAN ANGELO

GIRL'S NIGHT OUT

With over 600 Angelo State University (ASU) students, faculty and volunteers, this year's event was one for the books! The keynote speaker, Hanna Seymour, who has mentored over 1,000 college women during her 10 years working in higher education. **She compiled her 52 most asked questions into a book, "The College Girl's Survival Guide."** Seymour was happy to answer audience questions about how to make college more fun and meaningful. Speaker Jordan Lee Dooley, an internet-famous blogger and author of "Own Your Everyday," spoke about pausing to choose purpose over the pressure to prove yourself. Both speakers motivated women to find joy and contentment in everyday life while still pursuing their big dreams. The evening ended with self-defense tips from Officer Mary Wilson, who shared skills to stay safe, protect yourself and make good personal choices.



GIRL POWER

“You Mermaid for This,” entertained more than 400 girls and moms. Speaker Julie Vann, a licensed counselor, spoke in an interactive manner encouraging the girls to share some of the issues they were facing in their daily lives and coaching them through a healthy thought process. **Her presentation was so popular, the mothers requested an extra session to talk privately about more serious topics effecting their daughters.** Local physicians and Medical Advisory Board members Genevieve Mejia, M.D. and Penni Cambre, M.D. hosted a breakout session for the moms, which included topics like menstrual health and preventative vaccinations. A breakout session for the girls featuring local physics professor Trey Holik, included amazing science experiments and STEM related demonstrations. Miss Texas Chandler Foreman, was a hit as she talked about positive body image, having confidence in yourself and staying true to who you are.



DIA DE LA MUJER

This luncheon event at ASU allows Spanish-speaking women to receive access to healthcare resources in their primary language. The event began with a health fair style registration, where guests spoke to representatives from 12 local health resources. Several of San Angelo Community Medical Center’s physicians, including a cardiologist and an OB/GYN, populated the “Ask a Doc” table. With more than 100 people in attendance, **keynote speaker Janet Tornelli-Mitchell, M.D., spoke on the importance of healthy living habits and simple ways to prevent heart disease in women.** To continue the theme, chef Marc Daniels translated for Cardiologist Dr. Blanc of San Angelo Community Medical Center as they prepared heart healthy recipes. Rosa Monsivais, Community Health facilitator for the institute’s Mammogram Program, hosted a breast cancer survivor panel featuring women in all stages of breast cancer treatment and remission. The event’s entertainment was provided by the Lakeview High School Mariachi band.

GUY’S NIGHT OUT

Featured guest speakers Jody Holland and Damon West, provided an opportunity for the 550 men in attendance to learn to set healthy boundaries, strong goals and make good personal choices. In Holland’s interactive presentation on human connection, he shared tips on communication and relationships and their importance in a college environment. His advice on reading body language and facial expressions could provide early warning against troublemakers. Damon West, once a quarterback at the University of North Texas, shared his tragic story about a football injury that led to his addiction to pain medications. To feed his habit, he committed thefts relating to property crimes and served time in prison. **West spoke to students about how easy it is to become discouraged and fall down the slippery slope to drugs and bad decisions;** but closed with great advice about how to avoid it all together.

EAT WITH THE EXPERTS

“Art of the Heart” was a hit just before Valentine’s Day as the institute partnered with cardiologists from San Angelo Community Medical Center, Michael Blanc, M.D. and Jack Sun, D.O. **The creative and casual setting allowed guest to learn about prevention and treatment of cardiovascular disease and ask questions informally while painting their canvas.** It was a stress-free evening and everyone went home with knowledge and a work of art.





Infant Risk

CENTER

The Infant RiskCenter is the world's leading research center for medication safety during pregnancy and lactation. The website has over one million visits each year with women from every country in the world seeking advice. Their MommyMeds app continues to be a staple on the phone of expectant moms, and some dads, too. Since 2013, Dr. Hale and Dr. Baker have published more than 25 new drug studies.

In recognition of this outstanding record, the Texas Tech Health Sciences Center has named the InfantRisk Center a Center of Excellence. With this honor comes added resources and visibility.

Congratulations TO DR. TOM HALE AND DR. TERESA BAKER,
CO-DIRECTORS OF THE INFANTRISK CENTER!



WEST TEXAS 3-D COVID-19 RELIEF CONSORTIUM

TTUHSC serves many communities across west Texas. The pandemic impacted each of our regions and as the leadership team worked to anticipate the needs of the clinics and hospitals, it was clear that resources were scarce.

Associate Dean for Academic Affairs Dr. Simon Williams, was asked to work with colleagues from the Texas Tech University School of Engineering and others to find solutions. **Within a week, the creative team realized the potential for 3-D printing items that were in short supply such as face shields, intubation chambers, ventilator components and aerosol hoods.** The new West Texas 3-D COVID-19 Relief Consortium was founded and immediately requested funding for plastic and other materials needed to do life-saving work. Samples were made, FDA specifications were reviewed, and soon thousands of products were being produced.

The Laura W. Bush Institute for Women's Health was among the first to provide resources for raw materials and distribution of thousands of high-quality plastic products that hospitals needed. We are grateful for the leadership of Williams, the deans, professors, students and volunteers who worked tirelessly in this effort. By protecting healthcare workers and first responders, they limited the spread of the disease and saved lives.



WEST TEXAS 3D
COVID-19 RELIEF CONSORTIUM

www.wt3dreliefconsortium.com



DR. JENKIN'S LEADING VESPER™ DEVICE TEAM

Last fall, Marjorie Jenkins, M.D., founder and former Chief Science Officer for the Laura W. Bush Institute for Women's Health, assumed the role of chief academic officer for Prisma Health–Upstate and dean of the University of South Carolina School of Medicine in Greenville, South Carolina.

As the COVID-19 pandemic threatened the lives of thousands of people around the world, Jenkins led a team of innovative scientists determined to help. **The extreme shortage of ventilators in the emergency departments prompted the team to build a unique ventilator expansion device that allows a single ventilator to support up to four patients during times of acute equipment shortages.**

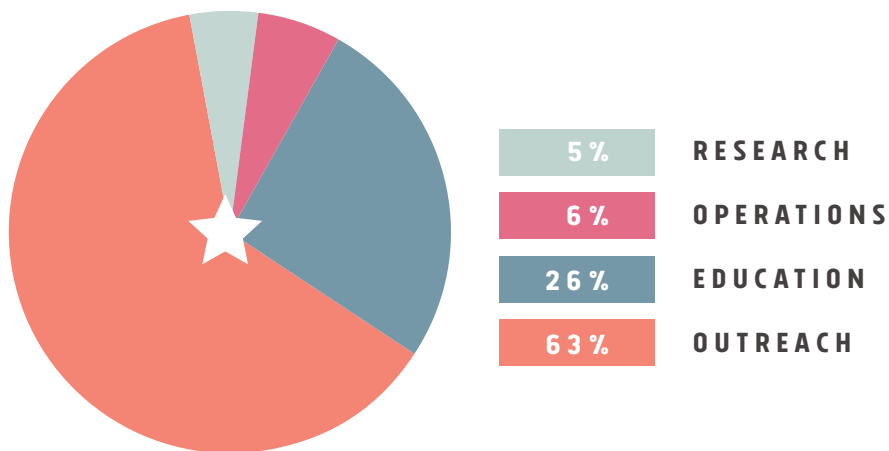
During the conception phase, Jenkins worked collaboratively with her husband, a software engineer and with a Prisma Health pulmonary critical care physician. This team developed specifications for a “Y” splitter tubing that would meet international quality standards (ISO), be easily produced, allow for appropriate filtering of bacteria and viruses in the ventilator tubing, be strong and impact resistant, and would not affect the care of other patients connected to the same machine.

The VESper™ device can be lifesaving when the number of critically ill patients requiring breathing support is greater than the number of available ventilators.

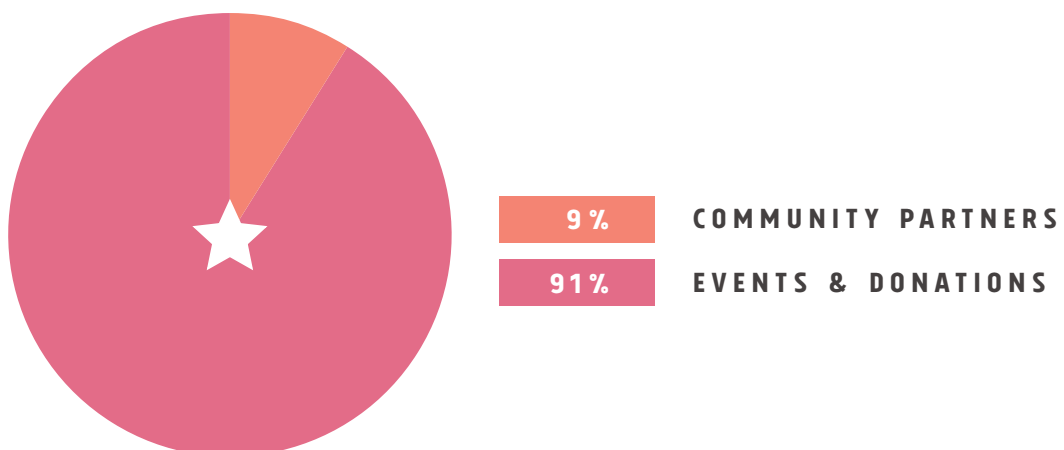
Jenkin's prior four years of experience working in the FDA Office of Women's Health provided valuable insight. On March 25, 2020 Prism Health announced that it received emergency use authorization from the U.S. Food and Drug Administration (FDA) for VESper™. Produced using 3D printing technology, the device is developed with material already in use for medical devices and produced at minimal cost.

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