



LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

Chairmen and Co-Chairmen from 2008 to 2023

Lee Ann White, Meredith Land, Lana Andrews, Laura Bush, Jeanne Cox, Jan Rees-Jones, Debbie Francis

Vision

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

National Advisory BOARD MEMBERS

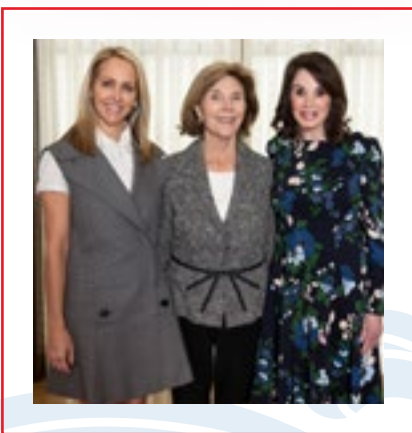


Standing row: Nancy Weis, Margaret Purvis, Kit Moncreif, Sheryl Pfluger, Lana Andrews, Donna Williams, Laura Bush, Meredith Land, Janet Tornelli Mitchell, Christy McClendon, Lori Rice-Spearman, Connie Tyne

Seated row: Lee Ann White, Lea Wright, Diane Scovell, Jeanne Cox, Jan Rees-Jones, Debbie Francis

Not pictured: Norman Dozier, Larry Gill, Gloria Hicks, Marjorie Jenkins, Jackie Martin, Maggie Murchison, Nancy Neal, Diana Strauss, Laura Street, Lisa Trout, and Elizabeth Webb

LEADERSHIP



Last November, we stepped into the role of co-chairs for the National Advisory Board. Jeanne Cox and Jan Rees-Jones remained on the board and offered their full support.

Our first event was the *Dallas Patron Dinner* hosted by Mrs. Laura Bush. With great ideas from Jeanne and Jan, our guests enjoyed a very entertaining evening.

The following morning, *Coffee & Conversation* at *Old Parkland* provided a fascinating program on the emerging science of cancer vaccines. With distinguished speakers Teresa Baker, M.D., and Timothy Chan, M.D., Ph.D, guests were filled with optimism about future treatments for cancer and chronic diseases.

Throughout the spring, the Institute teams hosted inspiring speakers such as Tim Tebow, Elizabeth Hasselbeck, and Emmitt Smith. Thank you for joining us and making a difference in the lives of women!

Lana Andrews
Co-Chairman

Meredith Land
Co-Chairman

Dear Friends,

It is great to be back! During the past two years, the Institute team created virtual experiences and added resources to our websites. While that proved educational, we missed the social connection that is so emotionally healthy.

The uncertainty of the shutdown was difficult for us. Programs, events and research initiatives were postponed and even stopped. We began 2022 with a new appreciation for good health and an eagerness to get going once again!

We hope you enjoy these photos and articles showing the enthusiastic way we resumed operations in our communities. The next few years will be a time of growth and renewal as we take important lessons from the past and search for new and innovative ways to serve women throughout Texas.

Thank you for your continued friendship and support. We hope to see you soon!

Connie Tynes
Executive Director



WELCOME TO THE TEAM



Lance R. McMahon, Ph.D.

SENIOR VICE PRESIDENT FOR RESEARCH AND INNOVATION

The new Senior Vice President for Research and Innovation at TTUHSC, Dr. Lance McMahon has already proven to be a staunch supporter of the Laura W. Bush Institute for Women's Health. Dr. McMahon served as the moderator for the annual *Coffee and Conversation* event in Dallas, where his personal knowledge of science was helpful, especially when taking questions from the audience regarding the emerging field of cancer vaccines.

Dr. McMahon brings teaching, research and grant experiences from his former position as professor and chair of the Department of Pharmacodynamics at the University of Florida College of Pharmacy. He plans to promote excellence at TTUHSC by fostering a collegial spirit, a shared vision and a strategic investment of university funds.

Dr. McMahon is a native Texan with deep roots in San Antonio, where he met his wife of 25 years, Brenda McMahon, M.D. She served as an assistant professor at the University of Florida Department of Community Health and Family Medicine. We're excited to welcome Dr. Lance McMahon and his family to the TTUHSC Team!



Stephanie De La Garza

ASSISTANT DIRECTOR

Stephanie De La Garza is the new Assistant Director in Abilene. She brings experience in community relations, event management and communications and marketing. In May, she held her first event with the Institute, *An Evening with Emmitt Smith*, which was a tremendous success.

"Working for the Laura W. Bush Institute for Women's Health is a great honor. I am looking forward to making a difference in the lives of women and girls in Abilene."

Stephanie has worked for the Chamber of Commerce in Kodiak, Alaska moderating senatorial and gubernatorial political debates and managing the island's largest event, the Kodiak Crab Festival. Most recently, she led a team of professionals at the Abilene Zoo bringing engaging new events, programs, and exhibits. She is a Top 20 Young Professional under the Age of 40 recipient for 2022 and is actively engaged in the Abilene community. Stephanie serves on several non-profit boards and committees such as the Abilene Young Professionals Steering Committee and the Hendrick Women's Council. She has been married to her high school sweetheart, Alex, for 11 years and together they have two rambunctious boys, ages six and nine.

A Year of **MENTAL** **HEALTH** Resources

According to the National Alliance on Mental Illness, one in five U.S. adults experience a mental illness or a mental health disorder. While millions of people are affected by mental illness each year, the Laura W. Bush Institute for Women's Health collaborated with TTUHSC renowned mental health care professionals to provide credible resources and advice to help women identify and address mental health needs.

Throughout the past year we shared video topics brought to you by our health care experts, Drs. Sarah Wakefield, Stephanie Moses, and Amy Stark. Each video aimed to address a specific women's mental health subject while providing education, support, skills and resources. Some of the topics covered this past year include healthy sleep habits, self-care, human trafficking, domestic violence, holiday stress and more.



DR. STEPHANIE MOSES



DR. AMY STARK



DR. SARAH WAKEFIELD

mental health tip

**THE WAY YOU
SPEAK TO
YOURSELF
MATTERS.**

Visit our YouTube channel to access these Mental Health Minutes and many other Sex & Gender Specific Health resources.





FINDING HEALTH, HEALING, & HAPPINESS

WITH

Dr. Jen

Jennifer Ashton, MD, OB/GYN is the chief medical correspondent for *ABC News, Good Morning America and GMA3*. **She has treated COVID-19 patients, experienced personal exhaustion and suffered the loss of loved ones.** In her virtual appearances in Amarillo and Lubbock, her compassion and experience came at just the right time.

Through a live-stream “fireside chat,” Dr. Ashton was interviewed by Dr. Janet Tornelli Mitchell. The two had an instant connection as Dr. Mitchell is a physician, a mother, and a member of our National Advisory Board.

Dr. Mitchell began by asking Dr. Ashton her reason for writing her newest book, *The New Normal*. Ashton answered that these uncertain times made her realize the importance of **teaching people to “think like a doctor.”** A thoughtful physician evaluates each decision by asking four questions: What is the risk if I do? What is the risk if I do not? What is the benefit if I do? What is the benefit if I do not? These questions move away from the emotions of the moment that may be fear, anger or uncertainty. Become your own doctor by following this simple analytical process that puts logic to work for important decisions — regarding medicine or life!

Dr. Mitchell asked Dr. Ashton to discuss the “Second Pandemic,” the mental health crisis among children, teens and adults. She shared that **almost every patient in her clinic over the past two years has experienced anxiety, fear, over-eating or drinking, depression or sleep loss.** It is critical to recognize when you or your loved one is not ok. *It’s ok not to be ok.*

When asked about grief and loss, Dr. Ashton noted that **everyone has lost something over the past two years: freedom, opportunities, social life, vacations, school, jobs and loved ones.** She recommends that we help each other to verbalize grief and sadness, talk about how to make up for these losses, share past memories and make plans for the future.

Dr. Ashton closed with a message of hope. **Within every crisis is an opportunity to learn, grow and change. Happiness is not a destination but a decision.** It often begins with a deep sense of gratitude and love for others.

THE MANNING LEGACY



NFL Legend Archie Manning inspired our San Angelo audience at the annual *Presents* luncheon in May with memories from his fascinating life. ASU Athletic Director James Reid asked Archie about his college and NFL career and the journey of parenting three sons, two of whom had successful NFL careers.

Raised in Drew, Mississippi, Archie excelled in all sports. Natural talent is easy to spot, and after success as the starting quarterback for three years, it was time to go pro. Archie was thrilled to be the second-round pick in the 1971 NFL Draft.

In 1971, New Orleans became home as Archie began an illustrious career with the Saints. According to Archie, they were a team with more heart than ability. While he threw a record 23,911 passes, the team had nine losing seasons. Archie's biggest nemesis was the Ram's defensive lineman Jack Youngblood. Today he jokes that "Jack wouldn't have made the *NFL Hall of Fame* without me to sack!"



Manning has been lucky in love. He has been married to his college sweetheart, cheerleader and homecoming queen Olivia, for 50 years! They are proud of their three sons Cooper, Peyton and Eli, who have given them nine grandkids.

Peyton and Eli are famously successful quarterbacks who have each won two Super Bowls, an experience Archie had vicariously. He said the hardest times were the games he and Olivia watched from the box as their sons competed against each other! As the next generation of Manning boys come along, all eyes are on Cooper's son Arch who is a top-rated high school quarterback at the same high school where his dad and uncles played. Arch just signed with the Texas Longhorns, so let's hope he is as charming and talented as his grandfather.

**He has been married to
his college sweetheart,
cheerleader and homecoming
queen Olivia, for 50 years!**



AN EVENING WITH

Mrs. Laura Bush

To thank our Dallas and Fort Worth National Advisory Board members and local supporters, Mrs. Laura Bush hosted an elegant gathering at the George W. Bush Presidential Center. Guests enjoyed a cocktail reception followed by a delicious dinner in the Presidential Reception Hall.

Mrs. Kit Moncrief delighted everyone with her special guests, friends Taylor and Nicole Sheridan, the creators of the hit TV series *Yellowstone* and *1883*. They shared a few behind the scenes stories of ranch life and filming during the pandemic. The Sheridan's new 6666 Ranch near Guthrie is not far from that of the Bushes' ranch in Crawford, TX, or the Rees-Jones Ranch in Ranger, so the guests had a lot in common.

Special attendees from TTUHSC included President Lori Rice-Spearman and Senior Vice President of Research and Innovation, Dr. Lance McMahon. These two were in town to participate in the Coffee & Conversation to be held the following morning. That program focused on the emerging field of cancer vaccines. Speakers Dr. Teresa Baker and Dr. Timothy Chan shared their wisdom on the topic and answered questions about the rapid development of the COVID vaccines. Dr. Chan assured everyone that the mRNA science is over ten years old and has been used for vaccines and cancer treatments before it was needed for the COVID vaccine.





Coffee and Conversation

“WHAT THE EMERGING SCIENCE OF CANCER VACCINES WILL MEAN TO YOU”



The Debate Chamber was the setting for the seventh Annual Coffee & Conversation. Mrs. Laura Bush provided a warm welcome and shared the history of Old Parkland.

The program opened with Teresa Baker, M.D., OB/GYN, discussing the most successful current cancer vaccine available. In 2006, HPV was unfortunately associated primarily with sexually transmitted diseases

when it is actually shared in many ways, including from mother to child. HPV vaccinations should be thought of as **a highly successful vaccine, preventing many forms of cancer in men and women with a 90% success rate.** Dr. Baker strongly encourages parents of boys and girls 10 to 25 years of age to accept the vaccine and eliminate the risk of serious cancers over the next 30 years.

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Deadly cancers that recently had virtually no hope of remission are seeing remarkable success. Melanoma now has a 50% response rate to immunotherapies and kidney cancer a greater than 90% success rate.

Creating a roadmap for current and future cancer research, Timothy Chan, M.D., Ph.D., from the Cleveland Clinic and Case Comprehensive Cancer Center, shared his depth of knowledge and experience. As a physician and scientist, Dr. Chan's genetics lab and patient practice focus on immunotherapy research, where they do clinical trials for cancer vaccines. **Deadly cancers that recently had virtually no hope of remission are seeing remarkable success.** Melanoma now has a 50% response rate to immunotherapies and kidney cancer a greater than 90% success rate.

Dr. Chan sees this as a time of unparalleled advancement, not only in cures for cancer, but also for new therapies that bring remission for chronic diseases such as Multiple Sclerosis and Leukemia. He noted that the most important breakthroughs of the century, DNA mapping and the evolution of immunotherapies, were funded by private philanthropy, not government grants. Dr. Chan encouraged people to enroll in clinical trials to be among the first to benefit from this new science.

The program was facilitated by Lance McMahan, Ph.D., the Senior Vice President of Research and Innovation at TTUHSC. He led the discussion with Dr. Baker and Dr. Chan, which can be viewed on the Laura Bush Institute YouTube channel.



Power of the PURSE LUNCHEON

**LIVE A LIFE OF
SIGNIFICANCE,
DON'T STAND ON
THE SIDELINES!**

Tim Tebow is a man living his life in service to others. In 2010, he created the Tim Tebow Foundation with a mission **“to bring faith, hope, and love to those needing a brighter day in their darkest hour of need.”**

Speaking to 950 guests, Tebow shared his history with sports and his love of success. He was committed to giving his all in every game he played — and he always played to win. That work ethic was rewarded with the Heisman Trophy his sophomore year at the University of Florida, his first-round draft pick and a five-year career with five teams in the NFL. Football was followed by four years of minor league baseball and a career on ESPN as a college football analyst. Tim’s life has been a successful one by any measure.

For Tim, capitalizing on his success meant taking it to the next level. **Tim notes, “What is a life of success without a life of significance?”** Tebow asked what memories will you be most proud of as you grow older?

“What is a life of success without a life of significance?”



For him, it will be the work of his foundation. One program provides grants to families adopting children with special needs from other countries. Those children now thrive in loving secure homes. The foundation supports women in safe houses in the Philippines who are recovering from sex trafficking and enslavement. Their lives have been saved and now they help others. Tim describes the happiest night of the year as the *Night to Shine*, when communities around the world hold special proms for people with special needs who have never before been included. All these causes require support, and the

Tim Tebow Foundation plays an important role assisting with funding and fundraising efforts.

Tim challenged the POP guests to listen with their hearts and “live like you are running out of time.” He suggested that when your heart is moved, take action! It will be much better if you didn’t just feel good; you did good!

Tim was joined by his wife Demi-Leigh Tebow, Miss Universe 2017. The South African native shares his passion for spreading faith, hope and love around the world.

The 13th Annual Power of the Purse was chaired by Sonja Clark and Courtney Vanderham. Presenting sponsors included ASCO and the Downtown Athletic Club featuring Cooper Aerobics.



Proceeds from the 2022 POP Luncheon will support these causes and more:

- Human Sex Trafficking Symposium 2022
- The new Texas Tech Physicians' OB/GYN clinic in Canyon
- Seed grant funding for scholarships for the new School of Nursing in Amarillo honoring regional dean Dr. Valerie Kiper

A “Survivor’s” Tale



Elisabeth Hasselbeck, an Emmy award winning television host and *Survivor* contestant, spoke at the *Presents Luncheon* in April. Abilene’s own Julie Schniers interviewed her and made sure her fascinating story was detailed for the 500 guests.

Growing up in Rhode Island, Elisabeth was an outstanding softball player. She attended Boston College, where her small stature deprived her of a scholarship but left her more time to pursue her major, industrial design. Elisabeth said an internship with Puma shoes led to a design job where she ultimately wore a pair of shoes she designed!

Elisabeth heard a colleague talking about *Survivor*, and the payout for the winner was irresistible. She was selected for the 2001 reality show, coming in fourth place behind San Angelo native Colby Donaldson. **Elisabeth learned many lessons about mental and physical toughness throughout the grueling ordeal, but miraculously, when it was over she felt healthier than she had when it began!** She learned that her chronic digestive problems were related to Celiac disease, a sensitivity to gluten products none of which she consumed while “surviving.” Elisabeth wrote multiple books offering a happy gluten-free life, and in 2011 she launched NoGii, a line of gluten-free nutritional products.

In 2002, Elisabeth married her college boyfriend Tim Hasselbeck just as he began his eight seasons in the NFL. In 2003, she joined the Emmy winning program *The View*, where she represented a conservative perspective for ten seasons. She recalls fondly that Barbara Walters became a valuable mentor and friend. When her contract was not renewed in 2013, Hasselbeck's feelings were deeply hurt and it felt like a failure. But within a few months she joined *Fox & Friends on the morning show*, a position she truly loved. The camaraderie and chemistry were perfect, but the hours were demanding. Elisabeth shared the struggles of beginning the day at 3:30 AM and heading home at noon to three young children and a notebook of information to study for tomorrow's show.

A health scare led to an awakening. It was not possible to do her best at *Fox* and also for her family. In 2015, Hasselbeck retired and began her focus on the life that meant the most to her. She cherishes time with her children, Grace (17), Taylor (15) and Tim (13). Elisabeth has a passion for women's health and advocacy and speaks to groups about four times a year.

A significant portion of the proceeds from the luncheon fund the Institute's Mammogram Program for the Concho Valley.



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The One and Only

EMMITT SMITH

Abilene folks turned out in force for one of the greatest football players of all time, Hall of Fame member Emmitt Smith. **The program began with a long walk down memory lane.**

Six-year-old Emmitt was watching the Dallas Cowboys and saw so much family enthusiasm that he told everyone he would be a Dallas Cowboy someday! He was inspired by great coaches in his formative years. One coach in particular told him: **"a dream is nothing until you write it down. Then it becomes a goal."**

Emmitt worked hard in high school and at the University of Florida where he was selected First Team All American. He entered the NFL draft a year before graduation, promising his mother he would complete his education some day; and he did just that! Emmitt was getting nervous when he was not picked in the first round, but destiny intervened when the Cowboys traded for

the seventeenth draft pick and Emmitt's dream came true.

Emmitt was blessed with excess talent, if not size — a circumstance that would center Emmitt's focus on being really fast. This strategy would propel him to become the **Dallas Cowboys all-time rushing leader, and in 2002, to beat Walter Peyton's record as all-time leading rusher in NFL history.**

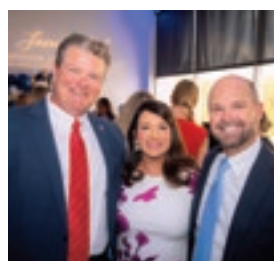
Emmitt Smith was one of the famous *Triplets* along with Troy Aikman and Michael Irvin. They won three Super Bowls and — according to Emmitt — they were totally dependent on each other for success. As Emmitt learned, the most important thing on the field was not him or Troy or Michael, it was the football! Watching the *Triplets* and the Cowboys in the 1990's, when they became America's Team, was a joy for millions of fans worldwide.



To close the evening, Chancellor Tedd Mitchell took the stage to ask his friend a few questions. One interesting subject was the major injury suffered in the 1993 win over the Giants. Before half-time, an x-ray revealed a broken clavicle bone, which the team physician padded and taped. It didn't surprise his teammates when **Emmitt returned to the field to complete the game with 32 runs, 10 catches, and 62 rushing yards — all with one hand!** Today, Emmitt is quick to say he was in so much pain, tears were streaming down his face with each hit. That day showed everyone

his commitment and toughness, but he does not recommend the decision to others.

With thanks to his mentor Roger Staubach, Emmitt has a successful real estate development company. The Emmitt and Pat Smith Foundation supports many sport and educational programs for underserved children throughout North Texas. There is no doubt that Emmitt brought some great life lessons and to Abilene, along with plenty of laughs.



Day of the Woman

CORPUS CHRISTI: *Healthy Brains*



When the topic is mental health, women are eager for help and advice. On March 29th at TAMU CC, the Institute hosted an interesting and educational seminar focusing on brain health and emotional well-being.

Dr. Leanne Young, a neuroscientist specializing in brain performance, explained the importance of good habits. Adequate sleep, good nutrition and managing stress creates an environment that promotes a brain's neuro-plasticity and better performance. Dr. Young reminded us that **brains are not wired for multi-tasking and the stress it causes makes work slower and less efficient.**

Dr. Stephanie Moses, a psychologist and director of the Family Medicine Mental Health Fellowship, provided a helpful and humorous understanding of anxiety and depression. Many women have sub-clinical symptoms that can be managed by talking with a trusted friend, exercising regularly, expressing gratitude, listening to music, and through prayer. When thoughts or sadness interfere with daily life, **it is important to get professional help, because you can be helped!**

AMARILLO: *She Rises from the Ashes*

The Institute hosted 200 guests for a dinner program featuring Dr. Sarah Wakefield, chairman of the department of psychiatry at TTUHSC.

She Rises from the Ashes is a reference to the mythical phoenix who **always recovers after tragedy and returns stronger than before.** Dr. Wakefield encouraged woman to rise above adversities experienced during COVID and other life challenges, and to learn and grow. During trying times, she reminded us how important it is to stay connected.



Child Psychiatrist Dr. Raja Kiani helped define early warning signs that children could be in distress. He offered tips and resources for concerned parents that were very helpful.

ABILENE: *Women's Bodies from 20 to 90*



The topic of challenges faced by women is a perfect subject for Teresa Baker, M.D., OB/GYN, and co-director of the InfantRisk Center. Dr. Baker spoke about **infertility, fertility treatments, contraception and menopause**. She detailed the screening tests for healthy women, and the timeframe for these tests to be performed. Dr. Baker's humor and relatability led her to answer the most common questions asked by her patients. Afterwards, guests lined up to ask questions and get personal advice.



PERMIAN BASIN: *Stop Minding your own Business*

Most people were taught to "mind your own business" but when a crisis occurs we often ask, "could this have been prevented?" A mental health crisis may provide early warning signs before a tragedy occurs.

Attorney and advocate Terry Bentley Hill shared her personal story, one that many could relate to. Her husband experienced depression and alcohol abuse they believed had to remain a secret. The diseases went untreated and escalated to the point where he made a terrible decision in a moment of desperation.

It is unlikely serious problems will resolve themselves, especially if they remain hidden.

Terry inspired us to be courageous and face up to our truth and share our troubles with a friend, a therapist, a pastor, or at least, our journals! She spoke about the many children and teens struggling in silence who need to be seen and heard. The counselors from *Centers for Children and Families* provided advice about watching for changes in sleeping, eating, ways of dressing or other behaviors that signal internal conflict. That is the time to stop minding your own business.

It is also time to end the stigma around depression, eating disorders, and alcoholism. These diseases can be treated and recovery is possible when resources are available and put to good use. Terry offered optimism and hope urging women to come together and help one another.



COMMUNITY EVENTS

ABILENE

YOU GROW GIRL

In partnership with the Abilene Education Foundation, 80 high-risk school-age girls attended an immersive female empowerment conference. This event brought positive female mentors to young girls to motivate and inspire them to be the healthiest versions of themselves. Speakers touched on a wide range of topics including self-care, leadership, personal resilience and creating your own community.



YOUNG PROFESSIONALS LEADERSHIP SUMMIT

The summit, featuring a mental health session by Dr. Stephanie Moses, focused on uncharted territory. Young professionals are navigating the economic downturn and recovery from the COVID-19 pandemic. Dr. Moses spoke to over 150 people, providing sound advice on the challenges and triumphs of attending to one's own mental health and that of others. Dr. Moses was the highest rated speaker of the day, reflecting the need for on-going mental health education.

AMARILLO



LUNCH 'N LEARN

Dr. Christine Garner provided helpful tips at the Lunch 'n Learn on enjoying food during the Ho-Ho-Holidays. All the ladies came away with healthy recipes and a new enthusiasm for baking! One popular tip was to enjoy a "three-bite" dessert rather than deprive yourself.

HUMAN SEX TRAFFICKING SYMPOSIUM | WEBINAR

The Institutes in Amarillo and Abilene partnered with the TTUHSC School of Medicine to provide a virtual event for health care providers across Texas. Keynote speaker Dr. Jordan Greenbaum of the *International Centre for Missing and Exploited Children* was joined by numerous faculty members, law enforcement officers and a human trafficking survivor. The four-hour symposium provided CMEs/CEUs and State of Texas HHS Certification in trafficking training for TTUHSC and Amarillo College.



CANYON

GIRLS NIGHT OUT

West Texas A&M University students heard excellent presentations from people they could trust. The evening began with a true story by rape survivor Brittany Piper, who was abducted and brutalized almost to death. Her mistake was trusting a kind stranger who offered to change her flat tire. WT provided local martial arts experts for a self-defense demonstration that gave the girls some great tips. They were reminded that one of the best defenses is to stay alert. Dr. Dana Schertler shared her professional opinion regarding healthy relationships, and explained how confusing love can be when it comes with a need to control your loved one. Important news about personal health and pregnancy prevention came from Dr. Teresa Baker, an OB/GYN at TTUHSC. She was happy to answer the many questions that came up.



CORPUS CHRISTI



GIRLS NIGHT OUT/GUYS NIGHT OUT

A partnership with the A&M University System enabled the Institute to provide outstanding Girls/Guys Night Out events in Corpus Christi and Kingsville. Featured speakers included rape survivor Brittany Piper and former Seattle Seahawks Super Bowl champion Clint Gresham. More than 1,000 incoming freshmen students heard messages on campus safety, integrity and empathy.

LUBBOCK



OBESITY RESEARCH INSTITUTE

The institute co-sponsored a student competition on the topic of obesity research and encouraged abstract submissions with an emphasis on sex and gender differences. These led to interesting and helpful discussions. The posters were presented virtually and winners were recognized by the Institute.



PATIENTS, PHYSICIANS, & POPULATIONS

The institute provided keynote speakers for the School of Medicine's first year students in a series regarding diversity and disparities. Elisa Brown, M.D., did a presentation entitled "Are there racial justice issues in women's health?" Lundy Brown, Ph.D., spoke about "Masked lived experiences of societal racism."

In addition, a Women in Medicine Panel brought together physicians from across TTUHSC to share their personal experiences with students.

WOMEN'S HEALTH WEBINAR

The institute co-sponsored a virtual event in March assisting with expert speakers. The topics included obesity and fertility, the benefits of a low-starch diet in polycystic ovary syndrome, and the relationship between obesity and the progression of breast cancer.



LUBBOCK



LUNCH AND CONVERSATION

Regional director Dr. Betsy Jones hosted a luncheon event on May 18th for the Community Advisory Board, TTUHSC researchers and invited guests. Dr. Jennifer Ward, a TTUHSC family physician, provided tips

on staying healthy and beyond!

WOMEN'S HEALTH DAY

Continuing support of the TTUHSC Free Clinic, volunteering students from the School of Medicine provided “well woman” exams, breast and pelvic exams, Pap smears, pregnancy tests, prenatal referrals, mammogram referrals and HPV vaccines.



WOMEN'S NIGHT AT THE REC

The annual Women's Night at the Rec event continues to be a fun-filled evening at the University Recreation Center. The gym was open to women only to enjoy a night of healthy, inclusive fun and to educate and empower women on issues surrounding self-care, mental health and physical health. Women enjoyed health workshops, exercise classes, climbing and bouldering, nutrition advice and exercise tips. The “walk-with-a-doc” opportunity provided time with a physician to discuss personal health issues. This year, several TTU student-athletes discussed their experiences. Medical students were on hand to conduct surveys on mental health. Free tee-shirts and door prizes were available to the 600 participants.

SAN ANGELO

PINK OUT OCTOBER

This spring, the annual t-shirt sale added socks. They were surprisingly popular! The resulting sales raised over \$12,500 for the mammogram program, and is available for women who need assistance for follow-up testing or treatment.



WEST TEXAS HUNGER SUMMIT

"Together at the Table" was an encouraging planning session that will assist many people in the Concho Valley. It was held in partnership with the *Baylor Collaborative on Hunger and Poverty*. The summit was led by Elia Moreno and Anette Carlisle, who spoke to over 100 attendees from many community organizations about proven strategies to combat hunger and food insecurity in the Concho Valley.



SAN ANGELO



GIRL'S NIGHT OUT & GUY'S NIGHT OUT

Girl's Night Out and Guy's Night Out are free events provided in partnership with ASU. They are designed to raise awareness about physical, mental and emotional health for women and men during

their college years. Rachel DeAlto was the keynote speaker for our Girl's Night Out and she shared her experiences about truth and deception when relationships begin in a virtual world. The keynote speaker for Guy's Night Out, Dr. Adi Jaffe, spoke about his experience with drugs, alcohol and his difficult father. That led to recommendations about the importance of open communication in relationships. Jaffe said you need to understand your own feelings in order to communicate effectively when there is a problem.



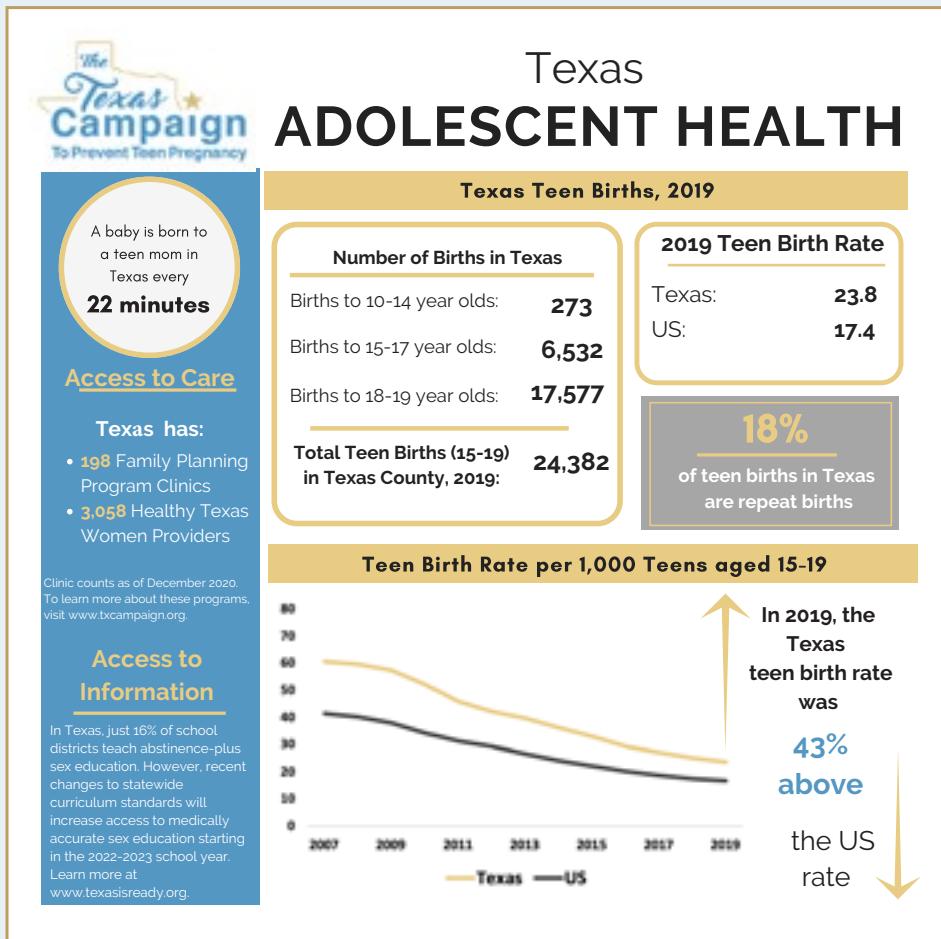
DIA DE LA MUJER

This Spanish speaking only event is always popular with women in the Concho Valley. The day began with a health fair, featuring local organizations and service providers such as the Diabetes Coalition, the Alcohol and Drug Abuse Council, WIC and Shannon Medical Center Oncology Center. Two physicians from Shannon and two nurses from ASU answered questions. These discussions related to heart health, diabetes prevention and management, COVID, primary prevention screening and other issues important to the women attending.



Pregnancy Prevention Program

IS A SUCCESS!



The Laura W. Bush Institute for Women's Health was established in the Permian Basin in 2018. The leadership team of Dr. Elisa Brown, OB/GYN, and community coordinator Dr. Lisa Platner, welcomed the institute's support of the *Pregnancy Prevention Program* they had established a decade earlier.

Thanks to a grant to the Community Education Office and the support of TTUHSC Schools of Medicine and Nursing, the science-based program began augmenting the previous *Abstinence Only* program in 2011. With the blessing of the Ector County Independent School District and its Student Health Advisory Council (SHAC), **medical students volunteered to teach seventh grade students about anatomy and reproduction,**

abstinence, sexually transmitted diseases and contraception. The program expanded to tenth grade students with a brief review and time for questions. Each year a pre-test and post-test was given to study the students interest and knowledge.

The *Pregnancy Prevention Program* has been modified and updated many times and is now **taught in six middle schools and five high schools, educating over 3,800 students in 2021.**

Dr. Brown and Dr. Platner remain personally engaged because they know how much the students need correct information. From their comments, it is clear that most of what kids know comes from the internet — a very poor source. The sex ed class is taught with warmth and candor to gain the trust of the students who are curious and want to learn, even if it is a little awkward.

We are proud to report sound evidence that the students are learning! Based on the pre and post- tests, attitudes toward risky behavior are improving. More importantly, the **Teen Pregnancy Rate for Ector County has decreased 49% over the last 8 years.** This is a testament to the power of education, information and commitment.



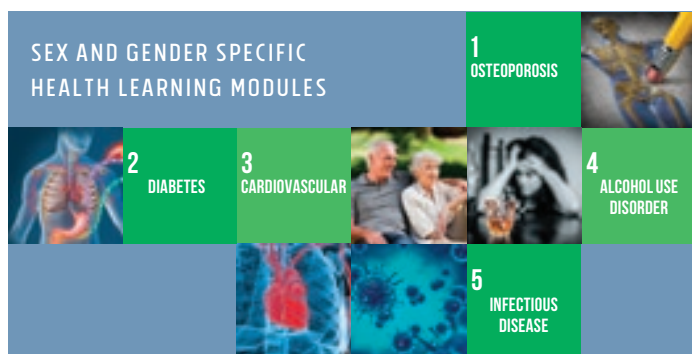
SEX *and* GENDERHEALTH.ORG

Our educational, web-based resource enjoyed growth and expansion over the past seven years with **current usage in 284 institutions across 35 countries!**

The learning modules provide tutorials in sex and gender differences for Osteoporosis, Diabetes, Cardiovascular disease, Alcohol use disorder, and Infectious disease. For students who need a brief refresher, we have “mini-modules” that can be read or listened to in just ten minutes.

Some medical schools are documenting and reporting the use of this information as part of their LCME accreditation process. The learning modules can provide schools with the means of meeting educational objectives including societal problems and health care disparities.

The video library adds new topics quarterly, and these three-minute educational visuals cover more than twenty-five topics. Featuring important information on sex differences in many medical conditions, they have become popular in clinic waiting rooms. All videos can be found on our YouTube channel.



The SGSH Learning Modules were created by inter-professional teams of faculty and students to aid in the integration of sex and gender difference education into existing healthcare curricula. Some medical schools are documenting and reporting the use of the SGSH Learning Modules as part of their LCME accreditation process. See the SGSH home page for more information.

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.



The virtual reality technology created by VxMED can be linked from our website and has received grants from the Institute. VxMed provides students with emergency room experience, featuring a unique 3D patient exhibiting the life-like symptoms of important diseases that medical students must master. **As students interact with these virtual patients, they identify symptoms, order tests, make a diagnosis and suggest treatments.** This learning style is increasingly popular with students.

Please visit: SexandGenderHealth.org

	<u>2015</u>	<u>2022</u>
Unique page views	3,618	105,990
New users for learning modules	21	2,533
Number of Medical School users	3	364



284 Different Institutions

RESEARCH *Funding*



GLOBALIZED SEED GRANT PROGRAM

- *Abilene: \$25,000 to Dr. Sanjay Srivastava with the School of Pharmacy for his study on Novel Therapy for Chemo resistant Breast Cancer.*
- *Lubbock: \$10,000 to Dr. Mark Reedy and Dr. Komaraiah Palle with the Dept. of OB/GYN for their research on Ovarian Cancer Disease Recurrence for Chemo-resistant Cases*

• Extramural Funding from Seed Grant Pays OFF

The initial \$25,000 seed grant the Abilene office awarded to Dr. Magdalena Karowiczek provided preliminary data for her to obtain a \$3.8m NIH grant. This is a great example of the impact the Institute has on TTUHSC scientists and women's health and an enormous return on investment.



MAMA *Meals*



A seed grant from the Laura W. Bush Institute for Women's Health provided the initial funds for a novel intervention called *MamaMeals*. It was designed to supply nutritious home-delivered meals to postpartum women with low incomes in an effort to combat food insecurity and improve health. The *MamaMeals* are made possible through a collaboration with United Supermarkets. Seven healthy meals and snacks are delivered each week.

The *MamaMeals* intervention was tested with 18 new mothers whose response to the program was overwhelmingly positive. They reported reduced stress and healthier lifestyles.

Preliminary data prompted an additional \$250,000 in funding for the ongoing pilot trial. Those results will support a large, multi-year grant to further expand this program to improve the health and well-being of mothers and their children.