WOMEN’S HEALTH NEWS AT VCU

VCU Schools of Medicine and Dentistry presents 2010 WISDM Professional Achievement Awards

The 18th Annual Women in Science, Dentistry and Medicine (WISDM) Professional Achievement Awards were presented to two Virginia Commonwealth University faculty members for their special contributions and accomplishments in the schools of Medicine and Dentistry. This year’s recipients, who were honored at the annual WISDM Leadership Conference, include Joann N. Bodurtha, M.D., professor of human and molecular genetics, pediatrics, obstetrics and gynecology, and epidemiology and community health, and Carolyn Booker, Ph.D., associate dean of students and associate professor in the VCU School of Dentistry. A former WISDM president, Bodurtha has demonstrated her leadership skills as director of the Virginia Leadership in Education in Neurodevelopmental Disabilities, and as co-director of the Building Interdisciplinary Research Careers in Women’s Health Program.

Susan Kornstein, MD recognized at The American Psychiatric Association (APA) Annual Meeting through the Welcome Back Awards Program, which honors individuals who positively impact the depression community. Eli Lilly and Company honored a group of six inspiring leaders at the 12th Annual Welcome Back Awards ceremony in New Orleans, LA, on Saturday, May 22. Lilly established the Welcome Back Awards in 1998 to fight the stigma associated with depression and to promote the understanding that depression is treatable. Each year, an independent panel of national mental health leaders recognizes individuals for their outstanding achievements, and Lilly awards donations ranging between $10,000 and $15,000 to the not-for-profit organization of each winner's choice. It was noted: “Among her many accomplishments, Dr. Kornstein serves as an internationally recognized researcher in the areas of depression, anxiety disorders, premenstrual syndrome and sexual dysfunction. She edited the first comprehensive textbook ever on women's mental health and has worked to bring mental health professionals together from around the world in an extraordinary effort to advance the field of women's mental health. Dr. Kornstein has gone above and beyond typical mental health treatment by focusing on understanding and connecting the physical and psychiatric needs of women, and providing them with much-needed support during life's difficult transitions.” For more detail visit: http://www.prnewswire.com/news-releases/annual-welcome-back-awards-program-honors-individuals-for-tremendous-contributions-to-the-depression-community-94571269.html
Women's Health 2010: The 18th Annual Congress – held March 26-28, 2010
Washington, DC.

The VCU Institute for Women's Health and the Journal of Women’s Health held its annual multidisciplinary CME conference, the Women’s Health 2010 Congress, in Washington, DC on March 26-28. Wendy S. Klein, MD, was the Congress Program Chair for the 12th consecutive year, and Susan Kornstein, MD, was Co-Chair. This year, the Congress again collaborated with the American Medical Women’s Association (AMWA), and served as the annual AMWA meeting. In addition, new partners this year were the National Cancer Institute (NCI) Behavioral Research Program and the American Medical Association (AMA). The response to the program was overwhelming again this year, and was sold out with 1000 registrants in advance of the event. The purpose of this dissemination conference was to provide state-of-the-art, evidence-based knowledge on a broad range of issues relevant to women’s health across the lifespan, to a target audience that included physicians, nurse practitioners, nurses, nurse-midwives, and other allied healthcare providers. This program remains unique in its multidisciplinary approach to the understanding sex and gender differences across the spectrum of disease, and in its interdisciplinary audience, which spans departments and organ systems, and also encompasses all healthcare professions.

In addition, the scientific research poster session was greatly expanded, with presenters from around the world. All told, there were 1000 attendees from 44 states and from Austria, Sweden, Germany, Netherlands, Japan, China, India, Thailand, Nigeria, Taiwan, Australia, and Canada. Once again, the Congress was a hugely successful event, and remains a unique platform for promoting excellence in women’s health care and in representing VCU and the Institute for Women’s Health.

Save the Date

Women's Health 2011: The 19th Annual Congress
April 1–3, 2011 Washington, DC

CALL FOR ABSTRACTS
Women's Health & Sex Differences Research
Scientific Poster Sessions
Co-sponsored by the NIH Office of Research on Women’s Health
Abstract Submission Deadline: December 1, 2010
Submission information and tool available at:
www.whcongress.com/abstract_submission.html
**July is UV Safety Month**

It's summertime; the sun is bright and there is a great danger the sun can harm the eyes. Everyone is at risk for eye damage that can lead to vision loss from exposure to the ultraviolet rays of the sun. Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict. Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Buying a good pair of sunglasses is not enough. You must remember to wear them whenever you’re outside. Don’t be fooled by a cloudy day. The sun's rays can still burn through the haze and thin clouds. For more information, visit:  [www.aao.org/aaoesite/eyemd/uv.cfm](http://www.aao.org/aaoesite/eyemd/uv.cfm)

**New Hope for Infertile Young Women**

A new study contradicts the conventional wisdom about a common condition called primary ovarian insufficiency that can cause infertility in young women. Even though the condition causes symptoms similar to those experienced by women during menopause, researchers found that females still have immature eggs in their ovaries.  

**Studies Confirm Link Between Breast Density and Cancer**

Having dense breasts has long been known to increase a woman's risk for breast cancer, and new research confirms that a decline in breast density over time does, in fact, decrease that risk. New research also has found that women taking hormone replacement therapy are more likely to experience an increase in breast density, a finding consistent with previous research that found women taking the hormones had a 24 percent increased risk for breast cancer.  

**Depression and Smoking Go Hand in Hand in U.S.**

The link between depression and smoking, long observed by health-care experts, is real and strong, a new government report shows. People aged 20 and older with depression are twice as likely as others to be cigarette smokers, the researchers from the U.S. Centers for Disease Control and Prevention found. And as the severity of depression increased, so did the number of smokers.  

**Simple Carbs Pose Heart Risk for Women**

A diet rich in carbohydrates that are quickly transformed into sugar in the blood raises the risk of heart disease for women, a new Italian study finds. The same effect, however, is not seen in men, according to the report, published April 12 in the *Archives of Internal Medicine*.  

**Low-Cal Diets May Make You Gain Weight**

If losing weight feels like a never-ending battle, new research may explain why: Diets that restrict calories can actually make it harder to lose weight and keep it off. Cutting calories increases production of cortisol, the stress hormone, which is linked to added belly fat, a new study finds.  
Virginia Commonwealth University’s Council for Community Engagement has awarded one-year grants totaling $100,000 to seven university-community programs. The seven grantees were selected from a group of 26 proposals. Members of the Council for Community Engagement gifts and grants committee awarded grants to:

- Team Warbler: From Chesapeake Bay to Panama Bay and back – Cross Cultural Connections Supporting Sustainable Communities
- Improving Access and Quality of Care for the Medically Underserved through the Interdisciplinary Enhanced Teaching Model
- TAPA Model: Literacy and Language Training for Adult Immigrant Learners from Non-literate Societies
- Richmond Chapter of Foundation for Rehabilitation Equipment & Endowment
- Multiple Family Group Intervention for Middle School Transition
- Vernal Pools and the Human Footprint
- Una Vida Sana: Assessing and Improving the Health Status of Richmond’s Hispanic Community through Health Professional Student Service Learning

For more information, visit: [http://www.news.vcu.edu/news/VCU_Council_for_Community_Engagement_awards_grants_and_celebrates](http://www.news.vcu.edu/news/VCU_Council_for_Community_Engagement_awards_grants_and_celebrates)

**Currents of Change Award.** 22 programs were submitted – IWH project was not a winner for its Guatemala NGO–University Partnership, but will be recognized & submitted to the President’s Honor Roll Exemplary projects. The “Currents of Change” award for overall excellence was given to the **Pharmacist Collaborative Care** in the Community program, a partnership between the School of Pharmacy and community organizations to provide medication-related health care services by coordinating medication lists for patients during transitions of care, managing diabetes and hypertension medicines for high-risk patients, identify and resolve medication-related problems and help patients get access to needed prescription medicines.

**CARING TO ACT.** The Caring to Act Calendar provides opportunities for the VCU community to participate in community service projects in the Richmond region in the spirit that through doing we grow as contributing citizens. Each year the Council of Community Engagement identifies projects that address a range of needs in our community. Each project is designed and led by VCU units and community partners and is open to students, staff, faculty, and alumni participation. In addition, educational opportunities are linked to the events to broaden our understanding of the related issues and to explore our roles as citizens in the Richmond region. Individuals and groups are encouraged to review the list of projects and to register. For more information visit: [http://www.community.vcu.edu/solutions/cce/caring.html](http://www.community.vcu.edu/solutions/cce/caring.html)
RESEARCH IN WOMEN’S HEALTH

Clinical and Translational Science Award
Virginia Commonwealth University announced it has received a $20 million grant – the largest federal award in its history – from the National Institutes of Health to become part of a nationwide consortium of research institutions working to turn laboratory discoveries into treatments for patients. VCU’s areas of focus include: substance abuse, women's health and rehabilitation science, outreach to communities and systems to share research information. For more information, visit: http://www.news.vcu.edu/news/VCU_First_Virginia_Institution_to_Join_National_Network_of_Academic

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The Sixth Annual VCU Women’s Health Research Day, was hosted by the VCU Institute for Women’s Health. A celebration and promotion of research activities in Women's Health at VCU, the event was held on April 7, 2010 at the Medical Sciences Building on the MCV Campus. The event focused on the new era in NIH funding in multidisciplinary and collaborative women’s health research. The day included current and up-to-date information from NIH, examples of interdisciplinary women’s health research currently being conducted at VCU, and information about resources available at VCU for investigators.

2010 Women’s Health Research Day Co-Chairs were: Elizabeth McGee, MD, Associate Professor of Obstetrics and Gynecology and David A. Gewirtz, PhD, Professor of Pharmacology and Toxicology

Research Day Awards: The 2010 Elizabeth Ann Fries Young Investigator Award and new Building Interdisciplinary Bridges in Women’s Health Research Awards:

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<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Title</th>
<th>Poster</th>
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<tbody>
<tr>
<td>Elizabeth Fries Young Investigator Award</td>
<td>Jedd Lyn Ticar</td>
<td>MRE11/RAD50/NBS1 Complex Functions in Invasion in Breast Cells and Tumor Progression</td>
<td>44</td>
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<tr>
<td>Social Behavioral Award</td>
<td>Allison Sepulveda</td>
<td>One Tiny Reason to Quit: A Prenatal Smoking Cessation Campaign in Richmond, VA</td>
<td>39</td>
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<tr>
<td>Basic Science Award</td>
<td>Jedd Lyn Ticar</td>
<td>MRE11/RAD50/NBS1 Complex Functions in Invasion in Breast Cells and Tumor Progression</td>
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<tr>
<td>Clinical Award</td>
<td>Haeseong Park</td>
<td>A Pilot Phase II Trial of Magnesium Supplements to Reduce Menopausal Hot Flashes in Breast Cancer Patients</td>
<td>34</td>
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Additional information and Research Day Full Abstracts are posted at: www.womenshealth.vcu.edu/research/whrd.html

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Research Grant Development Groups
Capitalizing on the interest of VCU researchers to work across disciplines in the area of women’s health, the Institute has formed several research grant development focused on areas of interest across the University. Pulling together researchers across the University interested in research on a particular topic will enable the Institute to facilitate what the National Institute of Health, the major federal funder of health research, refers to as translational research. Translational research is the active application of knowledge learned in controlled research projects to the ‘real world’ of women’s health. The linking of the laboratory ‘bench’ to the ‘bedside’ of real women is an exciting prospect for the Institute. To date, there are 4 active groups:

- Pregnancy & Research
- HIV/AIDS & Mental Health
- Caffeine & Women’s Health
- Exercise, Nutrition & Women’s Health

If you are interested in joining any of the research development groups, please contact Laurie Safford at s2lasaff@vcu.edu

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Providing leadership in women’s health includes facilitating research that is linked to the needs, concerns, and questions of our community. The Institute is committed to encourage and support community-university research partnerships. For more information about creating these research partnerships, or if you have a research question for which you need a community or university partner, please contact Dr. Susan Kornstein at skornste@vcu.edu or call at 827-1200.
The Institute for Women’s Health and Highland Support Project partnered to provide an educational/service/exchange program in Guatemala.

The work of a midwife in Guatemala is an ancient art form, using philosophies and techniques that are virtually unknown in Western medicine. Her practices are founded on the belief that we must achieve and maintain a balance between humans and the environment. In the highlands of Guatemala, midwives are often the only health care providers for many miles in isolated, rural communities. They are eager for more knowledge of medicine and the opportunity to develop their abilities in order to improve the quality of care given to their patients. The program offered an opportunity for a team of health professionals, social workers and interested others, from the US to visit Quetzaltenango, Guatemala to participate in a week long exchange with a group of Guatemalan midwives, health promoters and village leaders. The team worked to:

- Participate in midwife and health promoter training sessions
- Develop an understanding of the role traditional midwives (comadronas) play within the rural communities of indigenous women in Guatemala;
- Identify and explain factors contributing to the high incident of maternal and child mortality in Guatemala;
- Learn about program development and capacity building supporting advancement of more formalized health services in a rural clinic, including development of health records and case management systems.
- Participate in an exchange of ideas and cultures surrounding child-birth, child-rearing, health care and women’s issues.

For more information visit the group blog at: [http://guatemalamidwives.blogspot.com/](http://guatemalamidwives.blogspot.com/)

If you are interested in learning more, team participants would be willing to do a presentation for your group. Contact: Janett Forte @ jforte@vcu.edu

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**International Violence Against Women Act**

**Background:** The International Violence Against Women Act (I-VAWA) (S.2982/H.R. 4594) is the first comprehensive piece of legislation in the United States aimed at ending violence against women and girls around the world. It would improve our government’s response when women are victims of sex trafficking and rape during war and would provide aid to women’s groups on the ground working to help survivors of domestic and sexual violence. It would focus resources on prevention and ensure that dollars are used in the most effective ways possible. In some countries, it truly could mean the difference between life and death for a woman or girl. We are asking that Members of Congress cosponsor this important piece of legislation. Send a message to your Virginia Representative and Senators urging them to support I-VAWA. [http://salsa.democracyinaction.org/o/840/p/dia/action/public/?action_KEY=2154](http://salsa.democracyinaction.org/o/840/p/dia/action/public/?action_KEY=2154)

UPCOMING EVENTS

The VCU Medical Center features physicians who talk about current topics in health care. This is a great opportunity to meet, listen to and ask questions of our doctors in a casual, informal setting. Light refreshments are provided during the seminars, which are held at the Lewis Ginter Botanical Garden, Education and Library Complex, 1800 Lakeside Avenue.

The following seminars are free, however registration is required. For more information about the following seminars or to register, call 804-828-0123.

AUGUST:

What You Should Know about Crohn’s and Colitis
Tuesday, August 24, 5:30 to 6:30 p.m.
Join Drs. Stephen Bickston, John Kuemmerle and Homayoon Akbari, from the Center for Digestive Health, as they discuss the latest treatment options for digestive health, specifically for patients with Crohn’s Disease or colitis.

SEPTEMBER:

Controversies with Prostate Cancer Screenings
Tuesday, September 21 - 5:30 to 6:30 p.m.
Join Dr. Mayer Grob, from the Massey Cancer Center’s Urologic tumor Program, as he discusses why men should be screened for prostate cancer.

Fall 2010 – IWH - How to Treat A Woman Series:

“Young Women- Stay Strong”: Adolescent OB/GYN Health
Date: Wednesday, September 8, 2010
Time: 12:00 pm to 1:00 pm
Location: MCV Campus, Main Hospital, 1St Floor Learning Center
Speaker: Nicole Karjane, MD Assistant Professor - Dept of Obstetrics & Gynecology

“More Power to You: “Strong Women – Stay Young”
Date: Wednesday, November 10, 2010
Time: 12:00 pm to 1:00 pm
Location: MCV Campus, Main Hospital, 1St Floor Learning Center
Speaker: Ann Dunbar, PT, DPT, MS – Department of Physical Therapy
UPCOMING CLASSES AT VCU

Nutrition Classes
Learn how to make informed food choices by developing sound eating and physical activity habits from our registered dietitian. Individual nutrition counseling is also available.

- Diabetic Dining Made Easy
- Lean 'N Easy
- Food & Fitness Weight Loss Seminars

To register for any of these classes, call 804-560-8955. If you have any questions, contact Mary-Jo Sawyer, RD, class instructor, call 327-8830 or email msawyer@mcvh-vcu.edu

Family Life Education
Classes include Healthy Beginnings Tour, Breastfeeding Class, Car Seat Safety, Childbirth Preparation, Infant CPR, and Newborn Parenting. All classes are for adults only. To register or for more information, call 828-4409.

New Daddy Boot Camp (Men only) Workshop for men, taught by men, dealing with all the new experiences for first-time fathers, including care for the new baby, care for the new mom, finances, diapering and conflicting advice. 3 hour class. VCU Women’s Health Center 9000 Stony Pt. Parkway, $25 To register, call 804-288-3431

Centering Pregnancy Program: A Model for Prenatal Care
Centering Pregnancy groups are made up of 10 to 12 women who will all deliver babies around the same time. The groups include discussion about pregnancy and how to care for the new baby, and in each session, moms will have some private time with a midwife, nurse, or doctor. Groups are available at the Stony Point Women’s Health Center. Contact Ellen Coffin at 628-3042 for more information

WOMEN’S HEALTH CLINICAL TRIALS & STUDIES AT VCU

Clinical Trials at VCU
Virginia Commonwealth University conducts research studies and clinical trials in various divisions throughout the Medical Center.

Find clinical trials at VCU
Find out what clinical research is going on at VCU and VCU Medical Center. All studies on this site have been approved by the VCU Institutional Review Board. New studies are added often, so if you don't find one that suits you or a loved one, check back again. http://www.clinicaltrials.vcu.edu
STUDY HIGHLIGHTS

To learn more about these studies, contact VCU Mood Disorders Institute at (804) 828-5639, www.mood.vcu.edu, or mdi@vcu.edu.

- **Depression and Pain** Dr. Susan Kornstein of the VCU Mood Disorders Institute is conducting a medical research study to determine if study medication reduces the symptoms of depression and the pain associated with depression. Qualified participants will receive no-cost research care at our off-campus location. Financial compensation for time and travel may also be available.

- **Volunteers Needed For NIH Study on Premenstrual Dysphoric Disorder** Dr. Susan G. Kornstein is conducting a research study of an investigational medication for Premenstrual Dysphoric Disorder or PMDD, a severe form of PMS. All research care is provided at no charge.

- **Hypoactive Sexual Desire Disorder** Dr. Susan G. Kornstein is conducting a research study using an investigational medication vs. placebo for postmenopausal women who have Hypoactive Sexual Desire Disorder.

**Women With Fibromyalgia Sought for Research Study** If you are female, age 18 or over, and have a confirmed diagnosis of fibromyalgia, you may be eligible to participate in a ten-week research study to evaluate the effects of guided imagery on stress, immunity and the management of symptoms associated with fibromyalgia. At each study visit (first visit; 6 week; 10 week), participants will be asked to complete sets of questionnaires and have one small tube of blood drawn. Participants assigned by chance (randomized) to the intervention group will be asked to use a guided imagery CD daily for 10 weeks. Free Parking or Bus Pass. $75 upon completion of study. For more information contact: Victoria Menzies (804) 628-8262 Email: vsmenzies@vcu.edu

ABOUT US

The Institute for Women’s Health was established in 1999 to promote standards of excellence in women’s health care, advance cutting-edge research, foster community engagement and collaboration, enhance women's leadership and provide professional education toward the goal of improving the health of women across the lifespan.

Susan G. Kornstein, MD, Executive Director * Janett Forte, MSW, Program Director

*Women’s Health E-Newsletter is brought to you by the VCU Institute for Women’s Health. If you would like to subscribe to future issues, please send an e-mail to womenshealth@vcu.edu. To unsubscribe please send an email to womenshealth@vcu.edu with “remove” in the subject heading and your reason for unsubscribing in the message body. We use collected e-mail addresses only to send our own information.*

For more information, please call (804) 827-1200 or visit www.womenshealth.vcu.edu