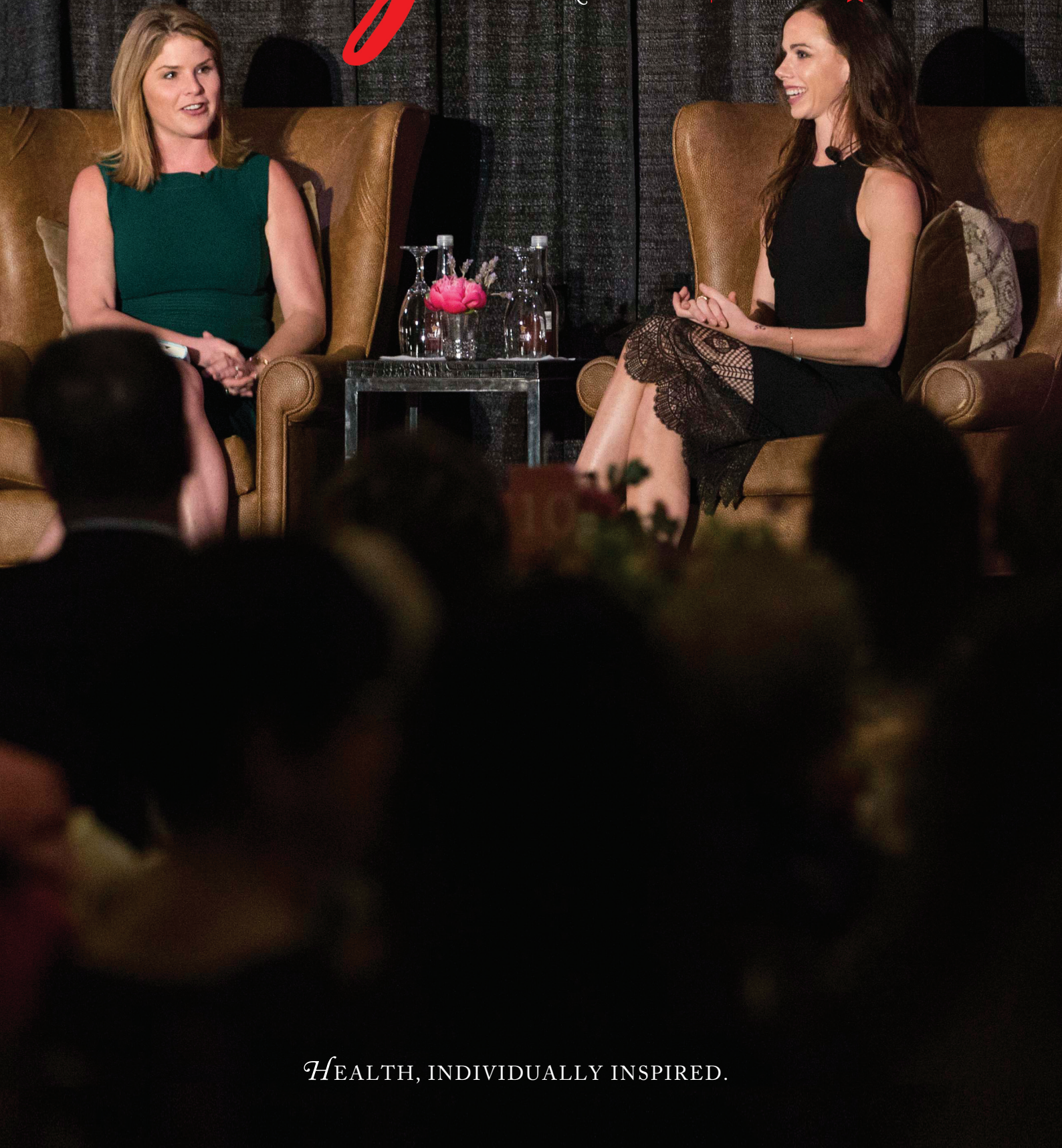


impact

REPORT VOL 4. | WINTER 2018 ★



HEALTH, INDIVIDUALLY INSPIRED.



Laura W. Bush

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



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.

WE ARE CELEBRATING THE 10TH ANNIVERSARY
OF THIS OUTSTANDING INSTITUTE THAT HAS
TOUCHED SO MANY LIVES!

Leading the Laura W. Bush Institute for Women's Health is an honor and a privilege. As co-chairs of the National Advisory Board, we enjoy the special events around the state, but we also appreciate the opportunity to gain a deeper understanding of the scientific research and medical education conducted through the institute.

We are passionate about the institute's goal of personalized medicine and reducing health care disparities for women. As a result, we continue to fund research that investigates the biological differences between men and women with regard to medical conditions and the effectiveness of prescription drugs.

It is vital for new information to be disseminated to the medical community and to patients as soon as possible. Thanks to generous donors, we are very pleased to announce that the Laura W. Bush Institute for Women's Health's website SexandGenderHealth.org is now an open access resource for everyone. It provides an efficient translation of science into practice so women will benefit from the latest information available to their physicians. Through our social media, we send medical updates directly to women each week in a short video format.

We invite you to learn more about the Laura W. Bush Institute for Women's Health and to join us in supporting this mission. Help us celebrate our first 10 years and pave the way for many more.

With every good wish for a healthy 2018!

Jeanne Tower Cox & Jan Rees-Jones

CO-CHAIRS

National Advisory Board

Laura W. Bush Institute for Women's Health



OUR 10TH ANNIVERSARY HAS ARRIVED!

Our 10th anniversary is the perfect time to reflect on the past and focus on the future. I am proud of the outstanding accomplishments of the institute and extremely grateful for the many board members, donors, volunteers and staff that made it possible. We are most appreciative of Mrs. Bush for her active interest and support of the institute that is working every day to improve the lives of women and girls.



The regional offices of the Laura Bush Institute for Women's Health offer resources, education and community outreach that meet the unique needs of each city and add a little excitement. In the past year, the institute's signature events have featured Joan Lunden, Oliver North, Jenna Bush Hager, Barbara Pierce Bush and Mrs. Laura Bush. That is star power!

We have provided educational presentations across the state that included "Sleep" from Dr. James Maas, "Stem Cells" from Dr. Jay Schneider and Dr. Doris Taylor, "Genetic Testing" from Dr. Keith Argenbright, "Weight loss and Fertility" from Dr. Jennifer Phy and "Sexual Development & Contraception" from Dr. Teresa Baker. A Laura W. Bush Institute for Women's Health event always features leading experts who simplify complex topics into news you can use!

As we celebrate our 10th anniversary, I can assure you we will build on our past success and commit 100 percent of our energy to future growth. Please join us in this worthwhile goal!

SINCERELY,

Laura W. Bush Institute for Women's Health

Connie Tyne

EXECUTIVE DIRECTOR

The Laura W. Bush Institute for Women's Health was launched in August 2008 on the Amarillo campus of Texas Tech University Health Sciences Center. The institute set its sights on research, education and outreach regarding the emerging science of Sex and Gender Specific Medicine, focusing on how sex, our biological make-up, gender and our social expression influence the health of each one of us. This is a vital foundational principal in the race to provide personalized medicine for all. Over the past ten years, the institute has grown into an internationally recognized voice in sex and gender medicine.

We have actively engaged in national advocacy that led to significant change regarding the inclusion of sex and gender as research variables and their inclusion in the education of health professionals. In 2018, a major focus for the institute will be expanding the usage of our SexandGenderHealth.org curriculum resources. Thanks to the generous support of our National Advisory Board members and others, this online education is now available at no cost to academic health institutions throughout the world.

The Laura W. Bush Institute for Women's Health has provided \$2.5M in support of TTUHSC faculty research. Every school in the health sciences center has received grant support. Over the past decade, the institute has directly educated 85,000 women and girls across Texas communities. When Mrs. Bush gave her name to the institute, she specifically wanted it to benefit the lives of Texas women and girls. I believe we have and will continue to accomplish this goal on a grand scale.



Despite our success, we have much farther to go. Sex and gender medicine is at a tipping point and we must press forward. Together we are creating transformational change in health care that will make personalized medicine a reality. Let's keep it going!

SINCERELY,

Laura W. Bush Institute for Women's Health

Marjorie Jenkins, M.D.

CHIEF SCIENTIFIC OFFICER

National Advisory BOARD MEMBERS

At the October meeting, members of the National Advisory Board welcomed new co-chairs Jeanne Tower Cox and Jan Rees-Jones. Their style and influence will be witnessed throughout the year. They appreciate each board member whose service provides valuable insight and direction for the programs and special events in each community.



BOARD PHOTO

Ascending by Rows:

Jan Rees-Jones, Laura Bush
and Jeanne Tower Cox

Larry Gill, Andi Ball, Diane Scovell
Terri Duncan, Meredith Land
and Lana Andrews

Debbie Francis, Donna Williams
Bitsy Stone, Kit Moncrief
and Margaret Purvis

Marjorie Jenkins, M.D., Lea Wright
and Elizabeth Webb

Nancy Neal, Nancy Weiss, Gloria Hicks
and Lisa Troutt

Christy McClendon, Lee Ann White
and Susie Hance

Tedd L. Mitchell, M.D.,
Janet Tornelli-Mitchell, M.D.
and Connie Tyne

NOT PICTURED:

Liz Bates, Norman Dozier, M.D.,
Betsy Sowell, Diana Strauss and
Laura Street

NATIONAL

ADVISORY BOARD



COMMUNITY

ADVISORY BOARD



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manager
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DENISE BLANCHARD
MEAGHAN COLLIER
CINDY CUNNINGHAM
BETH DUKE

THE HONORABLE ANA ESTEVEZ
AMY HENDERSON
TONI KNAPP
DANNA KRAUSE
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*LIZ BATES

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DINAH CUMMINGS, PH.D.

CRYSTIN DARBY

KAYLA DAVIDSON

VAL FRANK

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DEBORAH HAJOVSKY, M.D.

DEBBIE HANCOCK

MIRANDA HOUSER

SHANNON HUNNICUTT

KENDAL JASTROW

BRADY JOHNSON

CODI KINGMAN, M.D.

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CINDY MCCAMMON

ANGIE MCCASLAND

GENEVIEVE MEJIA, M.D.

MEGAN MILLS

JORDY MOORMAN

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ELAINE SORRELL

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WILL WELCH

ANN WEST

MIA WEST

MARYLEE WITTENBURG

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*BITSY STONE

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GENEVIEVE MEJIA, M.D.

JACK SON, M.D.

SHELLY WEISE, ED.D., P.T.

JOE WILKINSON, M.D.

SUSAN WILKINSON, PH.D., R.N.

**serves as a National Advisory Board Member*



Our History

WE ARE THRILLED TO CELEBRATE THE 10TH ANNIVERSARY OF THE LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH. FROM ONE OFFICE IN AMARILLO, THE INSTITUTE HAS EXPANDED TO INCLUDE OFFICES IN ABILENE, DALLAS, LUBBOCK, PERMIAN BASIN AND SAN ANGELO.

Much of the success of the institute is due to the vision and dedication of our founder, Marjorie Jenkins, M.D.. In 2007, Jenkins and Chancellor Kent Hance visited the White House to discuss the need for a women's health institute in West Texas. With the First Lady's agreement, the Laura W. Bush Institute for Women's Health was established as part of the Texas Tech University Health Sciences Center (TTUHSC). With the tag line "differences matter," our mission was to create a new approach to women's health care that would provide personalized medicine and eliminate health disparities.

Our three-part mission continues to promote health, individually inspired, through scientific investigation, translation of science into practice and outreach that affects communities across Texas.

From the beginning, the institute insisted that researchers report individual data on male and female subjects at every level: cellular, animal and human. In 2015 this important requirement was adopted by the National Institutes of Health.

In just ten short years, the institute has provided scientists more than \$2.5 million for groundbreaking research unique to women's health. We award grants to faculty and students

within TTUHSC Schools of Health Professions, Medicine, Nursing and Pharmacy; as well as Angelo State University College of Health and Human Services. **Understanding that scientific research on women lags far behind men, we expect new data to lead to more accurate diagnosis and treatments for women.**

To affect this kind of change, "new information must become part of the curriculum taught in our schools," said Dr. Jenkins. She led the design of an online sex and gender health curriculum that provides open access to professors, students and medical professionals across the country. (See page 12)

Perhaps the most visible area of our mission is the institute's outreach within communities that educate and inspire women. We bring expert medical information to women across Texas on vital topics that highlight women's health as well as sex and gender differences.

With more than \$7.5 million of support to TTUHSC investigators from the Cancer Prevention Research Institute of Texas (CPRIT) grants from 2007 to 2017

thousands of women have received breast and cervical cancer screening, HPV vaccines and treatments.

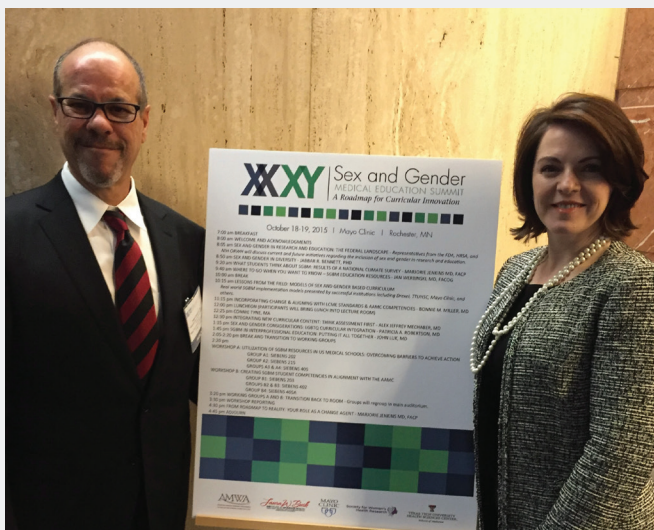


The Laura W. Bush Institute for Women's Health hosts signature fundraising events across Texas each year. We invite celebrities to share personal stories that touch our hearts and unite us in a shared experience. These resources are used for worthwhile programs that meet the unique needs of each city. For middle school girls and college students, we share messages of personal safety, anti-bullying, good nutrition, healthy relationships and self-care through events like Girl Power, Girls Night Out and Guys Night Out.

To date, these community events have touched the lives of more than 85,000 Texans across all regions

from the Panhandle to the Hill Country, from West Texas to North Texas and everywhere in between.

This institute is deeply grateful to the National Advisory Board that is comprised of influential men and women from each of our cities. Their leadership and support have made much of our work possible. Special thanks go to Debbie Francis and Lee Ann White, past chairs who devoted time, energy and resources as they shaped the future into the institute we have today.



Jenkins remains in a key role as the chief scientific officer. She consults on all grant decisions and works closely with Connie Tyne, Cindy Jumper, M.D., MPH, and Simon Williams, Ph.D., on the Sex and Gender Health curriculum.

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

"Whether women live in West Texas or across the world, we all share the need for answers to our unique health issues. Join us in the pursuit for women to live longer, healthier lives."
~ Mrs. Laura Bush



IN THE LAB

— small losses lead to big health gains! —



It is easy to gain weight. That is why 71 percent of adults and 20 percent of children are overweight; with 35 percent of men and 40 percent of women classified as obese. Did this really happen “one bite at a time?” Maybe not. Fascinating research by Jennifer Phy, D.O., and her team found that some young women have a metabolic irregularity that causes food to be stored at three times the rate of a healthy person. It can lead to medical problems such as obesity, diabetes, heart disease, cancer and infertility.

An example is Polycystic Ovary Syndrome (PCOS): A woman's pancreas makes too much insulin and her sluggish metabolism cannot keep up. Excess calories that are not burned for energy are stored as fat. In other words, a woman might eat one bowl of oatmeal, pasta, or ice cream and it is as if she had eaten three. It is no surprise that this leads to significant “out of control” weight gain. PCOS affects over five million women in the United States.

In 2012, the Laura W. Bush Institute for Women's Health provided a seed grant to Phy, an associate professor in the Department of Obstetrics and Gynecology at Texas Tech University Health Sciences Center. She is board certified in obstetrics and gynecology, reproductive endocrinology and

infertility by the American Board of Obstetrics & Gynecology. Phy's team planned to test a theory that simple dietary changes could improve the metabolism of women and normalize their calorie conversion. The secondary goal was for the women in the study to conceive a healthy baby.

The impressive results were published in the Journal of Obesity & Weight Loss Therapy, April 2015 issue. The article, “Low Starch/Low Dairy Diet Results in Successful Treatment of Obesity and Co-Morbidities Linked to Polycystic Ovary Syndrome,” led to additional funding and research by Phy's team.

The purpose of the study was to determine whether an 8-week low-starch/low-dairy diet results in weight loss, increased insulin sensitivity, and reduced testosterone in women with PCOS. Twenty-four overweight and obese women accepted an 8-week dietary intervention that eliminated starch, dairy and sugar and encouraged them to eat unlimited amounts of lean protein, vegetables and fruits, nuts and seeds. This dietary approach is nutrient dense and appropriate for women trying to conceive. They were instructed to maintain their current activity and not to increase their exercise.

Extensive pre- and post-testing was done and the results speak for themselves: the average weight loss was 18.9 pounds, approximately 8 percent of their body weight; average loss of 3.3 inches in the waist and 2.5 inches in the hips; and their fat metabolism increased by 35 percent. Additionally, 15 of the women were able to conceive and deliver healthy babies.

Phy's team showed that a relatively small weight loss, brought about by the elimination of foods that stimulate the body's production of insulin, results in a normalizing of the metabolism. She believes this dietary program is helpful for women and men who have insulin related disorders. At the age of 62, one of Phy's male patients successfully lost more than 100 pounds and no longer has to take medication for diabetes, high blood pressure or cholesterol. Men and women have had great success on the diet, often losing just as much weight or more than their spouses.

“This has been an incredibly rewarding discovery and I look forward to continuing this important work with other metabolic conditions. We will always report the

sex and gender differences within our studies as we work toward personalized medicine that improves lives.” Jennifer Phy, D.O.



Regular Ovary



Polycystic Ovary

EAT THESE FOODS WHEN YOU ARE HUNGRY

- Meat, poultry, fish, and eggs (Lean meat is the best choice)
- Non-starchy vegetables
- Fruits (NOT fruit juices or dried fruit)
- Nuts and Seeds
- Oils (coconut or olive)



EAT THESE FOODS IN MODERATION

- Beef Jerky
- Red Wine (One 5oz glass per day if desired)
- Full fat cheese (One serving or ounce per day if desired)
- Butter (olive oil or coconut oil is a better choice)

DO NOT EAT THESE FOODS

- Added sugar of any kind (see added sugar section)
- Grains or grain products
- Beans
- Dairy products (except cheese and butter)
- Alcohol (except for wine allowance)





SEX & GENDER

SPECIFIC *Health*

Welcome Dr. Jumper and Dr. Williams



After a fond farewell to Robert Casanova, M.D., it is a pleasure to introduce Cynthia Jumper, M.D., and Simon Williams, Ph.D., as our new co-chairs for the Sex and Gender Based Health curriculum.

Jumper was born and raised in west Texas, and received her B.S. in Nursing in 1981, her M.D. degree from Texas Tech University Health Sciences Center in 1988 and added a Master's Degree in Public Health in 1996. Jumper's depth of experience contributes to her value as a clinician, professor and leader.

Jumper is a tenured professor in the School of Medicine, vice-president for Health Policy and Special Health Programs for TTUHSC, and in 2008, became the first woman chair of the Department of Internal Medicine in the State of Texas. For the past 22 years, Jumper has practiced Pulmonary and Critical Care medicine serving as Chief of Staff at a large teaching hospital in Lubbock. She now serves as Chair Emeritus of Internal Medicine.



Williams, born in Dublin, Ireland, completed a B.A. degree in Genetics from Trinity College, Dublin in 1983. His move to the United States led him to Roswell Park Cancer Institute, a component of

the State University of Buffalo, New York where, in 1990,

he completed a Ph.D. in Cellular and Molecular Biology. Williams completed postdoctoral training in the area of gene regulation and cancer at the National Cancer Institute in Frederick, Maryland.

In 1995, Williams moved to Lubbock as an assistant professor and was soon promoted to associate professor in the department of Medical Education. He is currently the associate dean for Academic Affairs, with responsibilities in the areas of curriculum and student affairs. William's teaching interests include genetics, biochemistry, cultural competence and gender based medicine.

The Sex and Gender Based Health Curriculum is now OPEN ACCESS. Thanks to generous donations from our National Advisory Board, the curriculum content is available to faculty and students from any college or university in the US and abroad. Created by an inter-professional team of professors, students and experts from across the country, the curriculum consists of case-based interactive modules, didactic slide sets and an expanded reference library that makes integrating sex and gender differences into curriculum easier than ever.

XXYY
SEX & GENDER SPECIFIC
HEALTH

Laura W. Bush

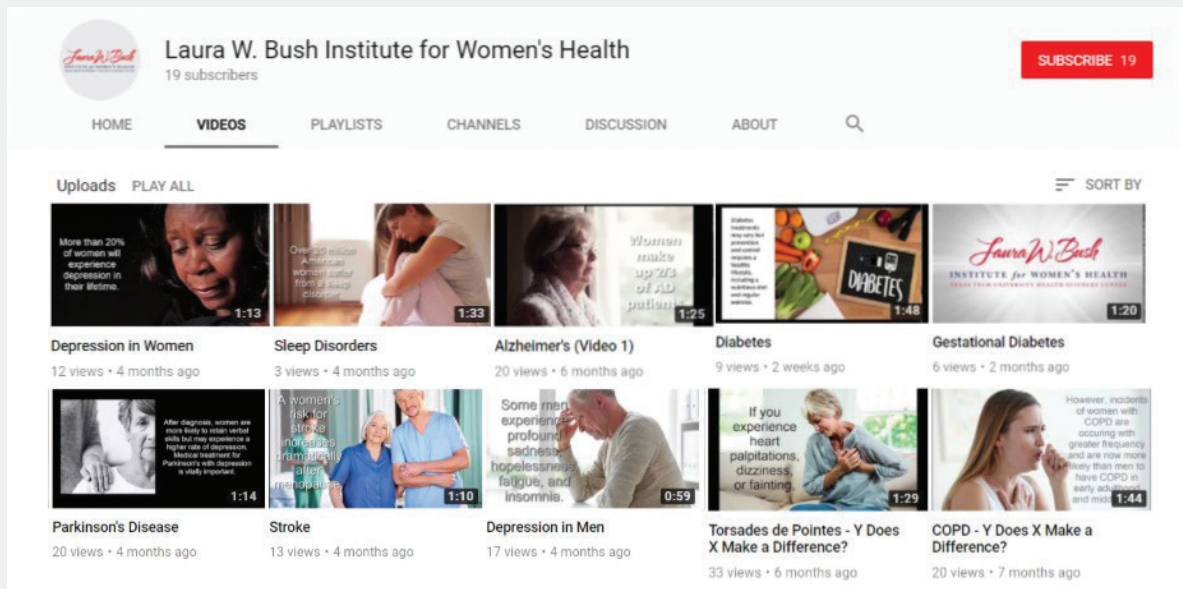
INSTITUTE for WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

CURRICULUM TOPICS INCLUDE:

| | | |
|---------------|-----------------|---|
| BREAST CANCER | OSTEOPOROSIS | MULTIPLE MYELOMA |
| COLON CANCER | ANESTHESIA | SLEEP DISORDERS |
| DEPRESSION | ASTHMA | PHARMACOTHERAPY |
| DIABETES | UTI | ALZHEIMER'S DISEASE |
| SEPSIS | GOUTY ARTHRITIS | ALCOHOL USE DISORDER |
| LUNG CANCER | LYMPHOMA | ATHEROSCLEROTIC CARDIOVASCULAR DISEASE |

SEX AND GENDER DIFFERENCES YOUTUBE VIDEOS

To make important information about sex and gender differences available to the public, our team is creating brief, easy to understand videos on many medical conditions listed below. These videos are found on our YouTube page and distributed via Facebook and Twitter.



We are adding to our video library continuously. Subscribe to our YouTube page, follow us on Twitter or like us on Facebook to get access to the latest videos.

Learn more at WWW.SEXANDGENDERHEALTH.ORG

— Research Award Recipients —

SEED GRANT & RESEARCH SCHOLAR AWARDS

Laura W. Bush Institute for Women's Health and University Medical Center

Breaching Barriers via Google Glass: An fMRI Report on Clinical Skill Acquisition

\$5,500 - YEAR 2 OF 2

JONG-YEOL KIM, M.D. - SCHOOL OF MEDICINE

Gender/Ethnic Differences in Procedures for Shoulder/Knee/Ankle Conditions

\$7,350 - YEAR 2 OF 2

MIMI ZUMWALT, M.D. - SCHOOL OF MEDICINE

The Effect of Curcumin on Cognition in Breast Cancer Patients

\$9,000 - YEAR 1 OF 2

SANGEETA AWASTHI, M.D. - SCHOOL OF MEDICINE

Gender Differences in 30-day Mortality Rates and Unplanned Readmission for Patients Treated for Heart Attack and Stroke

\$10,000 - YEAR 1 OF 2

YAN ZHANG, PH.D. - SCHOOL OF MEDICINE

Association between 30-day Readmission and OT Services with Consideration of Gender and Ethnicity

\$10,630 - YEAR 1 OF 2

SANDRA WHISNER, PH.D. - SCHOOL OF HEALTH PROFESSIONS

Development of a Web-Based Dietary Education Program for Management of Polycystic Ovary Syndrome (PCOS)

\$9,500 - SEED GRANT

JENNIFER PHY, D.O. - SCHOOL OF MEDICINE

Comparative Study Evaluating the Role of Ror2 Signaling in Cabazitaxel Resistance in Breast and Prostate Cancer.

\$20,000 - SEED GRANT

STEPHANIE FILLEUR, PH.D. - SCHOOL OF MEDICINE

SLC6A14 and GPR81 in the Pap Smear Derived Cells as a Predictive Biomarker for Early Detection of Cervical Dysplasia/Cancer

\$20,000 - SEED GRANT

YANGZOM BHUTIA, PH.D. - SCHOOL OF MEDICINE

Utilizing Tocotrienols to Prevent the Formation of Islet Amyloid Deposits – a novel treatment for Diabetes Mellitus

\$20,000 - SEED GRANT

GURVINDER KAUR, PH.D. - SCHOOL OF MEDICINE

Generous support from the University Medical Center (UMC) Health System make our annual seed grant program possible. The Laura W. Bush Institute for Women's Health and the UMC Women's Health Committee work together to advance women's health projects across multi-disciplinary sciences.

Centralized Seed Grant Recipients Laura W. Bush Institute for Women's Health

Identifying the Mechanism by which *Gardnerella Vaginalis* Displaces *Lactobacillus* during Bacterial Vaginosis

\$20,000

ABDUL HAMOOD, PH.D. – SCHOOL OF MEDICINE

Role of Exosomes in the Process of LAM Lung Metastasis

\$24,837

MAGDALENA KARBOWNICZEK, M.D., PH.D. – SCHOOL OF PHARMACY

C5a Receptor/Tissue Resident Macrophages Cross-Talk in Shaping Breast Cancer Premetastatic Niche

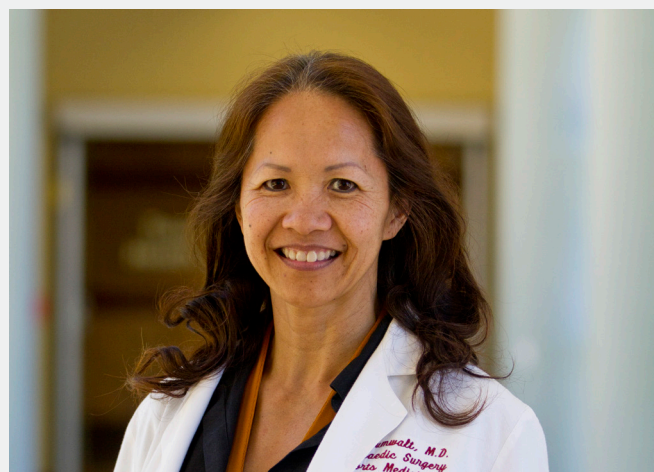
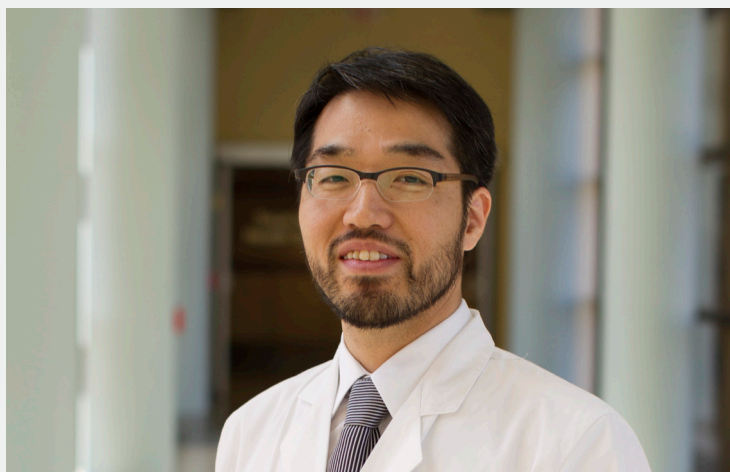
\$24,456

MACIEJ MARKIEWSKI, PH.D. – SCHOOL OF PHARMACY

Design and Synthesis of Novel Chemical Probes Active against Metastatic Triple Negative Breast Cancer

\$20,000

NADEZHDA GERMAN, PH.D. – SCHOOL OF PHARMACY



SIGNATURE EVENTS



SISTERS FIRST!

That was the message from “first sisters” Jenna Bush Hager and Barbara Pierce Bush as they entertained a sold-out luncheon crowd in Lubbock. Using a broad definition of “sister” that includes close friends as well as family, they stressed the importance of knowing someone truly cares and always has your back.

National Advisory Board Member, Janet Tornelli-Mitchell, M.D., moderated with fun and insightful questions based on their new book “Sisters First: Stories from Our Wild and Wonderful Life.” Jenna and Barbara took guests on a revealing, funny and thoughtful tour behind the scenes of their lives; sharing never-before-told stories about their family, adventures, loves and losses. It was clear that every burden was shared and every victory celebrated together. The audience roared as they traded jabs with one another and even called out “first mom” former First Lady Laura Bush who was laughing in the audience.

What impressed most was how genuinely down-to-earth these two very fortunate women are. Their early years were spent in Midland where they developed a close bond with grandmother and grandfather Welch. In elementary school, when their beloved Gampy was known as President Bush (41) to all of us, they lived in Dallas. Their love of baseball grew from spending lots of family time cheering at hundreds of Texas Rangers baseball games. In middle and high school, the family lived in the Texas governor’s mansion but somehow had almost normal lives. As their mom and dad moved to Washington, D.C. as President (43) and First Lady, they were separated for the first time. Jenna remained in Austin to attend the University of Texas and Barbara moved north to attend Yale University in Connecticut.

During the White House years, the family gathered often at Camp David and spent summers in Kennebunk Port, Maine. There were always cousins, games and endless practical jokes that made family time, the best of times. Today, Jenna and Barbara live very different

lives just four blocks apart in New York City and spend lots of time together.

Jenna is a correspondent on NBC's Today Show and a contributor to NBC Nightly News. She is the author of the New York Times bestseller “Ana's Story: A Journey of Hope” and co-author with her mother Laura Bush of two children's books. She is married to the love of her life, Henry Hager, and they have two beautiful daughter.

Barbara is the CEO and co-founder of Global Health Corps, an organization that is building the next generation of global health leaders and problem solvers who share a common belief: health is a human right.

Barbara is single but Jenna said not to worry, she has a great boyfriend.



These lovely women are working to make the world a better place using their unique talents and strengths. That is the legacy passed down from their parents and grandparents through their unconditional love and the example they set.

The lunch was a huge success. Each guest received a signed copy of Sister's First. Sponsors, who attended the VIP Reception, had a chance to get a photograph with the pair. As a surprise to everyone, Texas Tech University students

Hanna Holtz and Haley Olds sang and danced to the Irving Berlin song “Sisters” that was first seen in the 1954 film “White Christmas.” Suffice to say to that a good time was had by all.

Special Thanks to our Event Sponsors

Platinum Sponsors

COVENANT WOMEN'S HEALTH CENTER

Gold Sponsors

ASCO EQUIPMENT COMPANY
GRACO REAL ESTATE DEVELOPMENT, INC.
KENT HANCE
JAN REES-JONES
THE SCOVELL FAMILY

CAMPUS EVENTS

ABILENE

UNIVERSITY RESEARCH COLLABORATIONS

The Abilene Research Coalition is a collaborative between the Laura W. Bush Institute for Women's Health, Texas Tech University Health Sciences Center (TTUHSC), Hendrick Health System, Abilene Christian University, McMurry University, Hardin Simmons University and Cisco College.

The coalition meets monthly to identify and expand research education opportunities for undergraduate and graduate students at each of Abilene's local colleges and universities. It provides valuable hands-on experience to the next generation of research scientists by allowing them to work alongside TTUHSC esteemed cancer researchers in a state-of-the-art laboratory on the Abilene campus.

COFFEE, COMMUNITY EDUCATION AND THE CASE FOR GENDER SPECIFIC HEALTH

Marjorie Jenkins, M.D., chief scientific officer, made an impactful visit to Abilene in October. During her visit, Jenkins met with members of the Laura W. Bush Institute for Women's Health Community Advisory Board and other civic leaders to discuss the work of the institute at the regional and national level. She shared scientific advances in sex- and gender-based medicine as well as important women's health policy work occurring at the FDA Office of Women's Health in Washington, DC.

Jenkins later presented at a Hendrick Medical Center physicians' luncheon. The continuing medical education (CME) session focused on gender-based differences in disease presentation, identification and treatment. More than 100 medical providers learned about the institute's open-source, Sex and Gender Health curriculum and how this information can be translated and used in their medical practices.

MEDICAL EDUCATION - CONNECTING COLLEAGUES

Continuing this partnership, the institute provided two esteemed TTUHSC physicians for CME training. Rakhshanda Rahman,

M.D., of the Breast Center of Excellence in Amarillo, presented to physicians at Hendrick Medical Center. She discussed the controversy related to mammography screening and provided best practices for physicians with patients facing diseases of the breast. In July, Stephen Urban, M.D., from the TTUHSC School of Medicine in Amarillo, addressed more than 80 physicians about cardiovascular disease in women with a presentation entitled "What do X Chromosomes have to do with it?"



THE HEALING POWER OF ART - MENTAL HEALTH ASSOCIATION ART EVENT

In partnership with Mental Health America of Abilene (MHAA), the institute sponsored an art show featuring well-known Abilene artist and mental health advocate Calina Mishay.

With 95 attendees, Mishay discussed mental health issues related to women and shared her inspiring story of how she uses art to grow and to heal her own mental health challenges. She addressed the struggle to appropriately express negative emotions and to conceal the debilitating effect they can have on daily life. Mishay emphasized how art therapy provides a creative medium, encouraging a healthy outlet for personal expression. She believes that with proper support, most people can learn to minimize symptoms and live happier, more productive and meaningful lives.

Proceeds from the event will be used to provide MHAA support and recovery services for those who have severe mental illness.

AMARILLO

LUNCH AND LEARN

Our second Lunch and Learn this fall featured “Nourishing from Within: Loving Yourself, Mind, Body and Soul.” Co-sponsored by the institute, Amarillo National Bank and Center City Amarillo, the luncheon starred certified women’s health and functional nutrition coach Laura Ricci, DPT, P.T.. Ricci filled the minds of nearly 150 guests with information on healthy foods and where to find them. The event raised more than \$26,000 for the High Plains Food Bank of Amarillo as the beneficiary for the afternoon, which includes matching funds from the institute.



The final luncheon in the series focused on emotional health in the presentation “BECOMING: Loving the Process to Wholeness.” Former Super Bowl champion and Seattle Seahawk Clint Gresham believed his life was over after losing his NFL contract. He eventually found a way to navigate the brokenness of his sense of self and grow stronger than before. The local beneficiary was Heal the City operations, where many TTUHSC faculty donate their time providing free medical care. Including the matching funds, Heal the City received \$20,000.

GIRL POWER

What do you get when you combine girls, rockets, stars and the galaxy? The ninth annual GiRL Power celebration featuring the first female Hispanic flight director for NASA, Ginger Kerrick. As keynote speaker to more than 300 young girls and their moms, her compelling story about adversity, hope and success had the audience enthralled.



Additional guest speakers from CareNet, the City of Amarillo and The Don Harrington Discovery Center covered topics on Internet safety, exercise and the benefits of studying science. The girls were treated to a totally chill dry ice demonstration by the Harrington Discovery Center’s Mad Scientist. The moms attended a special breakout session featuring Trent Taylor the vice president of a software development company, who guided the moms through the perils, dynamics and safe places on the Web, social media and smart phones. A special Zumba dance period was a hit as the girls “Jet Propelled” through the exercise portion with a “Safe Landing” featuring face painting, coloring, science experiments, swag and t-shirts. In other words, it was out of this world!

NEW BIRTHING CENTER AT SIM CENTRAL

The institute is proud to continue support of the expanded simulation resources at TTUHSC. After previously funding the “Mobile Sim” training unit, we purchased “Lucina,” the advanced patient simulator that provides students a life-like experience of the birthing process. When health care students and providers use advanced simulation training, the result is improved patient safety and outcomes. SIM Central serves students from TTUHSC, Amarillo College and West Texas A&M. Since 2010, more than 44,000 students have participated in simulation trainings for a total of more than 185,000 contact hours.

CORPUS CHRISTI

DAY OF THE WOMAN



When the topic is sleep, women listen! In partnership with Del Mar College, the institute hosted James Maas, Ph.D., chief executive officer of Sleep for Success. Maas spoke to an audience

of more than 200 people, discussing the importance of sleep and

giving the audience solutions and tips for a better night’s rest. Maas holds the world’s record for university teaching, having taught more than 65,000 students in his 48 years at the Weill Cornell Medical College. Jennifer Phy, D.O., associate professor for TTUHSC School of Medicine in Obstetrics and Gynecology, presented her latest research on improving weight management, metabolic disorders and infertility using a special diet (read more in the feature story on pages 10-12). The effectiveness of the low-insulin eating plan was seen in just eight weeks and shows promise for people with diabetes, pre-diabetes and polycystic ovarian syndrome. Talk about sex and gender differences!

LUBBOCK

GENDER-SPECIFIC MEDICINE & WOMEN'S HEALTH SYMPOSIUM

"The 'Xs' and 'Ys' of Emergency Room Care" was the keynote address for the sixth annual symposium. Speaking to an audience of 100 TTUHSC faculty and staff across all campuses, Alyson McGregor, M.D., M.A., FACEP, director of the Division of Sex and Gender in Emergency Medicine at Alpert School of Medicine at Brown University, focused on



physiological differences that play an important role in medical research and treatment.

"Compare the genomes between members of the same sex and you will find a 0.1 percent difference," McGregor said. "But

when compared between a man's genome and a woman's, the difference in the genomes is nearly fifteen times higher. People think these two chromosomes only change our physical traits, but they change everything from how our bodies react to medications to higher prevalence of certain disorders among the sexes."

McGregor compared instances of certain diseases manifesting more often in men and women. Men have higher instances of cardiovascular disease, suicide, aneurysm, impulsivity, autism and anti-social behavior; whereas, women are more prone to auto-immune diseases, depression, hip fracture, high cholesterol, migraine and Alzheimer's disease.

"These diseases also manifest differently," McGregor said. "A woman complaining of pain is more likely to be prescribed an anti-anxiety medication because she is anxious about being in pain but a man will likely be prescribed an opioid."

McGregor told the students that communication is paramount in treating patients and in research. **Personalized medicine that takes into account both sex and gender improves outcomes for both men and women.**

Following McGregor was Steve Urban, M.D., professor of Internal Medicine at TTUHSC, presenting "Primary Prevention of Cardiovascular Disease in Women." There was a presentation on "Gender Issues in Burns and Infection" and a panel discussion on "Hot Topics in Sex and Gender Issues" led by symposium chair Betsy Jones, Ed.D., regional director for the Institute, TTUHSC professor and chair of the Department of Medical Education.

PERMIAN BASIN

WONDER GIRLS CAMP



Where can girls ages 9 to 14 find a week-long day camp that focuses on building confidence and enhancing self-esteem while experiencing games, art, fitness and STEM (science, technology, engineering and math) in Odessa, Texas? At Wonder Girls Camp! At the recommendation of National Advisory Board member Margaret Purvis of Midland, the institute sponsored 20 girls from the local Boys and Girls Club this summer. **With healthy meals and daily dance classes, museum tours and counseling sessions, it was a week to remember.** The Crisis Center provides support services and shelter to victims of domestic violence and sexual assault.

SAN ANGELO



SOUL RIDE

Riding into the third annual San Angelo Gives campaign, the institute participated in the Soul Ride - an event during the Day of Giving that challenged several charities to compete for bonus dollars to see who could walk, run or ride the most miles from 5 - 8 p.m. The institute won third place and was awarded additional dollars from San Angelo Gives - making our total raised \$4,230. Way to sweat it!

RAD COLLEGE 101 TRAINING

Sexual assault, violence and bullying are prevalent in the news today. The RAD (Rape, Aggression, Defense) Systems Basic Physical Defense Programs taught by certified instructors Catie Wiedenhofer and Kaitlyn Brosh, advances personal growth academically, emotionally and physically while empowering young women to protect themselves. **This comprehensive program promotes instinctive learning when it comes to personal safety.** Thirteen freshman women and their moms participated in the nine-hour course and gave it a four out of five star rating.

RAD KIDS

In celebration of our five-year partnership with RAD training, instructor Catie Weidenhoffer and National Advisory Board member Liz Bates participated in the latest demonstration and training. **Taught in all SAISD elementary schools, RAD Kids teaches and trains our students with specific skills to recognize, avoid, resist, and if necessary, escape violence or harm.** It gives kids the opportunity and power to grow up in a safer world. The meeting for more than 40 RAD instructors and community partners included a special presentation by Ed Smart, and an activist with RAD. He shared the experience of his family when daughter Elizabeth was abducted from their home at the age of 14. She was rescued from a traumatic situation almost a year later, and has since recovered her health, her self-esteem and her independence.

EAT WITH THE EXPERT

A standing room only crowd gathered for this year's Eat with the Expert program, "Chemo and the Brain." Sharon Kulig, Ph.D., and Lt. Col. Kari Stone gave advice on healthy habits, maintaining self-confidence and strengthening relationships during chemotherapy.



DIA DE LA MUJER

A new event in San Angelo, Dia de la Mujer (Women's Day) was held for more than 200 underserved Hispanic women in the community. **Four speakers and 25 booths offered information about health care, diabetes, breast health and women's preventive care.** The fun and educational atmosphere featured keynote speaker and three-time Emmy winner Gaby Natale, a Zumba demonstration by instructors from San Angelo Community Health Club and a healthy cooking demonstration from Chef Marc Daniels.

PINK OUT OCTOBER

In the month of October, San Angelo was covered in pink - proof of the community's dedication to breast cancer awareness. Twenty-six local businesses distributed t-shirts and supportive signs over the month. **One hundred percent of the proceeds from the Pink Out campaign will stay within the local community and treat women in our 21-county area for both breast and cervical cancer.**

 **San Angelo
Community Medical Center™**
Exclusive health sponsor of the Laura W. Bush Institute in San Angelo

— Girls Night Out —

With growing concern over bullying and sexual assault, raising awareness is only one way to protect our youth.

Girls Night Out began on our local campuses to educate young women on safety issues, school resources and campus police services while empowering them to make good choices. Whether it is the Women's Night at the Rec at Texas Tech University in Lubbock, Girls Night Out at Angelo State in San Angelo or a Violence Prevention Assembly at Southern Methodist University in Dallas, the institute works with the universities' staff to fulfill a need and assist with Title IX requirements. We may sponsor one speaker or underwrite a performance troupe for the entire student body. It is our goal to improve the health and safety of college women. We are proud of the growth and popularity of these programs throughout Texas. On some campuses, it has morphed to include a Guys Night Out for young men. What better way to improve women's safety than to inspire men to be protectors.



DALLAS: VIOLENCE PREVENTION ASSEMBLY AT SOUTHERN METHODIST UNIVERSITY

For a second year, the Laura W. Bush Institute for Women's Health sponsored a mandatory Violence Prevention Assembly at SMU. Working with Tawny Alonzo, director of Violence Prevention and

Support Services, we found a program that promotes healthy relationships, reduces violence against all students and helps everyone feel accepted. The professional troupe, Speak About It, took the stage for a frank, balanced and nonjudgmental program. Through an entertaining, educational and empowering performance, students were encouraged to have a dialogue about consent, boundaries and healthy relationships with their peers and partners. They were encouraged, through multiple vignettes, to be an "active bystander" and put to use specific examples of how to intervene when people were drinking or considering leaving with someone who has been drinking.

Perhaps the most important "takeaway" for students was to think about who you are, who you want to be and which of your values are critical to your self-image and to resist being swept up in college life and peer pressure that would lead you astray.

SAN ANGELO: GIRLS NIGHT OUT AND GUY'S NIGHT

A staple event at Angelo State University, Girls Night Out featured a record crowd of more than 1,300 young women. They heard powerful messages from Stephanie May Wilson, author of "The Lipstick Gospel," Ed Smart, father of Elizabeth Smart who was abducted from her home at the age of 14, and Teresa Baker, M.D., associate professor of Obstetrics and Gynecology at TTUHSC. All three speakers shared personal stories, including warnings, heartbreaks, self-discovery, personal safety and good health.



Not to be out done, Guys Night Out is quickly becoming an essential event at Angelo State University. With about 725 young men in attendance, this second annual event featured keynote speaker Inky Johnson, who shared his motivational life story as a former college football player whose promising career was cut short by a devastating injury. The guys heard about personal safety, goal setting and facts about college life; illusionist Bryan Drake brought comic relief to some of the more serious topics.



AMARILLO: GIRLS NIGHT OUT

Keeping more than 300 incoming freshman women enthralled in her presentation, Teresa Baker, M.D., associate professor of Obstetrics and Gynecology at TTUHSC, provided a frank conversation about relationships, personal health, anatomy and contraceptives. Sponsored for a second year by the Laura W. Bush Institute for Women's Health on the West Texas A&M campus in Canyon, Girls Night Out was a hit, again. In addition to Baker, keynote speaker Justin Jones-Fosu, president of Justin Inspires, motivated the audience with his high energy and entertaining delivery, with a message of self-respect, encouragement and awareness. Campus faculty spoke to the girls about resources on the campus that help keep them safe.

CORPUS CHRISTI: JAVELINAS NIGHT OUT

"Protect Her!" The shout filled the room as Alexis Jones led more than 850 freshmen women and men to repeat the mantra with conviction. The ESPN and Fox Sports commentator is author of the bestselling book, "I Am That Girl," and a nationally recognized program for men, "Protect Her." Jones' passion and commitment to empowering women and respecting men led to a powerful conclusion that inspired everyone in the auditorium at Texas A&M University Kingsville. Jones declared that the vast majority of men are not the problem and all men are part of the solution. Breaking down sexual violence into simple terms, the students listened to stories and frank speech about how to avoid assault and how to help others. Students at Kingsville were so inspired; they plan to launch a chapter of Jones' "I Am That Girl" program, a national online and in person community that encourages women to find their true selves.



CORPUS CHRISTI: ISLANDERS NIGHT OUT

More than 450 enthusiastic Texas A&M University Corpus Christi Islanders came out for the second Islanders Night Out, which featured a special presentation from Keith Edwards, Ph.D., an advocate for ending the rape culture on college campuses. A scholar and educator, Edwards is an authority on sexual violence prevention, men's identity, social justice education, curricular approaches and leadership. He equips audiences with knowledge, hope and an ability to make a real difference.

ABILENE: ACU NIGHT OUT

Our inaugural Abilene Girls Night began with a dynamic concert by recording artist Ellie Holcomb followed by guest speaker and Abilene Christian University alumni, Sarah Brooks. The program concluded with a moderated Women's Wellness panel discussion. The six-woman panel featured medical and mental health experts who provided educational information, followed by a Q&A with the audience covering women's health, anxiety, depression and healthy relationships. This event was a successful partnership among the Laura W. Bush Institute for Women's Health, ACU and Hendrick Medical Center to raise awareness of safety issues, university resources and health while empowering women. More than 35 percent of ACU's female undergraduate students attended the fun and informative evening that helped form bonds among the young women.



LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



SERVICE AREAS

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

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

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