



Women's Wellness Quarterly

Healthy Women, Healthy Families, Healthy West Virginia

March 16, 2010



National Center of Excellence in Women's Health

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Led by Women . . .

In the words of Kofi Annan, former UN Secretary General:

When women are fully involved, the benefits can be seen immediately: families are healthier, they are better fed, and their income, savings and reinvestments go up. And what is true of families is true of communities and eventually, whole countries.

We believe that a grass roots effort to improve the health and well being of all West Virginians, led by women, will change the health statistics of West Virginia and beyond. We are building a statewide partnership to improve our health, that of our families, that of our communities and that of our state.

Community Advisory Network Meeting Minutes Dec 10, 2009

Newsletter – The NCoEWH rolled out its second issue of “Women’s Wellness Quarterly”. An article submittal form is available online on the CoE homepage. All members are encouraged to use these resources for communication. www.wvhealthywomen.org

Membership in CAN: Activity Form – Members were asked to recap their activities that touch women’s health and submit them to us on a quarterly basis by using the Activity Forms that were provided. This newsletter is a good tool to use for promoting your women’s health activities. Please send us the information you would like included in the newsletter to: cford@hsc.wvu.edu

Bonnie’s Bus – The Bonnie Wells Wilson- Mobile Mammography Program

Susan Faulkner, Associate Director of Research & Development gave an informational presentation about the bus, its donors, vision and plans.

For more information about the bus see: <http://www.hsc.wvu.edu/mbrcc/bonnie/>

To see presentation: http://www.hsc.wvu.edu/mbrcc/bonnie/pdfs/statepartnersslides_2_10.pdf

Banners- We now have a series of free-standing banners that display positive messages focusing on Cancer, Heart Disease, Oral Health, Nutrition, Diabetes, Physical Activity, Perinatal Health and Women on Wellness Retreats. The 6-foot “window shade” style banners are lightweight and set up in seconds. They are made of durable vinyl. For more information please see page 4.

Next Community Advisory Network Meeting May 12, 2010

Advocacy & Legislation

Links to Health Bills:

Baucus Health Bill : <http://online.wsj.com/public/resources/documents/baucus20090916.pdf>

President Obama Health bill: <http://www.barackobama.com/pdf/issues/HealthCareFullPlan.pdf>

White House President Obama-Women: <http://www.whitehouse.gov/issues/women/>

West Virginia Legislature: <http://www.legis.state.wv.us/>

Women’s Health: <http://www.womenshealth.gov/>

West Virginia League of Women Voters: <http://www.lwvww.org>

West Virginia University Robert C. Byrd Health Sciences is proud to be one of 20 nationally designated **National Centers of Excellence in Women's Health**. This designation is awarded by the US Department of Health and Human Services (DHHS) Office of Women's Health. West Virginia University (WVU) joins institutions such as the Harvard University, University of California, Los Angeles; Boston University Medical Center; and the University of Illinois at Chicago, among others. More than prestige, the designation reflects the quality and scope of care, research, and education we offer at WVU and gives us an opportunity to build on that foundation and enrich the lives of the women in West Virginia

www.wvhealthywomen.org

www.womenshealth.gov/owh/multidisciplinary/coe/centers/

Contact Us

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Research, News, and Publications

West Virginia Breastfeeding Alliance (WVBA) Working with Employers

Because we know that returning to work after having a baby is a major challenge for many moms, the WVBA is participating in the national Business Case for Breastfeeding project. The WVBA is able to offer education and guidance to worksites in West Virginia to encourage their efforts to become more supportive of their breastfeeding employees. More information about the Business Case for Breastfeeding is available at the WVBA website <http://www.wvbfa.com/>.

Why should women in West Virginia be concerned about health care reform?

There are many reasons why women in particular should be concerned about the current crisis in health insurance coverage. This is part of an on-going series that looks at why you should get involved.

Reason #3: Women have a major stake in decisions about health care for their entire families, and they often play a significant role in the health care that their children, spouses, or parents receive.

According to the Department of Labor, women make approximately 80 percent of all family health care decisions. Six in ten women report that they assume primary responsibility for decisions about health insurance plans for their families. An even greater proportion, nearly 80 percent, chooses their child's doctor. More women than men care for a family member—most often a parent—who is chronically ill, disabled, or elderly; in this role, they typically provide assistance with medical finances such as bills or insurance paperwork in addition to making decisions about medical care.

For more information: <http://www.nwlc.org/pdf/womenandhealthreform.pdf>

West Virginia Women's Commission Releases Statewide Survey

The West Virginia Women's Commission conducted the first of its kind survey of women's needs in the state during August 2009. The report showed that West Virginia women are most concerned about domestic violence and crimes against women. However, in terms of their day-to-day experiences, women reported their top source of concerns to be:

- Health insurance and health care access
- Caring for their family, including elderly relatives and children
- Employment and education opportunities
- Child support and child custody issues

To review the complete report, contact the Commission at dhrwvwc@wv.gov

Submitted by Janine Breyel

Publications From Your Peers

Davisson L, Warden M, Manivannan S, Kolar MM, Kincaid C, Bashir S, Layne R. "Osteoporosis Screening: Factors Associated with Bone Mineral Density Testing of Older Women." *Journal of Women's Health*, 18(7): July 2009; 989-994.

DuRant, Mary Elizabeth, Leslie, Nan S., Elizabeth A Critch

"Managing Polycystic Ovary Syndrome, A Cognitive Behavioral Strategy," *Nursing for Women's Health*, August/September 2009



Meeting: San Antonio Breast Cancer Symposium, December 9-13, 2009
Predominance of brain and lung metastases in triple-negative breast cancer patients.

Gadiyaram V, Kurian S, Abraham J, Hobbs G, Vona-Davis L. Department of Surgery, Mary Babb Randolph Cancer Center and Departments of Statistics and Community Medicine, West Virginia University

Vijaya Gadiyaram MD, a fellow in the Hematology/Oncology Program and **Linda Vona-Davis, Ph.D.**, Associate Professor of Surgery and member of the Breast Cancer Research Program at the Mary Babb Randolph Cancer Center presented a poster at the 32nd Annual San Antonio Breast Cancer Symposium, December 9-13, 2009. The title of the work is "*Predominance of brain and lung metastases in triple-negative breast cancer patients.*" They studied the metastatic pattern of women with breast cancer over a 5-year period. Breast cancers that were negative for estrogen, progesterone, and HER2neu, otherwise known as triple-negative, were compared with HER2neu-positive and HER2neu-negative (endocrine receptor positive) disease. The results showed an excess risk of brain and lung metastasis in women with triple-negative breast cancer. Drs. Kurian, Abraham and Hobbs were co-authors on the study. The San Antonio Breast Cancer Symposium was sponsored in part by the American Association for Cancer Research.

Executive Director's Update on COEWH Activities

Elizabeth (Betty) Critch Parsons

During this very snowy quarter, we have persevered the weather, enjoyed the beauty of the snow and anticipated spring.

We prepared a progress report for the months July 1 – December 31, 2009. This report may be viewed on our web page. www.wvhealthywomen.org

We developed a web site for the wow retreats. The web address is www.wowicandoit.com

This web site is dedicated to the WOW retreats only. Please take a look and let us know what you think. We have been working on our women's health clinic network model. It continues to move forward. For more information on that project, see update in report located on the web site.

We have entered into a partnership with the Women's Commission and the Marshall Women's Studies program. We are very excited to finally have a partner at Marshall.

We are in the process of defining the National Center of excellence in Women's Health, WVU Women's Studies, Marshall Women's Studies and the WV Women's Commission Partnership and Goals. . For more information on the Women's Studies at WVU: <http://wmst.wvu.edu/>, at Marshall:

<http://www.marshall.edu/womenstu/>

For information about the Women's Commission: <http://www.wvdhr.org/wvwc/>

On Facebook: <http://www.facebook.com/pages/Charleston-WV/West-Virginia-Womens-Commission/91192172900>.



National Center of Excellence in Women's Health

Community Outreach

The Women on Wellness Retreat will be offered in the following locations: Bluefield on May 20, 2010 at David's at The Club, The Elks, 1501 Whitethron Street, Bluefield, WV. The Bluefield partnership: Community Champaign: Connie Saunders, 304-920-1051, the steering committee: Bonnie Patterson 304-910-1710, Lisa Huff 304-324-3223, Deb Halesy Hunter 304-920-2131 and Oretta Hubbard 304-920-1703. For more information or to volunteer please call members of the steering committee. See our new web site: www.wowicandoit.com

Fairmont, WV, Saturday July 31, 2010, Heston Farm, 1602 Tulip Lane Fairmont, WV, 26554. See www.wowicandoit.com for more information and to register. See: www.hestonfarm.com for more information about the Heston Farm. Please call Betty at 293-2895 or 376-9334 if you are willing to participate on the steering committee and or volunteer in any way.

Community Outreach



The WVU Center of Excellence in Women's Health has new resources to promote women's health at local workshops, exhibits, and fairs. The series of free-standing banners display positive messages focusing on cancer, heart disease, oral health, nutrition, diabetes, physical activity, and Women on Wellness

retreats. The 6-foot "window shade" style banners are lightweight and set up in seconds. They are made of durable vinyl.

Banners may be used individually or together, depending on the focus of your event. These will compliment other health education materials on a table display. For additional women's health handouts, go to www.womenshealth.gov.

Banners are available for one-week loan to CoEWH members. For scheduling, contact The Center of Excellence in Women's Health at 304-293-0946 or cford@hsc.wvu.edu. Check www.wvhealthywomen.org homepage for the Banner Loan form. Members are responsible for pick up and return. The CoEWH cannot be responsible for any costs incurred.

Banners were produced with funds from a WVU Public Service Grant obtained by Dr. Barbara J. Howe, PhD, former Director of Center of Women's Studies.

Submitted by Elaine Bowen

NCoEWH in San Francisco

The CoEWH Clinic team was invited to visit our sister Coe at University of California, San Francisco. Dr. Barbara Ducatman, Dr. Laura Davisson, Jessica Walters and Betty Critch Parsons, visited San Francisco. UCSF was one of the first Academic Institutions to become a CoE twelve years ago. Their operation has and continues to be a great model for us. We wanted to learn about how a patient enters their system, new patients, patient satisfaction, organizational structure among other areas and we received a lot of guidance from the masters. We confirmed that we are doing many things correctly.

New Website for WOW Retreats: www.wowicandoit.com



National Center of Excellence in Women's Health

COEWH Community
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Headlines

- We continue to move forward with our 2010 retreats. Dates & locations for the following counties: Mercer May 20,2010 at David's at the Club, The Elks 1501 Whitethron St. Bluefield, WV. Marion County July 31, 2010 at Heston Farms, Fairmont, WV. Hampshire & Wetzel to be announced. Continue to check our website for updates. <http://www.wowicandoit.com/>
 - We are looking for volunteers to help us identify steering committees in West Virginia Communities and anyone who would like to work on the planning team.
 - The Brain Trust Advisory Board met November 17, 2009 with Mrs. Gayle Manchin at the Governor's Mansion
- For more information on any of these topics please feel free to call the Center of Excellence in Women's Health between the hours of 8:15am-4:45pm, Monday-Friday. The Center has posted on its website a Progress Report for 7/1/09-12/31/10. To see 2009 Year End Report go to:
<http://www.wvhealthywomen.org/final%20combined%20dec%2031,%202009%20NCoEWH%20report.pdf>

Calendar of Events

Quarterly Community Advisory Network Meetings

Thursday March 18, 2010

Wednesday May 12, 2010

Thursday September 16, 2010

[Join us in person or by remote](#)

Women in Science & Health Book Club

3rd Thursday of each month from 12:00 Noon to 1:00 PM, WVU Health Sciences Center

Faculty, Staff and Students are welcome to join us for a brown bag lunch book discussion.

Book Club Selections Include: The March Book Club has been cancelled.

Upcoming Events

March 25, 2010 4:00-8:00pm.... Women's Expo at the Chiropractic Care Center next to Yesterday's Restaurant in the North Point Plaza

March 23, 2010 9:30am-3:30pm...Bonnie's Bus Retreat, Bridgeport Conference Center

April 6, 2010...WVBA Meeting, for more information contact ckittle@wvha.org

April 16, 2010.. 2010 Women & Money Conference, Hosted by WV State Treasurer John Perdue, Location: Clarksburg, WV. Bridgeport Conference Center, Keynote speaker: Dee Lee. For more information and other dates go to: www.wvtreasury.com.

May 9-15, 2010...Women's Health Week To see What is National Women's Health Week Go to: <http://www.womenshealth.gov/whw/>

May 20, 2010...WOW Retreat Mercer County

July 31, 2010...WOW Retreat Marion County



National Center of Excellence in Women's Health

For Affordable Health Care
Go to:
<http://www.wvahc.org/default.htm>

To find out more
information on Perinatal
Health Go to:
<http://www.wvahc.org/default.htm>

OR
<http://www.wvperinatal.org/>

Perinatal Partnership

As a part of the Perinatal Partnership, the National Center of Excellence is working with a team to bring lactation rooms into businesses for nursing mothers. The Center of Excellence would like to hear from those of you who have designated areas in your organization for nursing mothers. The NCoE would also like to hear from anyone who has comments, would like to join our team etc. For more information please call The Center at 304-293-2895.

Please check out the new Perinatal Opportunities Calendar at:
<http://www.wvperinatal.org/calendar.htm>

The Calendar contains educational opportunities and important events listed monthly. Click onto the topic of interest to you and more details appear.

Announcement: the *“Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals”* is available for download at: www.cdafoundation.org/guidelines.

Important Information for Perinatal Providers and Birthing Hospitals and Birthing Centers.

The Joint Commission is replacing the Core Measure Set regarding Pregnancy and Related Conditions with the following measure sets: Luckily, WV is already making progress on the first with our OB QI Program! The US Breastfeeding Committee has released guidance on how hospitals can track, measure and reach the exclusive breastfeeding measure. For more information please go to: www.usbreastfeeding.org., and click on [Perinatal Care core measure set](#).

Message: About 43% of West Virginia births are the result of an unplanned pregnancy. Many occur among younger West Virginia women and result in infants being born too close together, low birth weight, and preterm deliveries. We can impact these poor outcomes by better telling the important message that spacing between pregnancies is healthier for our West Virginia mothers, babies, and the families. Just imagine the better health outcomes West Virginia would see if we increased spacing between pregnancies to the recommended 24 months!

The Committee on Unplanned Pregnancy produced this educational tool which is available to you to download. Go to: Why Spacing Between Pregnancies is a Healthy Choice: <http://www.wvperinatal.org/downloads/spacing101409.pdf>

Announcement: the March of Dimes Program Service Committee Meeting has been rescheduled from Thursday March 18, 2010 to Thursday March 25, 2010 at the Women and Children's Family Resource Center, Charleston, WV.....Lunch will be served.



National Center of Excellence in Women's Health

Heart Institute

WVU Heart Institute to host open house March 20

Free screenings will highlight the open house hosted by the West Virginia University Heart Institute from 9 a.m. to 2 p.m. on Saturday. The open house will allow the public a chance to tour the Heart Institute's new \$3-million facility in the Suncrest Towne Center. The Heart Institute occupies the entire second floor of the building as well as a portion of the first floor and includes exam rooms, triage rooms, a procedure room, stress labs, an EKG room, an ultrasound room and an X-ray room, plus several work areas for the physicians and staff. A 1,200-square-foot rehabilitation facility, with locker rooms and showers, is located on the first floor. At the open house, WVU heart doctors will be available to answer questions. Heart healthy refreshments and information about the Dr. Dean Ornish Program will also be available. In addition, a variety of free screenings will be available, including carotid artery, EKG, body fat analysis, blood pressure, lipid panel (cholesterol) and glucose. A 12-hour fast is required for the lipid panel screening. For more information on the WVU Heart Institute see

<http://www.health.wvu.edu/newsreleases/news-details.aspx?ID=1436>



National Center of Excellence in Women's Health