



C E N T E R F O R  
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## Maggie Baker

**M**aggie Baker was appointed Research Assistant Professor, July 2003, in the department of Biobehavioral Nursing and Health Systems, UW School of Nursing. Dr. Baker was formerly a predoctoral trainee on Women's Health Nursing Research Training Grant (WHNRTG) 1998-2000. Her research area was community dwelling elderly women.

Maggie was also Senior Health Policy Analyst with the State of Washington Health Care Authority before becoming Project Director of the Quentin N. Burdick Traineeships in Rural Interdisciplinary Health Care Autumn 2002.

The mission of the traineeship is to improve the quality and quantity of health care services in Western Washington's rural areas. She is responsible for project operations, including issues related to course and seminar development.

The WHNRTG, Marcia Killien, PI, was awarded an additional five years of funding, March 1, 2003-February 28, 2008. Please visit [www.son.washington.edu/departments/fcn/whnrt/training.asp](http://www.son.washington.edu/departments/fcn/whnrt/training.asp) for more information.



## Maria Pettinato reaches the top

Newly appointed WHNRTG predoctoral trainee Maria Pettinato (standing, foreground) recently summated Mt. Rainier.

She states that it "was an incredible experience" in spite of 60 mile per hour gusts that "took our feet out from under us".

During her appointment on the training grant Maria is "concentrating on research activities that promote understanding of and service toward sexual minority communities".

## New CWHR Community Advisory Board

The newly formed CWHR Community Advisory Board (CAB) met with the Executive Committee June 2003 for the first annual meeting to share their identified pressing issues related to women's health.

The CAB was formed to further extend CWHR links with individuals outside the research center and enhance the CWHR in important ways, including reviewing priorities, exploring new research areas, and formulating new policy directions.

The advisory board is composed of leading community advocates and practitioners. Members include:

Claudia Berman, Marci Bloom, Marguerite Corbally, Sally Forgette, Sarah Lippek, Phyllis Little, Frankie Manning, Marian Mehegan, Frederica Overstreet, Gloria Rodriguez, Kathleen Stine, Jacci Thompson-Dodd, Norma Timbang, and Susan Tomita.



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## Grants funded

**D**rs. Margaret Heitkemper and Eleanor Bond received a grant from the National Center for Complementary and Alternative Medicine for a Phase I planning grant for the "Women's Health Complementary and Alternative Medicine Research Center". Drs. Heitkemper and Bond will co-direct this planning effort to establish an international, interdisciplinary center in collaboration with colleagues from the School of Medicine, Bastyr University, and Ewa Women's University in Seoul Korea.

Dr. Susan Labyak, Family Child Nursing, received an award from NINR for her four year study: Sleep in Children with Juvenile Rheumatoid Arthritis.

Her co-investigators on this study are Drs. Martha Lentz, and Carol Wallace, Dept of Pediatrics. Drs. Patricia Brandt, FCN, Carol Landis, and Mary Carskadon, Brown University are consultants on this study that will determine the extent of disrupted sleep and its impact on daytime functioning in children with rheumatoid arthritis. Pilot data from Dr. Labyak's CWHR-funded pilot/feasibility study "Sleep in Children with Complex Regional Pain Syndrome" contributed to the submission.

Dr. Gail Kieckhefer is principal investigator for the new study: "Sleep and Nocturnal Asthma in Youth." Co-investigators include Drs. Robert Burr, Susan Labyak, Martha Lentz. Consultants/advisors from the School of Medicine (Dr. Gregory Redding), and School of Public Health and Community Medicine (Dr. Jane Koenig).

## Presentations

The CWHR and Novartis Pharmaceuticals, Inc. co-sponsored "Irritable Bowel Syndrome (IBS) in Women" March 2003, Shoreline, WA. **Dr. Monica Jarrett** presented an overview of IBS and information about non-drug therapies in the treatment of IBS. Dr. Sheldon Rosen, Gastroenterologist, UWMC presented information on diagnosis and drug therapies in the treatment of IBS.

The Public Broadcasting System (PBS) featured **Dr. Marie-Annette Brown** in a special, one-hour show about the Body Blues that was aired throughout the country in the month of June 2003.

**Dr. Cathy Lindenberg**, PI, Rosa Solorzano PD and Meaghan McElroy GSPA student traveled to Nicaragua and Guatemala in 2002 to explore pilot testing TeenSmart. TeenSmart is an Internet based bilingual interactive curriculum to prevent substance abuse, sexual risky behaviors and violence. A grant from the Strachan Family Foundation provided funding.

**Dr. Anne Mariella**, CWHR affiliate and Co-PI on the Seattle Midlife Women's Health Study, gave a presentation on menopause and hormone replacement therapy to the Zion Lutheran Church women's group, October 2003, Auburn, WA.

**Dr. Ellen Mitchell** gave a presentation on FSH and estrone patterns during the menopausal transition, 36th Annual Communicating Nursing Research/17th Annual WIN Assembly April 2003, Scottsdale, AZ.

**Motzer, S. A.**, Tsuji, J., Hertig, V., Johnston, S. K., & **Scanlan, J.** Natural killer cell cytotoxicity: Methods analysis of two assays. Poster presentation, 36th Annual Communicating Nursing Research/17th Annual WIN Assembly, April 2003, Scottsdale, AZ.

**Dr. Nancy Woods** presented two lectures on hormone replacement therapy and menopause in Southwestern Washington April 2003. She spoke at the Shoalwater Bay Tribal Center, Tokeland, WA; and again at the Raymond High School Commons, Raymond, WA. The presentations were co-sponsored by the CWHR and the Shoalwater Bay Indian Tribe.

## Publications

**Heitkemper, M.M. & Bond, E.F.** (2003). Nursing Research: On the edge. *Biological Nursing Research*, 4, 151-162.

**Heitkemper, M.M. Bond, E., Jarrett, M.L., & Chang, L.** (in press). Impact of sex and gender on irritable bowel syndrome, *Biological Research for Nursing*.

**Jarrett, M.**, Burr, R., Cain, K., Hertig, V., & **Heitkemper, M.** (2003). Anxiety and depression influence autonomic nervous system function in women with irritable bowel syndrome. *Digestive Disease Sciences*, 48(2), 386-394.

Kirsch, S.D., Brandt, P., & **Lewis, F.M.** (2003). Making the most of the moment: When a child's mother has breast cancer. *Cancer Nursing*, 26(1), 47-54.

**Landis, C.A.** Stress, Coping & Adaptation. In Craven, R.F. & Hirnle, C. (Eds) *Fundamentals of Nursing: Health and Human Function*, 4<sup>th</sup> ed., Philadelphia: Lippincott, Williams and Wilkens, 2003.



**Landis, C.A.** Contributor to the Research Plan for the National Center for Sleep Disorders Research, NHLBI (2002). Dr. Landis was responsible for sections on Restless Legs and Periodic Limb Movements, Sleep in Medical Conditions (including Fibromyalgia and Chronic Fatigue Syndrome), Sleep, Sex Differences and Women's Health, and Sleep and Health (major contributor).

**Landis, C.A.** (2002). Sleep and Methods of Assessment. *Nursing Clinics North America*, 37, 1-15.

**McGrath, B.B.** (2003). A view from the other side: Place of spirits in the Tongan social field. *Culture, Medicine, and Psychiatry*, 27(1), 29-48.

**Motzer, S.A.,** Hertig, V., Johnston, S., & Scanlan, J. (in press). Natural killer cell cytotoxicity: A methods analysis of 51 chromium-release assay versus flow cytometry assay. *Biological Research for Nursing*, 5(2).

**Swanson, K.M.,** Karmali, Z.A., Powell, S.H., & Pulvermakher, F. (2003). Miscarriage effects on couples' interpersonal and sexual relationships during the first year after loss: Women's perceptions. *Psychosomatic Medicine*, 65, 902-910.

## New CWHR Pilot/ Feasibility Studies

Two studies were funded 1/2003-12/2003: "Development and Evaluation of a Web-Based Program to Improve Activity Adherence in OA: A Pilot Study", Basia Belza (PI), JoAnne Whitney, and Catherine Warms; and "Appetite-related Neuropeptides in Rats of Varying Estrogen Status", Eleanor Bond (PI).

In addition, a subcontract was awarded to Elizabeth Prediger and Christine Mumma, School of Nursing, University of Alaska, Anchorage 7/2003-6/2004, for "Aging with Chronic Illness: A Qualitative Participatory Study with Women Aged 50-64 Years".

## DES Stories

**D**ES is a global health event and case study with important ramifications for the study of women's health and the future of chemical exposures. Margaret Braun, author of *DES Stories*, relates the story of DES in a series portraits and first person narratives. A DES daughter and survivor of cancer, Braun is co-founder and past executive director of the DES Cancer Network in Washington, D.C.

She presented "DES Stories: How DES Exposure Disrupted the Lives of Millions to Become a Case Study in Chemical Exposure and Health Advocacy, April 2003 at the UW Women's Center Co-sponsored in part by the CWHR; Department of Women Studies; and the School of Public Health and Community Medicine. The CWHR also had the DES portraits displayed in the UW Health Sciences Lobby, April 2003.

## Awards

CWHR student assistant, **Elise Chamberlain**, was one of 15 "stellar" students accepted into the BSN Honors Program in 2003.

Her area of interest is women's health issues. Elise is currently enrolled in the Quarter Abroad Program studying at Chiang Mai University, Bangkok, Thailand.

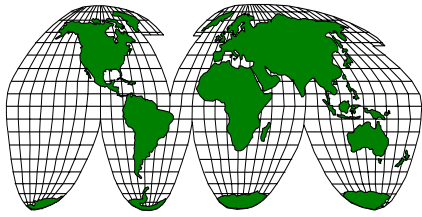
**Dr. Margaret Heitkemper** received the prestigious Janssen Award for Outstanding Achievements in Clinical and Basic Research in Gastroenterology, March 2003 in Orlando, Florida. Dr. Heitkemper is the only nursing faculty member in the U.S. to have received this recognition.

**Dr. Nancy Woods** was selected as the North American Research Society (NAMS) Research Award recipient for 2003. NAMS is a multidisciplinary organization devoted to promoting women's health during midlife and beyond through an understanding of menopause. Dean Woods was specifically recognized for her contributions to advancing understanding of perimenopause and for her significant contributions to the field of women's health.

Dr. Woods also received the "Pathfinder Award" at the Friends of the National Institute of Nursing (FNINR) NightinGala September 2003 at the Annual Friends of Nursing Dinner. This is the second year that the FNINR honored leading nurse scientists whom they designate as a "Pathfinder".

The award was developed to acknowledge the contributions of nursing science and to honor those individuals who have paved new paths in health care. Criteria for selection included having received at least two R01s from the NINR and making a substantial contribution to health care.





Check out our website: <http://www.uw-cwhr.org>

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**Staff**  
**Margaret Heitkemper, Director**

**Kendra Hayward, Manager**

**Monica Jarrett, Director, Research Development and Dissemination Core**

**Marcia Killien, Co-director, Director, Sociocultural Environments Core**

**Barbara McGrath, Co-director, Sociocultural Environments Core**

**Carol Landis, Scientific Director, Biobehavioral Laboratories Core**

**Martha Lentz, Director, Research Development and Outreach**

**Nancy Woods, Consultant**



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