

**Women's Health E-Newsletter**  
**Fall 2007**

**WOMEN'S HEALTH NEWS AT VCU**

**"IUDs Safe and Effective in High-Risk Patients"** Virginia Commonwealth researchers have now found that intrauterine devices (IUDs) are safe and effective in a population of women who were previously thought to be poor candidates for this method of birth control. "We once thought that IUDs could only be used in married, monogamous women because of a perceived increase in the risk of pelvic infections," said lead investigator, Catherine A. Matthews, M.D associate professor in the Department of Obstetrics and Gynecology at VCU. IUDs have previously been associated with health risks such as pelvic inflammatory disease and upper genital tract infections but according to a study published in the American Journal of Obstetrics and Gynecology researchers concluded that IUDs were acceptable for these patients and not associated with an increase in gynecologic infections.

For more information please visit

<http://www.news.vcu.edu/news.aspx?v=detail&nid=2160>

**Women's Health Lectures posted online**

Twenty-six lectures from the "Women's Health 2007: *Clinical Insights and Best Practices*" CME Conference are posted and available for educational purposes, accompanied by audio of the live lectures. To view go to:

<http://www.womenshealth.vcu.edu/wh2007lectures/index.html>

**New Women's Health Grants @ VCU**

Jerome Strauss, M.D., Ph.D., Dean of the VCU School of Medicine has been awarded one of the 15 new and continuing **Building Interdisciplinary Research Careers in Women's Health** (BIRCWH) program grants, which foster the career development of junior faculty members who are engaging in basic, clinical, translational, behavioral, or health services research in any area relevant to women's health with an emphasis on sex and gender factors and is funded by the National Institutes of Health (NIH) Office of Research on Women's Health. Co-Program Managers are Joann Bodurtha, MD and Sarah Spiegel, PhD.

For More Information: <http://www.medschool.vcu.edu/bircwh/index.html>

Dace Svikis, PhD Professor of Psychology and IWH Deputy Director, is the Principal Investigator on two new grants:

**Reducing HIV: Safer Sex Skill Building in Pregnant, Drug Abusing Women-**

**P60** This project will test the effectiveness of a promising strategy for reducing sexual risk factors for HIV infection in pregnant drug-using women. The intervention, Safer Sex Skills Building (SSB) is a manual-driven, gender-specific intervention delivered by mental health counselors/case managers.

**CDC Grant: Community Partnerships for Promoting Pregnancies or "REACH**

**US" Grant** This Center for Disease Control (CDC) Demonstration grant targets health disparities as they relate to infant mortality. The goal of this five-year project is to improve compliance with prenatal care in the economically disadvantaged African American community in the City of Richmond. The project will utilize a 3-component intervention model seeking to improve maternal/infant outcomes with a focus on the cultural, social, and environmental barriers to care. This grant is a joint project of the Institute and Center on Health Disparities at VCU.

## **WOMEN'S HEALTH NEWS**

**Hypnosis Eases Pain of Breast Cancer Surgery**

Women who receive hypnosis before breast cancer surgery report less pain after and need less anesthesia during the procedure, a new study found. To view more study details and full article from Health Day News, please visit

<http://www.4women.gov/news/english/607731.htm>

**Workouts a Boom for Breast Cancer Patients**

Two new studies found that exercise can improve the quality of life in breast cancer patients, boost self-esteem, and help patients get through their chemotherapy treatments on schedule. To view full article from Health Day News, please visit

<http://www.4women.gov/news/english/607827.htm>

**Nicotine in Breast Milk Shortens Baby's Naptime**

According to a new study, nicotine in breast milk disrupts a babies sleep pattern and shortens their nap by one third Previous research by Julie A. Mennella also suggests that mothers should time their smoking and breast feeding opportunities because nicotine levels peak in breast milk 30 to 60 minutes after smoking one to two cigarettes. To view full article from the Health Day News, please visit

<http://www.4women.gov/news/english/607812.htm>

**Removing Ovaries Before Menopause Leads to Memory, Movement**

**Troubles** According to a recent study, removing one or both ovaries before natural menopause increases the risk of dementia and movement disorders. However, giving hormone-replacement therapy at least until age 50 according to the Mayo Clinic researchers, blunts the risk of dementia and these movement disorders. To

view full article from the Health Day News, please view  
<http://www.4women.gov/news/english/607762.htm>

## UPCOMING EVENTS

### **How To Treat A Women: Strategies for Healthcare & Self-Care**

The Institute for Women's Health continues its series of brown-bag seminars focused on women's health for all health care professionals. Jim Levy, MD will speak on "Strategies for Obesity and Weight Loss" on Wednesday, October 31, 2007 from 12:00-1:00 in the Learning Center at the MCV Main Hospital. To view flyer:  
[www.womenshealth.vcu.edu/announcements/HTTW2007RollingDatesFlier.pdf](http://www.womenshealth.vcu.edu/announcements/HTTW2007RollingDatesFlier.pdf)

### **The Richmond Regional Summit on Preventing Infant Deaths- A State of Emergency: *How Do We Save The Next Baby?***

October 22-23 at the Richmond Marriott. Register on- line (deadline October 15) at [www.regonline.com/RegionalSummit2007](http://www.regonline.com/RegionalSummit2007). CME and CEU professional credits available. For more information: Tammy Hawley at 804-795-4322.

## SAVE THE DATE

### **Women's Health 2008: The 16th Annual Congress**

March 28 - 30, 2008 Williamsburg Lodge and Conference Center. For more information visit us at <http://www.womenshealth.vcu.edu/wh2008.html>

Susan Kornstein, MD to chair the 3<sup>rd</sup> International Congress on Women's Mental Health. March 17-20, 2008. Melbourne, Australia.

<http://www.iawmhcongress2008.com.au/>

## Domestic Violence Awareness Month Activities @ VCU

### **October is Domestic Violence Awareness Month – Calendar**

Please visit our website for a list of activities throughout the month of October.

<http://www.womenshealth.vcu.edu/VCU-DVCalendar2007.pdf>

### **Domestic Violence Awareness Events at VCU:**

<http://www.womenshealth.vcu.edu/VCU-DVEventsListingOctober2007-10-2-07.pdf>

### **Health Cares about Domestic Violence Day**

This nationally recognized awareness-raising day will take place on Wednesday October 10, 2007 from 10:00-2:00 in the MCV Main Hospital Lobby.

<http://www.womenshealth.vcu.edu/HCADVFlyer10-2-07.pdf>

## UPCOMING CLASSES:

### **Nutrition – Weight Loss – Walking – Diabetic Dining**

- Diabetic Dining Made Easy – Call 560-8950 to register. The class repeats the first Wednesday morning of each month
- Choose to Lose® - 8-Week Weight Loss Program (offered fall & winter)
- First Step Program- (4-week walking program offered in mornings & evenings, fall & winter)
- Food & Fitness- 2 hour programs offered in spring
- DASH- Diet to lower blood pressure
- Cholesterol Lowering Class

Sign up to receive the “Your Nutrition News” electronic newsletter. To subscribe, please email Mary-Jo Sawyer, Registered Dietician at [msawyer@mcvh-vcu.edu](mailto:msawyer@mcvh-vcu.edu). For class information and registration, call 804-327-8830.

### **Family Life Education**

Classes include Maternity Tour/Healthy Beginnings, Breastfeeding Class, Car Seat Safety, Childbirth Preparation, Infant CPR, Newborn Parenting, and Sibling Class. All classes except for the Sibling Class are for adults only.

To register or for more information, call 828-7929

### **Centering Pregnancy Program: A Model for Prenatal Care**

Centering Pregnancy groups are made up of 10 to 12 women who will all deliver their 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.

## CURRENT WOMEN’S HEALTH CLINICAL TRIALS AT VCU

*Clinical trials offer individuals the opportunity to participate in research studies that are used to answer specific questions about the safety and efficacy of new medications, new therapies, or new ways of using known treatments. Individuals participate in clinical trials in order to play a more active role in their own health care, gain access to new research treatments before they are widely available, and help others by contributing to medical research in women’s health.*

## **VCU Mood Disorders Institute**

Dr. Susan Kornstein is currently seeking participants for the following research studies:

### *Depression Study*

Symptoms of Depression include:

- Feeling sad or depressed
- Loss of interest in activities you used to enjoy
- Feelings of hopelessness, worthlessness, or guilt
- Sleeplessness or lack of energy

If you're experiencing these symptoms, are between the ages of 18 and 70 and medically stable, you may qualify to participate. This study is testing the effectiveness of an investigational medication for depression. Study-related research care is provided at no charge to you at our convenient off-campus location.

## **Upcoming Studies at VCU Mood Disorders Institute Include:**

- *Generalized Anxiety Disorder*
- *Premenstrual Dysphoric Disorder (PMD) a severe form of PMS*
- *Depression study*

All of the above studies are being conducted at the VCU Mood Disorders Clinic. For more information, contact: Maggie Britton, RN, BSN, Clinical Research Coordinator, at **828-5639**.

## **VCU Program for Osteoporosis and Bone Health**

For information on current studies and recruitment contact:

Marian L. Sheppard, BSN, CCRC Research Nurse, Division of Endocrinology and Metabolism VCU Medical Center. Stony Point Office: Phone: 804-237-6620 or call (804) 828-8932 or visit

<http://www.pubinfo.vcu.edu/osteoporosis/index.html>.

## **Physician Supervised Study Recruiting Women**

You may qualify for this study if you:

- Have eight (8) or fewer menstrual cycles per year
- Are willing to take birth control pills for three (3) months and either Metformin or placebo
- Between 18 and 45 years of age, in good health and non-diabetic

Four mornings of testing (over 3 months) are required and monetary compensation provided. For more information, call Terre Williams at (804) 828-2663 or Manar Nazmy at (804) 827-0171

### *Weight Loss Study*

You may qualify for this study if you:

- Have a full-figured, or plus-size body
- Are willing to follow dietary weight loss guidelines with the help of dieticians
- Are in general good health and no history of diabetes
- Have regular menstrual periods
- Are not taking birth control pills

This study will involve 5 mornings at the MCV hospital over 8 weeks. There will also be weekly weight checks. You will not be taking a study drug.

This study could earn you up to \$250!

For information on this study, call Terre Williams at 828-2663 or Manar Nazmy at 827-0171

### *Polycystic Ovarian Syndrome Study*

You may qualify for this study if you:

- Have Polycystic Ovarian Syndrome
- Have a full-figured, or plus size body
- Are between the ages of 18 and 45
- Are in general good health and non-diabetic

This study will involve a three month course of either oral contraceptive pills or a combination of oral contraceptive pills and metformin. There will be four mornings of testing.

This study could earn you up to \$400!

For information on this study, call Terre Williams at 828-2663 or Manar Nazmy at 827-0171.

For more studies please see <http://www.vcu.edu/pcos/research.html>

### *Irregular or Infrequent Menstrual Periods Study*

You may qualify for this study if you:

- Have irregular or infrequent menstrual periods, or have polycystic ovary syndrome
- Are 18 – 40 years old
- Have a full-figured, or plus-size body
- Are willing to follow dietary weight loss guidelines with the help of dieticians
- Do not have diabetes
- Are not taking birth control pills
- Are not taking metformin

This study will involve 5 mornings at the MCV hospital over 8 weeks. There will also be weekly weight checks. You will not be taking a study drug.

This study could earn you up to \$250!

For information on this study, call Terre Williams at 828-2663 or Manar Nazmy at 827-0171

## ABOUT US

**VCU Institute for Women's Health National Center of Excellence (CoE)** is one of 20 National Centers of Excellence in Women's Health designated in 2003 by the Office on Women's Health in the U.S. Department of Health and Human Services. The National Centers of Excellence serve as models for the Nation in providing innovative, comprehensive, multidisciplinary, and integrated health care systems for women across the lifespan.

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**Charlotte K. Roberts Women's Health Resource Center (WHRC)** provides quality information on health and wellness including prevention, conditions, diseases, and treatments. Information and services are available to anyone at no cost. Contact us during your visit, by phone or e-mail.

We are located next to Women's Health Center at Stony Point. A Community Health Information Specialist is available from 9:30am – 2:30pm Monday through Friday.  
Elaine Minor, Community Health Information Specialist - Student Intern  
Phone: 804-327-8857  
Email: [whrc@vcu.edu](mailto:whrc@vcu.edu)  
[http://www.womenshealth.vcu.edu/community/resource\\_center.html](http://www.womenshealth.vcu.edu/community/resource_center.html)

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