



# Institute for Women's Health

Texas Woman's University

Winter 2009

## DIRECTOR

Nancy DiMarco, Ph.D.

## PRACTICUM

### COORDINATOR

Carolyn Rogan, M.S.

## RESEARCH ASSOCIATE

James Rowe, M.S.

## GRADUATE ASSISTANT

Ronique Pleasant

Bethany Bloom

## ADMINISTRATIVE STAFF

Meagan Pickle

## PRINCIPAL RESEARCH

### TEAM

C. (Barney) Sanborn, Ph.D.

Anna Love, Ph.D.

David Nichols, Ph.D.

Shannon Rich, Ph.D.

JoAnn Engelbrecht, Ph.D.

## NOTES FROM THE DIRECTOR

### Nancy M. DiMarco, Ph.D., R.D., C.S.S.D., L.D.

Age-specific guidelines for female health testing have been included on the second page of this newsletter. Women should strive to meet not only these guidelines but also those guidelines that help to ensure a higher quality of life. The Institute for Women's Health is committed to promoting six dimensions of wellness that include the following aspects: **social** or doing things that benefit both you and the community you live in, **emotional** or having acceptance and awareness of a range of feelings and behaviors in yourself and others, **physical** or increasing endurance, flexibility, and strength for a lifetime, **occupational** or performing work that is both meaningful and rewarding, **intellectual** or self-directed behavior resulting in increased levels of knowledge that improves your existence and those around you, and **spiritual** or the willingness to transcend oneself in a quest for understanding the meaning and purpose of one's life aspects. It is the pursuit of these behaviors that enables us to have a more balanced life. We currently live in a binge/purge society - we are on or off and not much in between. Wouldn't a terrific New Year's resolution to make be to make the dimensions of wellness a reality in our lives? Think of the benefits—higher productivity when working, better sleep, improved relationships, peace and patience with yourself and others, a sharpened mind and body, and improved communities and schools, just to name a few. I can think of no better gift to give to yourself and your family than an improvement in your health—in every dimension of your health.



## Exercise & Sports Nutrition Clinic

The Exercise & Sports Nutrition Clinic is located in HDB 011. It offers all types of individual services, ranging from cardiorespiratory fitness and body composition to nutrition evaluation and pulmonary function testing. Weight management packages are also offered. Clinic services are free to TWU students and offered at a discounted price to TWU faculty and staff. Prices are also affordable for community members. Group counseling classes begin the week of January 25, 2010.

**Check  
It Out!**

## IN THIS ISSUE:

Notes from the Director	1
Check It Out!	1
Did You Know?	1
Power of a Healthy Woman Symposium	2
Age-Specific Guidelines For Health Testing	2
Publications	3
Presentations	3
Awards & Accomplishments	4
What are They Doing Now?	4
Student Spotlight	4

## DID YOU KNOW...

- 23.6 million people in the United States suffer from diabetes, and at least 90% of diagnosed cases are type 2 diabetes.
- Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity.
- Symptoms of type 2 diabetes include increased thirst and hunger, frequent urination, blurred vision, numbness or tingling in the hands or feet, and fatigue.
- To determine your risk for developing type 2 diabetes visit <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/> and take the Diabetes Risk Test.

# Power of a Healthy Woman Symposium 2009

The Institute for Women’s Health and Leadership Institute at Texas Woman’s University along with Denton AgriLIFE Extension Service presented the second Power of a Healthy Woman Symposium on September 19, 2009 at TWU’s Denton Campus. The fast-paced, half-day symposium was created to give local women access to nationally known experts who addressed health issues important for North Texas area women. Valuable individual break-out sessions at the symposium highlighted access to healthcare and disease prevention specifically applicable to women. The keynote address was given by nationally renowned speaker, Yvonne Thornton, M.D. Dr. Thornton delivered a motivational lecture of how her father, Donald Thornton, a poor and uneducated black laborer who was a child of the Great Depression, overcame incredible obstacles to give his daughters a better life. By age twenty-seven he had five daughters to raise. He dug ditches for a living while his wife, Itasker, cleaned houses. Together, they formulated a dream: that all their daughters would be doctors. Fortuitously, his daughters formed a traveling band, *The Thornton Sisters*, which achieved not only musical success on the “college circuit” from 1963 to 1976, but also earned them college tuition money. Dr. Thornton told the true story about a black family of all girls that transcends race, color and gender to rekindle our belief in the American spirit and the human will to succeed despite adversity.

In addition to Dr Thornton, featured speakers for the symposium also included Dr. Nancy Granovsky, regent’s fellow, professor and family economics specialist with the Texas AgriLIFE Extension Service; Dr. Abigail Tilton, TWU assistant social work professor and social work program director; Dr. Carol S. Ireton-Jones, executive vice president of the Professional Nutrition Therapists organization; and Dr. Wasim A. Haque, a private practice physician in Lewisville.



**MISSION:**  
To enhance the health and well-being of women across the lifespan through research, education, and advocacy.

## Age-Specific Guidelines for Female Health Testing

Taken from U.S. Office on Women’s Health

Please remember that these are only guidelines. It is important to talk to your physician about when to schedule individual screenings.

Test	Ages 20-39	Ages 40-50	Age 50+
Blood cholesterol	Every 5 years	Every 5 years	Every 5 years
Body mass index	Ask your doctor	Ask your doctor	Ask your doctor
Bone mineral density	-----	Ask your doctor	Baseline test by age 65
Breast self-exam	Often enough to check for changes	Often enough to check for changes	Often enough to check for changes
Clinical breast exam	Every 3 years	Annually	Annually
Colonoscopy	-----	Every 10 years starting at age 50	Every 10 years
Fasting blood sugar	-----	Baseline by age 45	Every 3 years
Full-body skin cancer check	Every 2-3 years	Every 2-3 years	Annually
Mammography	-----	Annually	Annually
Pap Test	Annually	Annually	Annually
Thyroid Test	Every 5 years starting at age 35	Every 5 years	Every 5 years

## AWARDS AND ACCOMPLISHMENTS

- Drs. DiMarco and Sanborn were selected as Chancellor's Research Fellows for 2009-2010.
- Meagan Pickle was accepted into the TWU School of Physical Therapy in Dallas.
- Dr. Sanborn was named Scholar of the Texas Association for Health, Physical Education, Recreation, and Dance and the Texas Chapter of the American College of Sports Medicine.
- The Exercise and Sports Nutrition Clinic has served over 240 clients since its opening
- Dr. DiMarco taught in the Emeritus College for the University of North Texas in Fall 2009.
- Dr. DiMarco had an article published in the *Denton Record-Chronicle's Denton Time*. The article, entitled "Nutrition for a healthier 2010," was about recommendations for iodine, omega-3 fatty acids, and vitamin D.

## WHAT ARE THEY DOING NOW?

### Josh Wooten, Ph.D.

Dr. Josh Wooten started with the IWH as a Research Associate and was promoted to Grant Coordinator following his graduation in May 2008. During his employment with the IWH, he played an integral role in the development of a community health and fitness evaluation program in the Exercise and Sports Nutrition Clinic. In addition, Dr. Wooten was often invited to present to the City of Denton employees on topics of exercise, nutrition, obesity and cardiovascular disease.

Despite his departure from IWH, Dr. Wooten is still involved with cardiovascular disease research projects for the Pioneer Project, a longitudinal study that examines women's health across the lifespan. He is currently preparing a manuscript for submission that examined the influence of menopausal status on the associations of total and regional fat mass with lipids and lipoproteins in women that participated in the Pioneer Project.

Since January 2009, Dr. Wooten has been a Postdoctoral Fellow with the Baylor College of Medicine in the Section of Atherosclerosis and Lipoprotein Research. Following his postdoctoral training, Dr. Wooten plans to enter academia and will continue his research in lipoproteins and atherosclerosis.



## STUDENT SPOTLIGHT

### James Rowe, M.S.

Mr. Rowe is a Doctoral student pursuing a degree in Exercise Physiology. He received his Bachelor's degree in Kinesiology from Angelo State University and his Master's degree in Exercise Physiology from Texas Christian University. Mr. Rowe is currently working on two projects for the IWH. The first is a study to determine if there is a relationship between thyroid function and body composition. The second is looking at the relationship between body fat distribution and cardiovascular disease in

adult women. His other duties in the IWH include conducting and supervising fitness assessments in the Exercise & Sports Nutrition Clinic, supervising the IWH biochemistry lab, and assisting in developing new research for the improvement of women's health in the areas of cardiovascular disease and diabetes. Upon graduation, he would like to be a teacher and researcher in the field of exercise physiology at a higher education institution.



### VISIT US ONLINE:

[www.twu.edu/womenshealth](http://www.twu.edu/womenshealth)

### CONTACT

#### INFORMATION:

TWU-IWH  
P.O. Box 425876  
Denton, TX 76204-5876  
Phone: (940) 898-2792  
Fax: (940) 898-2793  
[iwh@twu.edu](mailto:iwh@twu.edu)  
Location: HDB 013

This newsletter is published each semester by the IWH as a research and information update for the general public and IWH volunteers, researchers, and supporters.

Send comments to:  
TWU-IWH  
P.O. Box 425876  
Denton, TX 76204-5876

**Reviewer**  
Nancy DiMarco, Ph.D., R.D.

**Editor**  
Meagan Pickle

Think **SUCCESS** ★ Think TWU

**VISION:**

To become one of the foremost comprehensive authorities on the health and well-being of women in all stages of their lives.

**PUBLICATIONS**

- Crawford, L., Kwon, J., **Nichols, D.**, & Rew, M. (2009). Evaluation of the nutrition knowledge, attitudes, and food consumption behaviors of high school students before and after completion of a nutrition course.. *Family and Consumer Sciences Research Journal*, 37, 523-534.
- Davis, R., **Sanborn, C.**, **Nichols, D.**, Bassett-Jones, D., & Dugan, E. (2010). The effects of whole body vibration on bone mineral density for a person with a spinal cord injury: A case study. *Adapted Physical Activity Quarterly*, 27, 60-72.
- Helton, K.S., **Nichols, D.L.**, Reed, M., Biggerstaff, K.D., & **DiMarco, N.M.**, (2009). The effect of acute resistance exercise volume threshold on biomarkers of bone metabolism. *Medicine and Science in Sports and Exercise*, 41 (Suppl), S104.
- Sanborn, C.**, **Rich, S.**, **DiMarco, N.**, & **Engelbrecht, J.** (Accepted). Childhood play experiences of Hispanic primary caregivers of preschoolers. *Texas Association for Health, Physical Education, Recreation & Dance Journal*.
- Smith, J.D., **Nichols, D.L.**, Biggerstaff, K., & **DiMarco, N.** (2009). Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class. *ICHPER-SD Journal of Research*, 4, 73-79.
- Wooten, J.S.**, Phillips, M.D., Mitchell, J.B., Patrizi, R., **Pleasant, R.N.**, Hein, R.M., & Menzies, R.D. (In review). Resistance training alters lipids and lipoprotein-cholesterol in obese, postmenopausal women without changing body composition. *International Journal of Sports Medicine*.

**SCHOLARLY WORKS IN PROGRESS**

- Essery, E.**, **Rich, S.**, **DiMarco, N.**, **Sanborn, C.**, & Kerns, A. *Relationship between parental stress and child feeding practices of parents of preschoolers*. Manuscript submitted for publication.
- Henry, K., **Sanborn, C.F.**, Senne, T., & **Nichols, D.** (2009). *Influences on exercise and sports participation in college-aged students*. Manuscript submitted for publication.
- Koh, Y., Ben-Ezra, V., Biggerstaff, K.D., & **Nichols, D.L.**, (2009). *Responses of blood lipids and lipoproteins to extended release niacin and exercise in sedentary, postmenopausal women*. Manuscript submitted for publication.
- Reed, M., Ben-Ezra, V., Biggerstaff, K.D., & **Nichols, D.L.** (2009). *The effects of resistance exercise volume on glucose tolerance in normoglycemic women*. Manuscript submitted for publication.

**BOOK CHAPTERS**

- DiMarco, N.M., & Steinmuller, P. (2009). *Sports Nutrition* in online Nutrition Care Manual, American Dietetic Association.

**PRESENTATIONS**

- Helton, K.S., **Nichols, D.L.**, Reed, M., Biggerstaff, K.D., & **DiMarco, N.M.**, (2009). *The effect of acute resistance exercise volume threshold on biomarkers of bone metabolism*. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.
- Nichols, D.L.** (2009). *Is bone loss an inevitable consequence of aging?* Invited presentation. Paper presented at the meeting of the Fort Worth Dietetic Association, Arlington, TX.