



Institute for Women's Health

Texas Woman's University

Winter 2008

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NOTES FROM THE DIRECTOR

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

With the success of the first annual Power of a Healthy Woman Symposium, the Institute for Women's Health is raising awareness of heart disease among women, the leading cause of death among women, in several ways. Dr. Josh Wooten, IWH grant coordinator, has assumed leadership of the cardiovascular disease research cluster to study how exercise may impact lipoproteins, the major carriers of cholesterol in the blood. In addition, one of the major objectives of the Exercise and Sports Nutrition clinic is the prevention of cardiovascular and metabolic diseases by decreasing behavioral risk factors. The dietitians in the clinic strongly advocate increased physical activity and a diet rich in fruits and vegetables, low fat dairy products and low in fat to reduce the risk of developing CVD such as the Dietary Approaches to Stop Hypertension (DASH) diet. A new study published in the Archives of Internal Medicine using data from 88,517 female nurses aged 34 – 59 years who had no history of CVD or diabetes and followed the DASH diet for 24 years showed those who most closely followed the diet had lower rates of CVD and stroke. In addition, those women who had the highest DASH score based on 8 foods and nutrients (fruits, vegetables, whole grains, nuts and legumes, low-fat dairy, red and processed meats, sweetened beverages, and sodium) were more likely to be non-smokers, regularly exercised and consumed increased amounts of omega-3 fatty acids than other participants with lower scores. If you or someone you know is in need of dietary intervention, weight loss, or diet tweaking, please give the clinic a call and start making those needed changes now.



POWER OF A HEALTHY WOMAN SYMPOSIUM:

With the popularity of the 2008 Power of a Healthy Woman Symposium, the Institute for Women's Health and the Power of a Healthy Woman Planning committee are looking forward to the third annual symposium. Mark

September 19, 2009, on you calendar and continue checking the Institute for Women's Health website at www.twu.edu/womenshealth for more information about the symposium and how to register.

**Coming
Fall
2009!**

DID YOU KNOW...

Over 430,000 women have heart attacks each year. Over 80,000 are under age 65, and at least 9,000 are under age 45. Visit womenheart.org for more information about the statistics regarding women and heart attacks.

Women experience similar symptoms of a heart attack to those of men, but women also experience other symptoms that men do not. These include shortness of breath, nausea, and sharp pains in the back and jaws. Visit americanheart.org and search "heart attack warning signs" for more information about heart attack symptoms.

Women who smoke are at risk for having a heart attack much earlier in life than women who do not smoke. Women who have diabetes mellitus are at least two times more likely to have a heart attack than women without diabetes. For more information about risk factors for heart attacks in women visit the National Coalition for Women with Heart Disease at womenheart.org.

IN THIS ISSUE:

Notes from the Director	1
Upcoming Events	1
Did You Know	1
Power of a Healthy Woman Symposium	2
Heart Attack Symptoms	2
In Women Publications	3
Presentations	3
Accomplishments	4
In The News	4
Student Spotlight	4

Power of a Healthy Woman Symposium 2008

On September 20, 2008, the second annual Power of a Healthy Woman Symposium was held on the Denton Campus of Texas Woman's University. Sponsored by The Foundation for Excellence in Women's Health Care, the purpose of the symposium was to increase knowledge of health risks among women over the age of 16 and to raise early awareness among young women for disease prevention and health promotion. The speakers at the symposium provided valuable tools that were specific to women in the areas of stress management, healthy eating, cardiovascular health, physical activity, and financial health. The featured speakers were Dr. Deb Kern, Dr. Eve Essery, Dr. Salman Malik, Dr. Barney Sanborn, and Janelle Walker. Dr. Deb Kern, a TWU alum, was the keynote speaker for this year's symposium. Her presentation, "Finding Calm Amidst Chaos," dealt with taking a mindful-based approach to tackling everyday stresses. Various booths set up at the symposium provided attendees with health information and healthy snacks. The symposium was well-received by faculty and students at TWU and planning for next year's symposium has already begun. Visit the Institute for Women's Health website to download symposium presentations.



Members of the Power of a Healthy Woman Planning Committee with Deb Kern: (L-R) Dr. Maggie Jover, Dr. Anna Love, Dr. Deb Kern, Maj. Gen. Mary Saunders, Dr. Nancy DiMarco, and Lexie McGrane.

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

Heart Attack Symptoms: An Action Plan for Women

By Dr. Salman Malik, Cardiovascular Clinic of North Texas

Women account for nearly half of all heart attack deaths each year. Between the ages of 40 and 60, as many women die of heart disease as breast cancer. Over a lifetime, heart disease kills five times as many women as breast cancer. Heart disease is our nation's number one killer. Newer blood tests are being used to diagnose a heart attack more quickly and accurately. Getting treatment quickly-at the first sign of distress-is critical for life saving medicines and treatments to work.

A heart attack may cause some or all of these symptoms in women:

- Pain, pressure, fullness, discomfort or squeezing in the center of the chest
- Shortness of breath or difficulty breathing
- Stabbing chest pain
- Radiating pain to shoulder(s), neck, back, arm(s), or jaw
- Pounding heartbeats (palpitations) or feeling extra heartbeats
- Upper abdominal pain
- Nausea, vomiting, or severe indigestion
- Sweating for no apparent reason
- Dizziness with weakness
- Sudden extreme fatigue
- Panic with feeling of impending doom

Heart Disease Risk Factors in Women:

- Smoking or daily exposure to second-hand smoke
- Past heart attack or known coronary artery disease
- Family history
- Elevated lipids (over 240 mg/dL or HDL less than 35 mg/dL)
- Abnormal heartbeat
- High blood pressure
- Birth control pills (in combination with smoking)
- Overweight (by over 20 or more pounds)
- Post-menopausal (and without estrogen replacement therapy)
- Sedentary lifestyle

VISION:

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

PUBLICATIONS

- Essery, E., DiMarco, N., Rich, S., & Nichols, D. (2008). Mothers report using less pressure in child feeding situations following a weekly newsletter intervention. *Journal of Nutrition Education and Behavior*, 40, 110-115.
- Nichols, D.L., Sanborn, C.F., Essery, E.V., Letendre, J., Geik, R. (In press). Impact of curriculum based bone loading and nutrition education program on bone accrual in children. *Pediatric Exercise Science*.
- Smith, J.D., Nichols, D.L., Biggerstaff, K., & DiMarco, N. (In press). Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class. *ICHPERD-SD Journal of Research*.
- Huettig, C., Levy, L., Rich, S., Sanborn, C., Popejoy, A., Velez, L., et al. (In press). Childhood play experiences of Hispanic parents of preschoolers. *Early Child*.
- Rich, S., Essery, E., Sanborn, C., DiMarco, N., Morales, L., & Huettig, C. (In press). Predictors of body size stigmatization in preschool children. *Obesity*.
- Wooten, J.S., Biggerstaff, K.D., Ben-Ezra, V., & Hammer, S. (2008). Responses of LDL and HDL particle size and distribution to omega-3 fatty acid supplementation and aerobic exercise. *Journal of Applied Physiology (in review)*.
- Wooten, J.S., Biggerstaff, K.D., & Anderson, C.E. (2008). Response of lipid, lipoprotein-cholesterol, and electrophoretic characteristics of lipoproteins following a single bout of aerobic exercise in women. *European Journal of Applied Physiology*, 104, 19-27.

SCHOLARLY WORKS IN PROGRESS

- Wooten, J.S. & Biggerstaff, K.D. The acute effects of aerobic exercise on lipid and lipoprotein metabolism in women who are sedentary and obese. To be submitted.
- Biggerstaff, K.D., Wooten, J.S., Anderson, C.E. (2008). Response of lipids and lipoproteins to multiple exercise sessions in women. To be submitted.
- Wooten, J.S., Hook, C.P., Henderson, C.L., Groves, A.D., Hartman, C., Anderson, C., & Biggerstaff, K.D. (2008). Acute response of lipid and lipoprotein concentrations following treadmill and circuit resistance exercise. To be submitted.

BOOK CHAPTERS

- Nichols, D.L., Jackson, E., & Fleisher, L.A. (In press). Osteoporosis. In Myers, J.N., Herbert, W.G., & Humphrey, R. (Eds). *ACSM's Resources for Clinical Exercise Physiology* (2nd ed., pp. 139-151). Baltimore, MD: Lippincott, Williams, & Wilkins.
- Nichols, D.L., & Swank, C. (In press). Osteoporosis and Exercise. In Ehrman, J., Gordon, P., Visich, P., & Keteyian, S. (Eds). *Clinical Exercise Physiology* (2nd ed., pp. 465-482). Champaign, IL: Human Kinetics.
- Biggerstaff, K.D., Wooten, J.S. (2008). Hyperlipidemia and Dyslipidemia, In Ehrman, J., Gordon, P., Visich, P., & Keteyian, S. (Eds). *Clinical Exercise Physiology*. Champaign, IL: Human Kinetics.

PRESENTATIONS

- Witt, J., Wooten, J.S., & DiMarco, N.M. (2008). Effect of Lifewave Patches on Fat Metabolism in Moderately Active Women. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, and Sports, Cardiovascular and Wellness Nutrition Annual Meeting, Boston, Massachusetts.
- Wooten, J.S., FitzGerald, Y., Villarreal, M., Biggerstaff, K., & Ben-Ezra, V. (2008). Acute response of lipid and lipoprotein metabolism following aerobic exercise in women who are obese. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana.
- Nichols, D., Levy, L., & Engelbrecht, J. (2008). GROWING WITH EASE: Prevention of obesity in pre-K children. Presented at the American College of Osteopathic Pediatricians (ACOP) Annual Convention and Scientific Seminar, Las Vegas, Nevada.

AWARDS AND ACCOMPLISHMENTS

- Dr. Wooten successfully defended his dissertation and graduated in May 2008.
 - Drs. DiMarco and Sanborn were named Chancellor's Research Fellows and Mentors in the Chancellor's Research Fellows Program for the 2008-2009 school year.
 - Dr. DiMarco was honored as an invited speaker to the 90th birthday for Dr. Norman Jacobson at Iowa State University, Ames, Iowa, on September 12, 2008. Dr. Jacobson requested a research symposium to mark the day and eight former students from the Department of Nutritional Physiology were invited to speak. Dr. DiMarco's presentation was entitled "Modified Activity Stress Paradigm as a Model of the Female Athlete Triad."
 - Dr. DiMarco was invited to attend an International Society for the Advancement of Kinanthropometry (ISAKS) certification workshop at the U.S. Olympic Training Center in Colorado Springs, Colorado, October 18-20, 2008. She learned new methods of body composition assessment and passed a certification course. The new techniques will be taught to students in the Exercise and Sports Nutrition Master's Program and also used in the Exercise and Sports Nutrition Clinic.
 - Dr. Sanborn will be awarded the Scholar Award from the Texas Association for Health, Physical Education, Recreation, and Dance on December 5, 2008.
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IN THE NEWS AT THE IWH

- The IWH and Exercise and Sports Nutrition Clinic participated in the 7th Annual TWU Well Wednesday Community Health and Wellness Fair on April 2, 2008.
 - The IWH hosted a booth at Get Kidz Fit in Dallas in April 2008.
 - Dr. DiMarco was quoted in the Denton Record Chronicle on April 18, 2008, in the article: "Exercise is Medicine' month is set for May."
 - The IWH participated in the Family Health Fitness and Safety Event in Denton on May 3, 2008.
 - Dr. Wooten provided a physical activity workshop for the annual Irma Rangel School "Fit to Lead" camp for girls at TWU in July 2008.
 - Dr. DiMarco was quoted in the Denton Record Chronicle in the article: "DISD mirrors state in fitness."
 - Drs. DiMarco and Wooten met with Congressman Michael Burgess to discuss the IWH and women's health
 - Ms. Rogan was quoted in the Dallas Morning News on October 7, 2008, in the article: "Why does he lose weight faster?"
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STUDENT SPOTLIGHT

Ronique Pleasant

Ms. Pleasant is a Master's student pursuing a degree in Exercise Physiology. Having received her Bachelor's degree in Biology from the University of the Incarnate Word, she now works as a Graduate Research Assistant in the Institute for Women's Health. Ms. Pleasant assists in the collection and analysis of data for several projects. She also finalizes projects to present at annual conferences. Her current research interests include the effects of resistance training on lipid metabolism in postmenopausal women and the effects of exercise dose response on lipid metabolism. She is also working on research about the physiological aspects of female athletes that effect their training and performance. After completing her Master's degree, Ms. Pleasant plans to work as a clinical exercise physiologist as well as pursue her Ph.D. in Exercise Physiology. Ms. Pleasant's office is located in HDB 013E.



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VISIT US ONLINE:

www.twu.edu/womenshealth

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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.

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