



# Institute for Women's Health

Texas Woman's University

Summer 2010

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David Nichols, Ph.D.

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JoAnn Engelbrecht, Ph.D.

## NOTES FROM THE DIRECTOR

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

Beginning at age 40, women need to begin preventative screenings and immunizations to maintain their health. The timing and frequency for each of these screening should be individualized by a physician. Body weight and body mass index should be assessed every 1-3 years, blood pressure every 2 years, and total blood cholesterol every 5 years beginning at age 45. A clinical breast exam and mammogram should be done every 1-2 years, pap smear every 1-3 years, colonoscopy every 10 years, and a diabetes screening beginning at age 45. Eye and hearing exams and osteoporosis screenings should be done regularly beginning at age 65. It is also important to make sure immunizations are up-to-date. Tetanus boosters should be done every 10 years, influenza annually beginning at age 50, herpes zoster (shingles) at age 60, and pneumonia at age 65. These recommendations are based on information from the American Academy of Family Physicians, the American Cancer Society, and the Advisory Committee on Immunization Practices. Please consult a physician to discuss when and how often personal screenings and immunizations should be performed. Taking charge of your health is one of the healthiest choices!



## Power of a Healthy Woman Symposium

**Check It Out!**

The third annual Power of a Healthy Woman Symposium will be held on September 25, 2010 at the TWU Denton campus. The half-day event will feature speakers from the health industry and local health care providers to raise early awareness among young women to prevent many lifestyle-related diseases. See page 2 for more details.

## DID YOU KNOW...

- Skin cancer is the most common form of cancer in the United States, and more than 3.5 million cases in 2 million people are diagnosed each year.
- It is estimated that about one in five Americans will develop skin cancer during their lifetime.
- About 90 percent of non-melanoma skin cancers are caused by ultraviolet (UV) radiation from the sun.
- Those who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.
- Visit [www.skincancer.org](http://www.skincancer.org) for more information about skin cancer and how to protect yourself.

## IN THIS ISSUE:

Notes from the Director	1
Check It Out!	1
Did You Know?	1
Power of a Healthy Woman Symposium	2
Publications	3
Presentations	3
Awards & Accomplishments	4
Student Spotlight	4

3rd Annual  
the POWER of a HEALTHY WOMAN

Saturday, September 25, 2010  
8:00am-1:30pm



- What will you learn?
  - ⇒ Six dimensions of wellness
  - ⇒ Specific ways to enhance four of the six dimensions of wellness
  - ⇒ Tools that make behavior change easier
  - ⇒ Benefits of wellness
  - ⇒ Tools to empower others to join you
- The keynote speaker is Dr. Todd Whitthorne, President and CEO of Cooper Concepts, a division of Cooper Aerobics Center.
- For more information contact Texas Woman's University, Office of Lifelong Learning at 940.898.3408 or [Lifelonginfo@twu.edu](mailto:Lifelonginfo@twu.edu).
- Register online at <http://www.twu.edu/ce>.

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## Seven Keys for a Healthy Heart

Taken from the American Heart Association's "My Life Check"

The American Heart Association recently released the seven factors that it considers to be important for living the longest and most nourishing life possible. The following factors can help people "live another [forty] years free of stroke and heart disease:" cessation of smoking, maintenance of a healthy weight, adequate amounts of exercise, a healthy and nutritious diet, healthy cholesterol, blood pressure, and blood sugar levels. Almost all of these factors are also considered by the American College of Sports Medicine to be risk factors for cardiovascular disease. The American Heart Association recommends that individuals never smoke or have ceased smoking for more than a year, have a body mass index of less than 25 kg/m<sup>2</sup>, participate in at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise, meet most if not all of the food pyramid recommendations, and maintain a total cholesterol of less than 200 mg/dL, a blood pressure of less than 120/80 mmHg, and a fasting blood glucose of less than 100 mg/dL. Weight is possibly the most difficult factor to maintain for most individuals, and individuals struggling with this should set short-term goals to expend more calories than are taken in.

Visit <http://mylifecheck.heart.org/> to determine what you need to do to compare your current health scores to the AHA recommendations and to find out your heart score as a current indication of your cardiovascular health.

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**MISSION:**

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

**VISION:**

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

**PUBLICATIONS**

- 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.
- 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*.
- 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*.

**BOOK CHAPTERS**

- Sanborn, C., Nichols, D., & DiMarco, N. (2010). Bone health. In Shirreffs, S. & Stears, S. (Eds). *Sport and Exercise Nutrition* (2nd ed.). London, United Kingdom: Blackwell Publishing.

**PRESENTATIONS**

- Bloom, B., DiMarco, N., Sanborn, C., & Nichols, N. (2010). *Vitamin D status in college female athletes: Relationship to indoor vs. outdoor sports*. Presented at the 2010 Sports, Cardiovascular, and Wellness Nutrition (SCAN) Annual Conference, San Diego, CA.
- DiMarco, Nancy. (2010). *Nutrition and Exercise in the Disease State: What Animal Models Can Teach Us*. Presented at the 2010 Annual Meeting of the American College of Sports Medicine, Baltimore, MD.
- Lindsay, K., Fudin, R., & Kose, G. (2010). *A general psychological profile of anabolic-androgenic steroid users*. Presented at the 2010 TWU Student Creative Arts and Research Symposium, Denton, TX.
- Pickle, M., Sanborn, C., & DiMarco, N. (2010). *The correlation between body mass index and blood glucose in relationship to type 2 diabetes*. Presented at the 2010 TWU Student Creative Arts and Research Symposium, Denton, TX.
- Rowe, J., Biggerstaff, K., Ben-Ezra, V., & DiMarco, N. *The influence of body composition on postprandial lipemia in sedentary women*. Presented at the 2010 TWU Student Creative Arts and Research Symposium, Denton, TX.

## AWARDS AND ACCOMPLISHMENTS

- Dr. Nancy DiMarco is featured in the TWU Decade of Achievement advertisement that is currently running in many metroplex publications.
- Meagan Pickle was nominated for the 2010 TWU Student Employee of the Year.
- Bethany Bloom was awarded the 2010 SCAN Symposium Graduate Student Poster Award.
- James Rowe was selected as a 2010 Chancellor's Student Research Scholar.
- Meagan Pickle was selected for Who's Who Among Students in American Universities and Colleges.
- Liz Kiertscher, a student in the Exercise and Sports Nutrition Clinic, was selected as the Outstanding Student in a Dietetic Internship for the state of Texas and also awarded the Angela Peet Kostas Scholarship.
- James Rowe was selected for Who's Who Among Graduate Students in American Universities and Colleges.
- Marissa Callahan was inducted into the Omega Rho Alpha Honor Society and awarded the Joyce C. Palmer Scholarship.
- Drs. Nancy DiMarco and Barney Sanborn were recognized at TWU Convocation as a 2009-2010 Chancellor's Research Fellow.
- Meagan Pickle graduated with a Bachelor of Science in Kinesiology on May 14, 2010, and will be attending TWU's School of Physical Therapy in Fall 2010.
- Bethany Bloom graduated with a Masters of Science in Exercise and Sports Nutrition on May 14, 2010, and will take over as Practicum Coordinator of the Exercise and Sports Nutrition Clinic in Fall 2010.
- Dr. Nancy DiMarco was quoted in July/August 2010 issue of Maximum Fitness Magazine. The article was titled "Mining Your Diet for Minerals."

## STUDENT SPOTLIGHT

### Keston Lindsay

Mr. Lindsay has been working in the IWH since Fall 2009. Originally from Brooklyn, New York, he attended Long Island University where he obtained a Bachelor of Science in Biology, a Master of Science in Health Sciences, and a Master of Arts in Psychology. He is currently working to obtain a PhD in Kinesiology with a concentration in Exercise Physiology and a minor in Statistics. Mr.



Lindsay's duties in the IWH include exercise testing and data collection. During the summer, he plans on using Pioneer Project data to investigate the correlation of QT intervals and other variables. He is also employed by the Department of Kinesiology as a graduate teaching assistant and by Fitness and Recreation as a lifeguard. After graduation, Mr. Lindsay would like to do some kind of post-doctoral research appointment or field experience before applying for a job as a faculty member at a medium-sized teaching university. He would also like to perform research.

### VISIT US ONLINE:

[www.twu.edu/womenshealth](http://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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#### Reviewer

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