

CLASSES AND WORKSHOPS

The Center for the Advancement of Women's Health at the University of Kentucky began offering educational workshops addressing fibromyalgia in November 2005. **Workshops are currently available on these dates: February 7, 21 and March 21, 2006.** The workshops are led by Dr. Leslie Crofford, a rheumatologist with research and clinical expertise in fibromyalgia.

LOCATION

Women's Health & Rheumatology Clinic
Second floor, Wing C
Kentucky Clinic
740 S. Limestone Street
Lexington, KY 40536

TIME

5:30 to 7:30 p.m.

TOPICS TO BE DISCUSSED

What is fibromyalgia?

A review of the research to help participants understand why and how fibromyalgia develops will be provided.

Management of fibromyalgia

Participants will learn about strategies to manage fibromyalgia including exercise,

medications, and cognitive-behavioral approaches.

QUESTIONS AND ANSWERS

Participants will have the opportunity to ask questions of Dr. Crofford to help manage their fibromyalgia.

Participants receive written materials outlining fibromyalgia management that can be used personally and shared with primary care physicians.

REGISTRATIONS

Register online at www.mc.uky.edu/womenshealth/fmsworkshop or by calling (859) 323-3805. Each workshop is limited to 20 participants, and registrations are accepted on a first come, first-served basis.

COST

Fee for participation in one of these educational workshops is \$30 and may be paid by cash or check when you arrive at the workshop. If the cost is prohibitive, please call (859) 323-3805 to discuss financing opportunities and whether financial assistance may be available to help with the cost of participation.

Stay tuned for more information about our 2006 upcoming classes for women's health, including smoking cessation in March. For the most up-to-date list, visit our Web site at www.mc.uky.edu/womenshealth.



Advancing WOMEN'S HEALTH

Center for the Advancement of Women's Health newsletter

LETTER FROM THE DIRECTOR

Leslie J. Crofford, MD, Gloria W. Singletary Chair
Chief, Division of Rheumatology, Department of Internal Medicine
Director, Center for the Advancement of Women's Health



Welcome to the first edition of our biannual newsletter. Through this newsletter we will be providing updates about research and

clinic activities, events and other happenings at our center that affect women's health.

Offering excellence in women's clinical care

The Center for the Advancement of Women's Health (CAWH) at UK HealthCare began in early 2005 and has had a very productive year. We opened the Women's Health & Rheumatology Clinic located in the Kentucky Clinic on May 2, 2005. Response has been overwhelmingly positive as we acquire new patients daily. We have added an additional full-time women's health physician, Dr. Deidra Beshear, in August 2005, which dramatically increased the number of women obtaining primary health care services through our clinic. In addition, we have recruited sub-specialists with an interest in women's health who supplement the services we provide. Dr. Katherine Temprano and Elizabeth Scarbrough, ARNP, have

joined the Division of Rheumatology, and they provide services for women with arthritis, autoimmunity and osteoporosis. Dr. Lisbeth Selby is a gastroenterologist with an interest in irritable bowel syndrome and inflammatory bowel disease. Finally, Dr. Tarvez Tucker from the department of neurology will provide comprehensive headache care for our patients beginning in January 2006. We have added a registered dietitian, Jenny Fuller, who will provide nutrition counseling for our patients and have applied for a grant to add a nurse practitioner trained in psychological counseling who will provide services in the clinic. We continue to be committed to providing the highest quality of comprehensive care for women in our clinic.

Advances in research

In addition to our clinical activities, the CAWH has made outstanding progress in our research and outreach programs. The widespread expansion and public launch of the Kentucky Women's Health Registry initiative will take place in early 2006. *To read more about the Kentucky Women's Health Registry, see page 2.*

continued on page 3



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Women's Health Clinic
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IN THIS ISSUE

2 • **Ky Women's Health Registry**

3 • **CAWH Mission and Goals**

4 • **Classes and Workshops**

UK HealthCare

KENTUCKY WOMEN'S HEALTH REGISTRY



To help women and medical professionals

of Kentucky find out why diseases and drugs affect women differently than men, the Center for the Advancement of Women's Health created the Kentucky Women's Health Registry. Through a survey, women are asked to answer questions about their current and past health behaviors and conditions. Gathering this information helps researchers understand some of the common health problems and behaviors that are unique to women, as well as seeing what behaviors and problems are more common in certain geographical areas.

This information is very important to medical researchers because until the last 20 years, women have been excluded from most medical studies and clinical trials. It was assumed that women would react to drugs and treatment therapies the same way men did. However, since more and more women have started participating in medical research in the last two decades, researchers are discovering that women may have very different reactions than men to the same drugs and treatments. Women also may respond

differently to stress and other environmental and cultural influences. We need more information to discover why. If we want to improve knowledge about women's health for ourselves, our daughters, our granddaughters and many generations beyond, then we need to help medical researchers find the answers.

Our goal is for all Kentucky women to fill out the survey and consider volunteering for medical studies that will help us advance medical knowledge about women's health. By enrolling with the Kentucky Women's Health Registry:

- You will be contributing to the improvement of women's health care for present and future generations of Kentucky women.
- You will receive information from specialty physicians and other health care providers from our newsletters.
- You will gain access to groundbreaking studies for new medications.

The survey will be available to complete online by March 1, 2006. To access the survey, visit www.mc.uky.edu/kyhealthregistry. The survey is secure and your information will be kept confidential at all times. You may be contacted to participate in medical research studies based on the information you provide about your health status and background. Participation is voluntary and filling out the form does not obligate you to be involved in any type of medical study. You may remove your name and information from the registry at any time.

You may request a paper copy of our survey via postal mail by calling (859) 323-5709 or toll free (800) 929-2320. ☎

QUESTIONS?

For questions about the Kentucky Women's Health Registry, contact Mary Johnson, registry coordinator: Phone: (859) 323-5709 • Toll Free: (800) 929-2320
Fax: (859) 257-8258 • Email: kwhr@email.uky.edu

CAWH MISSION AND GOALS

The CAWH incorporates five areas of emphasis, including research, education, clinical services, community outreach and leadership. The center's mission is five-fold:

1. Create new knowledge towards the understanding and improvement of women's health through clinical and basic research initiatives.
2. Train primary care practitioners in gender-specific medicine and help all health practitioners understand and respond to the health care needs of women.
3. Provide gender-specific diagnostic, treatment and preventive health care services in a coordinated, comprehensive and compassionate manner.
4. Share women's health resources and information with our patients, the community, health care professionals, educators and policymakers.
5. Enhance the professional development of women at all academic levels within UK HealthCare, and increase recruitment, retention, promotion and advancement of female faculty.

The Center for the Advancement of Women's Health (CAWH) opened at the University of Kentucky in early 2005. The center has three primary goals:

- to provide high-quality comprehensive medical services for women;
- to educate patients and the community overall about women's health through educational and community outreach programs;
- to expand medical research opportunities for women that encourage advancements in the field of women's health through our Kentucky Women's Health Research Registry and clinical trials.

Letter from the Director, continued from page 1

Furthermore, we have identified two major focus areas for research and education: stress-related somatic syndromes and adverse health behaviors. To enhance our research program, I am delighted to announce that Sara Jo Nixon, PhD, has joined the center as associate director for research. Dr. Nixon is a psychologist who came to UK from the University of Oklahoma. In addition to her role in the center, she has important university-wide roles in our research program. She is nationally known as an investigator in the field of alcohol and substance abuse. She will focus on our program in health behaviors and is actively recruiting faculty members who will work with her to understand the reasons for and solutions to problems caused by adverse health behaviors such as smoking, alcohol and substance abuse, obesity, sedentary lifestyle and risky sexual behaviors.

Stress-related somatic syndromes include fibromyalgia, chronic fatigue syndrome, irritable bowel syndrome, irritable bladder, temporomandibular disorder, chronic headaches and other related conditions. These disorders are not well managed in traditional medical settings and the CAWH is committed to an effort to better understand the underpinnings of these disorders, how they are related, and how best to manage these conditions. We have assembled an outstanding team of physicians and scientists and have submitted several grants to the National Institutes of Health to study these disorders.

Growing the Kentucky Women's Health Registry

Finally, we are preparing for the widespread release of Kentucky Women's Health Registry Survey. It will be available on the CAWH Web site in early 2006 so women

across Kentucky can easily access and complete the survey online. Response to the targeted mailings of the paper survey that have been sent via postal mail has already produced amazing results. We expect response to the electronic survey will be even more significant. The survey will provide the foundation for our research programs as well as enhance the ability of women to participate in research throughout the university—and one day, the nation.

Our Executive and Research Advisory committees met to discuss goals and plans for 2006, which include offering two \$25,000 grants annually to junior researchers focusing on issues impacting women's health as well as plans for numerous grant submissions by CAWH affiliate faculty members. We expect these applications to be very competitive and believe this will stimulate research in women's health. Benefactors will be sought to assist us with funding. This is an ideal time for donors to double the impact of their investment through the state's dollar-for-dollar matching program—the Research Challenge Trust Fund (RCTF). To find out more information about the RCTF, visit www.research.uky.edu/ca/rctf. Financial support is critical to our mission of providing the best research, education and patient care possible.

We are proud of the center's accomplishments in only one year, and expect 2006 will be another year of tremendous growth and innovation. We look forward to implementing more new and innovative services this year and embracing the challenges we face to improve the health of women across Kentucky. May 2006 bring you and your family good health and much happiness. ☎