Fippinger Foundation Funds Crucial Study on Smoking Cessation

Despite some reduction in the rate of smoking in the United States, at least 25% of the population still smokes, and smoking remains the single greatest preventable cause of illness and death in our country.

The Grace J. Fippinger Foundation exists today because of the generosity of its founder and her commitment to medical research. Continuing in this tradition, the foundation is providing new support for a study to determine the best gender-specific treatment for smoking cessation.

“As you will read later in this Newsletter, women and girls who smoke are at increased risk compared to men for a variety of chronic illnesses, as well as heart attack and stroke. And, importantly, have lower quit rates and higher relapse rates than do men. Consequently, we need to help every smoker quit through determining gender-specific interventions. This grant helps us to do just that,” said our Director, Dr. Carolyn M. Mazure.

This is the foundation’s sixth grant to our Center since starting our partnership in 2005 with an initial grant in support of operating costs for research and public outreach.

Grace J. Fippinger was the first woman to serve as an officer in the Bell System, serving as Secretary-Treasurer for NYNEX Corporation (the predecessor of Verizon Corporation); she also served as a director for Pfizer, Inc., Paramount, The Bear Stearns Companies and Connecticut Mutual Life Insurance Company. The Foundation was created in 1991 with initial contributions from Grace J. Fippinger and the NYNEX Corporation.

WHRY Announces Research Fellowships for Yale Undergraduates

We are pleased to announce that beginning this summer, Women’s Health Research at Yale is providing mentored research training opportunities to Yale undergraduate students. These fellowships are designed to enrich students’ current studies and support developing interests in biomedical research focusing on sex/gender differences in health outcomes.

The fellowships are offered both for the summer and the academic year. Opportunities range from mentored experience in clinical research, translation of health findings into policy, and delivery of high-utilization health information derived from research. Activities will align current faculty expertise with student interests. Specific activities include learning about ethical considerations in the conduct of human research, attending research seminars and laboratory meetings, shadowing research staff in the conduct of biomedical research on women’s health, evaluating scientific literature, and learning how to function as part of an interdisciplinary team.

WHRY has received many enthusiastic applications for the summer and academic sessions. Decisions will be announced soon on our website, yalewhr.org.
 Gifts Made to Women’s Health Research at Yale

IN MEMORY OF...
Joan Cosgrove
Mona Himmelstein

IN HONOR OF...
Kate Bosch
Ramona Gregg
Carolyn M. Mazure
Roslyn Meyer
Carol Ross
Betty Ruth Hollander
Geraldine Zandy
Janet Frost Russell
Diane Young Turner
Anne Vegnani
Patricia Frost Vegnani

Join the Society of Friends

Consider a donation to Women’s Health Research at Yale in celebration of a birthday, a special occasion, or to honor someone in your life.

Our Society of Friends ensures the future of Women’s Health Research at Yale. Gifts are welcome at all levels.

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MAIL YOUR GIFT TO:  
Women’s Health Research at Yale  
P.O. Box 208091  
New Haven, CT 06520-8091  
Attn: Bethany Otto

TO MAKE AN ONLINE GIFT, VISIT:  
yalewhr.org

Women’s Health Research at Yale was founded in 1998 with initial funding from The Patrick and Catherine Weldon Donaghue Medical Research Foundation. Women’s Health Research at Yale is a program within Yale University School of Medicine. Yale University is a 501(c)(3) non-profit organization.
On a recurring basis, a Yale oncologist will ask Dr. Ryan Jensen for help in interpreting a patient’s genetic screening results involving the breast cancer susceptibility mutations in BRCA1 and BRCA2 genes. Testing for these genetic mutations has become common clinical practice. But as Jensen knows, having devoted much of his health research career to studying the intricacies of the BRCA2 gene, providing clear answers about breast cancer risk based on genetic testing can be problematic.

Some BRCA mutations are known to be harmful, accounting for approximately 1 in every 10 breast cancer cases. About 45 percent of women who have a deleterious BRCA2 mutation, in fact, will develop breast cancer in their lifetime, compared to about 12 percent of women in the general population, according to the National Cancer Institute. BRCA2 mutations also carry a 30 percent increased risk for ovarian cancer.

However, the majority of the thousands of genetic variations identified in patients’ screening tests have not been characterized as being either harmful or innocuous, according to Jensen, Assistant Professor of Therapeutic Radiology and Pathology.

This ambiguity in genetic screening poses a very serious challenge in women’s health, as the standard of care for many patients with BRCA mutations known to increase cancer risk involves preventive double mastectomy, and removal of the ovaries and fallopian tubes. Atypical but unclear screening results often end in frustration for genetic counselors and health care providers and, more importantly, anxiety for the patients who do not have clear findings.

This is where our Center’s mission to jump-start important women’s health research is playing its vital role. Jensen is using a WHRY Pilot Project Program grant to ignite development of a rapid laboratory test to discriminate between high risk and harmless mutations of the BRCA genes.

“We need to understand what all these mutations are, what they mean in terms of risk,” Jensen said. “I’m trying to reduce the confusion.”

He readily acknowledges that his project will take time — at least 6 years and probably several more — to accomplish and will require further funding, for example, from the National Institutes of Health, which supports breast cancer research. Clearly a high-risk endeavor, his project has the potential for high reward. Success in creating a method to stratify a patient’s
TERMINOLOGY & DEFINITIONS

BRCA1 AND BRCA2
BRCA1 and BRCA2 are human genes responsible for producing proteins that suppress tumor growth.

DNA MUTATIONS
DNA is the material within the cell that tells it how to function. Mutations to the DNA can be inherited from a parent, acquired from environmental factors, or occur in the process of ongoing DNA repair.

DNA REPAIR
In the normal course of life, our cells divide, DNA breaks down and is repaired. In the absence of normal BRCA proteins, DNA repair can result in mutations that increase cancer risk.

PURIFYING BRCA2
Isolating a pure extract of the tumor suppressor protein in the BRCA2 gene allows us to understand its structure and function.

PURIFYING BRCA2 MUTATIONS
Isolating these mutations allows us to test which of these variations is associated with increased risk of cancer and which are not.

THE IMPORTANCE OF DNA REPAIR
In the absence of normal BRCA2 proteins, DNA repair can go awry. The mistakes or mutations can lead to cancerous cells and tumors.

The current ambiguity that arises with genetic screening stems from the fact that scientists do not yet know enough about how cancer develops when BRCA genes carry mutations or how normal BRCA genes operate.

Jensen’s experience studying cancer biology and, specifically, the workings of the BRCA2 gene place him in a small pool of scientists who can increase our understanding of these processes.

After graduating from the University of California at Berkeley with a B.A. in molecular and cell biology, Jensen worked at a San Francisco Bay Area drug discovery company that pioneered and developed a genetics-based cancer treatment that combats the disease by retarding both tumor growth and blood supply to tumors.

Next, he worked at Stanford Medical School’s Cancer Biology Research Laboratory and was well into his DNA repair studies when he arrived...
at Yale as a graduate student in 1999. He then led a study on enhancing the tumor-killing effects of a commonly used cancer chemotherapy drug, cisplatin. Dr. Jensen earned his Ph.D. in genetics from Yale in 2004 and did post-doctoral work at the University of California at Davis, where he continued to study DNA repair and played an instrumental role in a UC Davis/Yale team’s much heralded scientific feat involving BRCA2.

This breakthrough, published in 2010 in the prestigious journal *Nature*, was the “purification” or isolation of a pure extract of the tumor suppressor protein BRCA2 from human cells, in a test tube. The task took almost 15 years and was difficult because BRCA2 is a very large protein, consisting of more than 3,400 amino acids, is extremely unstable, exists in complexes with other proteins, and is tough to detect due to the low levels that exist in human cells.

Jensen, the first author on the study, spent six years of his career on this achievement, including four years optimizing the purification process. But it was worth the wait.

In simple terms, isolating the BRCA2 protein opened the door to studying its unique structure and function, and, most importantly, gaining understanding of how BRCA2 mutations cause cancer.

(*The BRCA1 protein is yet to be purified.*)

Jensen’s previous accomplishment, in fact, made possible his current WHRY-funded investigation.

Specifically, he is purifying approximately 10 of the most common BRCA2 mutations known to exist in the population, based on a data base of breast cancer mutations called the Breast Cancer Information Core, sponsored by the National Institutes of Health. In test tubes, he is incorporating each of these genetic variations into the BRCA2 protein purified from human cells. He will then conduct a battery of biochemical experiments to determine how these variations affect the function of the protein — including whether it is still able to repair normal DNA breaks.

To validate his approach, Jensen will incorporate variations that are already known to be either harmful or innocuous into the full protein in the test tube experiments, and will compare the results of these experiments with previously reported data on outcomes involving the same known variations.

Using this new method, Jensen plans to analyze many of the variations cataloged in the Breast Cancer Information Core data base that have yet to be characterized for their cancer risk.

Jensen ultimately plans to develop a test to determine the DNA repair status of individual patients’ tumors. With this knowledge, a health care provider will select an appropriate therapy for a specific patient’s tumor type.

“We’re really trying to tackle why DNA repair fails, and why tumors get started and evolve. BRCA2 is our model for understanding this,” he said. “Way down the road, we would like to come up with ways to prevent the tumor from evolving. But all of this depends on a fundamental understanding of DNA repair.”

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**ABOUT THE INVESTIGATOR —**

Dr. Ryan Jensen earned his Ph.D. from Yale University. He is an Assistant Professor of Therapeutic Radiology and of Pathology.

His research focuses on DNA repair and how repairs to this basic hereditary material go awry, leading to the initiation of tumors and cancer. A major focus of his work is to understand the role deleterious BRCA2 mutations play in increasing the risk for breast, ovarian and other types of cancer.
BIRCWH Scholar Studies Smoking Cessation
WHAT ARE THE BEST WAYS FOR WOMEN TO QUIT?

Although the percentage of women who smoke is declining, the United States still has more than 20 million women and girls who currently smoke cigarettes, according to the U.S. Centers for Disease Control and Prevention.

Smoking puts these women at increased risk for heart attacks, strokes, lung cancer and other chronic illnesses such as emphysema and diabetes. In fact, more than 170,000 American women die of smoking-related illnesses each year, with lung cancer accounting for more deaths than breast cancer.

Despite decades of government-sponsored anti-smoking campaigns and the development of medications to aid quitting, as Dr. Philip Smith points out, smoking remains the leading cause of preventable death and illness in the United States.

Tobacco dependence, Smith explains, is a particularly serious health challenge for women for another important reason: women have more difficulty quitting smoking than men.

A BIRCWH Scholar (see box on page 7) and Associate Research Scientist in Yale’s Department of Psychiatry, Smith is examining differences between women and men in smoking behavior and smoking cessation in order to provide the necessary data for implementing more effective gender-based therapies. In particular, as part of his training as a junior faculty BIRCWH Scholar, he is investigating smoking cessation approaches using medications such as the nicotine patch and varenicline (Chantix), to determine which methods may help women improve their chances of quitting.

“Smoking is the leading cause of preventable death and illness in the United States. Despite decades of anti-smoking campaigns and medications to aid quitting, smoking remains the leading cause of preventable death and illness.”

Smith was selected — from a highly competitive national field — to fill one of two junior faculty research training slots under a federally-funded research training grant awarded to Dr. Carolyn M. Mazure, as Principal Investigator.

This $2.5 million grant — the Building Interdisciplinary Research Careers in Women’s Health, or BIRCWH — provided the funding for our Yale program to train exceptional junior faculty interested in a research career focused on women’s health and addictive behaviors. The training program is available only to top-tier candidates who have earned an M.D., Ph.D., or equivalent and have already completed post-doctoral training.

Smith grew up in Buffalo, N.Y., and early on developed keen interests in math and statistics, coupled with a desire to help people with health challenges. While pursuing a master’s degree in Epidemiology and a Ph.D. in Community Health and Health Behavior from the School of Public Health and Health Professions at the University of Buffalo, he worked at the Roswell Park Cancer Institute, the nation’s oldest cancer center. His work included educating smokers about the dangers of their smoking, and his epidemiology courses allowed him to put his knack for statistical analysis to use for determining the risk factors and health outcomes of smoking.

He considered attending medical school, “but the classes I was taking showed me how much I enjoyed doing science, and my experiences led me to pursue a career in health research,” Smith said.
INNOVATIONS IN WOMEN’S HEALTH

While pursuing his doctoral degree, Smith also completed an internship at a center for victims of partner violence, conducting intake interviews of people seeking help — mostly women.

“That’s when I really started to get interested in research on women’s health, including the underrepresentation of women in clinical research, and the lack of attention to sex differences in research across various health conditions,” Smith said.

He began investigating the interplay between addictive behaviors and violence between partners — a key health challenge for women. For his dissertation, Smith was part of a team of investigators that found a significantly lower incidence of partner violence among married couples who smoke marijuana. This was a controversial and surprising result given that the use of other substances, such as alcohol, is known to increase partner violence.

The study, published in 2014 in the journal Psychology of Addictive Behaviors, was partly funded by the National Institute on Drug Abuse. The institute, part of the National Institutes of Health, has a particular interest in understanding the health effects of marijuana, and the social, behavioral and public health impacts of policy changes related to marijuana, as many states ease restrictions for medical and/or recreational use.

The problem with previous studies which showed inconsistent results, according to Smith and his colleagues, was that prior reports used data from one point in time. Their more thorough study examined 634 couples during the first nine years of marriage, gathering information on marijuana and alcohol consumption habits, antisocial behavior, tendencies toward partner violence and past incidents.

Smith was quick to add that these findings certainly do not endorse the use of marijuana. Rather, they identify those substance use behaviors which are more or less likely to contribute to partner violence.

Smith began his training as a Yale BIRCWH Scholar in July 2014 and will be in the program for two years — until June 2016, with a possibility of a third year. His mentor, Dr. Sherry McKee, is a Professor of Psychiatry and Research Director for the BIRCWH Scholar program. She is the Director of the Yale Translational Center to Develop Gender-Sensitive Treatment for Tobacco Dependence, funded by a federal grant that stemmed in part from her work on a WHRY-funded study investigating gender differences in smoking and cessation.

With grant support from The Grace J. Fippinger Foundation, Smith’s primary BIRCWH project is to determine which medications work best for women trying to quit smoking.

Nicotine replacement therapies, such as the nicotine patch and gum, are the most commonly used interventions to aid in quitting smoking. But they do not appear to work as well for women compared to men. This is likely because men dependent on tobacco tend to light their next cigarette to satisfy their biological craving for nicotine, while women tend to smoke to alleviate negative mood or reduce stress — symptoms not addressed by nicotine replacement therapies.

Specifically, Smith is comparing the efficacy in clinical trials of women vs. men using the nicotine patch, and evaluating the difference between the patch and varenicline for women and men.

His project represents a massive undertaking, a comprehensive review of more than 30 studies published since 1990, sifting the data for information on sex differences.

“One of our major findings so far is that varenicline is more effective for women trying to quit than the nicotine patch,” Smith said.

“Varenicline provides an advantage compared to the patch for both women and men, but the advantage with varenicline is much greater for women than for men,” he said. “For women, varenicline may do a better job of curtailing smoking related to stress. There is also evidence that varenicline reduces craving for cigarettes, particularly in reaction to environmental cues. This ‘cue-induced’ craving has been shown to be stronger in women than men who smoke.”

Smith said the next step is to study gender differences in how well these

TRAINING THE NEXT GENERATION
Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) Scholar Program

A key part of Women’s Health Research at Yale’s mission is to teach students, fellows and junior faculty who want to pursue research in women’s health and gender differences. Our $2.5 million grant from the National Institutes of Health’s Office of Research on Women’s Health, the National Institute on Drug Abuse, and the National Institute On Alcohol Abuse trains and mentors junior faculty Scholars to conduct interdisciplinary research on addictive behaviors in women. The program currently supports two Scholars.

The accompanying article, featuring the work of Dr. Philip Smith, is the first of two profiles on our current Scholars that will appear in our newsletter.
Continued: BIRCWH Scholar Studies Smoking Cessation

medications work for smokers trying to quit in real-world contexts as opposed to controlled clinical trials.

“So far, the available data have mostly come from clinical trials which tend to recruit otherwise healthy smokers. We know that smokers trying to quit in real world contexts often have other physical and mental health concerns, and tend to have less interaction with health care providers than research participants,” he said.

Smith will also work with mentor Dr. Rani Hoff, Professor of Psychiatry and Epidemiology, and Director of the WHRY interdisciplinary Research Core on Women and Trauma, to determine the prevalence of tobacco use among homeless military veterans. Importantly, the study will determine the frequency with which these male and female veterans are referred for therapy for nicotine dependence, and whether these factors differ by gender.

“Around 80% of homeless people smoke cigarettes. This obviously presents a large health burden for those who already have very limited resources. Homeless veterans tend to have at least some contact with the VA healthcare system, so we want to look at whether they are being referred to treatment for smoking cessation,” Smith said.

Looking forward, Smith expects his BIRCWH experience to help him flourish among a growing number of researchers improving the health of both men and women by studying gender and addictions. “The BIRCWH program is a phenomenal launching pad for someone who wants to learn how to study gender and health,” Smith said.

WHRY GROWTH

Return on Investment Keeps Adding Up

WOMEN’S HEALTH RESEARCH AT YALE CONTINUES TO GROW

Women’s Health Research at Yale was established in 1998 to remedy a lack of empirical data on women’s health and gender differences resulting from the historical non-inclusion of women in clinical research.

Through our Pilot Project Program, our Center has funded more than 75 innovative research projects on the most pressing health concerns for women.

These pilot studies generate proof-of-principle data needed to obtain larger external funding from the National Institutes of Health and other funding sources.

The $4.6 million in “seed” grants from Women’s Health Research at Yale have resulted in more than $56 million in new external grants for further research — an enormous “return on investment.”

These external grants are channeled directly into the laboratories and clinical research settings of those receiving the pilot funds so the investigators can continue their research and translate their discoveries into improvements in health and healthcare.

Find out how you can contribute to Pilot Project Program funding by contacting us at whresearch@yale.edu or visiting our website, yalewhr.org.
Help Us Improve Testing For Breast Cancer Risk

Few researchers in the world know as much about the breast cancer susceptibility gene, BRCA2, as our currently-funded investigator Dr. Ryan Jensen. Our Pilot Project Program is enabling him to develop a way to tell the difference between harmful BRCA mutations and innocuous genetic variations that show up in genetic screening tests. Currently, when a woman undergoes genetic testing for breast cancer risk, results can be ambiguous and options for prevention and treatment can be unclear. The ultimate goal of our WHRY-funded project is to clear up this confusion to improve health.

Without your support, we could not enable scientists to conduct such crucially important research for the benefit of the women we love. In order to continue our mission, we need your help now in meeting our 2015 Annual Appeal goal. For the fourth consecutive year, a generous Friend of our Center who wants to remain anonymous will match your contributions dollar for dollar — up to $10,000 — as incentive to reach our goal. Each gift — your gift — becomes more important the closer we get to June 30, the end of our fiscal year. Help us make a difference in the lives of women.

Thank you for all of your dedication and support!

Sincerely,

Patricia Russo
Chair, Philanthropy Committee

ANNUAL GRAND ROUNDS PRESENTATION

Sex Influences on Brain and Memory
AN ISSUE WHOSE TIME HAS COME

INVITED SPEAKER:
Larry Cahill, Ph.D.
Professor of Neurobiology and Behavior, University of California, Irvine

DEPARTMENT OF PSYCHIATRY GRAND ROUNDS
Sponsored by the Women’s Behavioral Health Research Division

Date: Friday, May 8, 2015
Time: 10:15 – 11:30 a.m.
Location: CT Mental Health Center Auditorium
34 Park Street, New Haven, CT

Dr. Cahill’s research focuses on neural mechanisms involved in the formation of memory for emotionally arousing events. His recent research is showing that sex and cerebral hemisphere constitute twin, interacting influences on brain mechanisms of emotion and memory.

He gained national media attention in February 2014 when he was interviewed by news correspondent Lesley Stahl in a CBS “60 Minutes” segment that highlighted the lack of adequate attention to sex and gender differences in clinical trials for drugs and health research in general.

“If you’re clumping men and women together in your study and there truly is a sex difference, you’re not just harming

the women; you’re harming the men,” Cahill said in the news segment. “You’re muddling up the understanding of what’s going on, you’re muddling up the path to clear treatment.”

DR. LARRY CAHILL
FACULTY NEWS

Dr. Sherry McKee Appointed WHRY Deputy Director

Dr. Sherry A. McKee, Professor of Psychiatry, has been appointed Deputy Director of Women’s Health Research at Yale.

WHRY Director Dr. Carolyn M. Mazure announced the appointment at a meeting of the Advisory Council on March 2.

“Dr. McKee has made significant contributions to women’s health research and everyone associated with our Center is delighted to have her as deputy director,” Mazure said. “In this new position, she will work directly with me to facilitate all of our initiatives. In particular, she will continue our commitment to building collaborations among scientists to generate useful new studies, and will oversee one of our newest initiatives — mentoring undergraduate students in research through our Center.”

In her professional career, Dr. McKee has made important contributions to our understanding of public health issues involving tobacco and alcohol dependence. She is recognized as a leading scientist in the areas of gender differences in addictive behaviors.

McKee earned her Ph.D. in Clinical Psychology from the University of Western Ontario before coming to Yale as a pre-doctoral fellow. Dr. McKee was mentored by our Director, Dr. Mazure, and the two scientists have collaborated on numerous studies on gender differences in addictive behaviors. Dr. McKee, in turn, has become an outstanding mentor to aspiring scientists.

She now is the Director of a National Institutes of Health-funded Specialized Center of Research, the Yale Translational Center to Develop Gender-Sensitive Treatment for Tobacco Dependence. This grant grew in part out of her WHRY-funded studies on gender differences in smoking behavior and smoking cessation. She is also Director of the Yale Behavioral Pharmacology Laboratory, and Research Director for the Yale Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) junior faculty training program.

COMMUNITY NEWS

WHRY Director Gives LEAP Event Dinner Presentation

Dr. Mazure was among the featured speakers for this year’s 20th Annual LEAP Year Event on February 26 to raise money for mentoring programs for youth in New Haven’s high-poverty neighborhoods.

Dr. Mazure spoke about the need to integrate the study of gender differences throughout the biomedical research landscape in order to solve pressing women’s health challenges.

The annual LEAP Year Event is an evening of concurrent dinner lectures and conversations hosted by generous LEAP supporters in the Greater New Haven area. This year there were nearly 30 dinner gatherings.

The dinners are the most successful fundraising event each year for LEAP, which stands for Leadership, Education, Athletics and Partnership, key components of a developing student’s life.

Each dinner is led by a guest of honor. Dr. Mazure was the guest of honor for a dinner at the Union League Café that was hosted by Gregory and Ann Baker Pepe.

Ann Baker Pepe, a longtime WHRY supporter, is Chair of the LEAP Board of Directors. WHRY advisory Council member Roslyn Meyer is a LEAP co-founder, past chair and current board member, and former WHRY Council member Rita Berkson is Secretary of the LEAP board.
PRESS NOTES

Can Healthy Eating Really Improve Heart Health?

Coming from France, my Mom was a foodie long before it was fashionable in America. And as she often told me, “You are what you eat.”

It makes sense, especially as I peruse the latest news and scientific literature on the connection between food and health, particularly cardiovascular health.

For example, the results of an eight-week clinical trial involving postmenopausal women showed that eating the equivalent of a cup of blueberries a day may reduce high blood pressure and arterial stiffness (or “hardening of the arteries”), thus lowering the risk of cardiovascular disease. The study was published earlier this year in the *Journal of the Academy of Nutrition and Dietetics*.

Another clinical trial, involving women and men, and published about the same time in the *Journal of the American Heart Association*, found that eating one avocado per day as part of a moderate-fat, cholesterol-lowering diet may help decrease levels of LDL, so-called bad cholesterol, improving cardiovascular health.

News reports regularly trumpet these kinds of studies and health tips abound: Eat nuts, use olive oil, adopt the Mediterranean diet. The key, as the authors of the recent studies emphasize, is to incorporate realistic amounts of heart-healthy foods into an overall healthy diet — minimizing sugar, salt and fat — and embrace a healthy lifestyle that includes regular exercise, plenty of rest, and ways to manage and reduce stress.

Now please pass the blueberries.

COUNCIL NEWS

WHRY Welcomes Newest Advisory Council Member, Dr. Sharon Wolfsohn Karp

Dr. Sharon Wolfsohn Karp, a rheumatologist with Westchester Health group and Stamford Hospital, has joined our Advisory Council.

Dr. Karp is a founder of Westchester Health’s Shoreline Medical division, a multi-specialty practice in Stamford. She is very active at Stamford Hospital, where she served as Chief of the Department of Rheumatology, and serves on the President’s Circle Leadership Committee.

Dr. Karp is a graduate of the seven-year Brown University Program in Medical Education. Upon completing her internship and residency in internal medicine, she continued subspecialty training with a fellowship in rheumatology at New York University Medical Center. Dr. Karp is an Associate Clinical Professor at New York-Presbyterian Hospital/Columbia University Medical Center.

She has been named a “Best Doctor” by Connecticut Magazine and a “Top Doctor” by Stamford Magazine.

A member of the Brown University Advisory Council on Biology and Medicine, Dr. Karp also has served on the Yale Tomorrow Committee and is a Sterling Fellow of Yale University.

Please join us in welcoming Dr. Karp as the newest member of our Council.

ANNOUNCEMENTS

Dr. Carolyn M. Mazure, Norma Weinberg Spungen and Joan Lebson Bildner Professor of Psychiatry and Psychology, and Director of Women’s Health Research at Yale, has been appointed to the Advisory Committee for the Office for Research on Women’s Health of the National Institutes of Health.

Council Member and Executive Director at the NewAlliance Foundation, Kim Healey, was inducted into the Junior Achievement Hall of Fame this March 12. Congratulations, Kim, on this honor.
Women’s Health Research at Yale

135 College Street, Suite 220
New Haven, CT 06510

Women’s Health Research at Yale generates research on women’s health and gender differences, and is dedicated to improving well-being for all through scientific knowledge translated into medical and personal practice.

To learn more, visit our website:
yalewhr.org

Email us:
WHResearch@yale.edu

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C A N E A T I N G B L U E B E R R I E S 
I M P R O V E B L O O D P R E S S U R E 
I N P O S T M E N O P A U S A L W O M E N ?

The results of a recent clinical trial suggest that eating blueberries daily may reduce high blood pressure and hardening of the arteries.

For more information on this and other Heart Health Q&A topics, join our email list, or visit our website: yalewhr.org.

T H R O U G H T H E G E N E R O U S S U P P O R T O F :

- The Community Foundation for Greater New Haven
- The Grace J. Fippinger Foundation
- Maximilian E. & Marion O. Hoffman Foundation, Inc.
- Seymour L. Lustman Memorial Fund
- The Werth Family Foundation
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