Transforming Women’s Health Together

Vision: To realize the full potential of women’s health and well-being.

Mission: To be a national leader in women’s health by offering collaborative medical care, providing reliable, accessible health information, and promoting research relevant to every aspect of women’s health.

Goals:
1. Create an integrated system of women’s health care throughout the lifespan, focusing on collaborative primary and subspecialty care and powered by OHSU’s ongoing research.
2. Provide trusted knowledge and resources women want and need to achieve their own health and well-being.
3. Demonstrate that women’s health is integral to the health of the community – locally, regionally, and nationally.

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Welcome

At the Center for Women’s Health, we care for women differently. Our goal is to help all women achieve their optimal health and well-being. We work hard to give our patients top-notch medical care, and give women across Oregon – and beyond – the tools and information to confidently make decisions about their health.

These are critical needs. After all, women need tailored care and health information because women are different. This understanding has informed our work for more than two decades.

We’re thrilled to share that this year, progress was made towards acknowledging the differences in women’s health at the national level. The American Medical Association revised its definition of women’s health to include all “conditions for which there is evidence that women’s risks, presentation and/or responses to treatment are different than those of men.”

This builds on the National Institutes of Health’s requirement that researchers whose studies do not include women as subjects explain why. This increasing national progress is the result of work that we and other women’s health experts around the country have done to illuminate women’s health differences.

Throughout this report, you will find examples of how collaboration – with patients, between providers, with other OHSU clinics and leaders, with community partners and donors, and with national leaders – has led to our success in 2016.

Within our clinical space, we fostered collaboration by expanding our primary care team (page 8), and brought in additional specialty areas and new linkages to help meet the multi-disciplinary needs of patients (page 6). And our work goes well beyond the clinic. From hosting Making Sense of Menopause, a conference open to all women in our community (page 10), to investing in leading-edge women’s health research (page 4), our impact is large and growing.

We hope you enjoy this look at our 2016 efforts to change the lives of Oregon women. Ready to join us? Find out how to be part of our work (page 12), and let’s transform women’s health together.

Michelle Berlin, M.D., M.P.H.  Renee Edwards, M.D., M.B.A.
Co-Directors, OHSU Center for Women’s Health
Julie Neupert Stott Professors of Women’s Health
We discover

Philip Copenhaver, Ph.D. (center right) was the 16th recipient of a Circle of Giving grant in the Circle’s 10-year history. We celebrated a decade of impact this year, and look forward to what we can accomplish in the next decade. Learn more about the Circle of Giving on page 13.
At the Center for Women’s Health, we urge our colleagues to push harder, farther and faster to understand what makes women’s health unique.

From the impact of disease to its prevention and treatment, we treat women differently at the Center for Women’s Health and we’re working to spread that message, throughout OHSU and beyond.

One way we do this is by supporting women’s health research. In 2016, we celebrated ten years of the Circle of Giving and awarded $125,000 to Philip Copenhaver, Ph.D. He is investigating the potential of a new drug to treat Alzheimer’s disease in women.

Pepper Schedin, Ph.D., received a grant in 2015 to study why young women with postpartum breast cancer are at increased risk for metastatic cancer in the liver. In November she shared her preliminary results. Dr. Schedin is the first researcher to show that women’s livers grow during pregnancy. Her next step is to determine if the liver shrinks after weaning from breastfeeding, and whether that provides an ideal environment for cancer to metastasize. These results could fundamentally change how we think about breast cancer in young women, an experience that impacts up to 31,000 women annually.

Pepper Schedin, Ph.D., presents her research at a Circle of Giving event.
We unite

At the OHSU Center for Women’s Health, we don’t just co-locate, we collaborate. From general gynecology to dermatology, from primary care to midwifery, we ensure that our specialists don’t just pass each other in the hallway. They share expertise and can quickly and easily confer with each other about patient care, including referring patients to their specialty colleagues. Our providers are constantly learning from each other, which means providing better women’s health care.

34%
Patients used multiple health care specialties within the Center

6,427
Primary care appointments

2,533
New and expecting parents attended childbirth and early parenting education classes
In 2016, we added or expanded clinical services to better serve women’s multidisciplinary needs. The Center now offers dermatology services, and we worked with partners at OHSU’s Knight Cardiovascular Institute to develop a clinic for pregnant women with cardiovascular issues. We expanded our mental health care to treat more patients experiencing infertility and grew our primary care, obstetrics and gynecology, and gynecologic oncology teams.

“I work in health care transformation, so I know the theory behind what a medical home should be. It’s really fun to see it in practice. My primary care provider knows my major health concerns and coordinates with other providers within and beyond the center to help me make good health care decisions.”

– Kelsey Branca, Center for Women’s Health patient

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We believe in partnering with women, and inspiring them to feel confident in making their own best health decisions. This partnership translates to changing the lives of Oregon women.

The Center has achieved Tier 3 in the Oregon Health Authority’s patient-centered medical home recognition program, demonstrating our commitment to providing comprehensive, coordinated, and accountable care.

2016 was a year of important strides to expand and evolve women’s primary care. We hired three new physicians, expanding the team to six providers. We know that primary care is the foundation of a medical home and that when providers collaborate with specialists, a synergy develops. Coupled with our focus on the unique health needs of women, this leads to tailored care for our patients.

New Primary Care Division head Johanna Warren, M.D., is ready for 2017. “We’re going to make sure our patients know and trust their primary care provider to manage their care,” she says. “A primary care provider can take care of about 80 percent of a woman’s health needs, and maintain an overall health outlook for patients while specialists focus on specific body systems.”

Beyond the clinic, we provide conferences, newsletters, social media and other access points for women to get the knowledge and tools they need to achieve their health potential. This year, we developed a traveling continuing medical education program, offering 30 topical lectures in women’s health care to providers in our region.
Subscribers follow us on Twitter, like us on Facebook, or read our e-newsletter

Growth in our online audience in 2016

Visits to ohsuwomenshealth.com
We innovate

We asked women what they need and heard over and over that they feel confusion and fear when it comes to menopause and how to safely treat their symptoms. So we hosted Making Sense of Menopause, a conference for women to get the information and tools they need to thrive during and after this transition.

The conference was a huge success. One hundred percent of attendees say they came away with new knowledge they plan to share with others, and a better understanding of whether and when to use hormone therapy to treat their symptoms.

We are also raising the profile of women’s health at the national level. In this changing health care environment, we are leading an effort to define excellence in women’s health centers across the country. In April, we led a national forum with women’s health center leaders from around the country. The discussion laid the groundwork for defining excellence in clinical care, research, education, community and population health, and leadership. Participants set a goal to create a designation of excellence that can inspire quality, create a competitive edge, and foster national collaboration in women’s health care.
97% of attendees at our first Making Sense of Menopause conference left feeling prepared to talk to their health care provider.

84 Women attended our first Making Sense of Menopause conference

59 Ovarian cancer survivors and their supporters attended our Teal Time celebration

24 Participants from around the country took part in work to define excellence in women’s health
We succeed

In 2016, we planted many seeds. And in the coming years, we will reap results.

Our work to expand and further develop a women’s cardiovascular health program will continue with an OHSU-wide symposium to identify standards and best practices in preventing and treating heart disease in women. Our new clinic, focused on treating women with cardiovascular issues who are or want to become pregnant, will begin seeing patients.

Our new leader in women’s primary care, Dr. Johanna Warren, will continue progress made this year to foster collaboration across all primary care teams at OHSU to ensure patients needs are met wherever they get their care.

We will build on the success of Making Sense of Menopause to provide new and valuable opportunities for women to learn together.

You can join us in our discovery mission and help us illuminate how women’s health is different. When you partner with us – as a donor, participant or patient – you magnify our impact.

Cardiologist Abigail Khan, M.D., and obstetrician and gynecologist Emmanuelle Paré, M.D., are part of a new clinic to treat pregnant women with cardiovascular issues.
Join the Circle! The Circle of Giving was established in 2006 to address the lack of funding in women’s health research. As we celebrate the Circle’s 10th anniversary, over $1.7 million has been awarded to fund 16 research studies. The Circle of Giving’s impact for researchers is critical. As Pepper Schedin, Ph.D., says of receiving a grant at just the right moment in her research, “The Circle’s gift was a small miracle.”

Donate
Your donation made directly to the Center for Women’s Health supports the programs, activities and tools women need to achieve their health potential. With your support, we will host events, publish newsletters, and advocate for women’s health at OHSU and beyond.

The Center for Women’s Health Circle of Giving is a great way to directly support leading-edge research in women’s health. Members contribute $5,000 annually towards a one-year, $125,000 grant for a researcher focused on a topic in women’s health.

Volunteer
Special project internships and clinic volunteer positions are available. Share your time and talent, and be part of our work! You’ll get as much out of it as you give, according to clinic volunteer Jessica Kelley. “I really enjoy interacting with patients and seeing medical professionals in action,” she says.

Stay informed
We provide informative and engaging health information to women in Oregon and across the region through social media and our monthly e-newsletter. Topics in 2016 ranged from cardiovascular disease risk to menopause to skin health and more.

Keep informed about upcoming events, latest research, and important health topics at ohsuwomenshealth.com/newsletters or join our community on Facebook and Twitter.

Join us

Give online at support.ohsufoundation.org/CWHgiving

Contact us at cwh@ohsu.edu to learn more.
We’re in this together

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Jennifer Liberts, M.F.A.
In 2016, we celebrated 10 years in the Kohler Pavilion clinical site, and 10 years of the Circle of Giving. With your support, we can’t wait to see what the next decade will bring for the Center for Women’s Health!