



Women's Health Monthly

Newsletter from the OHSU Center for Women's Health



Women and Alcohol: Risks, benefits and why we're different

Women are catching up to men when it comes to alcohol consumption -- and according to most experts, this isn't a gender gap we want to close.

Kathleen Grant, Ph.D., an expert on alcohol and the brain, gives us a closer look at what makes women more vulnerable to some of the dangerous effects of drinking.

[Read More](#)

9 tips for better eye care

We know you know some of these -- always wear sunglasses, actually follow the directions for taking care of your contact lens, but the other tips might surprise you. Did you know that some over-the-counter medicines can lead to changes in your eyes?

Women are at higher risk than men for most eye diseases that can cause vision loss. Help protect your sight with these tips from the experts at the Casey Eye Institute.

[Learn more](#)

Women's health events in April & May

OHSU lectures and events

4/14 - [Baby Talk with OHSU Fertility Consultants](#)

5/11 - [Menopause 101: Back to Basics on Symptoms, Treatment Options & Sex](#)

5/17 - [Can Heart Disease be Prevented Naturally?](#)

[Oregon National Primate Research Center - 2016 Science Cafe Speaker Series](#)

4/5 - Blocking Oocyte Maturation: A Novel Approach for Female Contraception

4/12 - Endometriosis-Associated Infertility

4/19 - Ovarian Hyperstimulation Syndrome

4/26 - Saving Eggs for Future Pregnancy - Challenges and Controversy

Community events

4/30 - [March for Babies - Portland 2016](#)

5/21 - [American Heart Association Heart & Stroke Walk - Portland](#)

And don't forget to [check us out on Facebook](#) for more upcoming events and other women's health and wellness info.

Other events



Women Who Inspire Us
Yellow Scope Founders Kelly McCollum and Marcie Colledge

It's common knowledge that women are underrepresented in science, technology, engineering and mathematics (STEM) careers. Luckily, more and more women are stepping up to combat stereotypes and get young girls interested in these fields.

Meet Kelly McCollum and Marcie Colledge, two Portland scientists, entrepreneurs and moms. Their passion for science led to the launch of Yellow Scope, a company that builds girls' confidence in chemistry and biology through creative science kits.

Read more about [Yellow Scope](#)

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