We care for women differently

2017 Annual Report
Welcome

Women are different. As more and more medical research looks at and accounts for gender differences, the evidence is undeniable. Women face unique health problems and risks, and respond differently to treatments and symptoms. Women need health care built on this foundation.

At the Center for Women’s Health, this knowledge has been part of how we work for more than two decades. We care for women differently, and clinical care is just one part of what we do. We also support research and education. We reach out to the community and build partnerships, at OHSU and beyond, so that more women have the tools and confidence to make good health care decisions.

Throughout this report, you’ll find examples of how we push toward our goal — to help all women achieve their optimal health and well-being.

Read how we:
Support collaboration (page 4) — A new sexual medicine consortium is an up-and-coming example of a great clinical partnership.
Provide care (page 6) — Our patient care is comprehensive, including dozens of disciplines and cross-disciplinary clinics.
Embrace innovation (page 8) — We applaud the work of faculty members whose drive and expertise is having regional and national impact.
Reach out (page 10) — Our Making Sense of Menopause conference gives women the tools and confidence to manage their midlife health.
Fuel knowledge (page 12) — There is still a vast research gap when it comes to women’s health, and the Circle of Giving is helping to bridge it.
Lead the charge (page 14) — The future is bright for women’s health. We’re planning to strengthen our partnerships to make it brighter still.

We hope you enjoy this look at our 2017 work. If you’re already part of our community — as a partner, donor or patient — thank you. It’s good to have you with us! If you’re ready to join us, check out page 16 for ways to get involved as we work to move the dial on women’s health.

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 foster innovation in our clinic by providing the space and opportunity for new and promising collaborations.

This year, a group of ambitious health care providers with a wide range of specialties have taken up the charge. They are working together to create a sexual medicine consortium that will help women across the lifespan who are experiencing sexual difficulties.

The collaborators believe that all women deserve to enjoy the fulfilling sexual health they desire, despite fighting cancer, struggling with depression, going through menopause, having bladder or pelvic floor problems or other concerns. The team is led by Karen Adams, M.D., gynecologist and menopause expert, and Nicole Cirino, M.D., reproductive psychiatrist and sex therapist.

“We want women to know that we can talk about this in a medical setting,” says Dr. Cirino. “Sexual health concerns are no less important than any other health problems women experience.”

The sexual health consortium came together to meet women’s needs when it comes to sexual health.

Karen Adams, M.D., gynecologist and menopause expert
Paula Amato, M.D., gynecologist with a special focus on fertility, hormones and menopause
Anna Anderson, R.N., M.S., A.N.P., P.M.H.N.P., psychiatric mental health nurse practitioner
Nicole Cirino, M.D., reproductive psychiatrist and sex therapist
Lisa Egan, P.A.-C., expert in caring for women with gynecologic cancer or gynecologic symptoms after cancer treatments
Sandra Gallagher, P.T., W.C.S., physical therapist with a focus on vulvar and pelvic floor issues
Martha Goetsch, M.D., M.P.H., gynecologist and vulvar health expert
Catherine Leclair, M.D., gynecologist with a special focus on vulvar pain
Amy Stenson, M.D.,M.P.H. gynecologist with a special focus on sexual health and education
Karen Lindsey, L.C.S.W., social worker
Melissa Moffitt, M.D., gynecologic oncologist
Providing care

The Center for Women's Health sees patients in nearly two dozen disciplines.

Along with the divisions listed in the graph, we have cross-disciplinary clinics focused on midlife and menopause, vulvar pain, young women's bleeding disorders, maternal cardiac care and breast care.

Five year growth in visit volume

This year we had more than 80,000 visits, and more than a third of our patients have seen providers in multiple disciplines throughout the Center.

In the past five years, we’ve grown significantly. We have added cardiology, dermatology, young women's bleeding disorders and outpatient lactation services.

The Center has also seen increasing volume in existing divisions. Notably, primary care visits have quadrupled, mental health and wellness visits have tripled, and physical therapy visits have more than doubled.

SEXUAL HEALTH AND CANCER CLINIC

Melissa Moffitt, M.D., and Lisa Egan, P.A.-C., offer a sexual health clinic designed for women who are impacted by cancer. Many women can benefit, including those who have been or are being treated for cancer, have had risk-reducing surgeries, or are recently diagnosed and want to know what to expect. This clinic is also part of the sexual health consortium at the Center for Women’s Health (see page 4).
We're proud to have incredible clinicians at the Center for Women's Health who do amazing work in conjunction with their clinical presence. These are just a few!

**Maria I. Rodríguez, M.D., M.P.H., Obstetrics & Gynecology**

In our national environment of policy debate about immigration, Dr. Rodríguez co-authored several studies that shed light on the impact to family health. One study, published in *Obstetrics & Gynecology*, showed that expanding prenatal care to unauthorized immigrant women reduced infant mortality.

Dr. Rodríguez also supported the Reproductive Health Equity Act in Oregon, which guarantees coverage for services including contraception, breast cancer screening, sexually-transmitted infection screening, and prenatal care. Oregon is a national leader in guaranteeing such access.

“We simply can’t care for children without caring for their mothers,” Dr. Rodríguez said at a hearing on the bill in March.

**Maureen Baldwin, M.D., M.P.H., Obstetrics & Gynecology**

Drs. Baldwin and Haley run Spots, Dots and Clots, a clinic offering comprehensive care for young women with bleeding and clotting disorders. In September, they hosted the national annual meeting of the Foundation for Women and Girls with Bleeding Disorders. More than 80 adult and pediatric hematologists and gynecologists attended for mentorship and sharing progress on a collaborative research project looking at Von Willebrand disease.

The meeting resulted in an agreement to pilot a standard bleeding assessment tool during visits with patients. The tool includes a bleeding scale of 1 to 10, with definitions of what each number means. The shift to a shared tool will help create standards for treatment and increase opportunities for collaborative research.

**Amy Cantor, M.D., M.P.H., Women’s Primary Care**

Dr. Cantor is an investigator at the Pacific Northwest Evidence-Based Practice Center, funded by the U.S. Preventive Services Task Force.

As part of her research efforts this year, she conducted evidence reviews on behalf of the Women’s Preventive Services Initiative (WPSI), a national effort to promote women’s health through disease prevention and screening. Her research led to updated recommendations for women’s disease prevention services and screenings covered under the Affordable Care Act.

**Lishiana Shaffer, M.D., Obstetrics & Gynecology**

Dr. Shaffer is the director of gynecology for OHSU’s Transgender Health Program. She provides gynecological services to patients and is part of a multidisciplinary team that includes plastic surgery, urology, family medicine, pediatrics and reproductive endocrinology. OHSU is a leader in this field as the only hospital in Oregon offering gender-affirming surgery.

She is an advocate for transgender health care. In October, she spoke to physicians from across the region at the Pacific Northwest Update in Ob-Gyn and Women’s Health about how to serve transgender and non-binary patients with sensitivity and respect.

**Michelle Berlin, M.D., M.P.H., Obstetrics & Gynecology**

Dr. Berlin chairs a statewide workgroup that determines screening guidelines to help eradicate cervical cancer and prevent HPV. Over the past 18 months, she has given presentations and hosted webinars on HPV cancer prevention that have been attended by more than 500 health care providers.

This year, Dr. Berlin brought together three organizations interested in projects to support HPV vaccination — the American Cancer Society, OCHIN, and ORPRN (Oregon Rural Practice-based Research Network). As a result, the groups are seeking grant funding for projects that complement each other.
We’ve heard loud and clear from women in our community that the transition to menopause can be overwhelming.

That’s why we host Making Sense of Menopause, a day-long conference that helps women understand the transition and provides the knowledge they need to talk to their health care providers and ultimately make informed health choices. We brought in experts on a variety of midlife topics, including hormone therapy, alternative therapies, breast health, heart health and mental health.

61 women participated in the conference this year, and we’re proud of what they gained. 97 percent of evaluation respondents told us they left with new knowledge they would share with others. And 100 percent said they felt ready to have a conversation with their health care providers.

“My biggest takeaway is that every woman will have her own journey with menopause,” one woman said. “Great speakers,” said another. “[They’re] bringing the topic out of the dark.”

Participants at Making Sense of Menopause gain the tools and confidence to make midlife health decisions.

In May, we spent a week celebrating women’s health with the goal of empowering women to make their health a priority. A high point was a public lecture called Take Back the Future: Women’s Health of Today and Tomorrow.

Renee Edwards, M.D., M.B.A., gave a brief history of covered women’s health services prior to implementation of the Affordable Care Act in 2014. Amy Cantor, M.D., M.P.H., spoke about new women’s disease prevention guidelines and coverage under the ACA, and Abby Tibbs, Associate Vice President of government relations, talked about the women’s health care services potentially at risk during the health care reform discussion in 2017.

Our banner spread the message about National Women’s Health Week to patients, faculty and staff.
Great risk can lead to great reward, and the Circle of Giving is willing to take those risks.

This group of generous donors invests annually in pilot projects that can lead to improvements in women’s health outcomes. To date, the Circle has invested $2.1 million in 18 projects.

In 2017, the Circle of Giving doubled its effort to drive innovation in women’s health by awarding two grants instead of one. Awardee Wei Huang, Ph.D., impressed Circle members with his proposal to develop a safer, faster, and more accurate MRI for breast cancer screening to reduce unnecessary biopsies. Awardees Jim Korkola, Ph.D., and Kimberly Beatty, Ph.D., received a grant for their use of new molecular technology to investigate drug resistance mechanisms in HER2+ breast cancers.

We also saw firsthand the incredible results that early investments can jump start. In 2010, the Circle funded research by Shoukhrat Mitalipov, Ph.D., and Paula Amato, M.D. This year, Dr. Mitalipov received international attention after a groundbreaking discovery was reported in Nature — the successful removal of a lethal genetic defect in human embryos.

In 2015, the Circle funded a study by Pepper Schedin, Ph.D., to determine why young women with postpartum breast cancer are at increased risk for metastatic liver cancer. Her exciting discovery — that the liver grows during pregnancy — has led to a $1.1 million grant from the U.S. Department of Defense to continue her research.

At Women’s Health Innovation Night, we provided the medium for researchers to initiate connections.
Leading the charge

Our bold vision is to realize the full potential of women’s health and well-being. This is our charge, at the forefront of everything we do.

It drives us to care for women in our clinic in a way that takes sex and gender differences into account, and to inspire our colleagues and the next generation of health care providers to do the same. It pushes us to devote energy and resources to empowering women to participate in the health decisions that affect them. And it reminds us of the ongoing need for innovative women’s health research.

A new chapter in our leadership will begin in 2018. We are excited to announce that Renee Edwards, M.D., M.B.A., has been appointed Chief Medical Officer of OHSU Health Care. We will miss her immensely but are grateful to have the continued leadership of Michelle Berlin, M.D., M.P.H., who will serve as Director of the Center for Women’s Health moving forward.

In 2018, we will continue to strengthen our partnerships across OHSU. With the Knight Cardiovascular Institute, we will launch Mended Hearts, a support group for women survivors of cardiac events. We will build on the success of Women’s Health Innovation Night to provide more networking opportunities for researchers. We will support our clinicians to collaborate, research, educate and take on new challenges.

We hope you will join us. When you partner with us — as a donor, participant or patient — you magnify our impact.

MENDED HEARTS

In the United States, 44 million women are affected by cardiovascular disease. Heart attacks and strokes cause one woman to die every 80 seconds. For women survivors of cardiac events, support to make lifestyle changes has an incredible impact.

In 2017, we continued to build a close partnership with OHSU’s Knight Cardiovascular Institute.

Together we are launching Mended Hearts, a survivorship group for women, in February 2018. Women who take part will have opportunities to share their experiences, learn from health care professionals, and support each other. Learn more at ohsuheart.com/survivorship.
You can be part of leading-edge research here at OHSU! The OHSU Women’s Health Research Unit (WHRU) supports investigators conducting clinical trials in women’s health by connecting women in the community to research studies. Most studies provide health exams and novel treatments at no cost, and compensation for expenses.

Headed by Jeff Jensen, M.D., M.P.H., with operations overseen by Marci Messerle-Forbes, F.N.P., and Andrea O’Donnell, R.N., F.N.P., the WHRU gives women access to innovative clinical research. This year, 154 studies were conducted in the Center.

Types of studies
- 31% — Obstetrics
- 12% — Urogynecology
- 7% — Oncology
- 4% — Fertility
- 46% — Gynecology

Join us
Donate
Your donation made directly to the Center for Women’s Health supports the programs, activities and tools women need to achieve their full health potential. With your support, we host events, publish newsletters, and advocate for women’s health at OHSU and beyond. Give online at support.ohsufoundation.org/CWHgiving.

Volunteer
Special project internships and clinic volunteer positions are available. Share your time and talent, and be part of our work! “I really enjoyed getting hands-on experience,” says 2017 intern Ivy Bloom. “I learned not only about health administration, but also the importance of teamwork, communication, and positivity within the work environment.”

Contact us at cwh@ohsu.edu to learn more.

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. Subscribe to our newsletter at ohsuwomenshealth.com/newsletters or join our community on Facebook and Twitter.

Women’s health online

<table>
<thead>
<tr>
<th>Year</th>
<th>Subscribers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>5226</td>
</tr>
<tr>
<td>2016</td>
<td>5958</td>
</tr>
<tr>
<td>2017</td>
<td>7052</td>
</tr>
</tbody>
</table>

Through Women’s Health Monthly (our email newsletter), Facebook, and Twitter, we deliver news and resources on topics that matter to women. This year, our most popular story confirmed — or busted! — women’s health rumors. Other top stories gave expert advice on the benefits of a healthy sex life, dealing with depression, and heart healthy nutrition.

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. Subscribe to our newsletter at ohsuwomenshealth.com/newsletters or join our community on Facebook and Twitter.

Volunteer
Special project internships and clinic volunteer positions are available. Share your time and talent, and be part of our work! “I really enjoyed getting hands-on experience,” says 2017 intern Ivy Bloom. “I learned not only about health administration, but also the importance of teamwork, communication, and positivity within the work environment.”

Contact us at cwh@ohsu.edu to learn more.
Our team

Co-Directors
Michelle Berlin, M.D., M.P.H.
Renee Edwards, M.D., M.B.A.

Operations Director
Andra Stoll Carrick, M.P.A.

Content Marketing Specialist
Kara Christenson, M.S.

Project Coordinator
Chelsea Smart, M.S.

Administrative Coordinators
Casey Conrad, B.S., C.H.E.S.
Jennifer Liberts, M.F.A.

Center for Women’s Health Administration
503-418-1987

Appointments
503-418-4500

Email
cwh@ohsu.edu

Website
www.ohsuwomenshealth.com

For twelve years, the Center for Women’s Health has delivered comprehensive care for women at all ages and stages of life.