Welcome

Our history helps to shape us. And an important part of our story is how the OHSU Center for Women’s Health got its start. In the mid-1990s, a dedicated group of Portland women came together to address an unmet need — comprehensive medical care and accessible health information with a focus on women. And it is the elements of that story that guide us through every facet of our work today. It is dedication, from each of our 225 providers and staff members to our donors, volunteers and community partners. It is innovating and seeking out ways we can close gender gaps and serve women as unique beings. And most importantly, it is togetherness, the idea that we all come together in search of a common goal, improving the health and well-being of women.

In this year’s annual report we highlight that element of togetherness and how it impacts our work, our successes and our future. We’ll touch on our clinical, research and education missions, and also highlight our partnerships, programs and community engagement.

What’s more, this report is also an opportunity to illuminate how we plan to pursue our vision to realize the full potential of women’s health and well-being. We’re planning big things and new ways we can demonstrate how women’s health impacts the health of our entire community. We are better together — and we hope you’ll join us.

Michelle Berlin, M.D., M.P.H.  
CO-DIRECTOR, OHSU CENTER FOR WOMEN’S HEALTH  
JULIE NEUPERT STOTT PROFESSOR OF WOMEN’S HEALTH

Renee Edwards, M.D., M.B.A.  
CO-DIRECTOR, OHSU CENTER FOR WOMEN’S HEALTH  
JULIE NEUPERT STOTT PROFESSOR OF WOMEN’S HEALTH
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Meera Kanakia, R.N., M.S.N., A.N.P-C., one of two certified nurse practitioners on our women's primary care team.
OHSU Center for Women’s Health

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 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.

“The Center for Women’s Health is changing what it means to provide a comprehensive approach to women’s healthcare. Their dedication to understanding women and their unique needs is an invaluable asset to OHSU. We are strengthened by their passion.”

Joe E. Robertson, Jr., M.D., M.B.A.
PRESIDENT OF OHSU
Leadership

We are guided in part by our own administrative team, but also by a multidisciplinary leadership council with expertise in research, clinical care, education and public health from across OHSU. Through these individuals, our plans are enhanced and broadened by different perspectives, all of which provide us with the insight and guidance necessary to foster growth and best serve our community.

OHSU Center for Women’s Health Leadership Council

Sharon Anderson, M.D.  Professor and Chair, Medicine, School of Medicine
Rebecca Auman  Vice President of Development, OHSU Foundation
Irene Barhyte, C.P.A., C.T.P.  Senior Associate Dean for Finance and Administration, School of Medicine and Faculty Practice Plan
Katherine Bradley, R.N., Ph.D.  Clinical Associate Professor, School of Nursing Interim Associate Dean for Practice, OHSU-PSU School of Public Health
Aaron Caughey, M.D., Ph.D.  Professor and Chair, Obstetrics and Gynecology Associate Dean for Women’s Health Research and Policy, School of Medicine
Jodi Coombs, M.B.A., B.S.N., R.N.  Vice President, Women’s and Children’s Services OHSU Healthcare
Lisa Coussens, Ph.D.  Professor, Hildegard Lamfrom Chair in Basic Science and Chair, Cell, Developmental and Cancer Biology, School of Medicine Associate Director for Basic Research, Knight Cancer Institute
David Ellison, M.D.  Professor, Medicine, Physiology and Pharmacology, School of Medicine Director, Oregon Clinical and Translational Research Institute
Leslie Garcia, M.P.A.  Chief Diversity Officer (interim) Assistant Vice Provost Director, Center for Diversity and Inclusion
Sanjiv Kaul, M.D.  Professor, Medicine and Radiology Ernest C. Swigert Chair in Cardiovascular Medicine Associate Dean, School of Medicine Chief Executive Officer, Knight Cardiovascular Institute
John McConnell, Ph.D.  Associate Professor, Emergency Medicine, School of Medicine Director, OHSU Center for Health Systems Effectiveness
Jeanette Mladenovic, M.D., M.B.A.  Executive Vice President and Provost
Kimberly Ovitt  Vice President, Marketing and Communications
John Saultz, M.D.  Professor and Chair, Family Medicine, School of Medicine
Connie Seeley  Chief of Staff, Office of the President Senior Vice President, Public Affairs
M. Susan Smith, Ph.D.  Professor Emeritus and Senior Scientist, Oregon National Primate Research Center
Kent Thornburg, Ph.D.  Professor, Medicine, Physiology and Pharmacology and Biomedical Engineering, School of Medicine M. Lowell Edwards Chair, Director, Center for Developmental Health, Knight Cardiovascular Institute Director, Bob and Charlee Moore Institute for Nutrition & Wellness
Miriam Treggiari, M.D., Ph.D.  Professor, Anesthesiology, School of Medicine, OHSU-PSU School of Public Health Director of Anesthesiology and Perioperative Medicine Clinical Research

“Most successful organizations recognize that respectful, positive and constructively critical feedback leads to increased engagement and partnership opportunities. Drs. Berlin and Edwards foster this success through a well-designed model of shared leadership. As founding director of the Center for Women’s Health, I am now honored to serve in an advisory capacity and to watch the Center establish itself as a standard bearer for excellence in women’s health.”

M. Susan Smith, Ph.D.
Professor Emeritus; Senior Scientist, Oregon National Primate Research Center
Meg O’Reilly, M.D., M.P.H. Dr. O’Reilly is part of the General Ob-Gyn group. This team provides a full range of obstetric and gynecologic care with specialized services in vulvar health, contraceptive options, robotic surgery and more.
2015: A reflection
Short stories and highlights

As you read through this report, you’ll find highlights from the past year. These highlights are focused less on the numbers and more on the ways we are working to improve population health specific to women. These are highlights of outreach and community events, of digital resources and of partnerships that will empower women to achieve their own health and well-being.

Building partnerships to fight chronic disease

2015 was a year of building partnerships. We cannot tackle the challenge of improving women’s health alone. Together we are rich in knowledge and powerful in resolve. Throughout the year we focused on partnerships that recognize and are working to fix gaps in the design and practice of healthcare specific to women.

We are:

- Tackling risk for chronic disease in future generations through better nutrition
- Heading off heart disease with clear information specific to women

Renewing our focus on mind-body wellness

A healthy body needs a healthy mind. In 2015 we placed a renewed focus on mind-body wellness and:

- Added a new provider to our mental health team
- Offered a Mindfulness-based Childbirth and Parenting course to help expectant couples prepare for the life-altering experience of becoming parents
- Launched a partnership with OHSU General Internal Medicine to offer Breath by Breath, a mindfulness-based stress reduction drop-in class

And in 2016 our nationally recognized team in vulvar health is introducing a mindfulness approach to treating pain and sexual dysfunction.

Working to close sex and gender gaps in healthcare

Too often the approach to health research, education and care has been called “gender-neutral,” which in fact focused on the male body as the standard. This practice leaves large gaps in the way we design and practice care and disseminate health information specific to women. The Center for Women’s Health plays an active role in efforts to close these gaps and promote sex- and gender-based medicine. In 2015 we:

- Co-sponsored, in partnership with the School of Medicine, OHSU’s representative at the inaugural Sex- and Gender-Based Medical Education Summit at the Mayo Clinic in Rochester, Minnesota. This summit was dedicated to engaging educational thought leaders to create a road-map for integration of sex- and gender-based evidence into medical and interprofessional education.
- Congratulated Center Co-Director Michelle Berlin, M.D., M.P.H., and her colleagues in the Sex and Gender Women’s Health Collaborative as they were recognized at the Academy of Women’s Health 2015 Congress for their contributions to Women’s Health & Sex Differences research.
In early 2016, we’ll continue our work in this field by hosting local design experts at an Impact of Gender/Sex on Innovation And Novel Technologies (iGIANT) roundtable to discuss when sex and gender are integral to the design of a product, service or experience. Our goal is to explore best practices and address challenges to fully realizing the important role that sex and gender play in evidence-based product development.

**Launching peer mentoring for women newly diagnosed with gynecologic cancers**

This year we collaborated with Dr. Tanja Pejovic of the Department of Obstetrics and Gynecology to launch Woman to Woman, a peer-to-peer mentoring program for women recently diagnosed with gynecologic cancers.

OHSU is now one of 22 sites nationally to offer this program. Woman to Woman is funded with a $50,000 grant from the Ovarian Cancer Research Fund, and will allow newly diagnosed ovarian cancer patients to be matched with a peer mentor to help navigate their care and recovery. In October of 2015 we trained our first group of mentors, and look forward to making our first match and expanding this support to other gynecologic cancers in 2016.
Strategic initiatives

Our strategic plan calls for us to act on a vision of fully realized women’s health and well-being. Supporting that vision are goals and initiatives that focus on areas of care which can have the greatest impact on all women: women’s primary care, cardiovascular health, nutrition and breast health.

“Love this place! Everyone here is so caring and up to date on so many women’s issues. I wouldn’t go anywhere else for women’s care.”

Leslie Kegg Reed
OHSU CENTER FOR WOMEN’S HEALTH PATIENT

Women’s Primary Care

Studies suggest that people who have a primary care provider often experience better health outcomes, improved patient-provider communication and an increased sense of trust in their medical care.

Recent changes in health policy have placed an increased emphasis on the value of preventive services and on the importance of expanding access to primary care, particularly for women. In the coming years, our primary care team will grow to meet this demand and to ensure women are informed about their rights and health care options. Our team of providers is also integral to our community programs and initiatives, serving as subject matter experts. We aim to educate and empower women to take command of their own health and wellness.
Shimoli Shah, M.D.
ASSISTANT PROFESSOR,
KNIGHT CARDIOVASCULAR INSTITUTE

"The Center for Women’s Health has served as an important partner with the Knight Cardiovascular Institute in supporting heart health care and programs unique to women. Our collaboration will continue to improve the quality of care we provide to women in our community."

Cardiovascular Health

Although heart disease remains the number one killer of women, many women remain unaware of how the disease affects women differently and that many cases are preventable. We’ve partnered with the OHSU Knight Cardiovascular Institute and the American Heart Association to develop clinical, educational and community engagement opportunities that highlight the importance of preventive care for women’s heart health.

The Know your Numbers quick reference guide was developed in conjunction with the Knight Cardiovascular Institute to help women learn some of the best numbers to reduce their risk for heart disease.

Katharine Hart, Center for Women’s Health Project Coordinator, and Abigail May Khan, M.D., of the Knight Cardiovascular Institute at the 2015 American Heart Association Go Red for Women Luncheon.
Several members of the Center participated as invited guests and facilitators at the International Summit on the Nutrition of Adolescent Girls and Young Women, an invitation-only summit held in Portland that included world-renowned leaders from around the globe. The goal of the summit was to build new and enduring bridges between nutrition scientists and nutrition practitioners in developing countries.

“At the Center for Women’s Health, we know high quality nutrition for women is an investment in the health of the population as a whole. As part of our commitment to comprehensive, transdisciplinary care, our clinical nutrition services strengthen the nutritional status of women, and not only improve their health, but also the health of their children and their families.”

– Christie Naze, R.D., C.D.E.
CLINICAL DIETITIAN, OHSU CENTER FOR WOMEN’S HEALTH

Nutrition

Nutrition plays a vital role in women’s health at every age. In addition to offering clinical nutrition counseling to women, we’re also focused on the importance of nutrition and pregnancy. The science behind the developmental origins of health and disease is rapidly evolving, led by the OHSU Bob and Charlee Moore Institute for Nutrition & Wellness. From co-sponsorship of the International Summit on the Nutrition of Adolescent Girls and Young Women to tabling at farmer’s markets and local events, our growing partnership with the Moore Institute is rooted in improving women’s health and encouraging the best health for future generations. Together we can take steps to educate, empower and drive change in our food culture to prevent chronic disease.
We partnered with the Moore Institute to offer women’s health and nutrition information (and free apples!) at TriMet’s opening celebration of the MAX Orange Line.

“We believe the key to improving the health of the next generation lies in improving the nutrition of girls, young women and mothers in this generation. Together with the OHSU Center for Women’s Health, we’re working to empower women to understand the role of nutrition in chronic disease and to make changes big and small to the way we eat.”

Kent Thornburg, Ph.D.
M. LOWELL EDWARDS CHAIR, DIRECTOR, CENTER FOR DEVELOPMENTAL HEALTH, KNIGHT CARDIOVASCULAR INSTITUTE; DIRECTOR, BOB AND CHARLEE MOORE INSTITUTE FOR NUTRITION & WELLNESS
Breast Health

Many women face breast health changes through the stages of their lives. Some of these changes come with questions about routine self-care and preventive screening, and other breast changes that may occur during or due to pregnancy and breastfeeding. The Center for Women’s Health also collaborates with the OHSU Knight Cancer Institute and The Breast Center at OHSU, who provide access to breast health specialists in imaging, genetics and cancer, as well as educational resources.

In the past year we’ve expanded our lactation services team to offer daily lactation counseling at the Center. We are partnering with Doernbecher Children’s Hospital and OHSU Family Medicine to coordinate and provide support to patients in more locations in 2016. Center leadership has also played an active role in community organizations, serving on state medical advisory committees related to breast health and helping review Susan G. Komen affiliate community health grants.
Karen Oh, M.D., associate professor of diagnostic radiology and Director of Breast Imaging at OHSU.
Together, we can — elevate clinical care

OHSU Center for Women’s Health clinical services

One of our goals is to provide an integrated system of women’s health care throughout the lifespan. We believe that women need more than comprehensive care, that they need access to people and places that believe in providing compassion, empowerment and robust clinical partnerships that focus on the whole self.

We strengthen our clinical excellence by providing women with the tools and knowledge they need to take charge of their own health, whether or not they seek care with us. And by virtue of being an academic medical center, we’re imparting these insights on future generations of healthcare providers, who share in our passion for elevating care.

2015 was a year of rebounding birth rates and a growing clinical practice in obstetrics and gynecology and midwifery. Our comprehensive approach to women’s general and reproductive care allows patients to benefit from a diverse set of provider backgrounds and expertise, and excellence in the application of innovative research to clinical care.

Laura Jenson, C.N.M., M.P.H., with a nurse-midwifery patient. Our midwives blend the traditional art of midwifery with the modern science of obstetrics to support natural childbirth while providing access to OHSU resources that ensure a safe and healthy journey for mom and baby.
“The Center for Women’s Health continues to serve as a champion for community advocacy and clinical excellence across the spectrum of issues that affect women. They are relentless in their quest to improve the health and well-being of women everywhere and this commitment benefits the larger OHSU community.”

Mark Richardson, M.D., M.B.A.  
DEAN, SCHOOL OF MEDICINE  
OHSU
“OHSU has some of the brightest, thoughtful and invested care providers on the West coast. I was delighted to accept a position in the Obstetrics and Gynecology department this year and join the ranks of the amazing academic physicians that have come before me! I can honestly say that the Center for Women’s Health is an amazing resource, supplied with great support staff and an amazing collaborative of physicians and care providers from various specialties that provide unique and invaluable assets to patients. I am honored to be a part of the Center.”

Amanda Sadecky, M.D.
ASSISTANT PROFESSOR, DEPARTMENT OF OB/GYN

There was significant growth in clinical practice over the past five years, notably within the divisions of Mental Health and Wellness (59%), Perinatology (High-Risk Pregnancy) (34%), Midwifery (29%), Women’s Primary Care (27%), and General Obstetrics and Gynecology (17%).

**Our full spectrum of clinical services includes:**

- Breast services
- Family planning
- General obstetrics and gynecology
- Genetic counseling
- Gynecologic oncology
- Heart health
- Hemophilia and bleeding disorders
- Lactation services
- Maternal-fetal medicine
- Mental health
- Midwifery
- Naturopathic medicine
- Nutrition
- Physical therapy
- Primary care
- Reproductive endocrinology and infertility
- Traditional Chinese medicine and acupuncture
- Urogynecology and reconstructive pelvic surgery
- Urology
- Vulvar health

**Center for Women’s Health clinical visits by practice area (2010-2015)**
Yungpeng Luo, L.Ac., D.A.O.M., a member of our complementary and alternative medicine team. Complementary and Alternative Medicine offers patients the opportunity to work with specialists who look at health conditions from different viewpoints; an approach that may offer a more complete picture and more options for treatments.
As Oregon’s only academic medical center, OHSU thrives on its unique ability to translate the latest scientific insights into new treatments and best practices in patient care. The Center for Women’s Health plays an active role in the support of women’s health research across OHSU. From our support of the Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) Northwest Women’s Health Research Conference to the annual Circle of Giving research grant, we continually look for opportunities to partner in support of women’s health research.

Women’s Health Research Unit

Clinical trials at OHSU help lead to new treatments in many areas of women’s health. This research is vital to the women of Oregon and to women everywhere. The Women’s Health Research Unit assists investigators in conducting clinical research in a variety of women’s health issues, including pregnancy, family planning, menopause, gynecologic pain, pelvic floor and incontinence issues, infertility, and other women’s health concerns.

The Center for Women’s Health supports and promotes the Women’s Health Research Unit and the importance of clinical trials in shaping a future of healthy women. Visit ohsuwomenshealth.com/research for more information.
Circle of Giving

Established in 2006, the Circle of Giving was formed to address the lack of funding in women’s health research and the often shrinking federally funded research dollars. Annually, each woman philanthropist gives $5,000. These funds are pooled to award a $125,000 grant to a researcher whose work will advance women’s health.

To date, the Circle of Giving has supported 15 studies and awarded over $1.6 million in funding. Yet, there is opportunity to reinforce the power of women helping women through growth. As the Circle of Giving celebrates their 10th anniversary in 2016 our hope is to expand membership to 50 dedicated supporters and fund two deserving research projects.

2015 Circle of Giving Awardee

• Pepper Schedin, Ph.D.
  Unprecedented postpartum liver biology in rodents suggests a novel mechanism of breast cancer metastasis — a liver imaging study in pregnant women to establish human relevance ($125,000)

Additional funded research

• Tanja Pejovic, M.D., Ph.D.
  Targeting FANCD2 as a novel strategy for ovarian cancer treatment ($65,000)
Together, we can —
craft powerful partnerships

Partnerships are the foundation of our success. These partnerships are also the bridge we need to reach more women, to listen to their collective needs and then build the tools to support their health and well-being. As an academic medical center, we often find ourselves surrounded by knowledge leaders, by experts who have dedicated their lives to medical research and to saving lives. Yet we also know we must reach beyond OHSU to the people we serve, to our community, and to audiences who are still unknown to us. We believe this is where the Center for Women’s Health shines. We don’t try to go at it alone and we are stronger because of it.

Our Community Partners

Academy of Women’s Health

Dr. Berlin, Center Co-Director, continues to serve on the board of directors and our entire leadership team had a strong presence at the 2015 Academy of Women’s Health Annual Congress. The Academy of Women’s Health is an interdisciplinary, international association of physicians, nurses and other health professionals who work across the broad field of women’s health, providing up-to-date advances and options in clinical care that will enable the best outcomes for women patients. Our engagement with this important group ensures that the Center continues to align its strategic vision with the Academy’s focus on evidence-based practices for disease prevention, diagnosis, and treatment for women across the lifespan.

American Heart Association

In 2015, heart disease may still be the #1 killer of women, but the Center remains dedicated to working with the American Heart Association to change that statistic. Like in previous years, we participated in the AHA Go Red campaign, helping to educate women at the annual Go Red luncheon in October, an event that is always in equal entertaining, informative, and uplifting. As we continue to develop the only women’s heart clinic in the Pacific Northwest, we look forward to a continuing strong partnership with this powerful ally.

Oregon Food Bank

Just as spring returned to the Pacific Northwest, the Center hosted a six-week Cooking Matters course under the direction of the Oregon Food Bank. Cooking Matters is part of a national curriculum designed to help adults and families who fall beneath the poverty line to shop for and cook healthy meals. Although the Oregon Food Bank will be centralizing the program in 2016, we were honored to be part of this creative and effective effort to improve nutrition for our vulnerable patients.
In 2015, the Center for Women’s Health was proud to begin sponsoring the Oregon Women’s Health Network (OWHN), an organization that offers opportunities for networking, collaboration, and education on a variety of women’s health topics. In this, its 17th year, the OWHN set record attendance at its quarterly lectures. For 2016, the group will explore how cooperation can boost the efforts of local organizations to improve the health of women in Oregon and beyond.

Sex and Gender Women’s Health Collaborative

The Sex and Gender Women’s Health Collaborative has a vision to integrate sex and gender knowledge into medical education and practice to improve healthcare for all. They believe that to fully meet women’s health care needs, we need to broaden our approach to clinical care from a focus on reproductive concerns to a perspective that considers both biological (sex) and psychosocial (gender) factors, and the interaction between the two. Dr. Berlin sits on the board of directors for this important organization and through her involvement the Center can better understand and adopt these principles.

Lanette Trickey
EXECUTIVE DIRECTOR, AMERICAN HEART ASSOCIATION, AMERICAN STROKE ASSOCIATION – OREGON AND SW WASHINGTON
Community engagement

“Partnering with the Center for Women’s Health allows us to offer deeper care to patients going through one of the most difficult times in their lives — a diagnosis of ovarian cancer. With the Center’s help, we have started matching these patients to mentors through the Woman to Woman program, providing them with another level of support as they fight to defeat their disease.”

Lisa Egan, P.A.-C.
CERTIFIED PHYSICIAN ASSISTANT; PROGRAM COORDINATOR, WOMAN TO WOMAN; INSTRUCTOR, DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

At OHSU, we are privileged to work with colleagues passionate about all aspects of women’s health. This passion often extends beyond our clinical work, into ideas for projects and programs that proactively prevent and comprehensively address the needs of women. By working collaboratively, we are able to support programming that approaches healthcare from new and creative angles.

And we continued to participate in events around the Portland area, to reach more women where they are, and share the healthcare expertise for which OHSU is known. Recognizing that a woman’s health encompasses more than her medical care, we know that providing programs to support her health can require the creativity, collaboration, and cooperation of many. We look forward to developing more programs and partnerships that empower women to achieve their health and well-being.

Community Outreach Survey

We conducted a community outreach survey in July to help us determine and confirm ideas for programs and services at the Center. And when we asked, people responded — 445 people completed our initial survey, and we conducted follow-up interviews with 20% of those respondents. This information will help us develop programs that meet the needs of our community.

2015 COMMUNITY HIGHLIGHTS

Speakers at the Spring OWHN Lecture
Saying thanks, National Women’s Health Week
Our table at the Moore Institute’s Oregon Day symposium
OHSU’s inaugural Wikipedia Edit-a-Thon
Supporting the WHRU at the OHSU Farmer’s Market

24 WWW.OHSUWOMENSHEALTH.COM
**Woman to Woman Mentorship Program**

2015 marked the launch of Woman to Woman, a mentorship program for women recently diagnosed with ovarian cancer, to help guide them through that journey.

**Breath by Breath Mindfulness Class**

We are working with the department of General Internal Medicine to offer free Breath by Breath mindful meditation classes to patients and the wider community, to help people reduce stress and reinforce positive emotions and behaviors.

**Women’s Health Wikipedia Edit-a-Thon**

In many cases, we prefer to use the resources available to us. And when our goal is to maximize our ability to provide accurate, understandable women’s health information to the general public, we decided to use the world’s most accessed health information resource — Wikipedia.

We held OHSU’s first “edit-a-thon” as part of our National Women’s Health Week celebrations. Since then, the Center for Women’s Health has been working with faculty in the OHSU Library to develop a multidisciplinary elective course to teach students to edit health content in Wikipedia, reinforcing their skills while improving worldwide access to quality health information for women.

**Volunteer Program**

This fall our team grew thanks to two long term volunteer interns from the Portland State University program in Community Health. Through this new special projects focus, they helped us further develop concepts for future community outreach and program implementation. We look forward to continuing these internship opportunities in 2016. We are also designing a new volunteer program connected to the clinical experience at the Center, to better serve our patients and their families when they come to receive their care.
Healthy communications

A key component of our strategic plan is to provide trusted knowledge resources women want and need to achieve their own health and wellness. From tracking our social media engagement to analyzing responses from our needs assessment, we’ve taken steps throughout the year to better understand what topics women want to hear about. We’ve also dedicated ourselves to supporting and sharing the collective expertise of the Center with women in Portland, across the region and nationally.

E-mail newsletters

Our monthly newsletters continued to outpace industry averages for readership in 2015. Each month we carefully plan our articles based on current trends and feedback from our subscribers. In 2016 we’ll be launching a new template for our newsletters, with an expanded selection of topics, events and ways to interact with our team.

Subscribe to our Newsletter at: ohsuwomenshealth.com/newsletters

Other Highlights

- From cataracts to rheumatoid arthritis to cardiovascular health, the 2015 Women's Health Annual supplement in Portland Monthly’s September Issue featured OHSU experts on health issues that impact women differently.

- We had another record year of traffic to the Center for Women’s Health website. 225,000 visitors from across 190 countries.

- Our providers continued to be the go-to-experts on a wide range of women’s health issues for local and national media.
We know that for many women, information found on social media affects the way they manage their health. Whether that’s reading or sharing content or using an app to track their diet or exercise, these channels are an important part of reaching women where they are.

In 2015 we focused on extending the reach of our Facebook and Twitter pages and posts. Over the course of the year, we saw a 90% and 120% increase in the average total reach of our Facebook and Twitter pages, respectively.

### Top Facebook posts of 2015

**OHSU Center for Women's Health**

- More women in the United States die from cardiovascular disease — heart disease and stroke — than from all forms of cancer combined. According to the World Health Organization (WHO), a heart attack or stroke often ends the lives of women who die from these diseases. Knowing the five major risk factors for heart disease can help you take steps to reduce your risk.

**OHSU Center for Women's Health**

- Young Women’s Hearts at Risk: They represent the leading edge of a growing trend of young women with heart disease. They are likely to develop heart disease at a younger age than older women, and their survival rates are lower. Understanding the underlying causes of heart disease in young women is important and can help reduce their risk.

**Food and Drug Administration (FDA)**

- FDA Approves Women’s Sex Pill, Addyi, To Treat Sexual Interest and Desire in Women With Hypoactive Sexual Desire Disorder, aka low sexual desire in women in contrast to normal desire in men. 

### Top Twitter posts of 2015

**OHSU Women’s Health**

- OHSU expert on healthy breast changes as we age. What it means to be breast self-aware. [link](https://bit.ly/1W1fKJz)

**OHSU Women’s Health**

- Understanding breast health and self-awareness [link](https://bit.ly/1Lm6ZMq)

### Join our community

- [facebook.com/OHSUCenterforWomensHealth](https://facebook.com/OHSUCenterforWomensHealth)
- [twitter.com/OHSUWomens](https://twitter.com/OHSUWomens)
Get involved

“We have taken a proactive approach of educating women to be healthy. Volunteering at the OHSU Center for Women’s Health has been a great opportunity to apply our education in public health within a dynamic healthcare setting. We enjoyed being a part of the collaborative process to develop health promotion programs that will meet the needs of patients and our community.”

Cammisha Manley, B.S. and Julie Walsh, B.S. candidate
COMMUNITY HEALTH EDUCATION, PORTLAND STATE UNIVERSITY

We strive to be immersed in communities that believe in the power of women and the goal of improving women’s health. This support can come in many forms, like:

• Subscribing to our monthly women’s health newsletter
• Joining us at a local event
• Volunteering as part of our volunteer program
• Offering financial support for the Center or one of our programs

We know we are stronger together.
OHSU believes the best way to advance women’s health is to build and strengthen relationships with our community. These connections are powerful, vital cornerstones in our work towards a common goal of health and well-being.

Our vision for women’s health has always been backed by supporters who believe in the power of research, education and compassionate care to create exciting new possibilities. By supporting our integrated family of women’s health programs, supporters can focus their philanthropic impact on key facets of health and science that align with their personal affinities and goals. OHSU recognizes that women’s health is vital to the overall health of any community. Our vision is to realize the full potential of women’s health and well-being — and we hope you will join us.

In March, Center Co-Directors Michelle Berlin and Renee Edwards were invited to present “How OHSU is Caring for Women Differently” at the Desert College of the Joint OHSU and Doernbecher Foundation Boards in Palm Springs.
Moving forward

As we head into 2016 we move steadily towards our vision and goals. We have big plans to demonstrate real and positive change for women everywhere. We are plotting our strides in clinical care, providing accurate health information in an accessible manner, and continuing collaboration. Here are some of our plans. Join us for what’s next!

- The creation of a consortium to designate Centers of Excellence in Women’s Health across the country.
- The expansion of a Women’s Heart Health Program in partnership with the OHSU Knight Cardiovascular Institute to reduce and prevent cardiovascular disease in women.
- The development of programs and resources to help guide women through the changes associated with perimenopause.
- The launch of an online women’s health hub, with access to evidence-based health tips and information, a repository of our monthly newsletters and media releases, access to our social media trends and links to find out more about participating in a clinical trial.
- Increased presence both at OHSU and in our community, by hosting or participating in a variety of health-focused events, lectures, research, programs and more.

We close by looking optimistically ahead at the work in front of us. We are already excited to report to you next year about the successes of the coming year, the advances in clinical care and research, the newly crafted programs and partnerships and the way we collaborated to advance women’s health. Thank you for being a part of our work.
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