

# WHMC NEWSLETTER

## About Us!

The Women's Health Multidisciplinary Consortium is a student-led organization here at UNC.

Our mission is to create a trainee-focused, unified community of faculty, clinicians, and researchers with a vested interest in women's health research and sex-specific pathologies.

## Upcoming Events

**17**  
Oct Interpersonal Violence Awareness Talk 12:30 PM

**24**  
Oct Journal Club: Clinical Topics in OB/GYN 5:00 PM

**30**  
Oct Hot Topic: Gynecologic Oncology 1:00 PM

**14**  
Nov Journal Club: TBA 5:00 PM

**05**  
Dec Journal Club: Trainee-Led Topic 5:00 PM

## Hot Off the Press!

As of September 10th, the FDA regulations for mammograms have been updated to include notification of breast density.

Dense breasts are a normal occurrence, and are assessed in categories based on increased proportion of glandular and fibrous tissue to fatty tissue. About half of women older than 40 in the United States have dense breast tissue. Dense breasts can not only obscure cancer findings on mammography, but having dense breasts can also increase risk of developing breast cancer.

Providing this information to patients allows them to have meaningful discussions with their doctors about the benefits of additional imaging, such as MRI or ultrasound.

See next  
page for  
details!

[Click here to read more.](#)

# A Seminar in Honor of Wendy Brewster

Presented by the  
Women's Health  
Multidisciplinary Consortium

## "Gynecologic Cancers, Health Inequities, and Mentorship"

Wednesday, October 30, 2024  
1-2:30PM in Bondurant G100

Hybrid Seminar: Join us on Zoom  
Meeting ID: 971 9886 7914  
Passcode: 088147

### Samuel Cykert, MD

Professor of Medicine, UNC Division of General Internal Medicine and Clinical Epidemiology  
Adjunct Professor, Department of Health Policy and Management  
Co-Chair, Lineberger Equity Council



### S. Diane Yamada, MD

Joseph Bolivar de Lee Professor of Obstetrics & Gynecology, University of Chicago Medicine  
Chief, Section of Gynecologic Oncology  
Past President, Society of Gynecologic Oncology



### Nikita Sinha, MD

Fellow, Gynecologic Oncology, UNC  
Department of Obstetrics & Gynecology



### Wendy Brewster, MD, PhD

Professor, Department of OB/GYN  
Gynecology Oncology Division Director,  
Center for Women's Health Research  
Co-Chair, Lineberger Equity Council

Supported by



SCHOOL OF MEDICINE

Center for Women's Health Research



SCHOOL OF MEDICINE

Pathology and Laboratory Medicine

# WHMC **OPEN POSITIONS**

**Open Positions in these 6 branches for 2025-2026!**

1. Hot Topic Seminar Series
2. Journal Club
3. Community Engagement
4. Scholarly Concentration Program (for medical students)
5. Graduate Trainee Program (for PhD and Masters students)
6. Fundraising Team

**Apply Here By Nov 1**

**CLICK  
HERE**

*or scan below!*

For all interested parties:  
Graduate and Medical  
Students,  
Undergraduates, Residents  
Volunteers, & Staff



# MEMBER INTERVIEW: AMY AMUQUANDOH, MD, MPH



## **Tell us a little about your background and how it shaped your academic interests.**

I am the daughter of Ghanaian immigrant parents, one who is a retired computer programmer and the other a registered nurse. I grew up comfortable with the health field, always hearing the fascinating ER stories from my mom, who would indulge my older brother and me in when she got home. As I continued along my journey into the health field and decided on medicine, I always looked to how I could pull my various interests into the field of medicine instead of letting them pull me away from medicine. Women's health drew me in naturally, as I had always had visceral reactions to the mistreatment or disempowerment of women. Having a Ghanaian background, I was also drawn to the idea of improving the health of those abroad, including my family members in Ghana.



Throughout my journey from high school to residency, I grew a vested interest in global women's health, and looked for a specialty that would allow me to address both. Naturally, the versatility of OBGYN attracted me to it, and the many opportunities to engage in global health work during and after training. I landed an internship in OBGYN in Greenville, South Carolina after both medical school and a Masters in Public Health at UNC. By the middle of the first year, I realized I remained passionate about women's health and that I could continue to address it through a different path- the Preventive Medicine Residency at UNC then opened its doors to me in February of this year. I am ecstatic to be back, grateful for the intimate knowledge I have of treating women and females in a hospital and clinic setting, and I am looking forward to the possibilities of what my career will look like with Preventive Medicine training, pursuing a focus in global women's health.

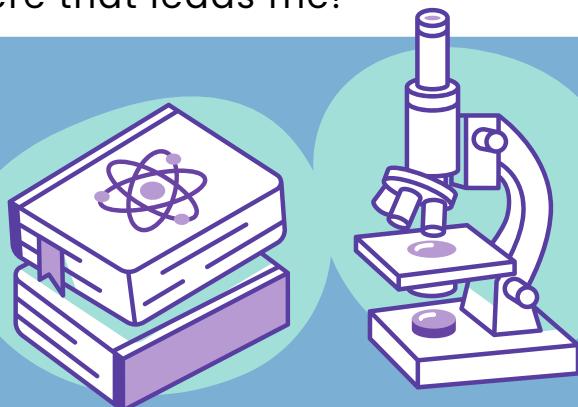
# INTERVIEW, CONTINUED

## **What research or other work in women's health are you involved in or would like to get involved in in the future?**

Most recently, I completed a feasibility study related to assessing the effects of a micronutrient deficiency on pregnant females in a teaching hospital of Accra, Ghana. As a Global Health Concentration Scholar at UNC SOM and an MPH student at Gillings, this work fulfilled the final project requirements for both programs—score! The mutual excitement built around this project gave me a vision for building a career on this work and continuing to study the effect in various contexts, and various countries. Currently, I am taking a class at Gillings called International Nutrition (part of my Preventive Medicine training), so we will see where that leads me!

## **Who inspires you academically or otherwise?**

Dr. Vivek Murthy has caught my attention in the past few years in his role as the United States Surgeon General. A son of immigrant parents, he pursued medicine to become an physician, and naturally grew into an innovative leader in public health and policy— with all of this, I see myself in him. Moreover, his focus as a surgeon general has been to fight the epidemic of loneliness, a new path that no other surgeon general has charted. His book, "Together: The Healing Power of Human Connection", is a must read. The stories and evidence-based research presented in it solidified my conviction that we are made to be in community. In our individualistic culture, we often forget what people in "developing" countries know so well— that we need each other to live fulfilled... nevertheless, I digress. I hope to chart a career that emulates Dr. Murthy's journey.



Check out this clinical trial opportunity!

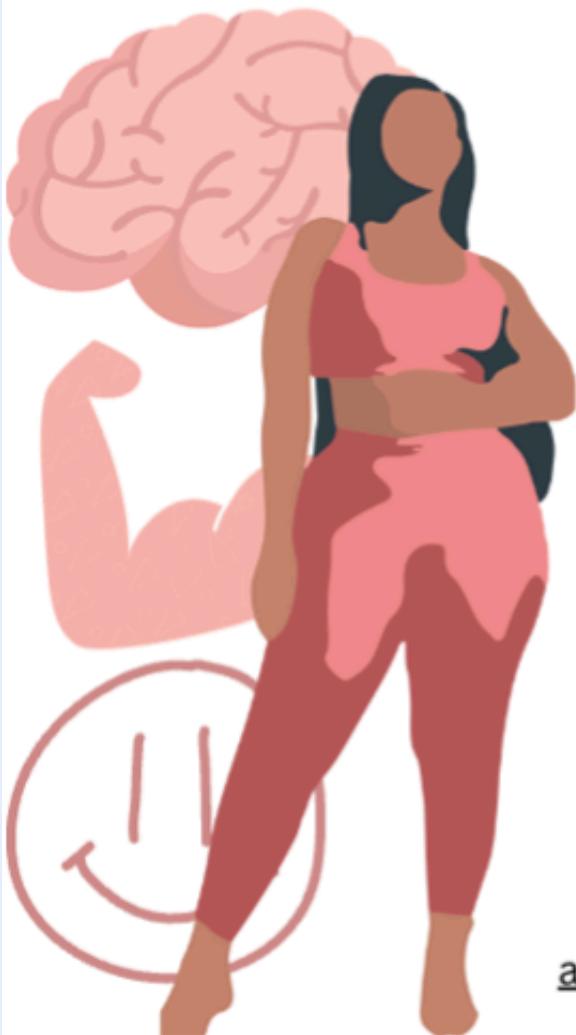
## LOOKING TO LEARN ABOUT YOUR MUSCLE, MIND, & BODY ACROSS MENOPAUSE?

The Applied Physiology Lab is looking for females who are:

> 38 yrs with irregular periods

BMI: 28-40 kg/m<sup>2</sup>

Not currently on hormone replacement therapy



The purpose of this study is to understand the impact of nutrition and exercise in perimenopausal women.

**3 visits to the APL**

**Interested?**

Scan or email us at

[aplresearch@unc.edu](mailto:aplresearch@unc.edu) with

Subject: PERI Interest

[Or Click Here](#)



# DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month. The WHMC is proud to be partnering with the Compass Center, an organization providing free, voluntary services addressing intimate partner violence. Check out the calendar below to get involved! Click here for event descriptions on their website.

Virtual events and social media educational materials are marked with a \*

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 OCBOC Proclamation Tandem month-long benefit event!	2 *DVAM facts	3 *Compass Center Crisis services	4 Kendra Scott Giveback 5pm-8pm	5
6 Blood Drive 11am-4pm	7	8 *DVAM facts	9 *Workshop/ Lunch-n-Learn/ Q&A	10 Candlelight Vigil 7:00pm	11 *Compass Center Safe Homes Brandwein's Fundraiser 6:30am-3:30 pm	12
13 Office Closed	14	15 *Workshop/ Lunch-n-Learn/ Q&A	16 *DVAM facts	17	18 *Compass Center Court services	19
20 *Workshop/ Lunch-n-Learn/ Q&A	21	22 *DVAM facts	23 *Workshop/ Lunch-n-Learn/ Q&A	24 *Compass Center Stability Services	25 Open House 3pm-5pm Rougarou Benefit Night 5pm-10pm	26
27 Market & Moss Benefit Event 10am-2pm	28	29	30 *Compass Center Community Education	31 Last day of DVAM		

**DOMESTIC**  
**VIOLENCE**  
AWARNESS MONTH



## Blood Drive & Tabling at Compass Center

Sunday, Oct. 6th (11am - 4pm)

210 Henderson St, Chapel Hill

Give back in multiple ways by signing up to give blood this month! Donors will receive \$30 in gift cards to keep or donate back to Compass Center for families fleeing domestic violence. Link for sign up [here](#).

# FUNDING AND EVENT OPPORTUNITIES



## Ongoing Funding Opportunity:

### NIH Notice of Special Interest: Women's Health Research

"Interest in receiving research applications focused on diseases and health conditions that predominantly affect women (e.g., autoimmune diseases; depressive disorders, Alzheimer's disease (AD) and Alzheimer's disease-related dementias (ADRD), gender-based-violence), present and progress differently in women (e.g., cardiovascular disease; HIV; reproductive aging and its implications), or are female-specific (e.g., uterine fibroids; endometriosis; menopause)."

[Click here for details](#)

Want to hear more like this? You can subscribe to the [NIH Office of Research on Women's Health](#) emails.

## Event Opportunity:

### Artists for Reproductive Freedom

On Sunday, October 26th, an energizing lineup of local artist-activists will be performing from 2-5 PM in Hillsborough, NC at the RambleRill Farm. It will feature performances from singer-songwriter Dawn Landes, singer-songwriter Jess Klein, guitar duo Red Nucleus, and poet Joan Baraskova. There will be a multimedia show on the history of reproductive freedom, white supremacy, and the courageous resistance led by women. Enjoy a day filled with creativity, community, and passion for learning more about reproductive rights!



Be on the lookout for new and exciting community events every month!

# MONTHLY CALENDAR



## OCT 2024

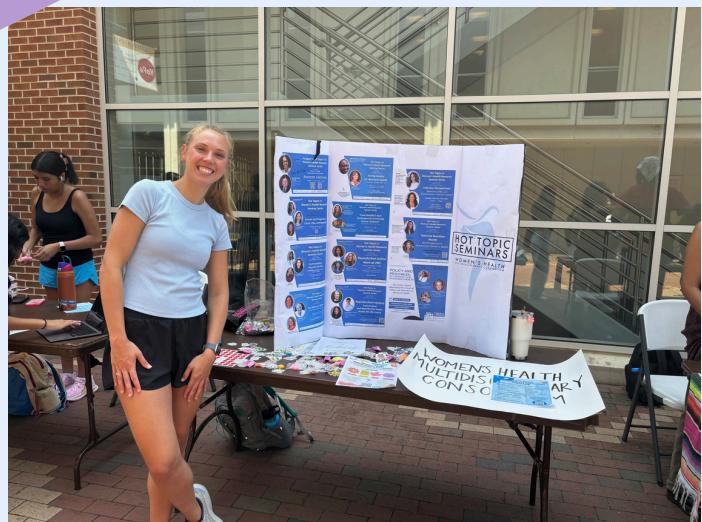
SUN	MON	TUE	WED	THU	FRI	SAT
29	Domestic Violence Awareness Month	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Bake sale at Roper Hall benefitting the Compass Center	15	16	17 Interpersonal Violence Awareness Event	18	19
20	21	22 Journal Club!	23	More details coming soon!	25	26
27	28	29	30 Hot Topic!	31 HAPPY HALLOWEEN		



### HAPPY FALL!



# COMMUNITY BULLETIN BOARD



Welcome (back) to campus! Your engagement team had such a great time meeting all the new medical, undergraduate, and BBSP students!

Let us know if you have research you would like us to promote!

# WOMEN'S MUSCLES ARE OFTEN LESS FATIGABLE THAN MEN'S

Women's Health Fun Fact

- These sex difference changes with type, intensity and speed of contraction, the muscle group assessed, and the environmental conditions.
- Conclusions are somewhat limited by narrow methodology of isometric exercises, and task specific findings
- Proposed physiological mechanisms include:
  - Muscle mass and strength differences
  - Blood flow and muscle perfusion
  - Contractile properties
  - Fiber types
  - Skeletal muscle metabolism
  - Voluntary activation and the role of the central nervous system
  - Menstrual cycle and reproductive hormone fluctuations

[Hunter SK. Sex differences in human fatigability: mechanisms and insight to physiological responses. Acta Physiol \(Oxf\). 2014 Apr;210\(4\):768-89. doi: 10.1111/apha.12234. Epub 2014 Feb 25. PMID: 24433272; PMCID: PMC4111134.](https://doi.org/10.1111/apha.12234)

## COMMUNITY ENGAGEMENT

<https://forms.gle/rhHNiKqXJoMbVxTJ9>

It's your WHMC communication engagement team here!



We're looking for your submissions! This is a space for a community bulletin – a place to look for research or work positions, fill professional needs, submit shoutouts, and submit photos to be used in future newsletters!

Share the WHMC listserv with others:



And visit our website here