

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

11
Aug

Graduate Certificate in Women's Health Research Application Closes

Come
meet the
WHMC!

13
Aug

Graduate Schools New Student Orientation 2 - 4pm

22
Aug

Women's Health Journal Club Application Closes

Learn more
about the
WHMC!

29
Aug

S.O.L.E. Fest at Pit and Plaza 11 - 1 pm

Hot Off the Press!

A new study in Menopause followed nearly 3,000 women in midlife and found that maintaining strong heart health during the menopause transition significantly lowers the risk of cardiovascular disease and early death. Using the American Heart Association's Life's Essential 8 (LE8) score, researchers showed that women with higher or improving scores had healthier arteries, fewer heart events, and longer life expectancy. Notably, just 1 in 5 women met ideal heart health targets.

Four habits—managing blood pressure, controlling blood sugar, not smoking, and getting quality sleep—stood out as especially powerful. The results reinforce that midlife is a critical window to take charge of your heart health.



Access the article [here](#).

Welcome to all the new UNC Graduate & Undergraduate Students this Fall!



GRADUATE CERTIFICATE IN WOMEN'S HEALTH RESEARCH

A formal program of courses and seminars
for training in the field of women's health

9 credits of
coursework

Monthly
journal club

Present your
research at a
symposium

APPLICATION OPEN NOW!



Application includes:

- 1) NIH Biosketch
- 2) Project proposal with aims
(1 page max)
- 3) Letter of support from
primary mentor
- 4) \$45 application fee



Questions? Contact Program Director Dr. Melinda Yates (msyates@unc.edu)



Women's Health
Multidisciplinary
Consortium

2025-2026

Become a member of WHMC's

Women's Health Journal Club



Fall Meeting Dates:

September 18th | October 16th | November 20th | December 18th

Meetings are 5 - 6 PM

Hear from leading experts in women's health and engage in discussions of recent and impactful articles.

Participants will have the opportunity to:

- **Collaborate:** Connect with professionals and trainees from various disciplines
- **Learn:** Deepen your understanding of key topics in women's health and sex-associated pathologies
- **Grow:** Enhance your knowledge and improve your critical appraisal and research interpretation skills

To Apply:

**Scan the QR code or
visit our website**

Applicants will be notified of their acceptance by Sept 1st 2025

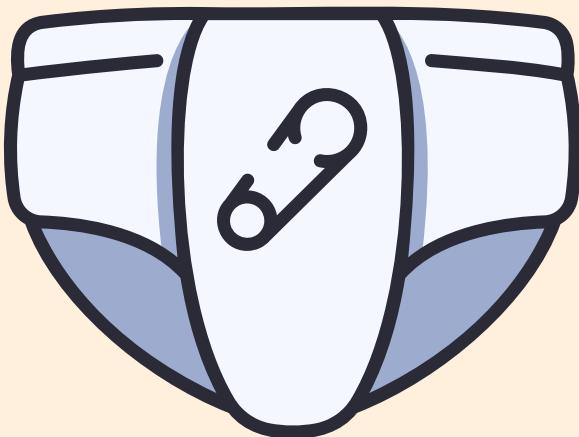


Applications due **August 22nd, 2025**

Questions? Contact: mdemonia@ad.unc.edu

HOSTED BY WHMC AND FAMILY MEDICINE INTEREST
GROUP

NC DIAPER BANK



[HTTPS://GO.UNC.EDU/B4DBE](https://go.unc.edu/B4DBE)

JOIN US

SEPT 6TH, 9:30 - 11:30AM

OCT 18TH, 9:30 - 11:30AM

NOV 8TH, 9:30 - 11:30AM

DEC 6TH, 9:30 - 11:30AM

COMMUNITY PARTNER INTERVIEW: MIA KUYKENDALL

NC DIAPER BANK VOLUNTEER AND COMMUNITY ENGAGEMENT DIRECTOR



Could you tell us briefly about your background and how it shaped your interests?

My name is Mia Kuykendall, and I serve at the Diaper Bank of NC as our Community Engagement Director. In this role, I work with hundreds of volunteers a month as they assist us in distributing dignity across the state through essential hygiene supplies. Before joining the Diaper Bank, I always found myself in positions of helping others and connecting with my community. This position is a perfect blend of my passion for service, inspiring others to get involved, and talking.

What work in women's health are you involved in currently?

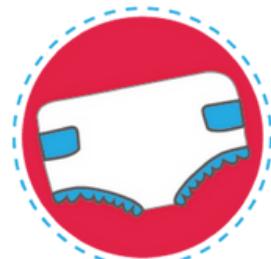
At the Diaper Bank of North Carolina, we support moms and caregivers by providing essential supplies like baby diapers. By distributing diapers, we help relieve the stress and anxiety of trying to keep their babies healthy without enough resources.

We also focus on menstrual health by providing period products. Our goal is to make sure no one has to miss school, work, or daily life due to their access of period supplies.

By increasing access to these basic items, we're helping working people and students have healthier, more dignified menstrual cycles.

Who inspires you?

My mom. She worked so hard to take care of us and made sure we never felt like we were without, even when things were tight. She also gave back to the community in whatever way she could. Watching her do that definitely shaped how I move through the world.



DIAPER BANK
of North Carolina

MONTHLY CALENDAR



AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			30  MS1 Activity Fair	31	1	2
3	4	5	6	7	8	9
10	11 Graduate Certificate Application Due 	12	13 GPSG New Student Fair 	14	15	16
17	18 First day of undergraduate classes 	19	20	21	22 Journal Club Application Due 	23
24	25	26 Women's Equality Day 	27	28	29 S.O.L.E. Fest 	30
31						

Welcome BACK!

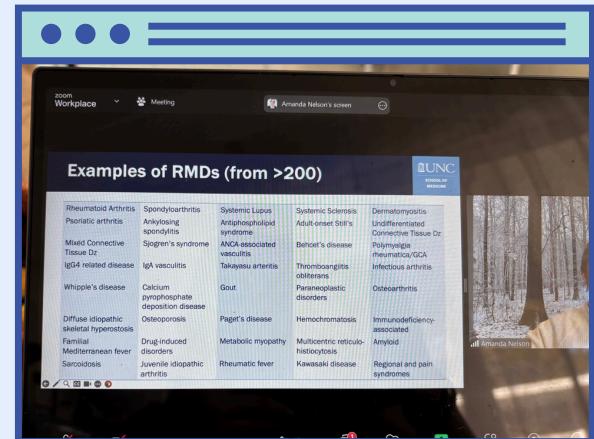


COMMUNITY BULLETIN BOARD

The Hot Topic Seminars are a monthly, 1-hour program curated for an audience of basic science and clinical learners



Our December 2024 presentation focused on sickle cell disease and pregnancy, including disease processes, treatment disparities and how to reduce mortality.

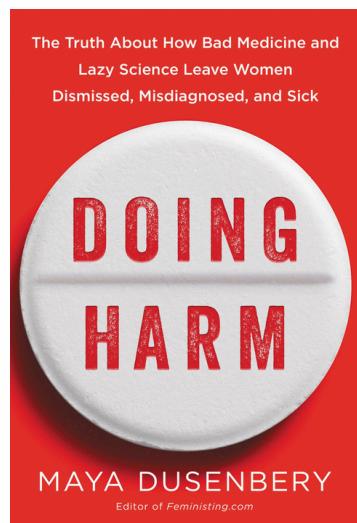


Our February 2025 presentation focused on rheumatic disease and arthritis management and presentation in women.

WHMC BOOK RECOMMENDATION OF THE MONTH

Doing Harm: The Truth About How Bad Medicine, and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick
by Maya Dusenberry

[Read through UNC Library](#)



This book explores the stories of women who have felt dismissed by the medical system, resulting in worse care and additional psychological distress. After struggling with a chronic pain condition herself, Dusenberry was compelled to find other women who spent years being misdiagnosed and misunderstood by medical professionals. Dusenberry identifies a lack of research and sexist stereotypes as the root cause of this systemic inequity. She urges researchers and physicians to re-examine their biases and take steps to correct this gap in care.

WOMEN SPEND 25% MORE TIME IN 'POOR' HEALTH THAN MEN

Women spend about **25% more time in poor health than men**, largely due to neglect of sex-specific conditions like endometriosis and menopause, as well as diseases that affect women differently, such as heart disease.

Global initiatives propose a five-part strategy—count, study, care, include, and invest—to close this gap, which could save 75 million healthy life years annually and add over \$1 trillion to global GDP by 2040. Microbiome research, particularly in the reproductive tract, is a key area of innovation, offering new ways to improve diagnosis and treatment.

Fact
or
Fiction
?

For more: [Closing the Women's Health Gap](#)

GET INVOLVED WITH THE WHMC!



Visit our website!

Submit your work, recent publications, upcoming events, and more [here](#) to be featured in our monthly newsletter!



Share the WHMC listserv with others!

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!

Kate Aberman



Sarah Rebbeor



Kylie Hutchison



Mehnaz Shafquat



Emily Perou

