

WHMC NEWSLETTER

NOVEMBER
2025

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

8
Nov

NC Diaper Bank Volunteering 9:30 - 11:30 am

15
Nov

Swing Into Fall Dance Lessons at Speakeasy 6 - 8pm

20
Nov

Women's Health Journal Club with Dr. Feng Li 5 - 6:30pm

21
Nov

Abortion Stigma & Quality of Care Talk with Ipas 12 - 1pm

22
Nov

WHMC Vision Board Night @ Lanza's 7 - 9pm

dancing
for a
good cause

Hot Off the Press!

A new randomized clinical trial published in JAMA found that closed-loop insulin delivery (insulin pumps) significantly improved blood glucose control in pregnant women with type 1 diabetes compared with standard insulin therapy. In the trial, participants using an automated insulin pump system spent about 65% of the time without the pregnancy-specific glucose range (63-140 mg/dL) versus 50% in the standard care group. The closed-loop group also had lower average blood glucose levels with less variability. While the system improved glycemic control, fewer than half of the participants achieved optimal target blood glucose levels, highlighting the continued need for algorithms tailored to pregnancy.

Read more [here!](#)

Congratulations to our amazing WHMC affiliated faculty who were awarded the SPOR grant to close the gap on research in endometrial cancer!

See more [here!](#)



WHMC/UNC SOM Swing Dance present:

SWING INTO FALL

at Speakeasy

SWING
DANCE
LESSONS



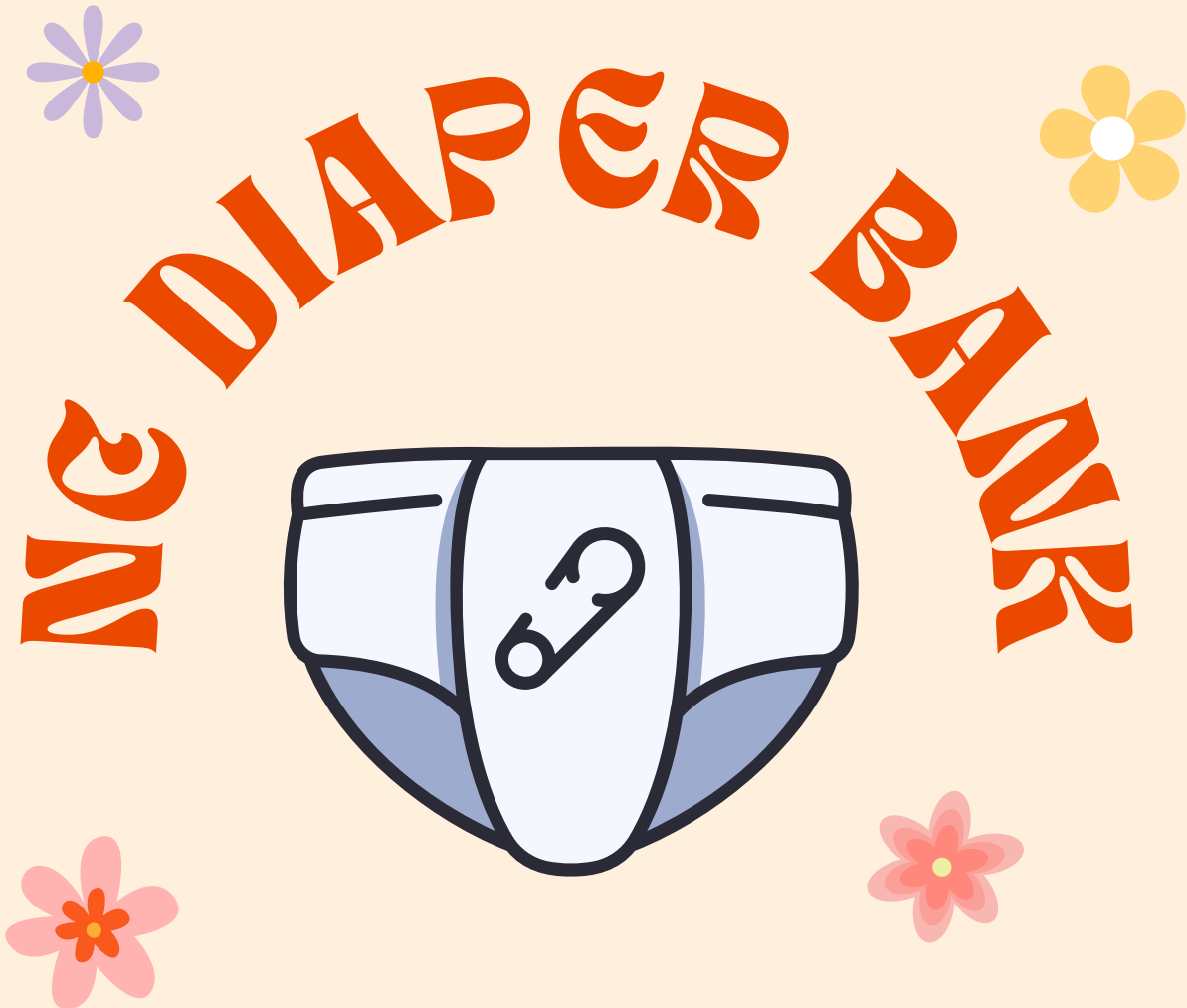
WHEN/WHERE:

Join us at Speakeasy in
Carrboro for an introductory
country swing dance lesson
at **6 PM** on Saturday,
November 15.

Suggested donation of
diapers and/or period
products to help support
local families through the
NC Diaper Bank!!!



HOSTED BY WHMC AND FAMILY MEDICINE INTEREST
GROUP



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

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

UNC WHMC HOSTS


ABORTION STIGMA AND QUALITY OF CARE

Exploring a Framework for
Analysis and Improvements
in Women's Health Care

FRI, NOV 21
01 PM - 02 PM

BONDURANT HALL
G-030

Featuring

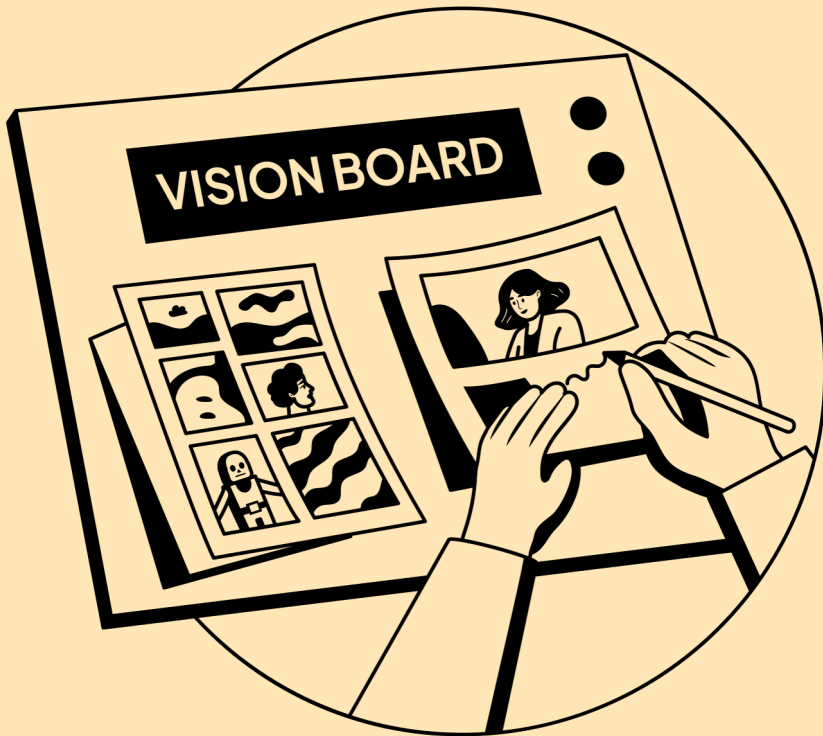


Kristen Shellenberg
Ph.D., MPH

Senior researcher at Ipas

GUEST SPEAKER

WHMC VISION BOARD NIGHT



WHERE?
LANZA'S CAFE

WHEN?
NOVEMBER 22, 7-9PM

Join us for a laid-back evening
of vision boarding,
conversations, and community.
Whether you're setting goals or
just need space to reflect, you
are welcome here!

AFFILIATED FACULTY INTERVIEW:

DR. KIM BOGGESS, M.D.

PROFESSOR OF MATERNAL FETAL MEDICINE

PROVOST DISTINGUISHED FACULTY LEADER, PROVOST'S OFFICE



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

Early in my education I wanted to be an equine vet (those who know me well are not surprised by this, I am an avid animal lover, for 10 years was a horse show mom for my daughter, and I now own two horses). Unfortunately, I did not have the grades to get into vet school, so I decided to go to medical school. I entered medical school knowing that I wanted to be involved in women's health, so OB-GYN was a natural choice. While I enjoyed most aspects of OB-GYN, I found my calling in caring for high risk, medically complicated pregnancies. While OB-GYNs participate in some of the most important aspects of a woman's life and family, maternal fetal medicine allows me to also care for the sickest, most vulnerable patients. I feel like these patients really 'need' me, which I find gratifying. I also knew I wanted to do research because I am a very curious person and want to understand the why behind what I do. Lucky for me, during my residency, I had excellent mentorship and was able to participate in several research projects which solidified my goal of a career as a clinician scientist.

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

My main focus currently is optimization of care of pregnant women with chronic medical diseases or medical complications of pregnancy, including diabetes, hypertension, and hematologic disorders. I am co-PI for a longitudinal study of maternal determinants of cardiovascular health and disease, which is measuring maternal pulse wave velocity, socioecological components, and medical management of healthy and high risk pregnancies.

We just completed recruitment of 500 mother-infant dyads and are beginning to analyze our data. I am also the site-PI for an RCT of different dosing regimens of aspirin for preeclampsia prevention, and for use of continuous glucose monitoring in management of type 2 diabetes in pregnancy. We are getting ready to embark on a follow-up study of mothers and infants previously enrolled in the MOMPOD study (insulin plus metformin vs insulin plus placebo) to examine cardiometabolic health 6-9 years after study participation. I am also working with a group of collaborators and medical students on understanding predictors of adverse outcomes in patients with severe preeclampsia, and 3 of the students have poster presentations at our annual SMFM meeting this year.

Who inspires you academically or otherwise?

I am motivated by my curiosity, and I am inspired by my patients to seek answers to some of the more complicated medical questions affecting their outcomes. I am also inspired by my work with learners and early career stage clinicians and scientists. I previously directed two mentored career award programs, so I was able to support and mentor some of the best and brightest faculty on our campus that are focusing on women's health and translational science. I am currently faculty on 3 institutional K-training programs- it is inspiring to see the next generation of translational scientists embark on their careers. I have been very lucky to have great mentorship and role models over the years at UNC- including Dr. Oliver Smithies, Dr. Steve Offenbacher, Dr. Gene Orringer, Dr. Ken Moise, Dr. Kate Menard, and Dr. Bob Cefalo- and I try to live up to their high standards of excellence.

NEW podcast by a WHMC member!



Two Cultured is a science podcast created by a group of graduate students from UNC Chapel Hill, created with one mission: to make science more accessible and approachable for everyone. Each episode features conversations with scientists about their research—what they study, why it matters, and how it shapes the world around us—while also highlighting the human stories behind the science. With curiosity, warmth, and a sense of fun, our hosts Kavya and Akshi aim to break down barriers between the lab and the public, showing that science isn't just for scientists—it's for anyone who's curious about how the world works.

First three episodes out now! Listen on [SPOTIFY](#)

Into the Unknown: Autistic Females' Mental Health Experiences During Perimenopause



As part of the Autism, Mental Health and Perimenopause (AMP) study, the Harrop Lab has openings for student researchers interested in women's health and neurodiversity.

The AMP study uses a three-pronged, mixed-methods approach (online surveys, interviews, daily diaries) to characterize mental health challenges and health care experiences during perimenopause in autistic women.

More information regarding the study can be found [here](#).
If interested, please email Dr. Harrop at clare_harrop@med.unc.edu



Are you interested in extra pain medication during your IUD insertion?

2/3rd of volunteers in this research study will receive extra pain
medication for their IUD insertion

Who can participate?

- Women ages 18+
- Planning an IUD insertion
- Able to spend 3 hours for their appointment at UNC Hospitals-
Hillsborough campus

If chosen for the study, you will receive a giftcard for participating.

Contact our study coordinator to schedule your screening and IUD appointment!

(910) 683-0178



VOLUNTEERS NEEDED: MAAME INC.'S FIRST FOODS COMMUNITY PANTRY

WE NEED HELP WITH

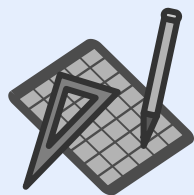
- Helping organize and pack fresh produce boxes
- Distributing boxes to families in need
- Providing support during pantry events

INTERESTED IN JOINING US?

<https://maameinc.org/volunteer/>



Mentor enrollment is **NOW OPEN** and we need your help in engaging the thinkers, makers, and doers of the next generation! The NCSSM Mentorship Program has partnered with Duke, NC State, UNC and many other organizations to serve over 3,600 high school seniors since 1980. Please join us in 2026-2027 as together we continue to impact NCSSM students from around the state!



NCSSM

The North Carolina School of Science and Math (NCSSM) is a two-year public high school that serves both online and residential students from North Carolina. It is one of the 17 constituent institutions of the UNC System.



THE NCSSM MENTORSHIP PROGRAM IS SEEKING MENTORS FOR 2026-2027!

Mentors partner with the NCSSM Mentorship Program to offer an experience for our rising seniors **to actively engage in a research project and present the project through program deliverables**. Options for program timelines include:

Summer: 8:30AM-4:00PM Mon.-Fri., from Jun. 9-Jul. 16 (with one week break over June 29-July 3rd)

Academic Year: 1:00PM-4:00PM Tues. & Thurs., from Aug.-Mar. (with break in Dec./Jan.)

Extended: Includes both summer and academic year



3600

NCSSM graduates have participated in Mentorship since 1980

70%

of Mentorship students have their **first research experience** in Mentorship

200+

mentors participate per year, including research team members such as **grad students/postdocs/research associates**

Mentor enrollment is open now, learn more!

To be successful in the program and the course assignments, students will need an active role in a research project.

Interested?

Learn more at the **NCSSM Mentorship Website!**

If you have questions or would like to schedule a time to meet with the Mentorship and Research Director, Sarah Shoemaker, don't hesitate to reach out (shoemaker@ncssm.edu).





JOIN US!!!



SUNDAY, NOVEMBER 23

RUN / WALK / VOLUNTEER!!

**\$20 UNC AFFILIATED
\$25 NON - UNC AFFILIATED**

**STRIDES
STEM**

5k

**TABLING FOR COMMUNITY & COMMUNITY GROUPS
PRIZES! FREE SHIRTS!**

**CAMPUS Y COURTYARD, 180 E. CAMERON AVE.
7:00AM - 11:00 AM**

REGISTER HERE!



**COME SUPPORT AND GROW THE NEXT
GENERATION OF STEM LEADERS**

[HTTPS://RUNSIGNUP.COM/RACE/INFO/NC/CHAPELHILL/STRIDESFORSTEM5K](https://runsignup.com/race/info/nc/chapelhill/stridesforstem5k)

The Strides for STEM 5k raises funds for WinSPIRE, a local program encouraging young learners to pursue careers in STEM.

MONTHLY CALENDAR



NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 	3 1st UNC basketball game 	4 Election Day 	5	6	7	8 NC Diaper Bank Volunteering 
9	10	11 Veterans Day 	12	13	14	15 Swing Into Fall for NC Diaper Bank @ Speakeasy 
16 	17	18	19	20 Journal Club w/ Dr. Li 	21 Ipas Abortion Stigma & Care Talk	22 Vision Boards @ Lanza's 
23 WinSPIRE 5k	24	25	26	27 Happy Thanksgiving 	28	29
30						

HAPPY FALL!



COMMUNITY BULLETIN BOARD



NC DIAPER BANK

During this month's NC Diaper Bank volunteer session, the team packed 20,050 diapers – enough for 401 babies! Thank you to the Family Medicine Interest Group, and everyone else who joined us last Saturday!

Check out Dr.
Bogges faculty
interview!

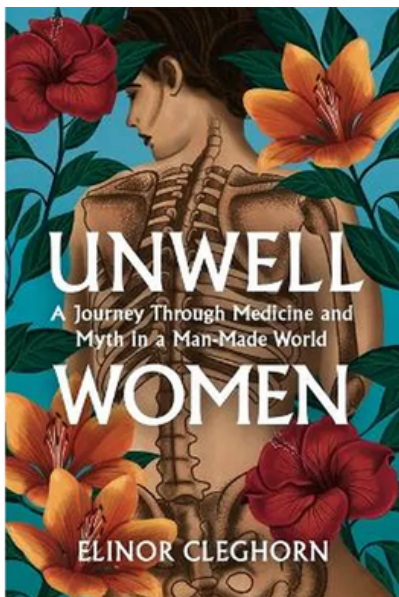
This month's Hot Topics Seminar was focused on medication use in pregnancy. We were lucky to be joined by Dr. Bogges and Dr. Wood who shared their expertise in the field. Thank you so much for everyone who attended!



HOT TOPICS SEMINAR

WHMC BOOK RECOMMENDATION OF THE MONTH

Unwell Women: Misdiagnosis and Myth in a Man-Made World *by Elinor Cleghorn*

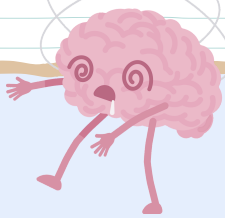


Available through [UNC library](#).

Cleghorn recounts her difficult journey to reach an autoimmune diagnosis. Years of misdiagnoses (from pregnancy to psychosomatic) and dismissive encounters with physicians left Cleghorn frustrated but motivated to dig further. She uncovered a long history of women failed by medicine, reaching back to Ancient Greece, as well as countless of current-day stories. Cleghorn argues how this disparate healthcare experiences results in the normalization of “unwell” women in society. Enough is enough, Cleghorn urges women to share their stories and continue to fight for meaningful change.

Fact
or
Fiction
?

**MENOPAUSE CAN CAUSE
BRAIN FOG**



A new study that was presented at The Menopause Society's 2025 Annual Meeting found that the perimenopausal period is associated with structural brain changes, including reduced gray matter in areas tied to memory and thinking, and increased white matter hyperintensities (small areas of tissue damage linked to reduced blood flow). These changes may help common cognitive symptoms such as forgetfulness and reduced focus, as well as potential links to mood changes and increased dementia risk. Encouragingly, the brain also shows signs of recovery and adaptation post-menopause, with some evidence of gray matter rebound and increased estrogen receptor activity, suggesting neuroplasticity. This study reinforces that menopause is not just a hormonal event, but a brain transition too.

Read more [here](#)!

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

