

# WHMC NEWSLETTER

JANUARY  
2026

## 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

24  
Jan

NC Diaper Bank  
Volunteering

9:30 - 11:30 am

06  
Feb

Women's Heart Health  
Lunch and Learn

12:00-1:00 pm

11  
Feb

STEM & Society book club  
with WinSPIRE & SACNAS

more info to  
come! see  
book review

## Hot Off the Press!

A recent study published in JAMA found that women with a higher genetic predisposition to increased body weight had worse long-term survival rates after a non-metastatic breast cancer diagnosis than those without a genetic predisposition. This study followed a cohort of 4177 women diagnosed with breast cancer for over 14 years, and found that those in the highest third of genetic risk for increased BMI had a 15% high risk of death than those in the lowest third. Of note, physical activity appeared to significantly modify this risk. This study suggests that the inherited risk of obesity plays a significant role in breast cancer survival, and that tailored lifestyle interventions may help improve outcomes.



Read more [here!](#)



Check out WHMC's own **Ella Brose** featured in UNC Gilling's Global Health Newsletter!

Read more [here!](#)



# WHMC MEMBER INTERVIEW:

## Ella Brose, MPH Student



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

I was born and raised in Germany in a very international community. I was also surrounded by an incredible network of loving, caring people. This heavily influenced my academic interests once I moved to the US. I knew I wanted to do something that helped people, and I was passionate about social justice and viewing the world through a global lens.

With this in mind, I pursued a BA in Global Studies with a concentration in International Development and Global Health. Through this program I found my passion for public health and decided to continue my education with a Master's in Public Health. I'm focused on helping people and reducing health disparities, although my planned method or career path to do so is ever evolving. My most recent interests include social epidemiology and cancer disparities.

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

I am a research assistant on the FLOW (Financial Literacy, Opportunity, Wellness) Study, which investigates the relationship between financial insecurity and mental health/wellbeing in young people participating in workforce

readiness programming in Durham.

Additionally, as part of my MPH Capstone I am consulting the Durham VA on their implementation of the VA's National Colorectal Cancer Screening Program in which Veterans overdue for a colonoscopy are mailed a fecal immunochemical test kit for at-home stool collection. I also just started as a Student Project Coordinator for UNC Clinical Research Partners LLC, a joint venture between UNC Health, UNC, and the UNC SOM, which will be expanding clinical research and clinical trial infrastructure in the state of NC.



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

Dr. Adam Hege at Appalachian State University, my former thesis director, is a huge inspiration of mine. He is so smart and caring! Dr. Hege unapologetically stands for what he believes in and does not hide or shrink his opinions. He is strongly grounded in his ethics and morals. I know few people as engaged, intentional, and transparent in their efforts to better the world. He is also incredibly supportive of his students and his community. I hope to be as involved in and dedicated to my community, career, and personal life as he is.

HOSTED BY WHMC AND FAMILY MEDICINE INTEREST  
GROUP



[HTTPS://TINYURL.COM/BDHXDP5T](https://tinyurl.com/BDHXDP5T)

## JOIN US

JAN 24<sup>TH</sup>, 9:30 - 11:30AM

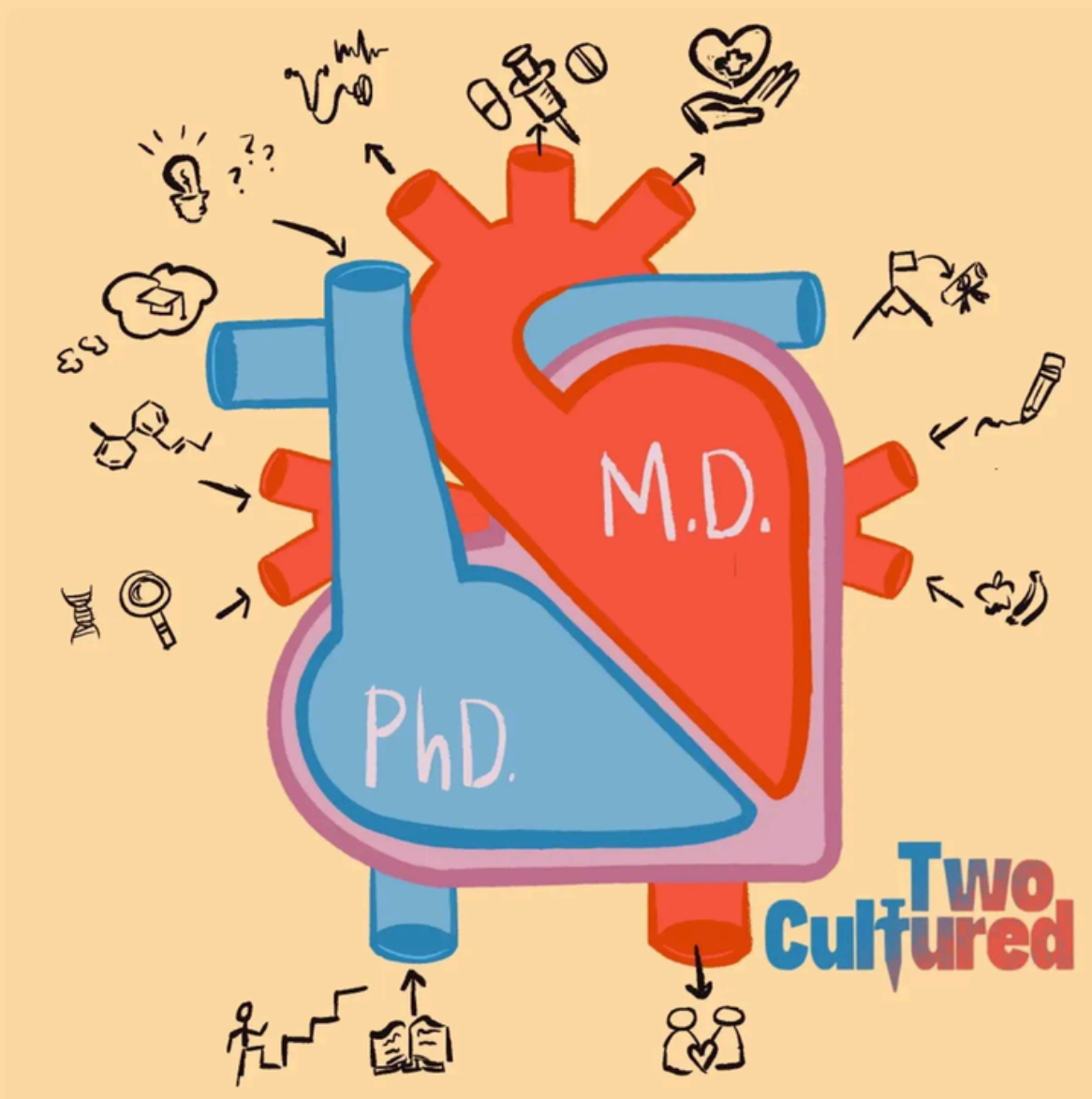
FEB 21<sup>ST</sup>, 9:30 - 11:30AM

MAR 7<sup>TH</sup>, 9:30 - 11:30AM

APR 18<sup>TH</sup>, 9:30 - 11:30AM

MAY 16<sup>TH</sup>, 9:30 - 11:30AM

check out this podcast hosted 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.

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](mailto:clare_harrop@med.unc.edu)



# 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/>





## 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

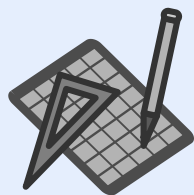
If chosen for the study, you will receive a giftcard for participating.

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

**(910) 683-0178**



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 3<sup>rd</sup>)

**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!**

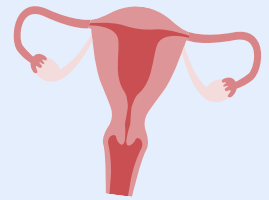
If you have questions or would like to schedule a time to meet with the Mentorship and Research Director, Sarah Shoemaker, don't hesitate to reach out ([shoemaker@ncssm.edu](mailto:shoemaker@ncssm.edu)).



# Job Opening: Clinical Research Scientist (PhD) in Longevity and Women's Health



Hours & Location: Part-time, Remote



## About Us:

Women's Health Platform includes a concierge medical practice whose mission is to reimagine healthcare for women 35+ and dramatically improve women's health around the menopause transition. We are expanding our clinical research team and seeking a PhD-level scientist with expertise in women's health, longevity, and translational research to join our multidisciplinary team of in-house MDs and PhDs, as well as our Medical Advisory Board led by Dr. Stephanie Faubion at Mayo Clinic.

## Position Summary:

The Clinical Research Scientist will play a central role in advancing our work on optimizing women's health spans. Responsibilities will include directly supporting patient-facing needs by answering clinical questions, conducting supplement and personal care product reviews, and performing advanced literature analyses to inform personalized care recommendations; designing clinical protocols for our medical practice in collaboration with our team of front line physicians to translate the latest research into clinical practice; conducting in-depth reviews of emerging longevity therapeutics and interventions; and evaluating and vetting diagnostic tools and technologies for integration into patient care. The scientist will also contribute to scientific publications and collaborate closely with a multidisciplinary team of MDs, PhDs, and external research partners to translate findings into clinically actionable insights.

## Qualifications:

- Ph.D. in health sciences, physiology, epidemiology, biomedical sciences, biostatistics, pharmacology, or a related discipline
  - Demonstrated expertise in women's health and/or longevity research
  - Ability to translate complex findings into clinically actionable insights
- Expertise in leveraging AI tools for literature reviews, research, and writing
  - Expertise in quantitative research methods
- Ability to analyze clinical and biomarker data using advanced statistical methods



## Compensation:

Commensurate with experience.



## How to Apply:

Please submit a cover letter, one-page resume, and brief overview of availability to [marina@erawomenshealth.com](mailto:marina@erawomenshealth.com). Applications will be reviewed on a rolling basis until the position is filled





# MONTHLY CALENDAR



UNC  
SCHOOL OF MEDICINE

## JANUARY 2026

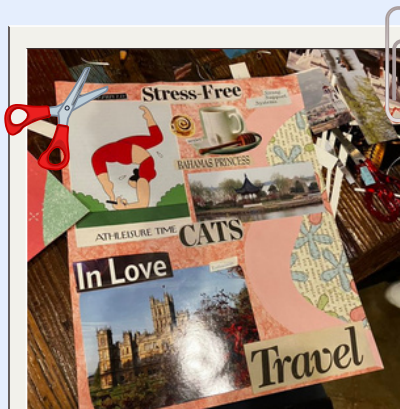
SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2	3
4	5	6	7 	8	9	10
11	12	13	14	15	16	17
18	19 	20	21	22	23	24 
25	26	27	28	29	30	31

# Welcome back!

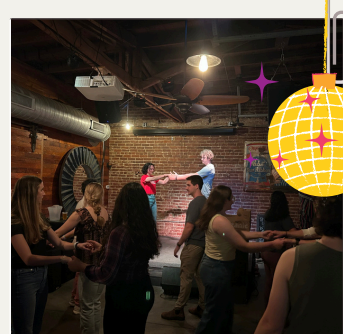
# COMMUNITY BULLETIN BOARD



NC DIAPER BANK



LANZA'S VISION BOARD  
NIGHT



SWING INTO FALL  
DANCE LESSONS



We had a TON of events last month, and wanted to thank everyone who came out and supported us, as well as the awesome teams who set these events up!

## WHMC BOOK RECOMMENDATION OF THE MONTH

Available through [UNC library](#).



### The Exceptions: Nancy Hopkins and the Fight for Women in Science

*by Kate Zernike*

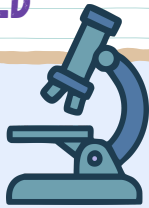
Dr. Nancy Hopkins is a renowned molecular geneticist whose work at MIT advanced the understanding of cancer pathophysiology.

Despite her intellect and scientific contributions, Hopkins struggled to advance in her career in the 1990s. Frustrated, she compared notes with her few fellow female colleagues at MIT. These 16 women uncovered a pattern of sexist treatment where female scientists were assigned smaller lab spaces, awarded smaller grants, earned lower salaries, and held less prestigious committee roles than their male counterparts. As scientists do, they compiled their findings and presented them to MIT's president. He couldn't ignore this obvious systemic problem and committed to change, inspiring other universities to follow suit. Zernike's recount of these 16 women's heroism is described as "infuriating" but a "riveting" and "inspiring" read.

Do you like reading?  
Interested in discussing this book? A new WHMC book club is starting next month with community members! Free books provided! Keep an eye out for more info coming soon :)

Fact  
or  
Fiction  
?

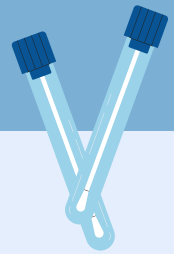
THE MODERN VAGINAL  
SPECULUM IS OVER 150  
YEARS OLD



While the universal screening recommendation for cervical cancer is relatively young, with the first version being sent out in 1945 by the American Cancer Society, the current version of the speculum has been around for over 150 years. The mechanism can even be traced back to the Roman Empire.

Many patients report discomfort, and even significant pain with gynecological procedures involving speculums. As such, many individuals are working to create a more comfortable, and therefore more accessible means of examining the female reproductive system. Some health centers are even beginning to offer self-swab HPV tests to reduce the need to use speculums!

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

