

WHMC NEWSLETTER

MARCH
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.

Hot Off the Press!

A recent cohort study published in JAMA investigated the impact of maternal perinatal depression and gestational diabetes on the risk of childhood obesity. This study found that children born to mothers with gestational diabetes had a higher risk of obesity in early childhood.

Additionally, perinatal depression was also associated with increased obesity risk, with increasing risk with increased severity. Furthermore, when both conditions were present, they seemed to have an additive effect.

These findings highlight the interplay between metabolic and mental health conditions during pregnancy, and how they play a considerable role in shaping long-term health.

Read more [here](#)



Upcoming Events

see flyers for more info!

02
Mar **Abstract Submission & Registration Opens for Women's Health Research Symposium**

07
Mar NC Diaper Bank Volunteering *9:30 - 11:30 am*

16
Mar **St. Patrick's Day Bakesale**  *11:30 - 1:30 pm*

18
Mar STEM & Society book club @ Steel String Brewery *6:30 - 8 pm*

30
Mar **Purple Bowl Percentage Night**  *4:30 - 6:30 pm*



Check out our new crossword section at the end of the newsletter!



WHMC FACULTY INTERVIEW:

Lisa Rahangdale, MD, MPH

Professor, General Obstetrics, Gynecology, and Midwifery
Associate Dean for Admissions



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

In between undergrad and med school, I did City Year, an Americorp program in Chicago. In retrospect, that experience informed all of the next steps I took related to choosing my specialty and the choices I have made in my career. After completing my OBGYN residency, I knew I wanted to do work to mitigate health disparities in at risk populations while also seeing patients clinically. This led me to completing a Reproductive Infectious Disease fellowship where I also got a MPH degree. These experiences helped me understand that research was a way to answer the questions that would improve the care of my patients.

When I came to UNC, I did not have any research funding, and I became involved with education and clinical administration. But I continued to do research collaboratively with colleagues within the the SOM and SPH. I suppose I probably should have chosen one route to pursue, but I ended up finding fulfillment in several different areas as I agree that the mission at UNC (clinical, education, research) is critical to providing better health care to people.



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

My research is focused on HIV in women and HPV and cervical cancer prevention. All of my research is done collaboratively in teams or in NIH-funded networks across the country. I am working on projects studying HPV self-testing as a cervical cancer screening method. My collaborators and I are studying the potential for topical treatments for HPV and cervical pre-cancer (CIN 2/3). I am part of a network studying the reproductive health impacts of HIV in young adults. I am excited to be one of the leaders for the UNC BIRCWH program which is a career development program for early-stage investigators studying women's health with focused training on health disparities research and community engagement.

Who inspires you academically or otherwise?

One of the wonderful things about being at UNC is that it is easy to find sources of inspiration. Whether it is that brilliant researcher who is advancing science or one of our residents who is so kind and compassionate to our patients or the medical school applicant who has been resilient and worked so hard to make their dream of becoming a doctor come true, I find inspiration all the time in the people around me.

UNC WOMEN'S HEALTH RESEARCH SYMPOSIUM

Collaborate, Innovate, & Unite: The Future of Women's Health Research at UNC

FEATURING KEYNOTE SPEAKERS



Samantha Meltzer-Brody,
MD, MPH

Executive Dean of
UNC School of Medicine



Crystal Schiller,
PhD

Director of UNC Center for
Women's Mood Disorders

September
17th, 2026

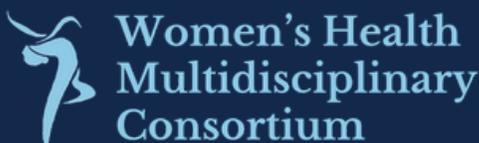
8:30 - 4:15 PM
MOLECULAR BIOLOGY
RESEARCH BUILDING



SUBMIT ABSTRACTS
BY JUNE 30!



Hosted By



UNC Department
of Pathology and
Lab Medicine

TIBBS

UNC | Training Initiatives in Preclinical & Biological Science

With Partners

UNC Department of Obstetrics & Gynecology
Center for Women's Health Research
Carolina Women's Center
Carolina Population Center
Department of Maternal and Child Health





ST PATRICK'S DAY BAKE SALE

UNC WHMC
MARCH 16

11:30 AM - 1:30 PM

SWEETENING
THE FUTURE OF
WOMEN'S
HEALTH!

BETWEEN BEACH CAFE
AND BONDURANT HALL



venmo

**HUGE
SALE**

HOSTED BY WHMC AND FAMILY MEDICINE INTEREST
GROUP



[HTTPS://GO.UNC.EDU/GK716](https://go.unc.edu/gk716)

JOIN US

JAN 24TH, 9:30 - 11:30AM

FEB 21ST, 9:30 - 11:30AM

MAR 7TH, 9:30 - 11:30AM

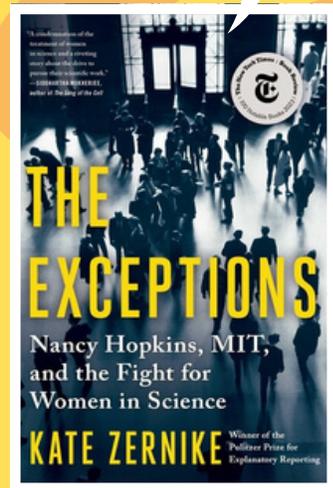
APR 18TH, 9:30 - 11:30AM

MAY 16TH, 9:30 - 11:30AM

STEM & SOCIETY

BOOK CLUB

Wednesdays 6:30 - 8:00 PM
STEEL STRING BREWERY
books provided for *FREE* at first session



The Exceptions: Nancy Hopkins, MIT, and the Fight for Women in Science • Kate Zernike (2023)

FEB. 11

SOCIAL BOOK PICKUP

FEB. 25

PART 1 RUDE AWAKENING

MAR. 18

PART 2 THE REPORT

APR. 8

PART 3 LEGACY & FUTURE

Join any time!



Open to everyone



STEEL STRING BREWERY

106A S Greensboro St
Carrboro, NC
27510



WHMC members!



You're Invited

to attend

the Spring Seminar Series on Professional Development in Women's Health Careers

March 2nd - Adesola Akinkuotu, MD, MPH

Maternal-Fetal Surgery, Fetal Care Center, Prenatal Counseling

March 11th - Ben Chi, MD

Global Women's Health

March 16th - Clara Lee, MD, MPP

Gender-Affirming Surgery, Breast Cancer Care

March 30th - Lisa Rahangdale, MD, MPH

HPV/Cervical Cancer Screening &
Administrative/academic career path perspective

April 6th - Johanna Quist-Nelson, MD

Maternal Cardiovascular Disease

April 27th - Lauren Kucirka, MD, PhD

Epidemiology and Data Registries

April 29th - Divya Mallampati, MD, MPH

Navigating Health Policy and Funding

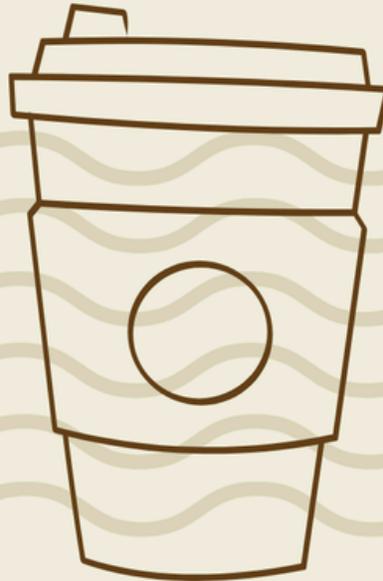
May 4th - Anne Lyster, MD, MA

Pregnancy Research Clinical Trials and Ethics



Roper Hall room 3112, 12-1pm

organized by the Women's Health Scholarly Concentration



PURPLE BOWL

SUPPORTING THE
WOMEN'S HEALTH
MULTIDISCIPLINARY
CONSORTIUM AT UNC

03.30.26 • 4:30-6:30PM

505 W Franklin St, Chapel Hill



Join us!

Hosted by the Carolina Women's Center

2026 WOMEN OF WORTH CONFERENCE

Collective Insights: Gender, Scholarship, and Experience



Featured Keynote Speaker

Felicia Brown, ScD, MPH

Senior Research Social Epidemiologist, RTI International
Adjunct Associate Professor, Dept. of Health Behavior

What to Expect

- Dynamic and thought-provoking speakers
- Engaging, interactive workshops
- Meaningful networking opportunities

Come connect, grow, and be inspired alongside peers and leaders committed to advancing knowledge, well-being, and shared purpose.



FRIDAY, MARCH 6, 2026
9AM-3PM



**Frank Porter Graham
Student Union**
209 South Rd, Chapel
Hill, NC 27599

REGISTER HERE:

go.unc.edu/WConference2026



**Current UNC-Chapel Hill
Faculty/Staff/Students attend
at no cost with a valid PID.**

Non-UNC Student Rates

All Day (includes lunch): \$20

Morning: \$10 | Lunch: \$5 | Afternoon: \$10

Non-UNC Faculty/Staff/Community Members

All Day (includes lunch): \$40

Morning: \$20 | Lunch: \$10 | Afternoon: \$20



The University
of North Carolina
at Chapel Hill

For more information, contact cwc@unc.edu



Mobilizing African American Mothers through Empowerment



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

WE NEED HELP WITH

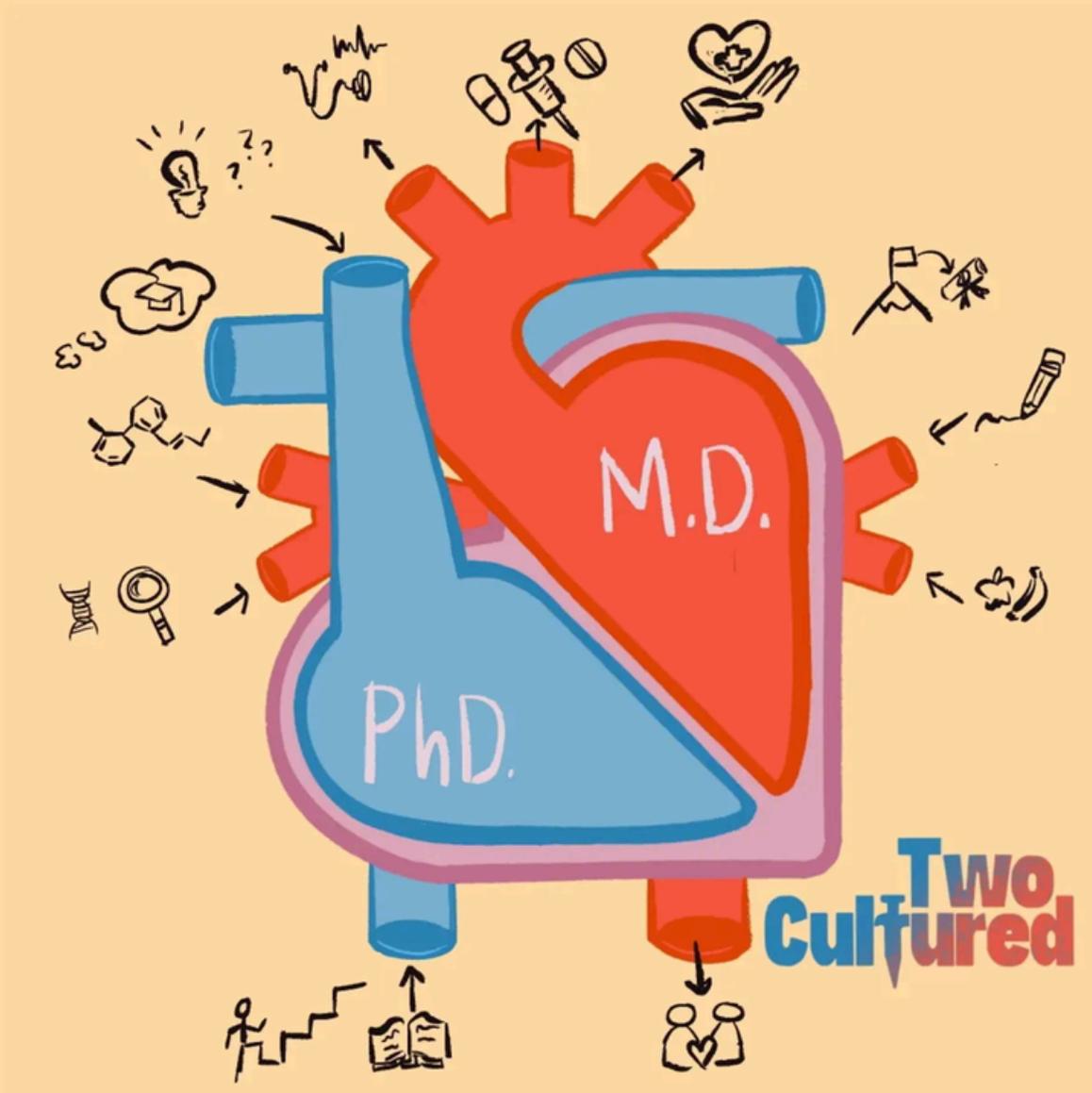
- Helping organize and pack fresh produce boxes
- Distributing boxes to families in need
- Providing support during pantry events

INTERESTED IN JOINING US?

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



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



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.

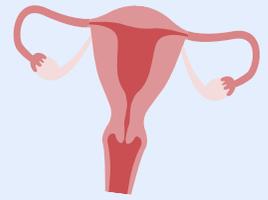
Contact our study coordinator to schedule your screening and IUD appointment!

(910) 683-0178

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. Applications will be reviewed on a rolling basis until the position is filled

MONTHLY CALENDAR



MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	Women's Health Research Symposium Registration Opens	2 Spring Seminar Series w/ Dr. Akinkuotu 12-1pm	3	4	5	6 Women of Worth Conference 9-3pm
7 NC Diaper Bank 9:30-11:30am	8 International Women's Day	9	10	11 Spring Seminar Series w/ Dr. Chi 12-1pm	12	13
14	15 Spring Seminar Series w/ Dr. Lee 12-1pm	16 St Patrick's Bake Sale 10-2pm	17 Happy St. Patrick's Day	18 STEM & Society Book Club 6:30-8pm	19	20 First Day of Spring
21	22	23	24	25	26	27
28	29	30 Spring Seminar Series w/ Dr. Rahangdale 12-1pm	31 Purple Bowl Fundraiser 4:30-6:30pm			



happy spring

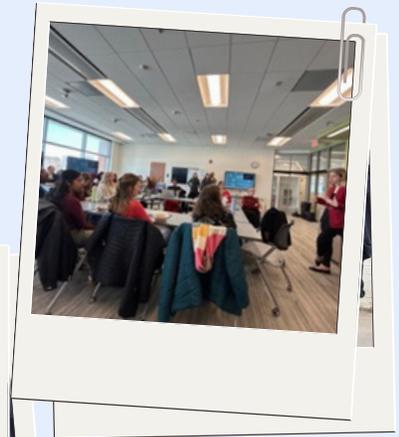
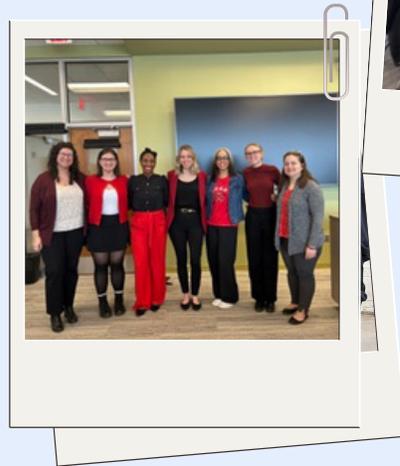
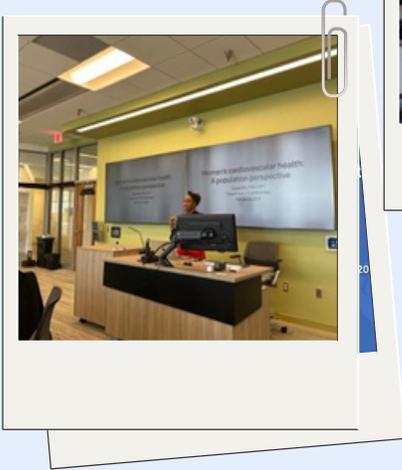




COMMUNITY BULLETIN BOARD



Thank you so much to everyone who came out for the Women's Heart Health Lunch and Learn with the Carolina Women's Center. There was an amazing turn out, and an even better discussion!

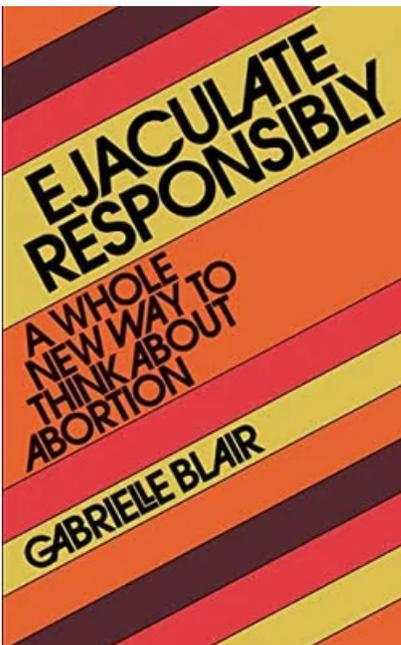


WHMC BOOK RECOMMENDATION OF THE MONTH

Ejaculate Responsibly: A Whole New Way to Think About Abortion

by Gabrielle Stanley Blair

In this short read, Blair refocuses the hot-topic issue of abortion onto men instead of women. In a debate normally centered around controlling women's bodies, Blair reframes the issue as men's lack of accountability for their actions - an argument built on scientific data. She cites how men are 50x more fertile than women, which is dichotomous to how 90% of available birth control options are for women. Blair breaks down social stigmas regarding vasectomies and condoms, dismissing excuses used by men for decades to avoid male birth control. Blair presents a compelling and original argument for shifting the burden of unwanted pregnancies onto men.

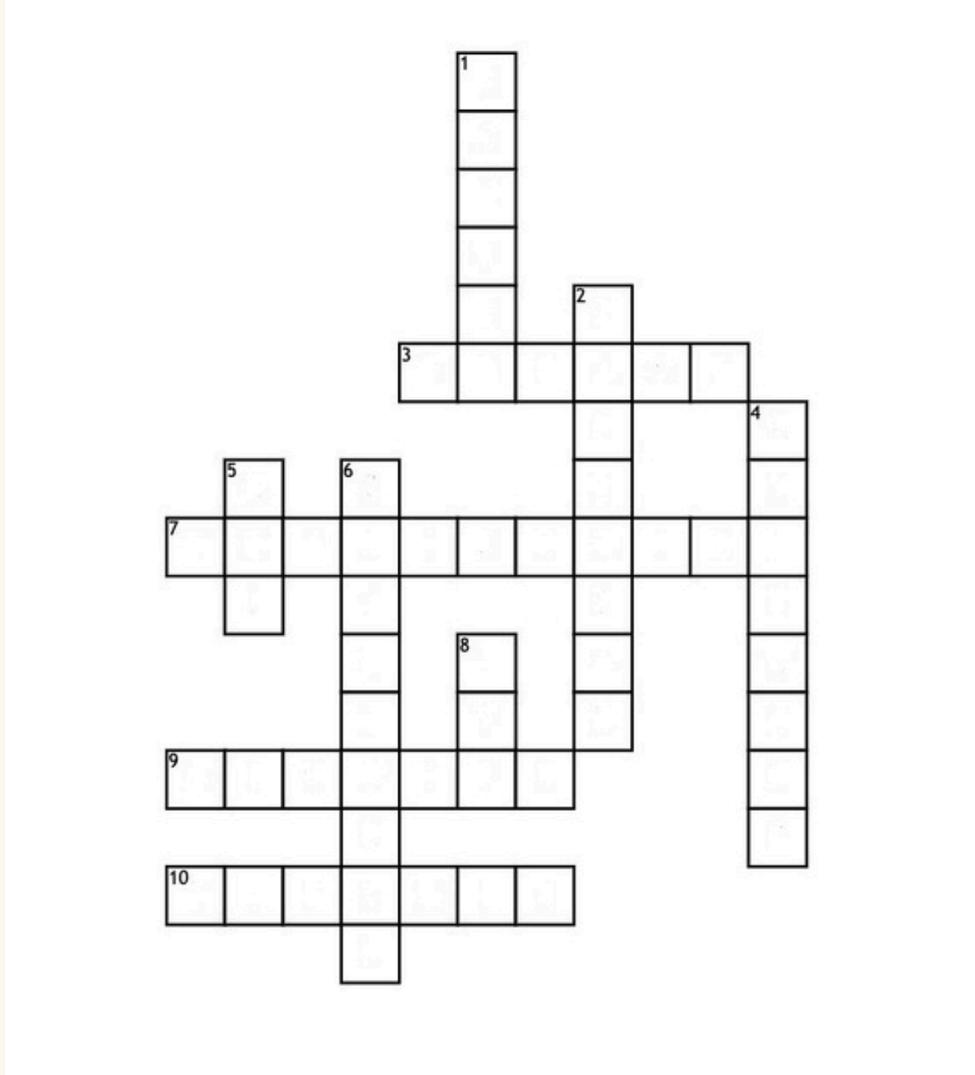




MARCH 2026 CROSSWORD



This Month's Theme: Women's Health History



Answers: 1. SANGER 2. PAP SMEAR 3. BREAST 4. ROE V WADE 5. WHI 6. BLACKWELL
7. THALIDOMIDE 8. IVF 9. MIDWIFE 10. TITLE IX

Hints

Across

- 3. Historically most common cancer among women
- 7. Drug once prescribed for morning sickness that caused birth defects
- 9. Traditional birth attendant relevant historically and in the present
- 10. 1972 Law improving women's athletic and health opportunities

Down

- 1. Last name of woman who opened the first birth control clinic in the US

- 2. Screening test introduced in 1940s that reduced cervical cancer related deaths

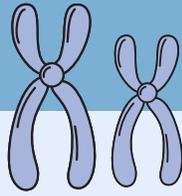
- 4. Supreme Court case on abortion rights
- 5. Name of first US research study on women's health (abbrev)
- 6. Last name of first U.S. female physician
- 8. First birth 1978 through this new technology



Fact or Fiction ?

**IN THE UNITED STATES,
MALES HAVE A 63% HIGHER
RISK OF MORTALITY THAN
FEMALES**

While behaviors like smoking, alcohol use, and risk-taking are often cited for the cause behind the ‘mortality gap’, a recent JAMA study suggests a deeper explanation. Researchers analyzed mortality data and adjusted for a broad range of behavioral, socioeconomic, and health-related factors, however, men continued to experience substantially higher death rates across multiple causes. The mortality gap was especially notable in conditions such as cardiovascular disease and certain chronic illnesses. These findings suggest that biological influences –such as sex chromosomes, hormone profiles, and immune system differences–may meaningfully contribute to the persistent lifespan disparity.



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!

Suhani Ranjan Kate Aberman



Sarah Rebbeor



Kylie Hutchison



Mehnaz Shafquat



Emily Perou

