

WHMC NEWSLETTER

APRIL
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

abstract submission open!

register today!

Women's Health Research Symposium

08
Apr

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

09
Apr

Hot Topics Seminar: *8:30 - 9:30 am*
Women's Heart Health

13
Apr

Spicy 9 Benefit Night  *5 - 9 pm*



16
Apr

Journal Club: *6:30 - 8 pm*
Research Roundtable

18
Apr

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

Hot Off the Press!

A recent randomized clinical trial published in JAMA Internal Medicine found that weekly extended-release injectable buprenorphine may be a promising alternative to daily sublingual therapy for treating opioid use disorder (OUD) during pregnancy. Pregnant participants receiving the weekly injection had higher rates of abstinence from illicit opioids compared to those taking daily medication, while maternal and neonatal outcomes—including neonatal opioid withdrawal syndrome—were similar between groups. Although mild side effects were slightly more common with the injectable form, it was associated with fewer serious adverse events overall.



Read more [here](#)



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



WHMC FACULTY INTERVIEW:

Divya Mallampati, MD, MPH

Assistant Professor, Maternal Fetal Health

Co-Medical Director of Labor and Delivery | Medical Director of Antepartum



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

My interest in medicine and public health started back in college. In truth, public and global health is and was my biggest driver of what I did and currently do. I was lucky to have mentors in my education and medical training and to be involved in organizations that allowed me to engage in public health and medicine in ways that were responsible and effective. Over the years, I've done a Fulbright, worked for the WHO, UNICEF, the Population Council, various non-profits, and in the Department of Health and Human Services federally. I have learned an incredible amount about how governments and multilateral organizations shape health care delivery.

My work in public health is complimented by my other interest which is women's health care. I always knew that whatever my public health engagement, I wanted it to be in the service of ensuring women get equitable and just care. As a maternal fetal medicine specialist, I get to care for pregnant people in a very vulnerable time of life but one that is also very powerful in shaping someone's health, family, and life.

While controversies in women's health care are not new in our current era, I have seen just in my own young career how health policy and public health shapes the lives of my patients, particularly those who are historically marginalized or systemically oppressed.

That is why my work and passion is in not only caring for people's pregnancies in the clinic and in the hospital, but finding routes through my research and advocacy to understand how we can create a system that is responsive to their social and economic needs.

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

My research currently focuses on the two areas. First, I am interested in how payor policies, such as Medicaid policy, influences maternal health outcomes during pregnancy and the postpartum period. My second area of interest is in policies around risk-appropriate care for pregnant people and outcomes for those who are transported to higher levels of care.

Who inspires you academically or otherwise?

Undoubtedly, I am inspired by my patients. I feel so honored that, even for a short while, I get to be a part of their stories and in helping them imagine how they want to build their lives and their families. I am in awe of the bravery that people exhibit in frightening or new situations, the grace with which they handle complexity in their own ways, and the sacrifices and selflessness they have to have in pregnancy and beyond. I hope that my work, in the clinic and out, does justice to the many lessons I learn from them.

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

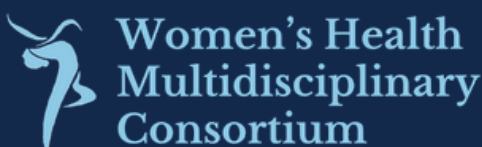
8:30 - 4:15 PM
MOLECULAR BIOLOGY
RESEARCH BUILDING



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



MATERNAL HEALTH SHOWCASE: CALL FOR RESEARCH PRESENTATION PROPOSALS!

**April 16th 11am - 1 pm
MacNider Hall 332**

We invite students and faculty to submit proposals for brief research presentations highlighting current scholarship, evaluation, and practice-based inquiry related to maternal health.

**More information and submission instructions:
[GO.UNC.EDU/MHPROPOSALS](https://go.unc.edu/mhproposals)**



Proposals Due April 1st

Event presented by: UNC Saving Mothers, Carolina Women's Center, and UNC Women's Multidisciplinary Health Consortium

Sponsored by the Department of Pathology and Laboratory Medicine &
The Women's Health Multidisciplinary Consortium



GRADUATE CERTIFICATE IN WOMEN'S HEALTH RESEARCH

APPLICATION OPEN NOW!

9 credits of coursework

Present at Women's Health Research Symposium

Monthly journal club

Submit a Letter of Intent by June 19th 2026
to mnyates@unc.edu to waive application fee



*More information &
the application can
be found here*

APPLICATIONS DUE AUG 3RD 2026

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

Hot Topics in Women's Health Research Seminar Series

Presented by the
Women's Health
Multidisciplinary Consortium

Women's Heart Health: Preeclampsia and Beyond

Thursday, April 9, 2026 9 – 9:45 AM in
Roper Hall 6310



Johanna Quist-Nelson, MD

Associate Professor, Maternal Fetal Medicine, UNC
Medical Director, Women's Heart and Health Clinic



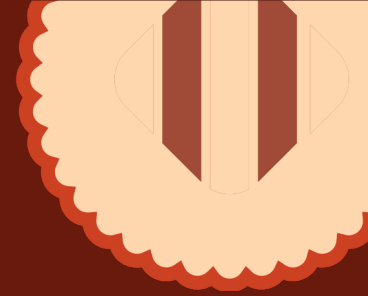
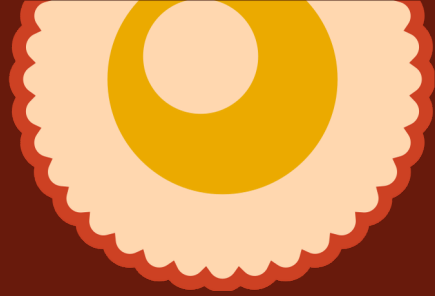
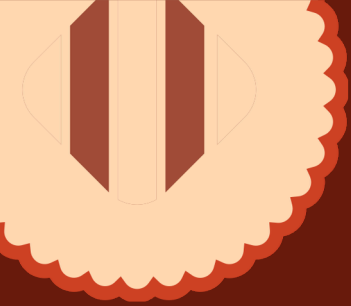
Emma Trawick, MD

Fellow, Maternal Fetal Medicine, UNC



Hybrid Seminar: Join us on Zoom
<https://zoom.us/j/93828526007?pwd=326oiSHH5XZAUsuZAWI7BhObTtr2e5.1>
Meeting ID: 938 2852 6007 | Passcode: WHMC-HTS

Supported by:

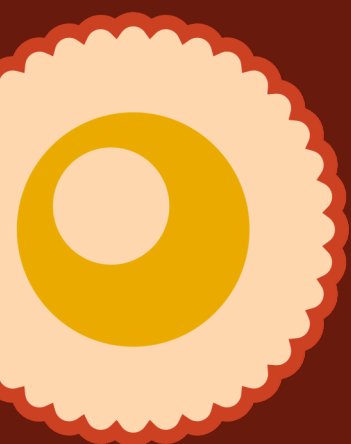


UNC WHMC

SPICY 9

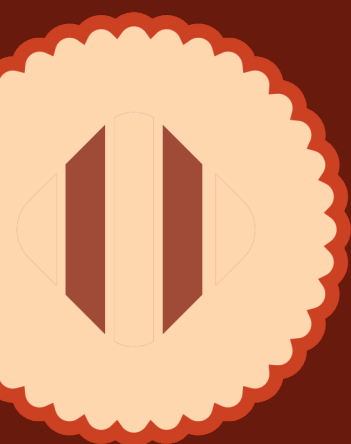
BENEFIT

NIGHT



**"ONE BITE, ONE
BREAKTHROUGH: SUPPORT
WOMEN'S HEALTH RESEARCH"**

Note; Please make sure to drop off your receipt in our box at Spicy 9 to make your donation count!



APRIL 13 2026 • MONDAY
11 AM TO 10 PM
140 W. FRANKLIN ST #150
CHAPEL HILL, NC 27516

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

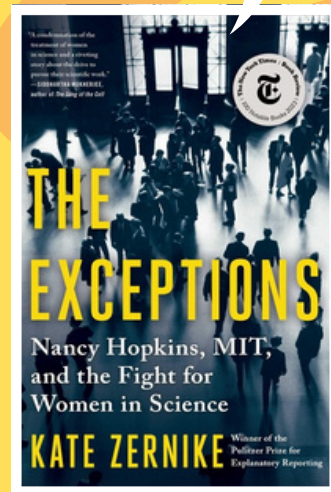
APR 18TH, 9:30 - 11:30AM

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 Lyerly, MD, MA

Pregnancy Research Clinical Trials and Ethics



Roper Hall room 3112, 12-1pm

organized by the Women's Health Scholarly Concentration



SCHOOL OF MEDICINE

Pathology and Lab Medicine

The Graduate Curriculum in
Pathobiology & Translational Sciences
in the Department of Pathology &
Laboratory Medicine Presents:

THE 21ST ANNUAL

MARC J. MASS LECTURE

***LEVERAGING
METABOLISM TO TREAT
PRIMARY AND METASTATIC
KIDNEY DISEASE***

**APRIL 9TH 2026
11:00 AM**

SPEAKER:

Celeste Simon, PhD

Professor of Cell and
Developmental Biology

University of Pennsylvania

LOCATION:

**ACTIVE LEARNING THEATRE
(ROOM 1101) IN ROPER HALL**





maame

Mobilizing African American Mothers through Empowerment



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

WE NEED HELP WITH

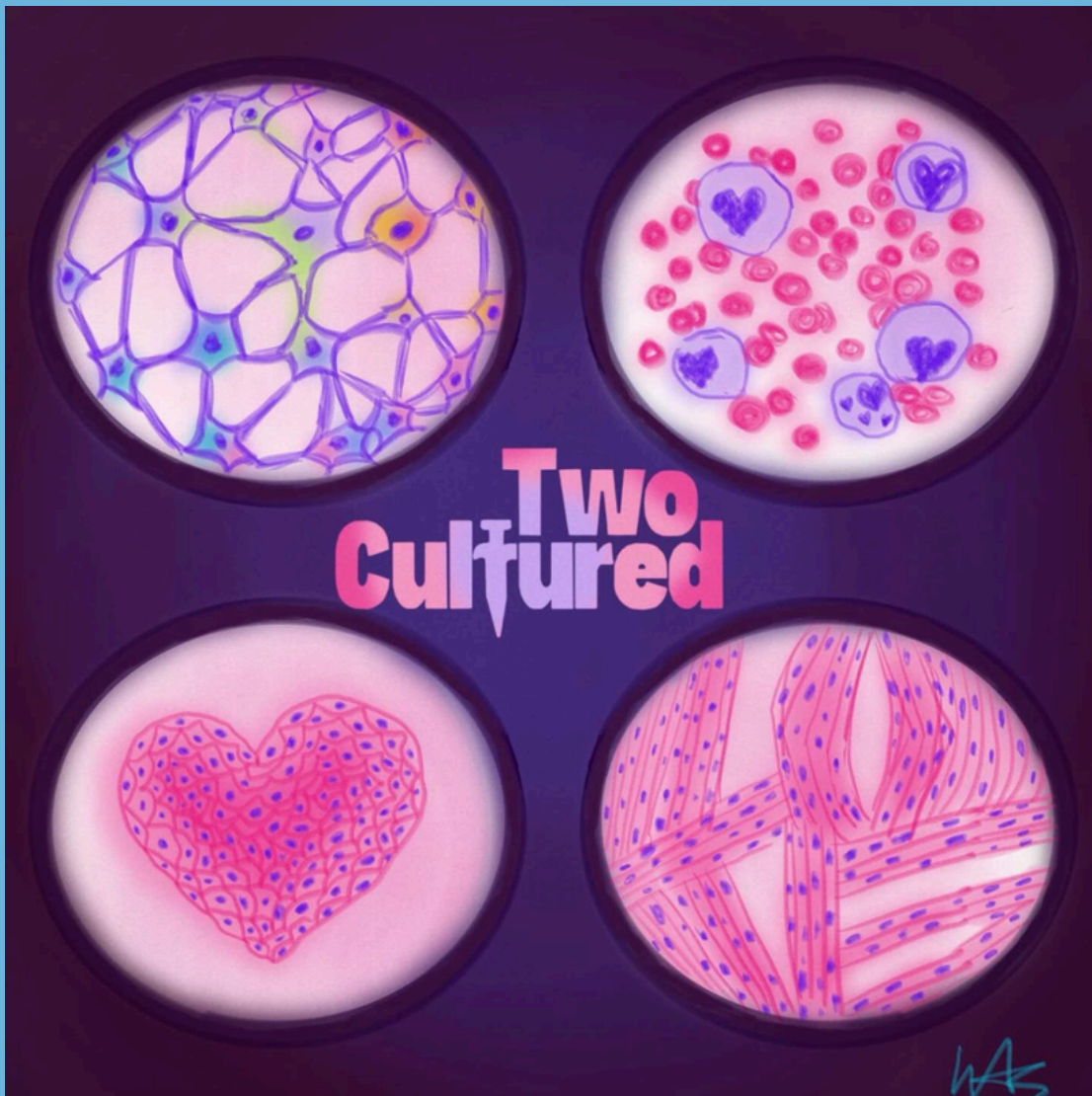
- Helping organize and pack fresh produce boxes
- Distributing boxes to families in need
- Providing support during pantry events

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.

Episode 9 out now! Listen on [SPOTIFY](#) or [APPLE MUSIC](#)

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.

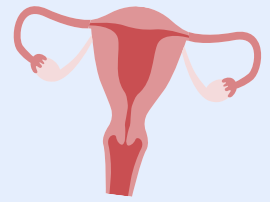
Contact our study coordinator to schedule your screening and IUD appointment!

(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



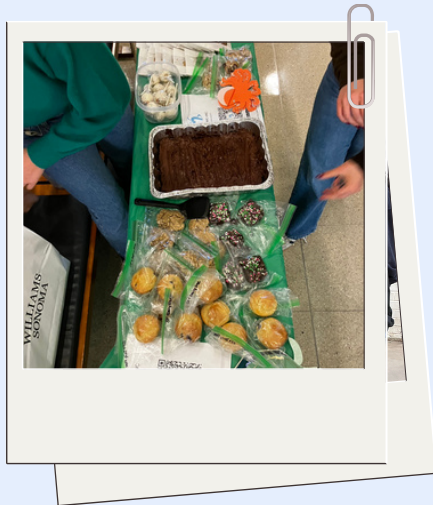
APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Autism Awareness Day	3	4
5	6 Spring Seminar Series w/ Dr. Johanna Quist-Nelson	7 World Health Day	8 STEM & Society book club	9 Hot Topics Seminar: Cardio-obstetrics	10 Marc J. Mass Lecture	11
12 Spicy 9 Fundraiser	13	14	15	16 Maternal Health Research Showcase	17 Journal Club: Research Roundtable	18 NC Diaper Bank volunteering
19	20	21	22 Earth Day!	23	24	25
26	27 Spring Seminar Series w/ Dr. Lauren Kucirka	28	30 Spring Seminar Series w/ Dr. Divya Mallampati			

happy spring

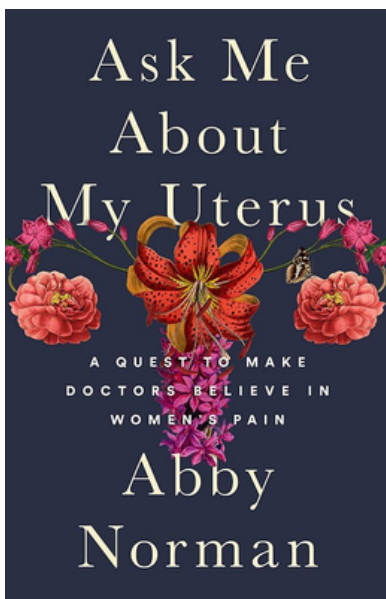


COMMUNITY BULLETIN BOARD



Thank you everyone for coming out to our St. Patrick's day bake sale! We hope you enjoyed the goodies!!

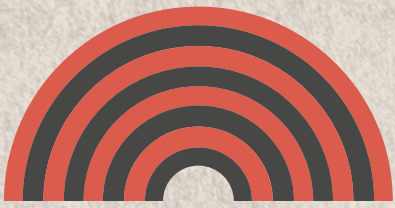
WHMC BOOK RECOMMENDATION OF THE MONTH



Ask Me About My Uterus: **A Quest to Make Doctors Believe in Women's Pain** *by Abby Norman*

Norman bravely details her struggles with endometriosis - not only the physical pain caused by the disease, but also her decade-long battle to receive a diagnosis. In college, Norman suddenly lost 40 lbs and began to grow grey hairs. Physicians overlooked her complaints and slapped the diagnosis of UTI on her chart, sending her home with antibiotics but no infection to be treated time after time. Her condition went undiagnosed for years despite persistent complaints - a story that resonates with many women. Norman's book explores the broader historical, political, and socioeconomic context surrounding endometriosis.

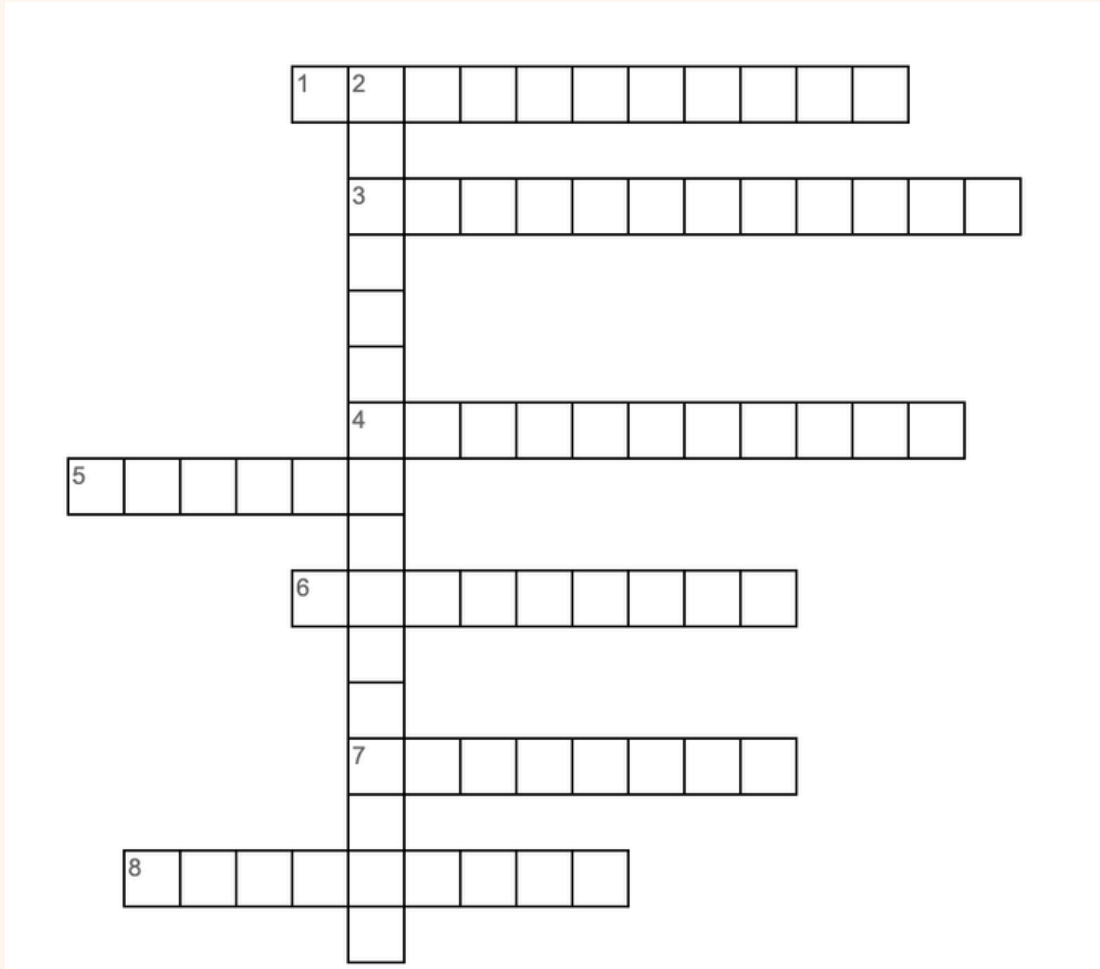
Available through [UNC Library](#).



APRIL 2026 CROSSWORD



This Month's Theme: Health with the Season of Spring



Answers: 1. Chlorophyll 2. Hypersensitivity 3. Perspiration 4. Electrolyte 5. Pollen 6. Histamine
7. Vitamin D 8. Melatonin

Hints

ACROSS

- 1:** Plant pigment with antioxidant properties abundant in spring greens
- 3:** Physiological process increased during outdoor spring exercise to regulate temperature
- 4:** Essential mineral often replenished through hydration during warmer months
- 5:** Seasonal allergies caused by this powder from plants
- 6:** Inflammatory chemical released during allergic reactions
- 7:** Vitamin you get from sunshine
- 8:** Hormone regulating circadian rhythm, often improved by daylight exposure

DOWN

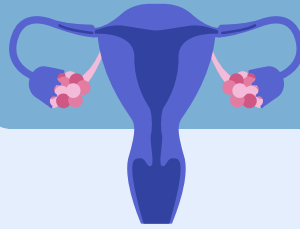
- 2:** Immune response triggered by harmless spring particles



Fact
or
Fiction
?

WOMEN SPEND 40% OF THEIR
LIFETIME ON AVERAGE IN
MENOPAUSE

Menopause affects over 1.3 million women annually in the U.S., with up to 80% experiencing symptoms like hot flashes and genitourinary issues that greatly impact quality of life. The FDA recently removed long-standing “black box” warnings from many menopause hormone therapies—warnings that had discouraged use for over 20 years. Experts emphasize that these changes could reduce stigma, improve access, and support more individualized, evidence-based treatment decisions for menopausal care.



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

