



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

**Older Women's Health in the
National Centers of Excellence
in Women's Health**

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OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence (CoEs) in Women's Health were established in 1996 by Office on Women's Health within the Department of Health and Human Services. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine around a common mission – to improve the health status of diverse women across the life span.

Caring for women across the life span includes a focus on the health and well-being of older women. This will become increasingly important during the next decade as the proportion of women over age 65 in the U.S. is expected to double. This pamphlet highlights activities and programs at the CoEs that address the specific health care concerns of older women.

Osteoporosis

Although the roots of osteoporosis stretch across the lifespan, its consequences are predominately felt at older ages – affecting women four times more often than men. As a result, many CoEs have programs focusing on this health priority.

- ◆ Exercise is important step for prevention and also for decreasing the risk of fractures and falls for women diagnosed with the osteoporosis.

At the UCLA-Iris Cantor Center and at OSU, senior women participate in osteoporosis prevention exercise programs.

- Harvard-affiliated hospitals sponsor exercise programs for women with the disease.
- A “problem-focused” clinic at the University of Wisconsin looks at the issue of preventing falls.
- ◆ Many women with osteoporosis don't know they have the disease until after they have a fracture.
 - Early bone density screening at Indiana, Magee, and Harvard help to identify women with osteoporosis so that they can receive the necessary medical treatment.
 - The Tulane/Xavier Bone Health Program offers comprehensive risk assessment and screening for women, focusing on at-risk populations.
 - OSU Osteoporosis Education and Screening Program, located in the Women's Wellness Center, reaches out to women in the community.
 - The osteoporosis program at MCP Hospital includes outreach programs, with patient education materials on calcium intake.
- ◆ Current research is seeking to improve treatments.
 - The Yale Geriatric Research Program has current investigations focusing on diagnosis and treatment of the common and serious problems related to fractures and immobility.
 - The Harvard Center of Excellence Hospitals offer comprehensive programs of osteoporosis care, including early bone density screening, evaluation and testing for women diagnosed with the disease, estrogen therapy, exercise

programs, and other medical treatments.

- Magee's Center of Excellence in Women's Health worked with State Representative Jay Costa, Jr., who introduced legislation for coverage of bone density testing in Pennsylvania, known as The Osteoporosis Early Detection and Treatment Act, in May.

Breast Health and Breast Cancer

Breast health is an important part of older women's health care, as the risk for breast cancer increases with age.

- ◆ Because there is no cure for breast cancer, early screening and diagnosis is a key factor in successful treatment.
 - At Boston University, the CoE team is developing a videotape on mammography and breast cancer screening in Haitian Creole, to address specific cultural issues for this population.
 - Also at Boston, efforts are being made to address the differences in breast cancer screening rates, stage at diagnosis, and mortality from breast cancer among white and black women over the age of 65.
 - Magee's Center of Excellence is implementing the Benign Breast Disease Program and has introduced breast MRI services, with a dedicated breast MRI system to evaluate clinical efficacy in the breast disease detection.
- ◆ Several CoEs are exploring methods to provide the best care for breast cancer.
 - MCP Hahnemann and the Harvard Center of Excellence Hospitals have dedicated breast health programs. MCP

Hahnemann also operates a mobile mammography van.

- The Tulane/Xavier Breast Health Center provides an interdisciplinary approach to breast health from screening through diagnosis. This center provides same day mammogram results, as well as additional testing through fine needle aspiration. A diagnosis and treatment plan is offered with immediate referrals to the Tulane Cancer Center, which provides interdisciplinary clinics in the treatment of breast, gynecological, and lung cancers.
- The Buck Breast Care Center at University of California, San Francisco provides breast care through a multidiscipline team of specialists, including screening examinations, diagnostic procedures, and treatment. This center also utilizes a “same day assessment” program.
- University of Pennsylvania’s Center of Excellence in Women’s Health has prepared a booklet entitled “Breast Cancer: An Update on Surgical Techniques and Treatment.”
- The Boston University Center of Excellence in Women’s Health has designed a study to determine differences in breast cancer management offered to older women.

Cardiovascular Disease and Stroke

Many people are unaware that heart disease is the number one killer of older women in the United States, and that strokes and other cerebrovascular diseases are the third leading causes of death in older women.

- ◆ Unfortunately, physicians may ignore symptoms of heart disease or fail to recognize the unique symptoms women display. Health

care provider education, therefore, is an important step in improving women's outcomes from heart disease.

- The Boston University Center of Excellence in Women's Health is increasing awareness among health educators and health care providers on health promotion and disease prevention strategies targeted towards women over age 50.
 - The Center of Excellence at UCLA trains medical students in issues affecting women across the life span, including gender differences in coronary artery disease.
 - The UCSF Women's Health is educating providers about gender related issues in heart disease and is committed to translating new knowledge about heart disease in women into up-to-date care.
 - The CoE at Magee Women's Hospital provides professional education seminars on topics such as Current Research on Cardiovascular Disease.
- ◆ Women also need to learn the warning signs of a heart attack and seek immediate medical attention if any symptoms develop.
- The Iris Cantor-UCLA Women's Health Education and Resource Center provides written materials for older women on topics including heart disease.
 - Magee sponsors many public seminars, including "Women's Heart Disease" and "Women's Hearts are Different: Beating the Risks of Heart Disease."
- ◆ Screening and prevention programs can aid in the early diagnosis of cardiovascular disease.
- The Ohio State University Medical Center's Heart Partners

Program is working with rural, Appalachian county health departments to increase heart disease screening of women living in high risk areas of the state. OSUMC staff are working to train staff in the county health departments to conduct the program independently.

- Magee developed a “Heart-Check Program” in satellite centers for heart health screenings, including heart risk evaluation, dietary assessment, cholesterol, blood pressure, weight check and counseling.
- The Harvard Medical School affiliated hospitals offer women-centered comprehensive evaluation and treatment of cardiac risk factors, such as high blood pressure, high cholesterol, smoking, excess weight, and stress.
- The Tulane/Xavier Women’s Heart Program provides cardiovascular risk factor screening for women through tertiary care.
- Ambulatory cardiology services for women were developed and implemented at the MCP Hahnemann CoE.
- ◆ Once diagnosed, women are treated less aggressively than men; women who have heart attacks are more than twice as likely as men to die from them within the first year. Research and treatment advances are clearly needed.
 - The Boston University Center of Excellence in Women’s Health is conducting research to understand the two-fold increase in use of carotid endarterectomy procedures for men compared to women with stroke.
 - A women’s cardiovascular disease clinic was developed and is located in Indiana University Center of Excellence space.

- Yale Geriatric Research Programs have current investigations focusing on heart disease diagnosis and treatment.
- Harvard affiliated hospitals are involved in various research studies and clinical trials that concentrate on cardiovascular medicine.
- The University of Pennsylvania's Center of Excellence in Women's Health participates in a health initiative focused on concepts in stroke rehabilitation.

Mental Health

Mental health problems in older women often go unrecognized, since they are frequently expressed as physical symptoms such as sleeplessness and loss of appetite, weight, or memory.

- ◆ Provider training is an important step in increasing the focus on older women's mental health.
 - The Center of Excellence at UCLA trains medical students in issues affecting women across the lifespan, including depression.
 - The Yale-New Haven Hospital Geriatric Psychiatry Inpatient Unit serves as a primary training site for geriatric psychiatry, which utilizes social workers, nurses, occupational therapists, and physicians to plan care for older individuals facing psychiatric illness.
 - Yale also sponsors training programs for geriatric health care professionals through a fellowship in geriatric psychiatry. This fellowship offers a range of learning experiences, including: geriatric assessment at the Adler Center, in-patient and surgery consultation, nursing home visits, and work with the Alzheimer's Research Clinic.

- ◆ Although a majority of people with some mental illnesses like depression and anxiety disorders are female, research has not focused on the mental disorders of older women. The CoEs are actively working to change this fact.
 - The Boston University Center of Excellence in Women's Health is addressing barriers to evaluating and treating depression in older women.
 - The Center of Excellence at UCLA hosts several researchers studying gender differences in older persons' social relationships and their impact on health status, depression, and Alzheimer's disease in women.
 - At Indiana University, a study of depression in the elderly is being conducted by the researchers at the Center for Excellence, the Center for Aging, the Alzheimer's Research Center, and senior health care units of the Wishard Health System.
 - Yale Geriatric Research Programs have current investigations focusing on diagnosis and treatment of depression.
- ◆ Several CoEs are exploring methods to provide the best mental health care.
 - At the Yale-New Haven Partial Hospital Program, a geriatric track hosts special therapy sessions for older patients, including bereavement groups and help in coping with age at the George Street psychiatric "partial" hospital.
 - Providers with the Division of Psychiatry at Harvard Medical School have special expertise in psychiatric issues related to women's health throughout the lifespan, including menopausal disorders, stress management, and loss and

bereavement. Additionally, Massachusetts General Hospital, a Harvard-affiliated teaching hospital, operates the Center for Women's Mental Health.

— The Tulane DePaul Health and Wellness Program applies a multidisciplinary approach to women's mental health maintenance.

— The UCSF CoE Depression Co-Management Team is a multidisciplinary faculty team with experience in treating women with depression. This team has expertise in how depression affects women at throughout the lifespan and the relationship between hormone fluctuations, hormone replacement therapy, and anti-depressants.

◆ Outreach and education are also an important piece in improving women's mental health.

— The Iris Cantor-UCLA Women's Health Education and Resource Center provides written materials for older women about depression.

— Magee provides community education seminars on topics including "When to Seek Help: Related to Depression and Other Illnesses" and "Inner Fitness: Holistic Approach to Stress," as well as hosting various mental health support groups.

— The University of Michigan sponsors "New Ways to Feel Good," a therapy group for those suffering from depression, anxiety or low self-esteem. This group meets weekly for ten weeks and utilizes cognitive therapy techniques.

— University of Pennsylvania's Center of Excellence in Women's Health has an initiative on stress and related health problems in older women.

- ◆ Women more frequently suffer from Alzheimer's disease, the most common form of dementia, since they make up the largest proportion of the elderly population.
 - UCLA hosts several researchers studying depression and Alzheimer's disease in older women.
 - The Indiana University Alzheimer's research center has been studying Alzheimer's in African Americans in Indianapolis and in residents of Ibadan, Nigeria. This study is examining possible related factors such as gender and education.
 - The UCSF CoE sponsored a "Bench-to-Bedside" Forum on Alzheimer's Disease and Women, during which experts were challenged to identify gaps in knowledge specific to the issue of gender and its impact on the disease.
 - The Yale Alzheimer's Disease Research Unit has several progressive investigations underway, including brain-imaging techniques in Alzheimer's cases and in normally aging adults, memory improvement drugs, and use of anti-depressants in older persons.
 - Massachusetts General Hospital, a Harvard-affiliated teaching hospital sponsors the Partners Program of Excellence in Alzheimer's and Other Neurodegenerative Diseases.
 - The University of Michigan developed educational material entitled "Improving your memory," which explains how memory works and changes with age.

Menopause

Menopause, associated with decreased production of reproductive hormones, is a part of women's natural aging process.

- ◆ The CoEs are advancing clinical care and research relating to menopausal health issues.
 - Menopause Centers at Harvard-affiliated hospitals provide comprehensive gynecologic care, mammograms, and bone density studies.
 - The Harvard Medical School's affiliated teaching hospitals are also involved in various research studies and clinical trials that concentrate on health issues of postmenopausal women, including postmenopausal hormone replacement therapy, menopausal depression, and neuroendocrine physiology in aging of postmenopausal women.
- ◆ Outreach and education about what to expect and what treatment options are available to alleviate symptoms associated with menopause is also an important part of improving women's health care.
 - Information on evaluation and treatment for menopause-related issues is available at UCLA's Iris Cantor Women's Health Center.
 - Magee's Center of Excellence in Women's Health sponsors "Transitions," a health care program for older women that includes menopause counseling and education services. Community education is provided through the "Menopause: a Time of Growth and Change" and "Menopause and You" programs.

- Classes held in the Women's Wellness Center Women's Wellness Center at OSU include information about menopause and hormone replacement therapy.
- The UCSF CoE sponsors "Embracing Menopause: Traditional and Alternative Approaches" to educate women about the physical changes that happen to a woman's body during menopause and the different treatments available, integrating alternative and traditional treatment approaches as well as lifestyle behaviors such as fitness and nutrition.

Urinary Incontinence

Urinary incontinence, or loss of bladder control, causes disability and dependency in a large number of American women, particularly as they age. The majority of those who suffer from this condition can be cured or improved, yet only about half seek help from a health professional.

- ◆ The CoE programs are designing innovative clinical care centers for women with incontinence.
 - The UCSF Women's Continence Center was developed to offer women the full range of services in the diagnosis, treatment, and management of pelvic floor dysfunction including incontinence and uterine prolapse. This center provides a range of medical, surgical, and behavioral therapies as well as social and emotional support for their incontinence.
 - A special clinic located in Indiana University Center of Excellence space addresses the problem of incontinence in women
 - The Harvard CoE coordinates with the Beth Israel

Deaconess Medical Center Continence Center, Brigham and Women's Hospital Continence Center, and Massachusetts General Hospital Pelvic Reconstructive Surgery and Urogynecology Division.

- The University of Wisconsin has problem-focused incontinence clinics that serve older women.
- The Tulane/Xavier Urinary Incontinence Program uses a team approach through departments of Urology and Gynecology to provide testing and either non-surgical or surgical interventions addressing urinary incontinence.
- MCP Hahnemann established the Center for Pelvic Floor disorders, which has fostered relationships with companion programs in urology and urogynecology at Hahnemann and Graduate Hospitals.

◆ Research and provider training programs also advance the standard of care for incontinence.

- Providers at the UCSF Women's Continence Center are conducting groundbreaking research on the causes for and treatment of urinary incontinence. Patients at this center can enroll in a variety of clinical trials for medical, surgical, and behavioral therapies.
- Magee's current research portfolio includes projects focusing on urology and older women.
- The Center of Excellence at UCLA trains medical students in issues affecting women across the lifespan, including gender differences in health and disease and issues surrounding urinary incontinence.

Disease Prevention and Health Promotion

Disease and disability are not inevitable with age. Many CoEs are focusing more attention on healthy aging by encouraging older women to practice healthy behaviors and to take steps to prevent the complications of diseases.

- ◆ Older women can live healthier through nutrition, diet, weight maintenance, and exercise programs offered at the CoEs.
 - The MCP Hahnemann CoE has initiated an exercise program for older women.
 - Magee sponsors community education classes on yoga, natural weight loss, healthy lifestyles for urban women, wise food shopping, and understanding food labels.
 - The CoE at OSU has developed the Body Recall exercise program for older persons, which is intended to re-establish basic fitness by improving flexibility, strength, balance, coordination, and circulation.
- ◆ Illness and injury prevention activities can make a difference by decreasing morbidity.
 - University of Michigan Health System's Turner Geriatric Center, a member of the Women's Health Program Center of Excellence Free blood pressure checks offered weekly. Flu vaccinations are offered during the fall on three occasions, recommended for all individuals over the age of 65.
 - The Women Enjoying Longer Lives (WELL) Program at Beth Israel Deaconess Medical Center, a Harvard-affiliated hospital, is a unique public health initiative that focuses on the preventive health care needs of economically

disadvantaged mid-life women residing in the Boston inner-city. By working to reduce the prevalence of common preventable/manageable health problems among mid-life women, the WELL Program therefore increases the health of the aging Boston population.

- OSU Older Driver Education Program Assists seniors and physicians in the assessment of declines in age or illness-related physical and mental changes which compromise an individual's ability to drive.
- The Tulane/Xavier Domestic Violence/Elder Abuse Awareness Program educates healthcare providers and communities in the identification of victims of sexual assault and domestic violence. The Program also provides referrals to social support networks through community partners.
- ◆ The CoEs are addressing other older women's health issues to enhance healthy aging.
 - Diabetes increases with age, and is a major cause of disability and death among older women. The Women's Program at The Joslin Diabetes Center of Beth Israel Deaconess Medical Center, a Harvard-affiliated hospital, offers gynecological services to women of all ages with diabetes, including osteoporosis evaluation and treatment, menopause evaluation, and hormone replacement.
 - Long-term care issues are of increasing importance. The Division of Gerontology at Brigham and Women's Hospital, a Harvard-affiliated hospital, provides consultative services to ambulatory and acutely hospitalized elderly individuals. Typical conditions that are evaluated include cognitive impairment, illness of unclear cause, multiple interacting

illness, complications of medications, incontinence, osteoporosis, depression, weight loss, falls and mobility problems.

- The Tulane/Xavier Center for Sexual Health offers a comprehensive medical and psychological approach to assessment, diagnosis, and treatment of sexual dysfunction in older women.
- Harvard Medical School's Mind/Body Institute at Beth Israel Deaconess Medical Center is dedicated to the study of behavioral medicine, including mind/body interactions and the relaxation response. The Center has played a pioneering role in the development of these approaches and the scientific study of their role in furthering better health and well-being.
- ◆ Many of the CoEs sponsor education and outreach efforts and provide resource centers to enable older women to be savvy health consumers.
 - The CoE at Magee produced "Women in their Prime: A Guide to Healthy Living" to address older women's health issues.
 - University of Pennsylvania CoE has focused on older women's health through targeted health initiatives, such as the Celebrate Age Exposition and "It's in Your Hands: Carpal Tunnel Syndrome, Arthritis, & Other Common Hand Problems."
 - The CoE at the University of Pennsylvania sponsors a women's health conference series, on topics such as "Herbal Alternatives, Hope amidst the Hype" and "Designer Aging."

- Harvard-affiliated hospitals host several resource centers. The Maxwell & Eleanor Blum Patient and Family Learning Center at Massachusetts General Hospital, helps patients learn about health and illness through easy-to-read pamphlets, magazines, audio tapes, videos, CD-ROMs, web sites and both medical and consumer health books. Beth Israel Deaconess Medical Center's Learning Center is an innovative health-information resource for the general public, patients, and their families. It offers a wide array of services such as classes, special programs, publications, and a patient-centered healthcare library, covering a wide variety of health-care topics including menopause, osteoporosis, aging, and arthritis. The Women's Health Resource at Brigham and Women's Hospital provides timely and accurate information pertinent to the health concerns of all women and their families.
- The Center of Excellence in Women's Health at Wake Forest sponsors the Senior Resource Center so that patients and family members may learn about pertinent health issues.
- ◆ Continuing to be a productive member of society, maintaining friendships, remaining mentally active, and developing interests and skills are also very important in health promotion.
 - The Kit Clark Senior Services program of the Beth Israel Deaconess Medical Center is a unique, multicultural staffed, multiservice organization dedicated to enhancing the quality of life for seniors ages 60+ living in the Greater Boston area. Kit Clark provides medical, psychological, social, nutritional and transportation services which are easily accessible to seniors. Individually and collectively, the programs at Kit Clark are designed to help seniors strengthen their self-

esteem and extend their ability to live productively and independently.

- The University of Michigan's "Caring for Aging Relatives" is a six week education series, featuring seminars on caregiving techniques, understanding dementia and depression, paying for health care, and planning for the future. Additionally, the CoE coordinates "Caring for Your Mate," an ongoing support group for persons caring for a spouse or companion.
- The Ohio State University CoE hosts a class for new grandparents.
- Magee's Center of Excellence also sponsors a grandparents discussion group, an urban outreach effort titled "Grandparenting Today," as well as the Seniors Social Groups.
- The UCLA Center of Excellence consults with the AARP as programs are planned to be sure they reflect the interests of older people.
- The Intergenerational Women's Group at the University of Michigan encourages women of all ages to discover similarities and differences and to expand their views of past experiences and future possibilities.
- The CoE at the University of Michigan also sponsors a variety of other support groups on topics including: the Diabetes Support Group, Gays/Lesbians: Older & Wiser (GLOW), Exploring the Meaning of Life, the Hearing Group, Caring for Aging Relatives Support Group, the Low Vision Support Group, Medicare Assistance Program, Learning in Retirement, and Peer Volunteers.

Improving Clinical Care

The Centers of Excellence in Women's Health seek to improve the quality of care provided to older women, including finding more effective health treatments.

- ◆ Several CoEs have developed health assessment programs to encourage the early identification of health issues.
 - The Wake Forest Women's Health Risk Assessment is a screening tool and educational program to identify potential health problems later in life, and it provides health education and intervention referrals.
 - The Yale Center for Excellence works in collaboration with the Dorothy Adler Geriatric Assessment Center. Here, multi-disciplinary teams, led by geriatric case manager, work to identify and remedy health and health-related problems associated with increasing age, including: comprehensive medical examinations, geropsychiatry consultation, caregiver counseling, assessment of mobility, musculoskeletal difficulties, and special attention to issues related to older women.
 - The OSU Geriatric Assessment Program provides a comprehensive and coordinated evaluation and treatment plan for older patients.
 - At Indiana University, individuals over age 70 receive a formal geriatric assessment at the Acute Care for Elders (ACE) with the goal of reducing in-hospital bone-fractures and hospital morbidity.
- ◆ Considering the patient's views is also part of ensuring quality health care for older women.

- The Boston University Center of Excellence in Women's Health is developing a patient satisfaction instrument to address the specific health issues of older women.
 - Researchers in the Yale Geriatric Research Programs are working on new methods of incorporating patient and family preferences into major health care decisions.
 - The Center for Excellence in Women's Health at Wake Forest sponsors ongoing clinical research in quality of life issues.
- ◆ Creative clinical care settings can reduce structural barriers and thus improve older women's access to health care.
- Many UCLA Center of Excellence programs participate in the "center without walls," which refers women to specialized care in other clinics.
 - The Yale Center of Excellence works in collaboration with several inpatient services focused specifically on the care of older women. The Continuing Care Unit is a rehabilitation unit where patients with physical and medical conditions are able to eventually return to home-care. This unit also serves as a training site for internal medicine residents. Additionally, the Geriatric Resource Nurse Program, Elder Life Program, and Case Management Programs seek to minimize the extent of hospital-related complications and facilitate smoother discharge.
 - The Center of Excellence at Wake Forest aims to establish an integrated, multidisciplinary and regionally prominent outpatient clinic service to address disease risk and management in post-menopausal women.

- University of Wisconsin CoE works with the inpatient, geriatric-focused wards at both the UW and VA hospitals.
 - Ohio State University hosts several clinics on topics such as: arthritis, breast health, diabetes, hearing, heart health, mental health, neurologic care, neuromuscular disease, pharmacy services, vision, and weight management.
 - The Adult Day Program at OSU provides health and social services for adults experiencing losses in physical, mental, and social functioning.
 - Physicians with Yale-New Haven conduct daily rounds at local nursing homes to assist in the integration of care for older patients.
- ◆ Research and clinical trials contribute to the advancement of new and more efficient treatments.
- The Boston University Center of Excellence in Women's Health is finding new ways to improve enrollment of older women, especially urban women, into clinical trials.
 - Yale Geriatric Research Programs has investigations that focus on the diagnosis and treatment of such common and serious problems as heart disease, fractures and immobility, and depression.
 - The Harvard Medical School-affiliated teaching hospitals are involved in various research studies and clinical trials that concentrate on health issues of concern to older women including: incontinence in older men and women, cardiovascular medicine, osteoporosis and inhaled steroids, postmenopausal hormone replacement therapy, menopausal depression, and neuroendocrine physiology in aging of

postmenopausal women.

- The Center for Excellence in Women's Health at Wake Forest sponsors ongoing clinical research in the treatment of heart disease, breast cancer, dementia, osteoporosis, and incontinence. They also sponsor a pilot research award to researchers developing animal models of postmenopausal women's health issues.
- At the University of Wisconsin, over 125-affiliated faculty across the campus are involved in research in aging. The University is also home to the largest colony of aging rhesus monkeys in the US. Longitudinal studies of aging including the Wisconsin Longitudinal Study, the Beaver Dam Eye Study, the Women's Health Initiative, the Study of Caloric Restriction as a model of lifespan extension in nonhuman primates, and the Wisconsin Longitudinal Sleep Study with a substudy on menopause.
- Women's Health Research Group at the University of Maryland have several projects focusing on older women's health, including: reproductive health, the relationship between hormone replacement therapy and heart disease, breast cancer, and the psychosocial aspects of aging.
- The Claude D. Pepper Older Americans Independence Center at the University of Maryland has five major activities: 1) conduct clinical trials of risk factor modification in older persons with disabling peripheral arterial disease; 2) investigate the effects of exercise training on older individuals with heart disease; 3) train junior faculty and research associates in the investigation of ways to enhance independence and quality of life in older individuals with cardiovascular disease 4) link mechanistic, intervention, and

outcomes research in patients with peripheral arterial disease; and 5) form a campus-wide interdisciplinary Research Center to establish a new center of excellence in gerontology.

- Over 4,000 women are enrolled at the OSU Women's Health Initiative site, an NIH study, to determine the effect of hormone replacement therapy and/or a low-fat diet on women's risk of heart disease, breast cancer, colorectal cancer, and osteoporosis.
- The University of Maryland's Division of Gerontology in the Department of Epidemiology and Preventive Medicine focuses on gerontological health through research in the social and biological sciences, clinical medicine, preventive medicine, epidemiology, and biostatistics. Two major studies are under-way, the Baltimore Hip Study and the Maryland Long-Term Care Project, focus on older persons at high-risk for health problems related to increasing age.
- The Center of Excellence at UCLA hosts several researchers studying, gender differences in older persons' social relationships and their impact on health status, breast cancer and quality of life, depression and Alzheimer's disease in women and the relations to hormones, and weight loss and functional status in older women.
- ◆ The CoEs are promoting professional training in older women's health.
 - The Center of Excellence at UCLA trains medical students in issues affecting women across the lifespan, including: gender differences in health and disease, coronary artery disease, osteoporosis, breast cancer, urinary incontinence, depression, and thyroid disease.

- Magee-Women's Hospital sponsors professional education seminars, which have included sessions on breast MRI techniques.
- Magee's Center of Excellence in Women's Health designed osteoporosis training programs for primary care providers.
- The Center for Excellence in Women's Health at Wake Forest offers postdoctoral training in Older Women's Health, in collaboration with the Sticht Center on Aging.
- Yale Medical School and Resident Training has a required rotation in Geriatric Medicine within the Internal Medicine residency.
- The University of Wisconsin Women's Health and Aging program sponsors a Research and Leadership Training Grant to fund post-doctoral trainees.
- MCP Hahnemann University offers Geriatric Health Training as a fourth year elective and a Women's Health Pathway with a focus on experiences involving the older woman.
- The Division on Aging at Harvard Medical School serves as a focus for activities in aging for the entire University. The multidisciplinary membership of the Division is drawn from diverse preclinical and clinical departments in the Medical and Dental Schools as well as the Kennedy School of Government, the School of Public Health and the Faculty of Arts and Sciences at Harvard University. The goals of the Division include the establishment of education and training programs in gerontology and geriatrics and facilitation of research programs. The Division's mission is to provide these

services to trainees, clinicians, clinical and research fellows, and the public.

- Wisconsin hosts the well-developed Geriatric Medicine and Geriatric Psychiatry Fellowship programs, as well as a Geriatric nurse practitioner master's degree program and the Pharmacy residency in Geriatrics and Ambulatory Care. A graduate minor or certificate in Gerontology program through the UW Institute on Aging is also available.

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