



WOMEN'S HEALTH
RESEARCH INSTITUTE
NORTHWESTERN UNIVERSITY

Science to Care

POSSIBILITY » REALITY

The Women's Health Research Institute at Northwestern University is turning possibility into reality. The possibility that we can improve women's health by requiring that all research studies put greater emphasis on sex and gender variables.

The possibility that all academic and governmental organizations on a national and global level will include the analysis of sex as a crucial variable in study designs and in the reporting of research results. The possibility that focusing on sex as a contributing factor to health and disease will ultimately lead to a healthier population for us all.

The reality we see creates true, personalized, comprehensive, multidisciplinary healthcare for women. Our reality accelerates the rate of discovery that impacts women's health. This reality bridges the gender gap for the next generation.

We are the voice for innovation that gives birth to an unprecedented reality and an entirely redesigned definition of women's health.

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Northwestern University





SCIENCE TO CARE

VISION » FOCUS

Since its inception in 2007, the vision of the Women's Health Research Institute has been to improve all dimensions of women's health and well-being. By focusing on cutting-edge, sex-based research, we have become the nation's foremost leader in promoting gender-specific healthcare.

The Institute's mission includes:

- » Transcending women's reproductive health issues to advocate for a sex- and gender-based methodology in all research disciplines
- » Encouraging interdisciplinary collaborative research among national and international researchers, scholars and clinicians
- » Ensuring professional career opportunities for women in the sciences by advancing educational goals and developing leadership skills among women and girls
- » Generating visionary programs that lead to true personalized healthcare for women, including:
 - Illinois Women's Health Registry
 - Oncofertility Consortium
 - Women's Health Research Forums
 - Multidisciplinary Research Initiatives
- » Translating the latest sex-based research results into clinical practices that lay the foundation for the most comprehensive, sex-specific women's healthcare program in the nation
- » Becoming a global resource for sex-based research that creates a new definition of women's health in all medical disciplines

DISCOVERY » CREATION

We are discovering new ways to expand women's health research beyond reproductive health issues, creating exciting sex-based research in other biological systems. The Institute's programs allow a diverse, cross-disciplinary group of researchers, scholars, scientists and educators to explore and join forces in all facets of women's health.

- » **Multidisciplinary Research.** Facilitate team building and collaboration among researchers and scholars to discover new sex-specific models of research—especially on colliding epidemics such as obesity, diabetes and infectious diseases
- » **Pioneer Grants.** Attract new donors who provide seed funding to explore and test new ideas that lead to larger sex- and gender-based research projects
- » **Grant Support.** Provide the historical perspective, technical support, tools, and assistance to researchers in the application process to obtain grants and awards that focus on women's health
- » **Illinois Women's Health Registry.** Accelerate the enrollment of women into research studies, enabling researchers to fast-track recruitment while better representing the diversity of all women throughout the state
- » **Oncofertility Consortium.** Build national and global networks to ensure reproductive options for women threatened with cancer and treatments that may impair their future fertility



EDUCATION » INSIGHT

We inspire and educate the public, health professionals and future scientists on the continuing need for gender-specific health research and sex-based medicine. The Institute's programs provide insights into women's health issues and advance the opportunities for learning.

- » **Women's Health Monthly Research Forums.** Educational forums featuring physicians, policy experts, researchers and scholars who advocate for sex and gender research and care
- » **Women's Health Science Program for High School Girls (WHSP).** An early intervention program designed to provide academic, personal and social support and encourage girls to choose science as their career path. This program has become a model for other universities nationwide.
- » **Knowledge and Social Media Hub.** Up-to-the-minute information on advancements in sex-based research and true personalized women's medicine, including clinical guidelines, apps, e-newsletters, website links, blogs, scholarly papers and resources on sex and gender differences
- » **Internships, Mentoring and Training.** Inspiring the next generation of women's health advocates by providing education and career opportunities for students, scientists, physicians and healthcare professionals:
 - Internships for undergraduate, graduate and medical students
 - Workshops, group courses and lab training
 - The latest clinical guidelines
 - Leadership development in women's health

KNOWLEDGE » CARE

The Institute advocates for women's health research at a national level and provides a strong voice to champion personalized medicine that goes beyond XX chromosomes. The knowledge acquired by gender-specific research leads to better care for all.

- » **Specialty Clinics.** The Institute is working with clinical partners to ensure that the latest research is translated into sex- and gender-specific care by encouraging the growth of specialty clinics focusing on women. The Institute also develops patient navigation tools for women dealing with complex issues such as fertility and menopause.
- » **Women's Healthcare Policy.** The Institute addresses the disparity of care that impacts women by advocating better healthcare for all by analyzing, tracking and reporting on payer, economic and political issues.
- » **Community Outreach.** The Illinois Women's Health Registry is expanding its reach to represent women from all communities—urban, rural and suburban. The Institute provides timely information to consumers on women's health research and care through our monthly e-newsletters, websites, blogs and other social media tools, and through tablets, mobile devices and all browsers.
- » **Fertility Preservation.** Through the Oncofertility Consortium, we provide education and resources to women impacted by fertility threatening diseases or treatments. The iSaveFertility iPhone app and the Fertility Hotline connect women to experts in oncofertility across the nation. The Consortium also unites global researchers who are working to provide fertility preservation options.

OPPORTUNITY » BELONG

Join us in giving women's health a voice. By becoming a part of the Women's Health Research Institute, you become a catalyst to ensure all women receive the gender-based medicine they deserve. The opportunity to belong is open to all:

» Researchers

- Use the Illinois Women's Health Registry to recruit women for your studies
- Work with the Institute to build collaborations
- Update the Institute on your ongoing research
- Participate in the Institute's forums and events

» Clinicians

- Incorporate sex-specific clinical guidelines into your practices
- Participate in the Institute's events and forums
- Share Institute educational materials about women's health with your patients

» Educators and Scholars

- Participate in the high school mentoring program (WHSP)
- Stay connected and learn about the latest in women's health by visiting our website
- Join and participate in our training programs

» Neighborhood and Community

- Join the Illinois Women's Health Registry
- Receive the latest publications by joining our mailing list
- Explore all our women's health sex-specific resources and follow our blog

» Donors

- The Institute relies on philanthropy to fund its programs
- With your generous support, we can continue our mission to advance medical science and knowledge in sex- and gender-based research and serve as advocates of women's health

To donate visit:

womenshealth.northwestern.edu/support-us or
email **womenshealthresearch@northwestern.edu**
or call **312-503-1385**

LINKS » LEARN

Main Institute Website: womenshealth.northwestern.edu

Blog: blog.womenshealth.northwestern.edu

Oncofertility Resources:

Oncofertility.northwestern.edu

myoncofertility.org

FertilityPreservation.northwestern.edu

iSaveFertility iPhone App

Fertility Hotline: 866-708-FERT (3378)

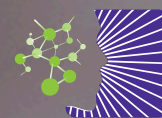


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