

WEBVTT

00:00:03.253 --> 00:00:05.547 - Women's health research is not a niche topic.

00:00:05.547 --> 00:00:07.674 It is not a footnote.

00:00:07.674 --> 00:00:10.719 It is front and center precision medicine.

00:00:16.182 --> 00:00:19.019 Our mission to improve the lives of women

00:00:19.019 --> 00:00:22.814 and through that lives of everyone through collaboration.

00:00:22.814 --> 00:00:27.152 Whether it's in discovery, in education, translation, or dissemination.

00:00:35.869 --> 00:00:37.871 - Progress has come through the persistence

00:00:37.871 --> 00:00:40.457 and important work of researchers, clinicians,

00:00:40.457 --> 00:00:43.418 advocates, policymakers, and many more.

00:00:43.752 --> 00:00:45.837 One of the most exciting recent developments

00:00:45.837 --> 00:00:49.007 is the launch of the Women's Health Research at Yale Collaborative,

00:00:49.007 --> 00:00:53.219 Yale's new interdisciplinary research hub centered on women's health.

00:00:53.261 --> 00:00:56.723 It brings together more than 250 faculty members,

00:00:56.723 --> 00:01:00.560 trainees, clinicians and advocates from ten schools and 39 departments.

00:01:06.274 --> 00:01:09.027 - What do we mean when we talk about women's health?

00:01:09.027 --> 00:01:12.280 It is so much more than sexual and reproductive health

00:01:12.322 --> 00:01:15.742 or maternal and child health, as it's often been simplified to.

00:01:16.493 --> 00:01:20.497 - Women actually spend 25% more time in poor health than men do,

00:01:20.497 --> 00:01:23.958 the majority of this gap is happening during women's prime working years,

00:01:23.958 --> 00:01:28.046 and so when you translate that into lost economic productivity,

00:01:28.046 --> 00:01:32.634 to the tune of \$1 trillion of global GDP contributions.

00:01:38.056 --> 00:01:41.601 - Right now, we have an unprecedented opportunity

00:01:41.601 --> 00:01:45.522 to change the trajectory of health for more than half the population.

00:01:45.522 --> 00:01:50.068 We're at a pivotal moment for investment in innovation in women's health.

00:01:50.735 --> 00:01:55.657 - Good science that includes women's health research is an irrepressible endeavor,

00:01:55.657 --> 00:01:59.577 and I look forward to watching this area of inquiry grow and flourish,

00:01:59.577 --> 00:02:02.997 and to following your careers and your important work.

00:02:12.924 --> 00:02:16.636 - Our current research is discovering that aging,

00:02:16.636 --> 00:02:19.264 and especially inflammation,

00:02:19.264 --> 00:02:23.852 dysregulated the stress response so it can no longer be controlled,

00:02:23.893 --> 00:02:27.689 and if we end up with toxic levels of calcium,

00:02:27.730 --> 00:02:33.069 that can set off a cascade that leads to Alzheimer's pathology.

00:02:33.069 --> 00:02:36.030 We're now working on developing treatments

00:02:36.030 --> 00:02:40.285 to prevent Alzheimer's disease at its earliest stages.

00:02:41.369 --> 00:02:44.831 So in my lab, we make use of variation

00:02:44.831 --> 00:02:46.791 in information and biological systems

00:02:46.791 --> 00:02:49.043 such as the genome or the epigenome,

00:02:49.043 --> 00:02:52.046 to derive biomarkers that we can use to predict

00:02:52.046 --> 00:02:53.673 both maternal and child health states.

00:02:53.673 --> 00:02:56.843 How can we harness the plasticity of pregnancy

00:02:56.926 --> 00:02:59.304 to improve long term outcomes for pregnant individuals?

00:03:00.138 --> 00:03:04.142 - So my lab focuses on developing new treatments for tobacco use

00:03:04.142 --> 00:03:07.979 and we're really interested in technology as an innovative treatment tool.

00:03:08.271 --> 00:03:11.232 Wearables can provide personalized health feedback,
00:03:11.232 --> 00:03:14.903 and studies have shown that this can promote behavior change.
00:03:18.865 --> 00:03:20.575 - When we see increases in hope,
00:03:21.201 --> 00:03:22.368 it's better for women.
00:03:22.368 --> 00:03:24.913 It's also better for families.
00:03:24.913 --> 00:03:27.040 It's better for the health care system
00:03:27.040 --> 00:03:28.541 and it's better for employers.
00:03:28.541 --> 00:03:32.003 Hope is just as powerful as a prescription.
00:03:45.600 --> 00:03:48.436 - I hope today showed what collaboration can achieve.
00:03:48.436 --> 00:03:50.271 We are just getting started.