



**HARVARD
CATALYST**

THE HARVARD CLINICAL
AND TRANSLATIONAL
SCIENCE CENTER

Stress and Health Disparities

Bridging Laboratory, Clinical, and Population Scientific Approaches

October 17-18, 2013

Dana Farber Cancer Institute, 450 Brookline Ave, Boston, MA 02215

Yawkey Center for Cancer Care Conference Center (Rooms 306-308)

This two-day transdisciplinary symposium will highlight the complex ways in which stressful exposures contribute to disparities in disease and premature mortality. Lectures, discussions, and breakout sessions will address cutting-edge research on the role of psychosocial stress in human physiology and behavior, with a focus on how stress influences cancer and cardiovascular disease risk. The goal is to engage the Harvard community in innovative research approaches to better understand the role of stress in the etiology of disease, and to facilitate new collaborations among researchers from diverse fields committed to fostering a deeper understanding of the roles of stress response in human health and health disparities.

October 17, 2013

8:30 – 9:00am

Continental Breakfast

9:00 – 9:15am

Introduction and Welcome

Michelle Williams, ScD, Stephen B. Kay Family Professor of Public Health & Chair, Department of Epidemiology, Harvard School of Public Health; Director, Harvard Catalyst Health Disparities Research Program

Julio Frenk, MD, PhD, MPH, Dean of the Faculty, Harvard School of Public Health; T & G Angelopoulos Professor of Public Health and International Development, Harvard School of Public Health and Harvard Kennedy School

9:15 – 10:00am

End to End: Telomere Maintenance Mechanisms in Humans

Introduction: *Michelle Williams, ScD*

Elizabeth Blackburn, PhD, Morris Herzstein Endowed Chair in Biology and Physiology; Professor, Departments of Biochemistry/Biophysics and Microbiology/Immunology, University of California, San Francisco

10:00 – 11:15am

Panel I: Stress and Health Disparities

Moderator: *Lisa Signorello, ScD, ScM, Associate Professor of Epidemiology, Harvard School of Public Health*

Work-Related Stress, Social Networks, and Health Outcomes

Lisa Berkman, PhD, MS, Thomas D. Cabot Professor of Public Policy and of Epidemiology, Harvard School of Public Health

Racial Inequalities in Health: The Potential Role of Discrimination and Other Stressors

David Williams, PhD, MPH, Florence Sprague Norman and Laura Smart Norman Professor of Public Health, Harvard School of Public Health

Socioeconomic Status, Relative Deprivation, and Stress

Ichiro Kawachi, MD, Professor of Social Epidemiology; Chair, Department of Social and Behavioral Sciences, PhD, Harvard School of Public Health

11:15am – 12:00pm The Speedometer of Life: The Health Effects of Exposure & Reactivity to Daily Stressors

Introduction: *Elizabeth Goodman, MD, Associate Chair for Community-Based Research, MassGeneral Hospital for Children; Director, MGH Center for Child & Adolescent Health Research and Policy; Professor of Pediatrics, Harvard Medical School*
David Almeida, PhD, MA, Professor of Human Development, Department of Human Development and Family Studies, The Pennsylvania State University

12:00 – 1:30pm LUNCH, Followed by Coffee Break with Community Speaker

Introduction: *Michelle Williams, ScD*

Lisa Moris, MSW, LICSW, 504 Reasonable Accommodation/Domestic Violence Program Coordinator/MSW Intern Supervisor, Trinity Management, LLC; Resident Service Coordinator, Bradley Properties & Ruggles Shawmut Housing

1:30 – 2:45pm Panel II: Stress Biology and Disease Pathways

Moderator: *Lisa Signorello, ScD, ScM*

Environmental Epigenomics: Epigenetics as a Tool to Capture Biological Marks of Stressors Contributing to Health Outcomes

Andrea Baccarelli, MD, PhD, MPH, Mark and Catherine Winkler Associate Professor of Environmental Epigenetics, Harvard School of Public Health

Psychoneuroimmunology of Stress

Michael Irwin, MD, Norman Cousins Chair of Psychoneuroimmunology, UCLA David Geffen School of Medicine; Professor, Psychiatry and Biobehavioral Sciences

The Influence of Stress on Telomere Length

Immaculata De Vivo, PhD, MPH, Associate Epidemiologist, Brigham and Women's Hospital; Associate Professor of Medicine, Harvard Medical School

2:45 – 3:45pm Panel III: Measuring Stress

Moderator: *Alexandra Shields, PhD, Director, Harvard/MGH Center on Genomics, Vulnerable Populations, and Health Disparities; Associate Professor of Medicine, Harvard Medical School; Associate in Health Policy, Massachusetts General Hospital; Associate Faculty in Molecular and Population Genetics, Broad Institute*

Measuring Stress Biomarkers in Large Populations

Clemens Kirschbaum, PhD, Professor, Technische Universität, Dresden, Germany

Prenatal Stress Models of the Brain: Integration of Brain Imaging Markers of Stress Response Deficits in Adult Psychiatric Disorders

Jill Goldstein, PhD, Professor of Psychiatry and Medicine, Harvard Medical School; Director of Research, Connors Center for Women's Health and Gender Biology, Brigham and Women's Hospital

3:45 – 4:45pm Panel IV: Stress, Perinatal, and Life Course Risks

Moderator: *Janet Rich-Edwards, ScD, Associate Professor of Epidemiology, Harvard School of Public Health; Associate Professor of Medicine, Brigham and Women's Hospital*

The Intergenerational Burden of Traumatic Stress

Karestan Koenen, PhD, MA, Associate Professor of Epidemiology, Columbia University

A Developmental Pathological Stress Response Model of Depression

Stephen E. Gilman, ScD, Associate Professor, Department of Social and Behavioral Sciences, and Department of Epidemiology, Harvard School of Public Health

4:45 – 5:45pm **Cocktail Reception**

October 18, 2013

8:00 – 8:30am **Continental Breakfast**

8:30 – 9:00am **Neurodevelopmental Consequences of Early Adversity in Childhood**

Introduction: *Michelle Williams, ScD*

Charles Nelson, PhD, Professor of Pediatrics, Harvard Medical School; Director of Research, Division of Developmental Medicine; Richard David Scott Chair in Pediatric Developmental Medicine Research, Boston Children's Hospital

9:00 – 10:15am **Panel V: Stress and Cancer**

Moderator: *Unnur Valdimarsdóttir, PhD, Adjunct Professor of Epidemiology, Harvard School of Public Health; Associate Professor of Epidemiology, University of Iceland*

Most Recent Evidence on Stress and Stress Pathways on Tumor Progression: A Transdisciplinary Research Model

Susan Lutgendorf, PhD, Professor, Departments of Psychology, Urology, and Obstetrics and Gynecology; Starch Faculty Fellow, The University of Iowa

Stress, Support, and Cancer: Evidence Regarding Intervention Effects on Survival

David Spiegel, MD, Jack, Lulu & Sam Willson Professor, Associate Chair, Psychiatry and Behavioral Sciences, Professor of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

10:15 – 11:30am **Panel VI: Stress and Cardiovascular Disease**

Moderator: *Matthew W. Gillman, MD, SM, Director, Obesity Prevention Program; Professor, Department of Population Medicine, Harvard Medical School/Harvard Pilgrim Health Care Institute; Professor, Department of Nutrition, Harvard School of Public Health*

Stress and Cardiovascular Disease: Evidence for Disease Pathways

Ilan Wittstein, MD, Assistant Professor of Medicine, Johns Hopkins Hospital

Early Childhood Environments, Resilience, and Cardiovascular Health

Laura Kubzansky, PhD, MPH, Professor of Social and Behavioral Sciences, Harvard School of Public Health

11:30am – 1:30pm **LUNCH AND WORKING GROUP SESSIONS**

1:30 – 2:00pm **Call to Action & Future Directions: Integrating Laboratory, Clinical, and Population Scientific Approaches**

Michelle Williams, ScD