



**Name:** Heather Allaway  
**City:** College Station, Texas  
**Date of birth:**  
**Email:**  
heather.allaway@gmail.com  
**Twitter handle:**  
**Studies:** Women's Health  
**Specialization:** reproductive  
function, musculoskeletal health.

### **Short bio:**

I grew up as the fourth generation on my family farm in rural Canada, which is where I developed an interest in science. Through my personal experiences, education, and training I have developed an interest in developing a comprehensive understanding of the influence of modifiable factors on women's reproductive health and the downstream implications on musculoskeletal health. Through mentorship during my Masters and PhD training I developed a background in human integrative physiology and clinical trial design and coordination. Following my PhD training I was awarded a Translational Research Institute for Space Health Postdoctoral Fellowship to investigate the use of hormonal contraception on bone health in female astronauts using an animal model for microgravity exposure. As a young investigator I am excited to further our understanding of gender differences in how modifiable factors influence reproductive health and the downstream implications for musculoskeletal health as I start my independent research career.

### **What do you expect from this training?**

An opportunity to expand my knowledge of bone physiology and pathophysiology, improve my best practices in research communication, and expand my network of colleagues of bone researchers.

### **Bonus question: What motivates you to get out of bed in the morning?**