

Southern Community Cohort Study

THE SOUTHERN COMMUNITY COHORT STUDY NEWSLETTER IS AN ANNUAL PUBLICATION FOR STUDY PARTICIPANTS.

Family Inspires Great-Great-Grandmother To Join Study

Wauleatha Cox was an only child growing up in Chattanooga some 70 years ago. Today, she watches over a brood that includes six children, 13 grandchildren, eight great-grandchildren and one great-great-grandchild.

Having five living generations of her family helped inspire her to get involved in the Southern Community Cohort Study. "I want to help," Wauleatha said. "This may lead to cancer cures or at least to learning what to stay away from in order to prevent cancer in us and our families."

Wauleatha, 72, is a seven-year breast cancer survivor. She enjoys reading, sewing and working jigsaw puzzles. She says God is her primary motivation, "but my daughters also keep me going and active."

She says she has two "addictions" – movies on the Lifetime channel and hats. "I have some fabulous hats. I buy them and my daughters buy them for me. I have to wear a hat to church or I don't feel dressed!"

Wauleatha was interviewed by Patricia Walker, SCCS interviewer at the Dodson Avenue Community Health Center in Chattanooga.



Wauleatha Cox and her daughters

20,000 and counting ...

You are one of more than 20,000 people in seven Southeastern states that have generously given their time to participate in the Southern Community Cohort Study (SCCS). Within a few more years, a total of more than 100,000 will be participants in this historic effort to fight cancer in the Southeast.

The study started almost two years ago, and since that time, we've made a lot of progress. Some news:

- Four new community health centers (CHCs) came on board last fall, including Family Health Centers in Louisville, KY, Jackson-Hinds Comprehensive Health Center, Jackson, Miss.; Quality of Life Health Services, Gadsden, Ala.; and Mostellar Medical Center, Bayou La Batre, Ala.
- Eight out of 10 participants are African-American, and nine out of 10 donated blood or mouth rinse samples, an optional but important part of the study to help find genetic causes of cancer.
- Leaders at Caterpillar Inc., the country's largest maker of construction equipment, gave \$1 million to the study because they saw and appreciated the possibilities to reduce the threat of cancer among African Americans, Southerners and all of us.
- 18 other CHCs are also involved in Meridian, Mound Bayou, Canton and Fayette, Miss.; Nashville, Memphis and Chattanooga, Tenn.; Montgomery, Mobile and Selma, Ala.; Savannah, Atlanta, Albany and Richland, Ga.; Orangeburg and Ridgeland, S.C., and Parrish, Fla.

Welcome

Dear Southern Study Family,

Welcome to a new year and another issue of the Southern Community Cohort Study newsletter. We're coming up on the second anniversary of the start of this study, and we're pleased to update you on our progress so far. We also are excited to introduce you to some familiar faces from community health centers throughout the region and provide you with tips for staying healthy.

If you have suggestions for future issues, we'd love to hear from you. Call us at 1-800-734-5057, toll-free, with ideas for stories or topics you'd like to see covered.

Being able to follow you over time is an important part of the study, so please be sure to call us at 1-800-734-5057 if you have moved or if your phone number has changed since you enrolled.

We are grateful to you for taking the time to participate in this study and for your commitment to helping fight cancer. This exciting project would be impossible without you.

Best wishes,
Dr. William Blot
Principal Investigator

Dr. Margaret Hargreaves
Co-Principal Investigator

Recipe

Lemon-Oregano Grouper with Vegetables

2 T. olive oil, divided
2 small zucchini, sliced julienne style
1 cup fresh or frozen corn kernels
1/4 cup diced red pepper
1/2 t. coarse salt
4 (5 oz) grouper fillets, about 1 inch thick (any white fish, such as mahi-mahi, pollack, wahoo, or cod will work)
salt and pepper to taste
2 t. fresh lemon juice
2 t. fresh oregano, coarsely chopped (or 2/3 t. dried oregano)
4 paper-thin slices lemon, halved

1. Preheat oven to 375 degrees F
2. Combine 1 T. olive oil and next 4 ingredients. Divide this mixture among four pieces of aluminum foil, placing the vegetables in the center.
3. Sprinkle each grouper fillet with salt and pepper and place fish on top of vegetables.
4. Combine the remaining tablespoon of olive oil, lemon juice, and oregano. Drizzle over each grouper fillet and top with 2 lemon slice halves.
5. Seal each foil package by rolling up the top and sides. Bake 16-20 minutes (until fish flakes easily with a fork).

Yield: 4 servings

Calories: 239; Protein: 30.4 g; Carbohydrate: 10 g; Fiber: 1.8 g; Sodium: 318 mg (omit added salt and sodium will be reduced to under 20 mg); Fat: 9 g (Sat:1.36 g, Mono: 5.41 g, Poly: 1.34 g, Trans: 0.07 g); Cholesterol: 52 mg

One serving provides 50% of the daily requirement for vitamin C and a good laundry list of minerals, including magnesium, iron, zinc, and phosphorous.

This recipe offers lots of vegetables, "good fat" in the form of olive oil and healthy protein in the form of fish. It was selected by Phyllis Tousey, SCCS field manager and Camelita McLean, SCCS interviewer at Southside Medical Center in Atlanta. Enjoy!

The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom by Phil McGraw, Ph.D.

reviewed by Phyllis Tousey

"Dr. Phil," who became a household name on TV's Oprah and now on his own self-titled show, is as entertaining in this book as he is on TV. Fans will recognize advice like: "Perhaps you come home from work every day and crawl onto your couch like a slug on a stone and just sit there. Don't do that. Beginning today, please don't do that."

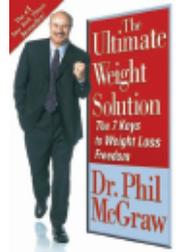
McGraw draws on 30 years working with overweight patients and his visioning style of counseling to present an action-oriented plan with seven critical "keys" to unlock seven "locked doors" that are blocking personal control of your weight.

McGraw says two of the "keys" deal with nutrition and exercise, beginning with assessments of how you're doing to start with and offering some original and practical ways to do better.

The other "keys" are about what's in your head:

- Replacing "toxic messages" with "positive thoughts" to unlock the door to self-control, what he calls "Right Thinking;"
- Breaking the cycle of overeating in response to emotions and stress with "Healing Feelings;"
- Creating a "No-Fail Environment" to ensure success;
- Achieving "Mastery Over Food and Impulse Eating" by identifying bad habits and replacing them with actions to weaken their hold;
- And surrounding yourself with people who provide encouragement and accountability, called a "Circle of Support".

This behavioral strategy sets his approach apart from many others. It's worth a try!

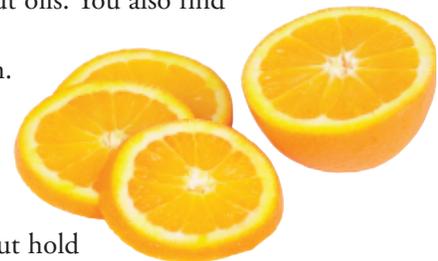


Food For Thought on Healthy Eating

Dr. Walter Willett, member of the Scientific Advisory Board of the Southern Community Cohort Study, has new "food for thought" about what makes up a healthy diet. In a book called *Eat, Drink and Be Healthy*, Willett sums up years of research from a large nutrition database at Harvard.

Among the key pieces of advice:

- Watch your weight (and exercise daily).
- Eat fewer "bad fats" and more "good fats," which include liquid oils rich in monounsaturated and polyunsaturated fats including olive, canola, soybean, corn, sunflower and peanut oils. You also find these good oils in nuts.
- Choose healthier versions of protein. Pick nuts, lentils and beans, fish, seafood, poultry and eggs over red meat.
- Eat plenty of vegetables (at every meal) and fruits (2-3 times a day) but hold the potatoes.
- Eat fewer starches (like potatoes, white breads, white rice, white flour pastas) and eat whole grains at most meals. These include brown rice,



continued on back

Colorectal Cancer: Stop It Before It Starts

It kills more people each year than every other cancer except lung cancer, but nine times out of 10, it may be preventable. What is it? You might be surprised to learn that it's colorectal cancer, cancer that begins in the colon (large intestine) or rectum, part of the system in your body that digests food.

This year, more than 147,000 people in the United States will be told they have colorectal cancer, more than 25,000 of them in the seven states participating in the Southern Community Cohort Study (see chart to see how your state measures up).

One of the things we hope to find out through the study is why colorectal cancer is more common among African-Americans than other racial groups. In addition, some research suggests that diet, exercise, taking certain vitamins and even aspirin use may affect your chances of developing colorectal cancer, and the study will shed more light on those things, too.

In the meantime, you can take steps to reduce your risks by eating more fruits and vegetables, exercising and watching you weight, and by having screening tests if you're 50 or older. Colorectal cancers often start out as small growths (polyps) inside the colon or rectum that grow larger over time; if they become cancer, they may become able to grow outside the colon or rectum and even spread to other organs like the liver or lungs. Finding and removing a polyp can stop cancer before it starts; even if a polyp becomes a tumor, chances for a cure are better if it is removed before it grows outside the colon or rectum.

Most people should get their first colorectal cancer screening when they turn 50. However, if colorectal cancer runs in your family, you may wish to start sooner – talk to your doctor about what's right for you. (See below for info about types of screenings).

You can learn more about colorectal cancer by calling, toll-free, the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER or the American Cancer Society at 1-800-ACS-2345.

Colorectal Cancer Screening Tests

1 A fecal occult blood test (FOBT). Checks for blood in your bowel movement that you might not be able to see (a symptom of polyps or colorectal cancer).

2 Sigmoidoscopy. A doctor inserts a narrow tube with a lighted camera on the end into the rectum and colon to look at the inside lining. Sigmoidoscopy examines the lower half of the colon, and the American Cancer Society recommends that it be done every five years along with FOBT every year.

3 Colonoscopy. Similar to sigmoidoscopy but it examines the entire colon, and if polyps are found, they can be removed right then. This should be done every 10 years.

4 A double-contrast barium enema, which uses an enema to fill your colon with a solution that will show up on X-ray. Then X-rays are used to look at the colon and look for polyps in the lining. The American Cancer Society recommends this method every five years.

Interviewer Spotlight

Meet James Frederick

James has been working with the study since March 2002.

Born in Trinidad, he came to the United States by way of New York City in the mid-1960s after completing most of high school in London, England. A graduate of Oakwood College in Huntsville,

Ala., James lives in Atlanta with his wife, Augusta. Between them, they have six grown children in their combined family.

James says that what he likes best about the study is meeting and talking to the patients he enrolls. He thinks that the SCCS will reveal that diet and other lifestyle factors such as exercise have an important role to play in the cause of the increased cancer rates in the South, and he truly wants to see some relief for this problem by discouraging people from the unhealthy lifestyles he has observed since he moved to the South. He has a very special reason for doing this type of work because he witnessed his father's struggle with stomach cancer.



Number of people diagnosed with colorectal cancer in 2003

Alabama	2,200
Florida	10,200
Georgia	3,300
Mississippi	1,700
South Carolina	2,300
Tennessee	3,200
Kentucky	2,400

Interviewer Spotlight

Meet Estella Williams



Please meet Estella Williams, an interviewer with the study at Delta Health Center, in Greenville and Moorhead, Miss., since April 2002. The 13th of 21 children, Estella grew up in Pace, Miss. She's been married for 25 years and has two children and two grandchildren.

Estella describes herself as a "people person;" that's why she really enjoys her job. Patience and perseverance contribute to her success as an interviewer -- she

has enrolled more than 1,000 people in Mississippi. She likens her work to a ministry and says she is motivated by the experience of loved ones who have faced cancer (a long-time friend died of cancer four years ago, her sister is a throat cancer survivor and a niece is a leukemia survivor).

Her goal is to interview as many people as she can so we can find out what causes cancer and ways to prevent it. "I'd really love to be able to help my friends and loved ones who have suffered with cancer," she said.

Healthy Eating from page two

old-fashioned oats, whole-wheat breads and pastas, and other whole grains like bulgur, barley and millet.

- Use alcohol in moderation (that means up to 1 drink/day for women and up to 2 drinks/day for men).
- Take a multivitamin every day for insurance.
- Avoid anything with "trans fats" – that means margarines, Crisco and other vegetable shortenings and many processed foods. The warning sign to watch for on the label: the words "partially hydrogenated."



Acknowledgements

The Southern Community Cohort Study Newsletter is published yearly for study participants. It is not intended as replacement for the medical advice of your personal physician; any specific questions about your health should be directed to your doctor.

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To submit story suggestions or to report a change in address or telephone number, call us toll-free at 1-800-734-5057.

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