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The Southern Community Cohort Study Newsletter is a biannual publication for study participants.

This issue was created and published with the help of the following study team members:

- Dr. Margaret Hargreaves
- Dr. Lisa Signorello
- Ms. Phyllis Tousey
- Ms. Tonya Micah
- Ms. Donna Henry
- Ms. Binni Chadda
- Ms. Susan Pappalardo
- Ms. Michelle Rohlsen
- Ms. Shenjun Zhu
- Mr. Mike Mumma
- Mr. Mark Steinwandl
- Ms. Maida Montes
- Ms. Rebecca Albert
- Ms. Sarah Schweitzer
- Dr. Rubens Pamies
- Dr. William Blot

This newsletter is not intended to be a replacement for the medical advice of your personal physician.

Dear Southern Study Family,

At the start of this new year, we hope this newsletter finds you happy and healthy. When you took the time to join the Southern Community Cohort Study at your local community health center, you showed your commitment to the fight against cancer, and you joined over 10,000 other fellow Southerners who have entered the study since March of 2002. In a few years, over 100,000 Southerners will have joined you in this important cause.

Our study team (currently more than 20 interviewers working in community health centers throughout the South, and many other team members working behind the scenes) is busily at work to make the study a success, but we couldn't do it without you. Please accept our sincere appreciation for your participation in the study. The enclosed refrigerator magnet is a small token of our gratitude.

We hope that the information contained in this newsletter is interesting to you. You might even see some familiar faces from your community health center! If you have suggestions for the next newsletter, we'd love to hear them. You can call us anytime toll-free at 1-800-734-5057.

If you have moved, and this newsletter reached you through a forwarding mail address, would you please take a moment to call us on our toll-free number (1-800-734-5057) to give us your new address? This will help us to keep in touch with you in the future.

We are glad that you are a part of this historic study, and we look forward to finding ways to prevent cancer together in the coming years.

Best wishes,

Dr. William Blot
Principal Investigator

Dr. Margaret Hargreaves
Co-Principal Investigator

Please remember to call our office at 1 (800) 734-5057 if your address or telephone number changes.

Interviewer in the Spotlight - by Phyllis Tousey

The SCCS is very proud of our dedicated team, and we'll be featuring one community health center interviewer in each issue of the biannual newsletter. This issue will introduce our readers to Betty Scott. Betty has been on the job full-time at West End Medical Center in Atlanta, Georgia since March 2002. She grew up in Sparta, Georgia and later moved to Atlanta with a full scholarship to attend Morris Brown College. Graduating with a degree in Physical Education and Biology, Betty has worked in medical management for most of her career.

Betty attributes her success as an SCCS interviewer to "having the support of the entire clinic" and "being a people person". She says that one of the things she likes best about working with the SCCS is that she is learning a lot about cancer, but the greatest thing is that she gets to meet and talk to so many different people (currently, Betty has enrolled over 800 people into the study!). Many have come back to visit her in recent months, and she has enjoyed receiving e-mails, postcards, and Christmas cards from them.

Betty has a special reason for wanting to work with the SCCS. She lost her father, one brother and one sister to cancer, and three other brothers have been diagnosed with and successfully fought cancer. She hopes that the study will figure out what is causing this to happen in families like hers. "We all have theories, but until research proves what is causing cancer we will never know the answers."

The SCCS dedicates this issue to Betty Scott's family and others like hers that have been affected by cancer.



Betty Scott

We would like to introduce you to some of the SCCS team



Brenda Benjamin (left) and Carolyn Guilford (right) at work at Westside Urban Health Center in Savannah, GA



Kara Duke from the Matthew Walker Comprehensive Health Center in Nashville, TN, and Kimberly Davis from Delta Health Center in Mound Bayou, MS attend SCCS interviewer training in Jacksonville, FL



Carolyn Brickley works recruiting SCCS participants at the East Albany Medical Center in Albany, GA



People living near Canton, MS can stop by the G.A. Carmichael Family Health Center to join the study with Ann Summers (above) or Thaddeus Roberts (not shown)

Hormone Replacement Therapy (HRT) - by Lisa Signorello



Are you questioning the use of hormone replacement therapy (HRT) for menopause? You aren't alone. A new study that was published by the Journal of the American Medical Association in July of 2002 suggests that the health risks associated with one common type of HRT may outweigh the benefits of taking it. This study followed more than 16,000 healthy women between the ages of 50 and 79, half of whom took HRT (containing both estrogen and progestin) and half of whom didn't. The half who took HRT had somewhat **higher** risks of heart attacks, strokes, and breast cancer, but also somewhat **lower** risks of hip and other bone fractures and colorectal cancer. The study scientists concluded that the "overall health risks exceeded benefits". In the past, many women have chosen to take HRT because it was believed that it could protect them from heart attacks after menopause. This new important study, however, shows that HRT may not give you this benefit. If you are taking HRT containing estrogen plus progestin, or if you are considering starting to take it, talk to your doctor about all of the risks and benefits so that you can make an informed choice about what is right for you.

Source: Risks and Benefits of Estrogen Plus Progestin in Healthy Postmenopausal Women (Principal Results From the Women's Health Initiative Randomized Controlled Trial). JAMA 2002;288:321-333.

Delicious Recipes For You to Try - by Donna Henry



Here are a some recipes that you might like to add to your table this year. If you decide to use them, please let us know how you liked them, and whether your friends or relatives liked them too. Besides being colorful, they are tasty!

Carrot Soufflé

1 pound cooked carrots, mashed
3 large eggs, lightly beaten
½ cup sugar
3 tablespoons margarine, melted
3 tablespoons all-purpose flour
1 teaspoon baking powder
1 teaspoon vanilla extract

Source: Southern Living Magazine

Stir together carrots, eggs and remaining ingredients.
Pour into a lightly greased 1-quart baking dish.
Bake at 350° for 45 minutes or until set.
Cool then serve.

Time: Preparation. 10 minutes, Bake: 45 minutes

Makes 8 servings

Garlic Green Beans

2 pounds fresh green beans, trimmed
1 cup boiling water
1 teaspoon salt, optional
¼ cup margarine or butter, melted
4 garlic cloves, pressed or chopped fine
¼ cup lemon juice
1/8 teaspoon black pepper
¼ cup fresh parsley, chopped

Place green beans, water and salt into a Dutch oven; cover and cook over medium heat for 30 minutes.
Add melted butter or margarine, garlic, lemon juice, and pepper.
Sauté 5 minutes then add parsley and serve.

Time: Preparation 10 minutes, Cook 35 minutes

Makes 8 servings

Source: Dwan Simmons, PhD/Donna Henry, MPH, RD

Island Peas and Rice

1 15 ounce can Pigeon Peas or Crowder Peas
1 teaspoon olive oil
1 medium onion, finely chopped
1 clove garlic, finely chopped
1/4 teaspoon thyme, crushed
1/8 teaspoon black pepper
1 15 ounce can chicken broth
2 cups long grain white rice*

* **Brown rice can be used instead of white rice.**
Just add 2 cups of brown rice in place of the white rice.

Source: Our Family Table, Recipes & Food Memories from African-American life Models Reprinted with permission of The Wimmer Companies.

Drain peas, save liquid.
Pour oil into medium size saucepan.
Cook onions and garlic until tender over low heat.
Add peas, thyme and pepper.
Cook for 5 minutes.
Add rice to peas, onions, garlic and spices.
Stir to mix well.
Mix liquid from peas, and chicken broth with enough water to make 4 cups.
Pour liquid into saucepan with the peas, rice and seasonings.
Raise temperature to high heat, when mixture comes to a boil, lower heat and cover with lid.
Cook 25 to 30 minutes or until all water is absorbed and rice is tender.

Time: Preparation 15 minutes, Cook: 25 - 30 minutes

Makes 8 servings

Keep Your Food Safe to Eat

Food safety doesn't take a holiday. Following some basic rules will help to make sure your food is safe to eat and free from food borne bacteria. You have the power to *Fight BAC!*™. *BAC* or bacteria are invisible and ready to strike. *BAC* can make you and those you care about sick. Even though you can't see *BAC* or smell him or feel him - he and million more like him may have already invaded the food you eat. These four rules can help you keep your food safe from *BAC*.

1. **Wash hands and surfaces often with hot soapy water.**
2. **Don't cross-contaminate. Keep raw foods separate from cooked foods.**
3. **Cook to proper temperatures. Use a thermometer to make sure foods are cooked all the way through.**
4. **Refrigerate uneaten food promptly, to keep *BAC* from growing and multiplying.**

Source: Fight BAC!™ Campaign. Food Safety and Inspection Service, United States Department of Agriculture. For additional food safety information about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline's toll-free number 1-800-535-4555, for the hearing impaired (TTY) 1-800-256-7072, or visit the FSIS website at <http://www.fsis.usda.gov>.

You should cook your food until the internal temperature reaches the following:

Beef roasts and steaks	160°F
Ham, fresh	160°F
Pork roasts and chops	160°F
Whole Turkey	180°F
Chicken, whole & pieces	180°F
Ground beef, pork, veal	160°F
Ground chicken, turkey	165°F
Leftovers	165°F
Egg Mixtures	160°F

A meat thermometer can let you know when the food has reached a safe temperature!

More than 10,000 people have joined the SCCS!

...but the goal is to reach 105,000. If you have any family members or friends who might be interested in joining the study, encourage them to visit one of our recruitment sites located across the South. Here is a

East Albany Medical Center, Albany, GA
 Southside Medical Center, Atlanta, GA
 West End Medical Centers, Atlanta, GA
 Westside-Urban Health Center, Savannah, GA
 Westside-Urban Health Center, Garden City, GA
 Memphis Health Center, Memphis, TN
 Matthew Walker Comprehensive Health Center,
 Nashville, TN
 Aaron E. Henry Community Health Services Center,
 Clarksdale, MS
 Delta Health Center, Mound Bayou, MS
 Delta Health Center, Greenville, MS
 Delta Health Center, Moorhead, MS

G.A. Carmichael Family Health Center,
 Canton, MS
 Greater Meridian Health Clinic, Meridian, MS
 Family Health Centers, Inc., Orangeburg, SC
 Norfield Family Health Center, Neeses, SC
 St. George Medical Center, St. George, SC
 Community Medical Center, Vance, SC
 St. Matthews Family Health Center,
 St. Matthews, SC
 Denmark Medical Center, Denmark, SC
 Health Services, Montgomery, AL
 Family Medical and Dental Centers, Palatka, FL

Beaufort-Jasper-Hampton Comprehensive Health Services, Ridgeland, SC
 Stewart-Webster Rural Health, Richland, GA
 Manatee County Rural Health Services, Parrish, FL
 Franklin Primary Health Center, Mobile, AL
 Rural Health Medical Program, Selma, AL
 Jefferson Comprehensive Health Center, Fayette, MS
 Alton Park & Dodson Avenue Community Health Centers, Chattanooga, TN



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