Cancer has touched Summers in a personal way—a sister-in-law and an uncle died of the disease in the past two years. That motivation, combined with her friendly smile, has contributed to her successful track record. She has enrolled more than 900 people from her hometown into the study.

“I’ll always tell them the importance of this study and how cancer touches everyone’s lives and what a vital role each one of them can play in helping us fight against cancer in the South,” she said.

Acknowledgments
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As a participant in the Southern Community Cohort Study, you are helping to make the future brighter for generations to come!

Doctors and researchers have known for some time that cancer and other serious health problems are more common and more deadly among Southerners, and among African Americans more than other ethnic groups. The SCCS is the largest study ever to focus on understanding the reasons behind these differences. Our ultimate goal is to help find ways to prevent disease, improve treatments and create better lives for everyone.

The study will enroll more than 100,000 people in what’s known as a cohort—a group of people about whom a lot of information is gathered, and then the group is followed closely over many years to learn why some develop disease and others do not.

You’ll recall that the survey you completed when you enrolled included a lot of information about your diet, your medical history, your lifestyle, and other things.

Over time, this information will help uncover clues as to why African Americans and people living in the South have a greater cancer burden than other communities. It is important that you update your contact information so that the study team can continue to follow you over time.

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To date, you are one of more than 35,000 people to join this important study. Our success would not be possible without the hard work and dedication of community health centers across the Southeast. We started with 14 centers in six states. Since then, participation has grown so that now enrollment is taking place in 43 centers in

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Principal Investigator
Vanderbilt University

Dr. Margaret Hargreaves
Co-Principal Investigator
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What should have been a joyful time was also tinged with fear and apprehension. Holt’s team of physicians at Vanderbilt Medical Center carefully organized her cancer treatment around her pregnancy to make sure she received the life-saving treatment she needed but that her developing baby was protected as well.

On Oct. 2, 2003, she and her husband, Tony, welcomed Anthony II into their family. Holt then turned her attention to trying to give back to the medical and research community that had given her a healthy son and put her own cancer into remission. When she learned about the Southern Community Cohort Study, she decided that was where she wanted to target her efforts.

address service request ed

916 10th Ave. North, Nashville, TN 37208

issue 3, 2005

Southern Community Cohort Study

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Interviewer Spotlight

Smile Puts Ann Summers On The Road To Success
Please meet Ann Summers, a part-time interviewer with the Southern Community Cohort Study at the G.A. Carmichael Family Health Center in Canton, Miss.

Summers, who has been with the study since 2002, has lived in Canton, Miss., all her life. She is close to her mother, two older brothers and her adult daughter. She holds a bachelor’s degree in biology-chemistry from Viterbo University in LaCrosse, Wis., and completed an internship in medical technology at North Mississippi Medical Center in Tupelo, Miss. She has 27 years’ experience as a medical technologist at Central Mississippi Medical Center in Jackson, Miss., and she is active in her church.

“I love working in a job where one can make an important contribution towards making a difference in people’s lives,” Summers said about her work with the study.
Recipe
A Family Favorite

This recipe is a family favorite of our study team member, Binni Chadda. The recipe has been passed down from her grandmother and throughout the years, it has been modified to include spinach so that you get your meat and veggies in one pot. Serve this chicken curry traditionally with steamed rice, or as Binni does, with whole wheat chapatties – Indian flat bread.

Chicken Curry

3 tablespoons vegetable oil
2 small red onions, peeled and minced
2 teaspoons peeled and grated fresh ginger root
½ teaspoon minced garlic
1 teaspoon garam masala
1 green Serrano chili pepper, seeded and minced
3 small tomatoes, skin-on, pureed or 1 cup canned tomatoes, pureed
1½ pounds boneless chicken pieces (breast or thigh meat)

POUNDS BONELESS CHICKEN PIECES BREAST OR THIGH MEAT
CANNED TOMATOES PUREED
SMALL TOMATOES SKIN ON PUREED OR CUP TEASPOONS GROUND TURMERIC
TEASPOONS MinCED GARLIC
TEASPOON MINCED GINGER ROOT
SMALL RED ONIONS PEELLED AND MINCED
TABLESPOONS VEGETABLE OIL

1. Heat the oil in a large skillet over medium heat. Add the onions and cook until lightly browned, 7 to 10 minutes. If the onions begin to stick, add a few tablespoons of water.
2. Add the garlic, ginger, turmeric, and garam masala and cook, stirring constantly for 1 minute. Add the chili pepper and tomatoes and cook, stirring occasionally, for about 7 minutes.
3. Add the chicken and cook until the chicken is cooked through, about 10 minutes.
4. Add the spinach and cook for another 2 minutes. Add the water and, cover, the heat to medium low and simmer for 10 to 15 minutes. Add salt to taste. Serve hot.

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<tr>
<th>ALABAMA</th>
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<td>Bay-Bay Area Health Development Board, Inc. (Baysia Bay)</td>
<td>Family Chiropractic Primary Health Care Clinic (Mobile)</td>
<td>East Arkansas Family Health Center, Inc. (West Memphis)</td>
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<td>* Family Chartered Primary Health Care Clinic (Mobile)</td>
<td>Frank D. Mahony Community Health Center, Inc.</td>
<td>Jefferson Comprehensive Care Systems, Inc. (Pine Bluff)</td>
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<td>* Family Health Services, Inc. (Montgomery)</td>
<td>* Health Care Clinic, Inc. (Meridian)</td>
<td>Lee County Cooperative Clinic, Inc. (Meridian)</td>
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<td>* Quality of Life Health Services, Inc. (Gadsden)</td>
<td>G.A. Caruth Family Health Center (Canton)</td>
<td>White River Rural Health Center, Inc. (Augusta)</td>
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<td>Rural Health Medical Program, Inc. (Selma)</td>
<td>Greater Meridian Health Clinic, Inc. (Meridian)</td>
<td>* Family Health Center, Inc. (Laurel)</td>
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<td>Cherokee Valley Community Health Center</td>
<td>Family Health Care Centers (Louisville)</td>
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<td>Jacksonville Community Health Center</td>
<td>Family Health Services, Inc. (Paris)</td>
<td>* Family Health Care Centers (Louisville)</td>
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<td>* Marion County Rural Health Services, Inc. (Paris)</td>
<td>Sacramento</td>
<td>Park View Community Health Center (Louisville)</td>
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<td>* Stewart Weber Rural Health, Inc. (Richmond)</td>
<td>* Family Health Centers, Inc. (Richmond)</td>
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<td>North Carolina</td>
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<td>Coastal Family Health Center, Inc. (Blacksburg)</td>
<td>Delta Health, Inc. (Mound Bayou)</td>
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Facts About Diabetes

**Diabetes** is a life-long disease marked by high levels of sugar in the blood. Diabetes can be caused by too little insulin, resistance to insulin, or both. Insulin is a hormone produced by the pancreas to regulate blood sugar. If you have too little insulin, instead of using sugar for energy, it builds up in your blood. This can damage your blood vessels, leading to serious problems such as blindness, heart disease, and stroke. The effects of high blood sugar can also lead to kidney disease, nerve damage, and limb amputation.

The Kinds of Diabetes are...

**Type 1 diabetes** is usually diagnosed in childhood. In people with type 1 diabetes, the pancreas makes little or no insulin, and they must take insulin shots.

**Type 2 diabetes** usually occurs in adulthood and is far more common, making up 90% or more of all cases of diabetes. The pancreas of type 2 diabetes does not make enough insulin to keep blood sugar levels normal or the body does not respond well to the insulin. Many people with type 2 diabetes do not know they have it until a serious condition occurs. Type 2 diabetes is becoming more common due to the growing number of older Americans, increasing obesity, and failure to exercise. Type 2 diabetes can sometimes be treated with diet and exercise alone. If your diabetes cannot be controlled by lifestyle changes, you may have to take pills or even insulin shots.

Gestational diabetes is high blood sugar that develops during pregnancy in a person who does not have diabetes.

**You are at increased risk of becoming diabetic if you:**

- have a parent, brother, or sister with diabetes
- are overweight and don’t exercise
- are older than 45
- are African American, Hispanic American or American Indian
- have had gestational diabetes or delivered a baby weighing more than 9 pounds
- have high blood pressure
- have high blood levels of triglycerides (a type of fat)
- have a high blood cholesterol level

**You can treat diabetes** usually by simply eating less fat, sugar, and salt. Some people think they don’t need to eat any of these foods, especially sugar, but moderation is the key. Maintaining a healthy weight helps to manage diabetes. Exercise is important too, even just walking every day. Sometimes diabetics have to take insulin shots or oral medications. Diabetics who are successful in keeping their blood sugars near normal are able to prevent or delay complications like blindness, kidney disease and nerve damage.

**You can find out if you have diabetes** with a blood test. Catching it early is important so you can begin treatment and make lifestyle changes to prolong your life. In the United States, 18.2 million adults and children have diabetes.

**The Symptoms of Type 2 Diabetes Are:**

- being very thirsty
- having dry, itchy skin
- feeling very hungry or tired
- having blurry eyesight
- losing your feet or having tingling in your feet
- losing sores or infections that heal slowly

**Study Snapshot**

More than 35,000 people have been enrolled in the Southern Community Cohort Study so far:

- More than half (59%) are women, 41% are men.
- About half (51%) are in their 40s, about a third (31%) are in their 50s and about one-fifth (18%) in their 60s or 70s.
- About 8 out of every 10 (79%) are African American and almost one in five (18%) are white. Only 3% are of other racial backgrounds.
- More than 9 out of every 10 (91%) went the extra step to give a blood or mouth rinse sample – thank you!
- The median level of education (where half are above and half are below) is high school graduate.
- Nearly half – 46% – are current smokers.
- A little more than one in five (21%) have diabetes.
- More than half (55%) have high blood pressure.

**New Mom’s Heart**

“...I want to help the study team learn why cancer is so common and so deadly in our community and I want to help them find ways to change that,” Holt said.

To learn more about the study, visit www.southerncommunitystudy.org or call 1 (800) 734-5057. If you’d like to discuss supporting the study with a financial gift, please contact the Vanderbilt-Ingram Cancer Center Development Office at (615) 936-0233 or 1 (800) 288-0028.
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3 small tomatoes, skin-on, pureed or 1 cup canned tomatoes, pureed
1½ pounds boneless chicken pieces (breast or thigh meat)

*To make your dish spicier, you can double the amount of Serrano chili pepper or garam masala.

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cal

...Shaping a Better Future

11 states. Last fall, we added seven new centers, including our first in Virginia, West Virginia, North Carolina and Arkansas. Recently, we added 11 new community health centers to the project. We also have attracted support from private donors to help fund the study, in addition to a large five-year grant from the National Cancer Institute. These private supporters include Caterpillar Inc., the country’s largest maker of construction equipment; O’Charley’s; and Bank of America.

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