

Southern Community Cohort Study

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

Welcome

We are pleased to bring you another issue of the Southern Community Cohort Study (SCCS) newsletter.

We are excited to announce that the next phase of this landmark study, *the follow-up of SCCS participants* (like you!), will begin in November 2008. Following participants over time is an important part of this study, and we'll need your help and participation to make it a success.

You don't have to go to a community health center (where many of you first joined the study) to participate in the follow-up. About 30,000 SCCS participants (those of you who joined the study between March 2002 and August 2004) will be mailed short follow-up questionnaires and may also receive telephone calls from the study team. We will want to know how you are doing and if there have been any significant changes to your health. The questionnaire will not take long to complete, and we will send you \$10 as a thank you for completing it.

Asking you questions about your health and lifestyle will help researchers better understand the roles that genes and the environment play in the development of cancer and other diseases.

We want to hear from participants. If you have moved and your telephone or address has changed since you first enrolled in this study, please call us at our toll free number, **1 (800) 734-5057**. We hope you find the topics in this newsletter interesting and informative, and if you have ideas and stories for future newsletters, call us.

Thank you, in advance, for participating in the SCCS follow-up. Your time and effort are helping to fight cancer in the Southeast!

Your Study Team Leaders,

Dr. William J. Blot

Dr. Margaret K. Hargreaves

Dr. Lisa B. Signorello

It's time for us to talk again...

If you joined the SCCS between March 2002 and August 2004, we will be contacting you in early November to get an update about your health. This questionnaire (or telephone interview if you prefer) will be short, and you will receive \$10 for your participation. We will be sending you the follow-up questionnaire through the mail, so if you need to **update your address**, please call us at our toll-free number, **1 (800) 734-5057**.

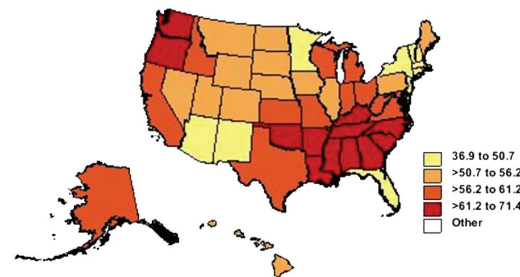
Information is needed from **every** SCCS participant to help find the causes of cancer.

YOU are the driving force behind this important study!

Stroke: Knowledge is Power

Stroke is the third leading cause of death in the United States and the leading cause of disability in adults. Stroke occurs when a blood vessel to the brain is partially blocked or narrowed or a blood vessel leaks or bursts into the brain. The symptoms of a transient ischemic attack (TIA) or mini-stroke are similar to those of a stroke, but the attack is shorter, the blood supply to the brain decreases only temporarily, and the effects do not last long. A TIA is often considered a "warning" stroke because a person who has had a TIA has significantly increased their chances of stroke later in life.

Coincidentally, most of the states where participants are recruited for the SCCS are in an area of the United States called the "Stroke Belt." This southeastern region of the United States has an unusually high rate of strokes and other kinds of heart disease.



Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2005. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2005 Series 20 No. 2K, 2008. Accessed at <http://wonder.cdc.gov/cmfi-icd10.html>

Risk factors such as age (risk increases after age 55) are beyond your control, but there are many lifestyle behaviors within your control that also affect the risk of stroke. Eating a healthy diet, exercising regularly, quitting smoking and getting regular health screenings can significantly reduce

the chance of stroke. People with diabetes, high blood pressure, or high cholesterol can decrease their risk of stroke by taking their medications as instructed.

The most common sign of stroke is a sudden weakness or loss of feeling in the face, arm, hand or leg, often on only one side of the body. Other warning signs include a sudden loss of sight in one eye, suddenly having a hard time walking, not understanding what someone is saying, feeling dizzy or losing balance, or suffering from a severe headache.

If you suspect someone is having a stroke, act F.A.S.T. and ask him/her to:

F	FACE	Smile. Is the smile symmetrical or is one side of the face drooping?
A	ARMS	Raise both arms. Is one arm drifting downward or weaker?
S	SPEECH	Repeat a simple sentence. like, "It is sunny today." Are the words slurred? Is the sentence repeated correctly?
T	TIME	Time is important. If the person shows any sign of these symptoms, call 911, or get to the hospital fast. Brain cells might be dying.

Lower the chances of stroke by knowing the risk factors and warning signs and learning what do to if you or a loved one is experiencing symptoms of stroke.



Healthy Everyday Meals for You and Your Family

After a long day at work, the last thing many people want to do is think about what to make for dinner, and a busy schedule can often make it difficult to prepare a home-cooked meal.

Our featured recipe is a quick, healthy, and family-friendly one-pot meal that comes from the Vanderbilt-Ingram Cancer Center (VICC) Healthy Recipes Collection. To help in the fight against cancer, VICC is not only conducting scientific research, such as the SCCS, but is also providing people with ideas and resources for simple behavioral changes that can help decrease their risk of cancer.

Visit www.vicc.org/recipes for more healthy everyday meal ideas. Enjoy!

Vanderbilt-Ingram Cancer Center

Black Skillet Beef with Greens and Red Potatoes

(Yield: 6 servings)

Ingredients

- | | |
|---|---|
| 1 lb top round beef | 1 Tbsp paprika |
| 1½ tsp oregano | ½ tsp chili powder |
| ¼ tsp garlic powder | ¼ tsp black pepper |
| ⅛ tsp red pepper | ⅛ tsp dry mustard |
| 8 red-skinned potatoes, halved | 3 cups onion, finely chopped |
| 2 cups beef broth | 2 large garlic cloves, minced |
| 2 large carrots, peeled, cut into very thin, 2½-inch strips | 2 bunches (½ lb) mustard greens, kale, or turnip greens, stems removed, coarsely torn |
| nonstick cooking spray (as needed) | |

Directions

1. Partially freeze beef. Thinly slice across grain into long strips ⅛-inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with spice mixture.
3. Coat large, heavy skillet with nonstick cooking spray. Preheat pan over high heat. Add meat and cook, stirring for 5 minutes. Then add potatoes, onion, broth, and garlic, and cook covered over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook covered until carrots are tender, about 15 minutes.
4. Serve in large serving bowl with crusty whole grain bread for dunking.

Fall “Kicks Off” the Influenza Season

Football is not the only activity that kicks off in the fall. It’s annual flu season, too!

Influenza, commonly known as the flu, is a contagious respiratory illness caused by a virus. Symptoms include fever, headache, muscle aches, weakness, stuffy nose, sore throat and cough. Complications from the flu are often the most serious among young children, the elderly and people with health conditions such as diabetes, heart disease and lung disease.

Outbreaks of the flu typically occur during the late fall through the early spring, and peak in January or February. Getting a yearly flu vaccine protects yourself, your family and the community from the flu. Flu vaccines usually become available in September and continue throughout the season.

The flu vaccine comes in two forms – a shot or a nasal spray. Both vaccines are effective in protecting against the flu. **You cannot get the flu from the vaccine**, but it is possible to experience side effects such as a mild fever, stuffy nose or sore throat.

In addition to the vaccine, washing your hands helps prevent catching the flu, which is spread by droplets from the nose and mouth. Talk to a health professional to get more information about the flu and to learn which vaccine is right for you.



The next phase of the SCCS will be starting soon, and we need your help! **If you have moved** since enrolling in the study, please call us, toll free, at **1 (800) 734-5057**, and give us your **new address and/or telephone number**.

During the course of this study, we have found some abnormal test results when conducting our laboratory research. We remind you that we do not contact participants regarding any individual results from the study. Therefore, please remember to get your yearly check-up and all recommended health screenings.



The New CPR: Be Part of a Happy Ending

The last things he remembered before waking up in a hospital room were wishing that the giant extended family Christmas party didn't have to be at HIS house again this year, calling out the tennis score, and raising his arm to serve the tennis ball. When he opened his eyes, the minister in his black suit, his wife, daughter and son were standing at the foot of his bed, and his first thought was "What is Clay doing here? He's supposed to be taking school finals." "I must be dead," he said with a smile. His family breathed a sigh of relief at the humor. One of them is a member of the SCCS team, and she wants to share this story so that you too can have a happy outcome should this happen to you.

The fact that he wasn't dead or brain-damaged was thanks to the presence of a device known as an AED in the fitness center nearby and the quick action of a friend who performed CPR until that defibrillator and the ambulance could get there. Could YOU save the life of a victim of sudden cardiac arrest?

Yes!...if you make certain that Automated External Defibrillators (AED) are located in the public places that you and your loved ones frequent. If not, ask your city officials why not – and get your civic groups or churches to donate them if funds are the problem. While a short training course is encouraged, if you are ever the first person to respond to an emergency, just turn on

the AED and the machine will talk you through the steps.

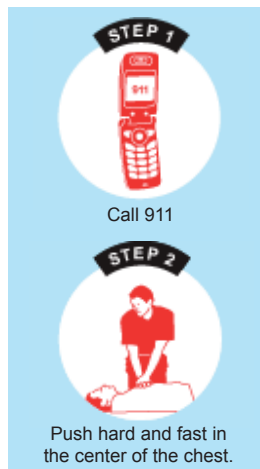
Yes!...if you take the time to learn Cardio-Pulmonary Resuscitation (CPR). Did you know that the guidelines were recently changed by the American Heart Association (AHA)? CPR is actually now easier to perform than ever. Read the short version below, and to learn more about CPR, contact your local AHA chapter to sign up for a class to become CPR-certified. Remember – professionals will still administer breaths,

but all a bystander has to do is "push hard, push fast" on the chest until help arrives!



Automated External Defibrillator (AED)

Help save the life of a victim of sudden cardiac arrest.



Two steps to save a life.

When an adult suddenly collapses, trained or untrained bystanders—that means a person near the victim – should:

1) Call 911

2) Push hard and fast in the center of the chest.

Studies of real emergencies that have occurred in homes, at work, or in public locations show that these two steps, called Hands-Only CPR, can be as effective as conventional CPR. Providing Hands-Only CPR to an adult who has collapsed from a sudden cardiac arrest can more than double that person's chance of survival.

Don't be afraid. Your actions can only help.

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Don't Worry, Be Happy: How to Cope with Stress

In everyday life, we are faced with both positive and negative stressful situations, such as getting married, having a baby, losing a job, or the death of a family member. Positive stress leaves us energetic, excited and alive. Negative stress can leave us sick, tired, anxious and overwhelmed.

There are 3 phases of stress. In Phase 1, an event triggers the stress. Phase 2 is how a person's beliefs and attitudes affect the ability to cope. Phase 3 is the physical (headache, increase in blood pressure), emotional (anger, depression) or behavioral (smoking, overeating) change that occurs as a result of the stressful event.

Many people are unaware of what causes their stress or how they react to stressful situations. Keeping a stress journal helps people identify their stressors and their responses to stress. Record the date and time you felt stressed, the event that triggered the stress, your feelings, thoughts, and behaviors and what you did to deal with the event. Once a person's stress patterns and coping styles are revealed, behaviors can be changed to effectively handle stress.

What can a person do to manage stress?

Take charge of your life. Set realistic goals and expectations for yourself. Improve time management skills by creating and prioritizing a list of daily or weekly tasks.

Keep a positive attitude. If a situation is causing anxiety, take time to reflect on the positive things in life. Look for useful and encouraging results from the stressor.

Take care of yourself and your health. When feeling stressed, participate in an activity, such as reading, going for a walk, or taking a bath, that you consider relaxing. Eat a well-balanced and healthy diet, and get enough sleep. Being tired can affect a person's ability to think clearly. Exercise regularly. Exercise relieves frustration and tension and makes a positive impact on a person's overall health.

Stress cannot be avoided. The keys to coping with stress are learning what causes personal stress and how you react to stressors, adding healthy stress management techniques into your life and reducing the effect of future stressful conditions.

Strange Vegetables: Kohlrabi

When SCCS participants donate blood or urine to the study, they are asked an extra set of questions about some foods and behaviors that can affect the lab analyses we do on these samples. One question is, "In the past 24 hours, have you eaten cabbage, broccoli, cauliflower, brussels sprouts, or kohlrabi?" **But what exactly is KOHLRABI?**

Kohlrabi (German turnip) is part of the cabbage family. This vegetable looks like a turnip with stems of collard greens, but it tastes like broccoli stems. Kohlrabi is



From Potomac Vegetable Farms, Vienna, VA

common in Asian and European cuisine and can be eaten raw or cooked. Peel the outer skin with a knife, and slice or dice kohlrabi in salads, coleslaws, or as part of a raw vegetable platter. Steam, boil, or add kohlrabi to a stir fry. Kohlrabi is a good source of Vitamin C and minerals such as magnesium and phosphorus.



Breaking a Sweat Without Breaking the Bank

Exercise, good for maintaining overall physical health, improves emotional health and helps decrease the risk of chronic diseases such as diabetes, heart disease and stroke. For healthy adults, the American Heart Association's current recommendation is at least 30 minutes of moderate-to-vigorous physical activity 5 days a week. In addition to aerobic activity, adults should try to fit in strength exercises, such as weight training, 2 times per week.

You don't have to spend money on a gym membership to be active and stay fit and healthy. Follow these simple suggestions to get physical activity into your daily routine without going to the gym.

Combine exercise with other activities. For example, use canned goods and do bicep curls while watching TV. While talking on the telephone, clean the house, work in the yard or garden, or walk the dog. When shopping, park farther away from the store entrance and walk the extra distance. Instead of driving or taking the bus, walk or bicycle to the corner store or post office.

At work, take the stairs instead of the elevator or go for a walk during lunch. Instead of calling a co-worker on the telephone, walk down to their office. Keep a jump rope in your bag and jump rope when you need a break.

Make physical activity a part of your lifestyle by setting aside the time for exercise and picking a variety of activities that are fun and enjoyable.

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