



SARVER HEART CENTER MINORITY OUTREACH

NEWSLETTER 2018

1 2 3 4 5 It's in the numbers!

1 = WOC Endowment

established and growing to continue research in heart health education for **women of color**. **1 new expansion** of the outreach team and **1 Dr. Breathett** investigative research award in process

2 = Steps 2 Save Lives

1st call 911. **2nd** step – push hard to the beat: **“Staying Alive”** or **“I Will Survive”**

3 = Investigative Research Awards Funded

4 = 485,822 + Volunteer Hours (11 years)

5 = 5,200 + People Trained

in CCO-CPR in the targeted communities
54+ health presentations in the community

The Lifesaving Work of the Minority Outreach Program Displayed in Numbers

By Anita Smith Etheridge

The Community Coalition of Heart Health Education (CCHHE) committee has been busy.

We are proud to announce we have **1** Dr. Breathett investigative research award in process and one Women-of-Color Endowment has been established to continue research in heart health education for WOC. We are also excited about **our recent expansion of the outreach team**.

Remember–It only takes **2** steps to save a life. If you find someone collapsed and unresponsive, 1st call 911; then lock hands together and push hard on the chest singing to the beat of “Staying Alive” or “I Will Survive.”

CCHHE has funded **3** Investigative Research Awards.

Over the past 11 years, CCHHE has invested more than **485,822** volunteer hours and our faithful committee members have trained more than **5,200** people in chest-compression-only CPR in targeted communities, with 54-plus health presentations.

*We are happy to welcome **10 new** committee members. ▲*

- 2** Research Participation
- 3** Reducing Cardiovascular Disparities Among Minority Women
- 4** Links and CCHHE



Henrietta Lacks

Continues to Impact Minority Research Participation

By Aubra Gaston

Medical research to improve human health must be supported and encouraged wherever possible. Yet it must be ethically sound and respect privacy rights. The cardiac biorepository is a key component of the University of Arizona Sarver Heart Center’s mission to study heart disease and heart health. The biorepository collects human blood samples and gives researchers the opportunity to analyze cells of people with heart disease and those who have no known heart disease.

Why is biorepository research so critical to human health? The American Heart Association has reported that heart diseases and heart defects cause more deaths than cancer! To improve that statistic, researchers are studying how heart disease develops; how to better diagnose and treat it; why heart disease affects different ethnic groupings in different ways; and how precision medicine can improve heart health.

Minorities are especially hesitant about participating in a biorepository program. Several factors may be at play here. We remember that African Americans as slaves were used without their consent for medical experiments. Later African Americans were used in the development and testing of vaccines, such as Tuskegee from 1932-1972. Nowhere is lack of consent more telling than in the history of Henrietta Lacks. In “The

Immortal Life of Henrietta Lacks,” by Rebecca Skloot, 2011, the revelation that cellular material was taken from Henrietta’s body after she died from cervical cancer, is especially disparaging. No consent was requested for this insidious act. Yet, her blood cells were – and continue to be – used quite profitably by scientists around the world.

Lacks’ cells have indeed been foundational for research leading to two Nobel prizes and were used in the development of the polio vaccine, in vitro fertilization and even cloning. For minorities, a significant cultural skepticism must be overcome.

Today, we continue to be doubtful about donating blood samples. However, minority participation desperately is needed to find answers and cures because human specimens from large and varied populations are vital for research.

For more information, please contact Catherine MacDonald, BScN, MBA, associate director of cardiovascular clinical research, cmacdonald@shc.arizona.edu or 520-626-4899, or Lizzette Marquez, RN, MS, operations manager, at marquez@shc.arizona.edu or 520-626-5431. If you would like to participate in the cardiac biorepository, please complete a Cardiology Research Registry form on the Sarver Heart Center Clinical Research webpage: heart.arizona.edu/clinical-research. ▲



Participants in UA Sarver Heart Biorepository: Cheryl Alli, Shirley Cox, Wanda Moore, Murryelle Bothwell

Reducing Cardiovascular Disparities Among Minority Women: Prevention

By Khadijah Breathett, MD, MS, FACC, FAHA



Heart disease is the leading cause of death in women and disproportionately affects minority women, particularly African-Americans. Fortunately, cardiovascular disease can be prevented. Employing the American Heart Association Life's Simple 7 may help reduce future risk of cardiovascular disease, heart failure and death.

Life's Simple 7

- Exercise daily for 30 minutes. Aim for 10,000 steps a day.
- Lose weight. Aim for body mass index less than 25
- Consume healthy meals rich in vegetables, fruit, whole grains, low-fat dairy, lean proteins. Limit sugary drinks, processed meats and high cholesterol food. Read labels. Cook more meals at home.
- Reduce blood pressure. Hypertension is one of the greatest contributors to cardiovascular disease in minorities. Ideal blood pressure is less than 120/80. Treatment is needed for BP greater than or equal to 140/90. Those with known atherosclerotic cardiovascular disease or 10-year risk of cardiovascular disease greater than 10 percent need treatment for BP when it is greater than or equal to 130/80.
- Reduce cholesterol. Whole grain and fatty fish consumption can help. High-risk patients also need treatment with medications. Avoid foods high in cholesterol. Read labels.
- Control glucose. Fasting glucose should be less than 100. Treatment is needed for diagnosis of diabetes, suggested by hemoglobin A1c greater than 6.5 or fasting glucose more than 126.
- Stop smoking. Smoking increases risk of cardiovascular disease and cancer.

Visit the "Know Your Numbers" page on the Sarver Heart Center Heart Health Prevention page: heart.arizona.edu/heart-health for tools to calculate your BMI and heart-disease risk assessment. The American College of Cardiology also has a risk assessment tool: <https://bit.ly/2fzR96T>

Combining Life's Simple 7 with regular physician visits will help minority women get on the path to better cardiovascular health! As the holiday season approaches, consider how to make Life's Simple 7 a family affair. ▲

"My mission in life is not merely to survive but to thrive; and to do so with some passion, some compassion, some humor, and some style."

– Maya Angelou



Wanda F. Moore, chair of CCHHE, was invited to participate as faculty and present the patient viewpoint during a panel session at the Global CardioVascular Clinical Trialists Forum. This international group of physicians and scientists conducts research on cardiovascular diseases. The forum was held in Washington DC at the end of November.



CELEBRATING CHERYL

Setting the Example of Empowering Women to Take Charge of their Heart Health

By Wanda F. Moore

A strong, committed, dedicated and appreciated community outreach educator. She is a mother, wife, sister, daughter, volunteer, activist, community educator and a most dedicated and committed CCO-CPR trainer with Community Coalition of Heart Health Education (CCHHE). Her work and dedication to community is a shining example of the vision and need for heart health education for women, especially women of color. Her work and dedication help to change the world every single day.

Cheryl Alli was acknowledged by her committee at the 2018 fall planning meeting of the CCHHE. Cheryl has been an active member of the committee for the past nine years. She is always available to provide training and health information at her church and anywhere in the community to empower others about their heart health. We congratulate Cheryl for her outstanding work. ▲



Pictured from left: Dyann Roller, Barbara Lewis, Cheryl Alli, Wanda Moore, Aubra Gaston and Marilyn Robinson.



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Tucson Chapter of Links and CCHHE Convene, Collaborate and Connect

By Wyllstyne Hill

The Tucson Chapter of The Links, Incorporated has embarked on a partnership and commitment with the University of Arizona's Sarver Heart Center Women's Heart Health Education Committee's Minority Outreach Program. One of the shared goals of this partnership is to convene, collaborate and connect the Tucson community, leaders of health organizations and services, and their networks with heart health information.

On September 22, the first annual Healthy Bodies, Healthy Minds Forum was held at the Hilton East Hotel in Tucson. This transformational program was very successful by providing a community forum with subject matter experts who shared

expertise, research, information, CCO-CPR training and a Resources Knowledge Walk, featuring information from several health organizations and supportive resource materials. These resources increased knowledge and connected physical and mental health priorities to ensure 'Healthy Bodies, Healthy Minds.'

Dr. Khadijah Breathett, assistant professor, UA Sarver Heart Center, opened the program as keynote speaker, with heart health information and an update on her research on disparities in heart disease diagnosis and treatment. The panel included experts in behavioral health and addiction treatment. Donations from this event will help fund Dr. Breathett's research.

COMMUNITY PARTNER SPOTLIGHT

By Cheryl Alli

The Community Coalition of Heart Health Education welcomes our newest community partner, Roche Tissue Diagnostics. Based in Oro Valley, Roche provides more than 250 cancer tests and associated instruments, making the company the leading global supplier of cancer diagnostic systems to the pathology market.

The outreach committee began working with Becky Hunt, RN, an employee health nurse in the company's Safety, Health and Environmental Department. During our initial visits, we provided heart health education and CPR training and encouraged participation in the cardiac biorepository.

Much of the workforce knew where to find lifesaving equipment on campus and general procedures to follow in a health emergency, but were less sure of their ability to begin lifesaving measures. Becky set a goal to expand personnel CPR and AED training to increase their confidence. Five years and 500 employees later, that goal has been met at the company's Oro Valley and Marana campuses.

The next goal is to empower local communities. Earlier this year, Becky began training as a community partner. Through CCHHE, she has acquired training equipment and is creating a team of volunteers to train others in CCO-CPR. We look forward to a continued relationship with Roche.