



Jackson Heart Study celebrates its 16th annual birthday

How Sweet It Is!!! The 16th Birthday Celebration of the Jackson Heart Study was a sweet success! With over 200 attendees at the event Saturday, Sept. 24, guest speaker Dr. Alain G. Bertoni, chairman of the Department of Epidemiology and Prevention at Wake Forest University and JHS investigator, provided an update on his research, "Diabetes and the Jackson Heart Study." During his career, Dr. Bertoni has spent many hours sharing his research findings with community groups and encouraging healthy lifestyle practices. We hope to bring him back again soon.

JHS Undergraduate Tougaloo Scholars managed registration, assisted elders with seating and serving lunch. Scholar Michael Cleveland led his colleagues demonstrating the outstanding leadership qualities for which all JHS Tougaloo scholars are known.

JHS Daniel Hale Williams Graduate Scholars and JHS Diversity Scholars presented their research to community, researchers and other guests.

Longtime JSU JHS employee, Darcel Odom, was honored for 12 years of dedicated service. Darcel is missed tremendously... but as she reminds us, she's only a phone call away! Mr. Aaron Honeysucker, fitness guru, conducted an exercise routine that got the blood flowing in all. Thank you to our entire JHS community for making this a truly sweet event!



GTEC 2016-17 Daniel Hale Williams scholars hit the ground

The Jackson Heart Study (JHS) Graduate Training and Education Center (GTEC) recently introduced a new group of scholars as it continues building its legacy of enriching educational experiences and skills of African American graduate students to prepare them for future careers in academics, industry and governmental research settings.

Selected for the 2016-2017 cohort were the following students: **Anupria Davenport**, a Master of Public Health student at Jackson State University with a concentration in epidemiology and biostatistics; **Michael Ellis**, a Clinical Psychology trainee in the Clinical Psychology Doctoral Program at Jackson State University; **Taryn Ellis**, a medical student at The University Medical Center; **Shamille Peters**, a Master of Public Health student in epidemiology at Jackson State University; **Bianca Pointer**, a Clinical Psychology doctoral student at Jackson State University; **Hannah Scott**, a Master of Science degree student in biology at Jackson State University; and **Jasmine Taylor**, a Master of Public Health student in epidemiology at Jackson State University.

This latest cohort of the Jackson Heart Study Daniel Hale Williams Scholars has embarked on their academic journey in a hail of excitement and enthusiasm that has led GTEC's Program Director Dr. Brenda Jenkins and Principal Investigator Dr. Marinelle Payton to elevate their expectations for future scientific contributions from this group. In May 2016, Dr. Jenkins revealed the new group of scholars and they participated in a one-week research camp that formally introduced them to the Jackson Heart Study family as they were oriented into the scope of scientific activities that will enhance their capacity to eliminate health disparities and reduce cardiovascular disease in African American communities and beyond.

The new scholars attended scientific training at the University of Michigan in July, completed poster presentations at the JHS Community Monitoring Board Meeting in June and enjoyed rave reviews for their poster presentations at the JHS 16th Annual Birthday Celebration held Sept. 24, at the Jackson Medical Mall.

EDITORIAL: An open letter to the Jackson Heart Study Community

The Jackson Heart Study (JHS) Community Outreach Center (CORC) at Jackson State University (JSU) has played a pivotal role in the recruitment and retention of the JHS cohort and continues its role as the only sanctioned JHS center with responsibilities for community engagement and outreach.

We are flattered that our accomplishments and ability to establish and sustain mutually beneficial cooperation and collaboration with you, our JHS community, and collaborative partners has not only endured since the study began in 2000, but has thrived over the years and continues to strengthen.

For some time now, we have been receiving reports and questions about contacts made to JHS community members soliciting partner relationships to conduct and participate in activities that mirror or may be similar to the activities forged and developed by the Jackson Heart Study Community Outreach Center that is under the management of JSU and is housed within the School of Public Health Initiative.

If you have questions or concerns as to whether notifications that you receive regarding health-related events are indeed sponsored by or co-sponsored by the CORC, please rest assured that your concerns are of the utmost importance to us and we will willingly provide you with any information available to us.

We want to emphasize to our JHS community that you will always be notified through our usual methods of communication about all JHS community-related activities and events that originate from the CORC. Maintaining your trust will always be our priority.

The key contact persons for the JHS CORC remain: Dr. Donna Antoine-LaVigne, Dr. Pamela McCoy and Mr. Marty Fortenberry. Information regarding the JHS Graduate Training and Education Center, also managed by JSU, can be obtained from Dr. Marinelle Payton and Dr. Brenda Jenkins. Contact them at 601-979-8731.

Thank you for your understanding. The JHS CORC welcomes partnerships beneficial to the well-being of our participants and that will further research into African American health issues.

Women more affected by some types of heart disease

In the United States, one in four women dies from heart disease. In fact, coronary heart disease (CHD) — the most common type of heart disease — is the #1 killer of both men and women in the United States.

Other types of heart disease, such as coronary microvascular disease (MVD) and broken heart syndrome, also pose a risk for women. These disorders, which mainly affect women, are not as well understood as CHD. However, research is ongoing to learn more about coronary MVD and broken heart syndrome.

Coronary Microvascular Disease

Coronary MVD is heart disease that affects the heart's tiny arteries. This disease is also called cardiac syndrome X or nonobstructive CHD. In coronary MVD, the walls of the heart's tiny arteries are damaged or diseased.

Women are more likely than men to have coronary MVD. Many researchers think that a drop in estrogen levels during menopause combined with other heart disease risk factors causes coronary MVD.

Although death rates from heart disease have dropped in the last 30 years, they haven't dropped as much in women as in men. This may be the result of coronary MVD.

Standard tests for CHD are not designed to detect coronary MVD. Thus, test results for women who have coronary MVD may show that they are at low risk for heart disease. Research is ongoing to learn more about coronary MVD and its causes.

Broken Heart Syndrome

Women are also more likely than men to have a condition called broken heart syndrome. In this recently recognized heart problem, extreme emotional stress can lead to severe (but often short-term) heart muscle failure.

Broken heart syndrome is also called stress-induced cardiomyopathy or takotsubo cardiomyopathy.

Doctors may misdiagnose broken heart syndrome as a heart attack because it has similar symptoms and test results. However, there's no evidence of blocked heart arteries in broken heart syndrome, and most people have a full and quick recovery.

Researchers are just starting to explore what causes this disorder and how to diagnose and treat it. Often, patients who have broken heart syndrome have previously been healthy.

Coronary Heart Disease

CHD is a disease in which plaque builds up on the inner walls of your coronary arteries. These arteries carry oxygen-rich blood to your heart. When plaque builds up in the arteries, the condition is called atherosclerosis.

Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque can harden or rupture. Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart. This can cause chest pain or discomfort called angina.

If the plaque ruptures, a blood clot can form on its surface. A large blood clot can mostly or completely block blood flow through a coronary artery. This is

the most common cause of a heart attack. Over time, ruptured plaque also hardens and narrows the coronary arteries.

Plaque also can develop within the walls of the coronary arteries. Tests that show the insides of the coronary arteries may look normal in people who have this pattern of plaque. Studies are under way to see whether this type of plaque buildup occurs more often in women than in men and why.

In addition to angina and heart attack, CHD can cause other serious heart problems. The disease may lead to heart failure, irregular heartbeats called arrhythmias, and sudden cardiac arrest (SCA).

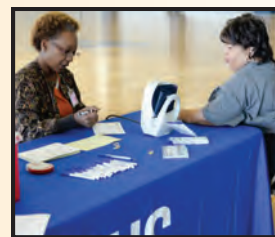
Outlook

Women tend to have CHD about 10 years later than men. However, CHD remains the #1 killer of women in the United States. The good news is that you can control many CHD risk factors. CHD risk factors are conditions or habits that raise your risk for CHD and heart attack. These risk factors also can increase the chance that existing CHD will worsen.

Lifestyle changes, medicines, and medical or surgical procedures can help women lower their risk for CHD. Thus, early and ongoing CHD prevention is important.

More information about heart disease in women is available through the National Heart, Lung, and Blood Institute's *The Heart Truth*® campaign.

Source: National Heart, Lung, and Blood Institute



Community Monitoring Board meeting provides Jackson Heart Study updates

The Jackson Heart Study (JHS) held its Community Monitoring Board (CMB) meeting in June to provide updates on the state of the study and the community perspective. Dr. Dorothy McGill, chairman of the JHS Community Ethics Advisory Board, who spoke on behalf of the board members, stated that the main concerns were ensuring the privacy and protection of participants' health data, fostering a collaborative approach for publication co-

authorships and developing a more streamlined protocol that will allow easier access to JHS data by students from Jackson State University, Tougaloo College and The University of Mississippi Medical Center (UMMC).

McGill called for a plan to share health exam information with participants' physicians and to disseminate study health findings in user-friendly formats.

Dr. Adolfo Correa, JHS UMMC director and principal investigator, said steps are being

taken to address the concerns of the community. He said a protocol has been developed and is in use for processing manuscript proposals on sensitive topics; health exam results are available to physicians if requested by the participant; and he is seeking input from the CEAB and others to devise strategies to help improve the reach of dissemination efforts. Correa indicated that the Community Outreach, Graduate Training and Undergraduate Training centers are doing an excellent job. He gave an update on the current JHS contract components, which include: understanding causes of the excess burden of cardiovascular disease in African Americans in order to develop effective interventions to reduce and prevent the burden in future generations in the state and the nation; improving the science of community engagement; and attracting undergraduate and graduate students from under-represented minorities to prepare them for public health careers.

"This cohort study cannot happen without the community being involved," he said.

JSU Jackson Heart Study Community Health Advisors attend Univ. of Michigan training

Laury Greenfield, a member of the JSU JHS Bolton/Edwards Community Health Advisors Network (CHAN), and Sandra Hill, a member of the JSU Jackson Heart Study Clinton CHAN, attended the 51st Graduate Summer Session in Epidemiology held at the University of Michigan, Ann Arbor, Mich. July 18-22.

Greenfield and Hill participated in the Methods in Community-Based Participatory Research class.

They enjoyed the various topics taught during the class and gained valuable knowledge and skills that they will be able to use to improve the health of their communities.

Greenfield said, "A few months ago, I was given the opportunity to travel to the University of Michigan at Ann Arbor. The course included a topic on policy advocacy and change, which was very informative and provided information on how to

map out strategies to accomplish change. A tour was given of southeast Detroit which is an African American neighborhood and the southwest which is a Latino neighborhood. These are the places where most of the changes are taking place."

"My experience at the University of Michigan was rewarding. The training I received will allow me the opportunity to enhance my community awareness. I had the opportunity to tour the city of Detroit and see how partnerships within a community-based research project are evaluated, how to build trust, accountability and celebrate success. I also met key people that made it happen. I participated in and learned the functions and purpose of a focus group, said Hill

"I look forward to working with the Jackson Heart Study and my community to put in place the training that I received," Hill added.

Former president of Rankin CHAN passes

Ellawees Perry, a former president of the Jackson State University Jackson Heart Study Community Outreach Center's



Ellawees Perry

Rankin Community Health Advisors Network, passed on Aug. 3. *Continued on page 6*

Odom bids farewell to Jackson Heart Study after more than a decade of service

The Jackson Heart Study (JHS) Community Outreach Center (CORG) recently bid farewell to Darcel Thigpen Odom who left the organization to pursue other career opportunities.

For more than a decade, Odom was a prominent face of the JHS community engagement and outreach efforts, spearheading activities related to the development, training, and management of the Community Health Advisors Network (CHAN). She was also a major



Marty Fortenberry (left) presented Darcel Odom (right) with a plaque commemorating her 12 years of service to the Jackson Heart Study at the JHS 16th Birthday Celebration in September.

part of the coordinating team for the JHS annual events that

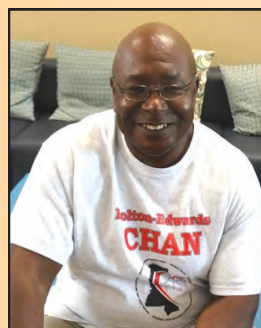
represented the important academic-community collaboration that is critical to the success of the Jackson Heart Study.

Through her efforts, the CORC has been able to realize many of its goals that include facilitating continued data collection, translation of JHS research findings to the community, health education, health promotion, and capacity-building among the JHS community as we strive to eliminate health disparities and reduce cardiovascular disease.

JSU JHS Community Health Advisors Network (CHAN) News and Notes

Bolton/Edwards CHAN

At the Bolton/Edwards Sustainability meeting held on Sept. 12, Laurry Greenfield was unanimously selected as the new president of the Bolton/Edwards CHAN. Greenfield will replace Oceal Rozell who has held the position for the past four years and under whose leadership the Bolton/Edwards CHAN grew and thrived to more than 30 members.



Laurry Greenfield

The Bolton/Edwards CHAN meets on the second Monday of every month.

Canton CHAN

Members of the Canton CHAN are involved in planning, organizing and conducting health-related events that promote health awareness and education for the Canton community.



Bobby Jones (left) is the president of the Canton CHAN, and Pearl Otis (right) is an active member of the Canton CHAN.

Among those events are Health Walks and a Men's Health Fair. The Canton CHAN meets on the second Monday of every month.

Clinton CHAN

On July 29, the Clinton CHAN held its annual book bag giveaway at the Clinton Community Christian Corporation (4Cs). A total of 25 book bags, along with school supplies included in each bag, were donated to families with children who are in need.

The Clinton CHAN meets on the fourth Monday of every month.



Participating in the 4Cs book bag giveaway are: (left to right) Tommie Winters, Clinton CHAN president; Mary Johnson, 4Cs associate director; Clinton CHAN members Sandra Hill, Deborah Bradford and Maggie Gibson; and Marty Fortenberry, JSU Jackson Heart Study Community Outreach Center community outreach/engagement specialist.

Former Jackson Heart Study TC Undergraduate Training and Education Center Scholar Courtney M. Johnson earns dual doctoral degrees from Brown University

Courtney M. Johnson, a former Jackson Heart Study Tougaloo College Undergraduate Training Center (UTEC) scholar, is an MD/PhD candidate at The Warren Alpert Medical School of Brown University in Providence, R.I.

A native of Jackson, Miss., she graduated magna cum laude from Tougaloo College in 2008



Courtney M. Johnson, MD, PhD

with a Bachelor of Science degree in Chemistry.

While at Tougaloo College, she was awarded the Presidential Scholarship and named a Jackson Heart Study Scholar. She recently defended her doctoral dissertation on the topic of *Integrin Crosstalk Regulation of Human Neutrophils to Fungal Beta-glucan* in the Pathobiology graduate program of Brown University under the mentorship of Dr. Jonathan Reichner in the Surgical Research Department of Rhode Island Hospital. During her graduate studies, Dr. Johnson was named a 2013

UNCF/Merck Graduate Science Research Fellow and received the Graduate Dissertation Fellowship Award. She has also been awarded the 2013 National Medical Association Council on the Concerns of Women Physicians Student Award. The award is given in honor of a female student physician excelling in research and advocacy. Having completed her PhD, Dr. Johnson has returned to medical school to complete her clinical training. In 2015, she was the recipient of the National Association of Minority Medical Educators Scholarship (NAMME) Medical Student Award.

Dr. Johnson serves on numerous boards and committees including the Cobb/NMA Health Institute Board of Directors, the National Board of Medical Examiners, and formerly served on the Student National Medical Association Board of Directors as the 2013-2014 National President. As an aspiring dermatologist, she plans to serve her community as a physician researcher focusing on topics and disorders related to skin of color. Her love for science and medicine is only matched by her passion for community service and for mentoring underrepresented minority students in research and medicine.

Dr. Johnson singled out her involvement with the JHS, and particularly her mentorship and training with Dr. Clifton Addison as a major inspirational factor that propelled her to some

of her greatest research accomplishments. Dr. Addison is the senior research scientist for the Jackson State University Jackson Heart Study Community Outreach Center and Graduate Training and Education Center.

Dr. Johnson returned to Tougaloo College in July to address young scholars at their JHS Science, Language Arts and Mathematics (SLAM) Workshops graduation and provided words of wisdom and encouragement to the young scholars and their parents who were in attendance.

“The entire Jackson Heart Study and the JHS UTEC at Tougaloo College are proud of the accomplishments of Dr. Johnson. She exemplifies how participation in the JHS academic programs can greatly assist students in their pursuit of medical studies,” said Dr. Clifton Addison.

Continued from page 4

Former president Perry passes

Perry, a CHAN member since 2004, was among the first and largest group to complete the *Heart and Hands for Health* Community Health Advisor Training Curriculum. The training was a program of the Center for Sustainable Health Outreach at The University of Southern Mississippi.

A physical, health and science education teacher for more than 30 years, Perry was a an advocate for promoting physical activity to improve the health of members of the Rankin County community and was a staunch supporter of the Jackson Heart Study.

Jackson Heart Study participant celebrates 90th birthday

Happy
90th
Birthday!

Mrs. Margie Fairley Cunningham, a Jackson Heart Study participant, celebrated her 90th Birthday Oct. 3. Cunningham received well-wishers at her home on Oct. 1 to commemorate this grand occasion.

The Jackson State University Jackson Heart Study Community Outreach Center and the entire Jackson Heart Study family extend our best wishes to her for many more to come.



CHAN recruiting members

The Jackson State University Jackson Heart Study Community Health Advisors Network (CHAN) is actively recruiting members for the communities of Bolton/Edwards, Canton, Clinton, Jackson and Rankin County.

The CHAN provides a structure through which Community Health Advisors can exchange ideas, provide health education, offer services and develop programs that facilitate wellness in communities; partners with health care providers, social service organizations, faith-based entities, schools and community programs to develop or sponsor health care activities/events, programs to benefit the community; and assists the JSU JHS Community Outreach Center in educating the community about the seriousness of cardiovascular disease, translating scientific medical and research findings into “community-friendly” languages, and by delivering awareness and retention messages.

For information, contact Marty Fortenberry at 601-979-8736.

JHS Bulletin Board

- ♥ **SAVE THE DATE: Jackson Heart Study 17th Annual Celebration of Life** - Saturday, February 25, 2017, Registration 8:30 a.m., Program 9:00 a.m. to 11:00 a.m. at the Jackson Medical Mall Center Stage.
- ♥ **SAVE THE DATE: 15th Annual Community Monitoring Board Meeting** - Saturday, June 3, 2017 at The University of Mississippi Medical Center's Conference Center located in the Jackson Medical Mall. Come hear the latest information about how your data are contributing to the reduction of cardiovascular disease in African Americans.
- ♥ **SAVE THE DATE: Jackson Heart Study 17th Annual Birthday Celebration** - Saturday, September 23, 2017 at the Jackson Medical Mall Center Stage.
- ♥ **Interested in conducting research in your community?** Contact Dr. Clifton Addison at: (601) 979-8700 or via e-mail at: clifton.addison@jsums.edu. JSU JHS CORC is eager to help you develop as an investigator to conduct community research.
- ♥ **Comments or suggestions:** E-mail your articles, suggestions and comments to: Dr. Clifton Addison at: clifton.addison@jsums.edu or contact Dr. Addison at: (601) 979-8700.



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Article Submissions

The JHS Heartbeat Newsletter is published semi-annually (Spring and Fall). Its intent is to promote health awareness, provide items of interest to our CommUNity, and publish information regarding cardiovascular related diseases, including diabetes, hypertension, strokes, cholesterol, physical activity, and nutrition by presenting research findings, articles, lay summaries, and reviews. The newsletter is an outlet for communication among the JHS staff and encourages contributions from investigators, cohort members, and partnering institutions.

Article submissions are invited for the upcoming editions of the JHS Heartbeat Newsletter. The submission deadline is February 15th for the Spring Edition and August 15th for the Fall Edition.

Submissions should be approximately 250 words or less. Relevant pictures, illustrations, and charts may be submitted with the articles. Information regarding upcoming educational conferences and meetings is also requested. All material information is subject to copy editing. Include the author's/agency's full name, credentials, mailing address, website (if applicable), telephone, fax number, and e-mail address. The use of all photos is subject to consent approval. All information should be e-mailed to Dr. Brenda Jenkins at brenda.w.campbell@jsums.edu, or mailed to JHS Heartbeat Newsletter, 350 W. Woodrow Wilson Ave., Suite 2900-B, Jackson, MS 39213.

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