

# MINORITY HEALTH Matters

Published by the Office of Minority Health and Health Disparities



## FACULTY PROFILE

### Sherrie Flynt Wallington, PhD

As assistant professor of Oncology and program director for the Health Disparities Initiative at Lombardi Comprehensive Cancer Center at the Georgetown University Medical Center, Dr. Sherrie Wallington supports the Office of Minority Health and Health Disparities' mission to eliminate cancer health disparities in the DC metropolitan area. As an extension of her personal belief that communication is central to cancer prevention and quality care, her research focuses on the role of health communication in addressing cancer health disparities. Health communication plays an important role in translating evidenced-based research findings to individuals and communities.



Lack of access to clear, understandable, and accurate health information can contribute to health disparities. "No one health communication strategy fits all. We must tailor messages for specific segments

of a population, while also considering cultural, health literacy, and health access needs of individuals within those segments," says Dr. Wallington.

Dr. Wallington's research focuses on:

- ▶ cancer information needs, information seeking patterns, and barriers to information seeking;
- ▶ the use of communication technologies,

*continued on page 4*

## WE LISTEN. WE ACT. WE CARE.

Welcome to the Summer issue of *Minority Health Matters*, designed to bring you the latest Office of Minority Health news and healthcare information affecting your community. Your health is important to us and we want you to know what you can do to keep yourself and your family healthy—today and in the future.



## DID YOU KNOW?

### 211 Telephone Lines

211 information lines are active in 40 states and the District of Columbia to link residents with a network of government and community social service providers. This service specializes in referrals that meet essential human needs for food, shelter, financial assistance, and health care.

#### District of Columbia ■ 211 Answer Please!

DC's 211 telephone line is now part of the mayor's citywide call center. The service line is available 7 days a week, 24 hours a day, 365 days a year. For more information, visit <http://answersplease.dc.gov>, email [answersplease@dc.gov](mailto:answersplease@dc.gov), or DIAL (202)463-6211 to speak with a trained community resource advisor.

#### Maryland ■ 211 Maryland at First Call for Help—United Way of Central Maryland

Experienced staff members help callers explore their problems and connect them with public, nonprofit, and private community resources that can help with their situation. This service is free and confidential. Callers may remain anonymous. Available 24 hours a day, 7 days a week. DIAL 211 (available to Verizon landline and wireless customers) or (410)685-0525 (Greater Baltimore area); (800) 492-0618 toll free throughout Maryland; or TTY (410)685-2159 (Monday–Friday 8:30 a.m. to 4:30 p.m.; all other hours, dial Maryland Relay 711).

#### Virginia ■ 211 Virginia

This line is a service of the Virginia Department of Social Services, provided in partnership with the Council of Community Services, the Family Resource and Referral Center, CrisisLink, The Planning Council, the United Way of Central Virginia, and the United Way of Greater Richmond & Petersburg. For questions or for more information on how to locate services or list your agency in Virginia, DIAL 211 or e-mail [211 info@councilofcommunityservices.org](mailto:211info@councilofcommunityservices.org). 211 Virginia is a free 24-hour service. ■



## The HOYA Clinic

by Kari Bruce, Georgetown University Medical Student, HOYA Clinic External Relations Coordinator

### PROGRAM HIGHLIGHTS

In April, staff participated in several events to recognize **National Minority Health Month** and **Minority Cancer Awareness Week**

- ▶ **Dr. Lucile L. Adams-Campbell** spoke on Capitol Hill about minority cancer awareness issues. This event was sponsored by the Congressional Families Cancer Prevention Program.
- ▶ **Dr. Sherrie Flynt Wallington** served as one of four panelists for the 2010 Young Leader Summit Health Series, *Cervical Cancer and Latinas: A Preventable Disease*, held on Capitol Hill. Dr. Wallington discussed the need for more community-based intervention to increase knowledge awareness among Latinos and other minority groups regarding HPV and cervical cancer.
- ▶ **Drs. Sherrie Flynt Wallington and Mireille Bright-Ghebry, and Mr. Everett Dodson** served as panelists for the Community Approaches to Addressing Health Disparities: *Working Together for a Better Tomorrow* discussion, sponsored by the School of Nursing and Health Studies' newly formed Minority Health Initiative Group (MHIG).

#### Additional Highlights

- ▶ **The Community Advisory Board** held its March meeting on March 24, 2010 at 12 noon at the Town Hall Education, Arts & Recreation Campus (THEARC) in Southeast Washington, DC. THEARC is a hub for underserved children and adults East of the Anacostia River where community residents engage in a wide range of arts classes, academic programs, recreational activities, and health services for little or no cost.
- ▶ **Dr. Lucile Adams-Campbell** was a guest panelist at the *Doctors Speak Out* series on May 11, 2010 titled, *Eat, Drink and Be Healthy. Live Life Wisely*. The panel discussed identifying and

*continued on page 4*

**T**he HOYA Clinic, located in the former DC General Hospital in Southeast Washington, DC, is an after-hours clinic that provides free health-care to the homeless, underserved, and uninsured populations. The clinic exists as a partnership among Georgetown University School of Medicine, Georgetown University Hospital (GUH)/MedStar Health, and the District of Columbia community. Georgetown University faculty physicians and medical students volunteer their time to staff the clinic, each member of our team is committed to providing accessible and quality health care to children, adults, and families in the DC community.

The HOYA Clinic strives to create a respectful atmosphere in which providers and patients work together as partners to improve access to community-based care.



PHOTO COURTESY OF THE HOYA CLINIC

Dr. Eileen Moore, assistant dean for Community Education and Advocacy at the School of Medicine and medical director of Adult Services for the clinic says, "the goal is to provide quality medical care to those with the greatest need while we foster volunteerism and compassion in our students as they learn about the challenges our patients face." ■

**The HOYA Clinic:** 1900 Massachusetts Avenue, SE, 4th Floor, Main Building, Washington, DC 20003  
**Walk-in hours:** Tuesday, Wednesday, 6-7:30 pm ■ **Appointments:** (202) 468-4816  
**Information online:** <http://hoyaclinic.som.georgetown.edu>

### NEW STAFF, STUDENTS, AND FELLOWS

#### Administrative Support

**Erin McLeod** is the newest member of the Health Disparities Initiative at Lombardi. Her previous experience includes work in the Director's Office at Lombardi and non-profit work at an organization that promotes educational programs for public schools. Erin will coordinate all health disparities community-based efforts.

#### Doctoral Student

**Kristina Harris** received her BS in Biochemistry from Simmons College in Boston in 2007. After receiving her degree, she completed additional research at the University of Pennsylvania before pursuing her doctoral degree at Georgetown University

in the Global Infectious Disease Program. Her research interests include infectious disease in relation to cancer disparities.

#### Postdoctoral Fellows

**Adana Llanos, PhD**, graduated from Howard University in 2004 with a BS in Biology. She completed a doctoral program in Genetics in 2009. Her research interests focus on genetics, obesity, and breast cancer.

**JoyAnn Phillips Rohan, PhD**, graduated from Spelman College in Atlanta with a BS in Biology in 1999. She received her doctorate degree in Biomedical Sciences at Baylor College of Medicine in Houston, Texas in 2009. Her research focuses on vitamin D and prostate cancer. ■

## IN YOUR COMMUNITY

## RESEARCH CORNER

## Improving Exercise and Diet in African-American Breast Cancer Survivors

*Disparities researcher and cancer survivor, Dr. Vanessa B. Sheppard, assistant professor of Oncology, is dedicating her life's work to helping African-American women survive cancer. Drs. Sheppard and Lucile Adams-Campbell, professor of Oncology and associate director for Minority Health and Health Disparities Research, are leading a team at Georgetown Lombardi Comprehensive Cancer Center funded by the National Cancer Institute, focused on breast cancer survivors. The goal of this study is to help improve survival outcomes by implementing a study to improve diet and physical activity levels for African-American breast cancer survivors.*



**F**or years you have probably heard that a slimmer waistline could ward off chronic diseases such as hypertension, diabetes, and maybe even cancer! But did you also know that obesity has been associated with cancer deaths in women after menopause? Among breast cancer survivors, being overweight and/or obese can increase a woman's chances of breast cancer recurrence. It can also lead to other chronic conditions such as hypertension or diabetes. All of these problems may contribute to shorter survival and decreased chances for a healthy life in survivors. Research has shown that African American breast cancer patients are more likely to be obese and gain weight during treatment but little is known about strategies can help these women achieve or maintain a healthy weight after breast cancer treatment.

To combat the weight related post-treatment complications Drs. Sheppard and Adams-Campbell have designed a 12-week clinical trial to help motivate African-American women. Using group education and telephone-based counseling sessions with survivor coaches they hope to teach women the basic skills to adhere to recommended physical activity and dietary guidelines. Women will meet with a registered dietician and exercise physiologist that will encourage healthy eating and improve physical activity. We are very excited about this trial because it will be the first to combine group and peer-based education to address physical activity in African-American breast cancer survivors.



If you are an African-American breast cancer survivor, you may be eligible for the study. Eligible women are:

- ▶ African-American or Black
- ▶ not currently participating in any exercise programs
- ▶ over 21 years of age
- ▶ within 6 months to 5 years post cancer treatment
- ▶ overweight

Please contact Dr. Juleen Christopher for more information if you are interested in this trial at (202)687-0848 or [js684@georgetown.edu](mailto:js684@georgetown.edu). ■



## Grilling 101 Refresher Course

Summer is here again, and with that, more outdoor cooking and grilling. As the temperature rises, so does the potential for food-related illnesses. Keep everyone happy and healthy by following these simple and safe food handling practices:

- ▶ As a "Grill Expert" your most valuable tool is a thermometer, purchase one!
- ▶ Wash your hands and clean surfaces before and after handling food.
- ▶ Handle raw meats/poultry separately from produce and cooked foods.
- ▶ Thaw meats/poultry before grilling.
- ▶ Never defrost food at room temperature.
- ▶ Always marinate food in the refrigerator, not on the counter.
- ▶ Cook your food according the safe minimum internal temperature:
  - Beef, veal, and lamb (steaks, chops, hamburger) to 160 °F
  - All cuts of pork to 160 °F
  - Ground beef, veal, lamb to 160 °F
  - All poultry, all cuts to 165 °F
- ▶ Don't put cooked food on the same platter as raw meat/poultry. Harmful bacteria is present in raw meat and could contaminate safely cooked food.
- ▶ Refrigerate any leftovers promptly.
- ▶ Discard any food left out more than two hours (one hour if the temperature is above 90 °F).

Adapted from the USDA's Food Safety Inspection Service (FSIS) guidelines. Visit [www.fsis.asda.gov](http://www.fsis.asda.gov) for additional information.



### JULY 10

#### Carnival of Hope 2010's Second Annual Health and Resource Fair

Featuring Mr. Ken Caniom from the television show "The Biggest Loser"

- ▶ 1–3pm
- ▶ Urban Family's House of Hope, Family to Family Mentoring Program  
2616 Martin Luther King, Jr. Drive, SE, Washington, DC 20010
- ▶ Contact: Nadia Washington  
Phone: (202) 678-4024  
nadia.washington@mmbcdc.org

### JULY 31

#### Episcopal Church of the Atonement Health Fair

- ▶ 12–4pm
- ▶ 5073 E Capitol Street, SE Washington, DC 20019
- ▶ Contact: Church Office  
Phone: (202) 582-4200  
Fax: (202) 582-4202  
atoneepdc@aol.com

### AUGUST 21

#### Georgetown University Hospital and South Washington Collaborative Health Fair

- ▶ 11am–3pm
- ▶ South Washington/West of the River Family Strengthening Collaborative King Greenleaf Recreation Center  
201 N Street, SW, Washington, DC 20024
- ▶ Contact: Bernadette Carriere  
Phone: (202) 488-7997  
Fax: (202) 488-7441  
swwr@swwr.org

## Walking Your Way to Health and Fitness

by Jennifer Sween, Exercise Physiologist

Walking 10,000 steps a day is an excellent way to start getting the exercise you need to be healthy. By committing to walking 10,000 steps, you can burn 500 calories per day, and lose up to one pound per week. Walking, like other exercise, can help you achieve a number of important health benefits:\*

- ▶ Lower your LDL cholesterol, the "bad" cholesterol
- ▶ Raise your HDL cholesterol, the "good" cholesterol
- ▶ Lower your blood pressure
- ▶ Manage or reduce your risk of type 2 diabetes
- ▶ Manage your weight
- ▶ Improve your mood
- ▶ Help you stay strong and fit

\*Adapted from [www.mayoclinic.com](http://www.mayoclinic.com).

#### FACULTY PROFILE *continued from page 1*

like the Internet and cell phones, to distribute cancer information; and

- ▶ the effects of mass media in developing, implementing, and evaluating cancer communication interventions.

Dr. Wallington has a PhD in health communications from Howard University and completed her post-doctoral research at the Harvard School of Public Health/Dana Farber Cancer Institute. She is currently the lead researcher on two research projects, funded through the American Cancer Society and the DC Cancer Consortium, which focus on increasing knowledge and awareness of the human papillomavirus (HPV) and its link to cervical cancer, and the HPV vaccine among African-American and Latino parents and adolescents. ■

#### TIPS TO HELP YOU INCREASE YOUR DAILY STEPS

- ▶ Use the stairs instead of the elevator.
- ▶ Get up to change the channel on the television.
- ▶ Park farther away from the store or work.
- ▶ Walk the dog.
- ▶ Use the restroom on a different floor (two flights up or down), and use the stairs to get there.
- ▶ Plan a walking meeting.
- ▶ Walk over to visit neighbors instead of calling them.
- ▶ Walk over to coworkers to give messages instead of emailing them.
- ▶ Walk all the aisles in the grocery store before you start shopping.
- ▶ March in place while you're doing laundry, talking on the phone, or doing dishes.
- ▶ Take a walk after dinner or before work.
- ▶ Get off one stop earlier when taking the train/bus and walk the rest of the way.

#### PROGRAM HIGHLIGHTS *continued from page 2*

managing the risks of stress.

- ▶ **Ariel Griffin** and **Kimaris Garces**, two high school juniors attending Cesar Chavez Public Charter School for Public Policy (Parkside and Capitol Hill campuses), have completed a three-week internship at the Office of Minority Health and Health Disparities Research. The internship provided the students with opportunities to contribute to community improvement. During the three weeks, the students worked on an environmental health project in Southeast and Southwest Washington, DC.

Georgetown | Lombardi

COMPREHENSIVE CANCER CENTER



Mixed Sources

Cert no. SW-COC-003516

© 1996 Forest Stewardship Council

Minority Health Matters is published four times per year.

Editor: Sherrie Flynt Wallington, PhD | [slw49@georgetown.edu](mailto:slw49@georgetown.edu)

Georgetown Lombardi Comprehensive Cancer Center | Office of Minority Health and Health Disparities  
Georgetown University Medical Center | 3970 Reservoir Road | Washington, DC 20057

<http://lombardi.georgetown.edu/healthdisparities>

Contact for more information:

Everett Dodson, Health Educator | (202) 687-2308 | (202) 687-7505 (fax) | [eed22@georgetown.edu](mailto:eed22@georgetown.edu)