‘Breast Friends Forever’: Support Group for Young Cancer Survivors in San Antonio

Amy Cleveland, fresh out of college and just starting a career in marketing, discovered a coarse lump in her breast while putting on some tanning oil.

Only age 22, she was diagnosed with breast cancer.

“It was a struggle for me because I was young and there was no one my own age I could relate to or confide in about having cancer. People always say, ‘My mom had that,’ or, ‘My grandma had that.’ But it’s tough for young people,” Cleveland said.

Fortunately, Cleveland—now age 28 and free of cancer—found some “Breast Friends Forever,” thanks to a unique support group for young breast cancer survivors developed by the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio and Susan G. Komen San Antonio.

The BFF support group meets bimonthly to help young survivors bond with each other, get emotional support, and learn more about breast health from expert speakers.

“We want young survivors to build positive relationships with other survivors their age in a fun and educational setting, to improve their quality of life during and after breast cancer,” said Sandra San Miguel de Majors, a research instructor at the IHPR.

“The BFF group is much-needed because breast cancer rates are rising about 2% a year in women ages 20-39.”

Breast cancer in younger women often is more aggressive with lower survival rates.

The estimated 250,000 U.S. breast cancer survivors diagnosed at age 39 or younger also face different challenges—such as dating and body image issues and starting a career and/or family and having to deal with chemotherapy treatment—than women diagnosed after 40.

San Miguel de Majors said young survivors often have few people to lean on.

“Through our research and outreach work I realized there are no support groups specifically for young breast cancer survivors. I thought, ‘Why not start one?’ said Sandra San Miguel de Majors, who oversees outreach for Redes En Acción, the IHPR’s national Latino cancer research network funded by the National Cancer Institute, and also sits on the board of directors for Komen San Antonio.

A few months ago, San Miguel de Majors brought her idea for a young survivors’ support group to Elyse Alaniz, mission director for Komen San Antonio.

Continued on Page 6
Obesity threatens the health of Latino children. But progress is being made, and there’s a good chance you are behind it.

As part of our effort to tackle obesity through our Salud America! network, we’re learning fascinating stories of change.

We’re seeing Latino individuals and communities join together to open playgrounds after school, help corner stores offer fresh produce, find ways to market healthier snacks, or change school lunch menus—across the nation.

We want to help tell those—and your—stories.

If you have a story of healthy community change, Salud America! can:

- Interview you
- Write your story into a professional case study
- Possibly film your story
- Then we’ll promote your story on our national platform to inspire others to improve Latino child health in their areas. You can also use the story in your own networks.

Best part? It’s no cost to you!

Just read the story or watch the video we did about the folks in Alice, Texas, who teamed up to open some school facilities up to the public for physical activity after school hours.

So if you have a story to tell, please e-mail us!

Dr. Amelie G. Ramirez
Director, IHPR

IHPR Staff Profile: Rosalie Aguilar

Rosalie Aguilar grew up watching her grandfather in his water treatment lab, purging pollutants and bacteria to produce cleaner drinking water in Mexico.

Her grandmother helped Latin American reporters cover national stories in World War II.

Aguilar’s successful grandparents gave her a desire to make a big difference in the world and give Latinos a better chance to live a healthy, disease-free life.

She’s doing just that as a researcher dedicated to preventing disease and promoting healthier lifestyles as part of the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio.

“My childhood experiences have led me here to work in a field that I thoroughly enjoy, and I am able to do something great for others by working to eliminate barriers to health faced by Latinos,” Aguilar said. “That is what motivates me to do what I do.”

Aguilar specifically works as a research curator for Salud America!, a national Latino childhood obesity research network based at the IHPR.

In her role as curator, she:

- Scours the Internet to collects news, policies, programs, and research from across the nation that relates to reducing Latino childhood obesity;
- Repurposes this content to educate readers;
- Writes stories about people who are making healthy changes in communities; and
- Helps develop an innovative online communication tool to drive the development of changes to reduce Latino childhood obesity.

“What I enjoy most about the health work I do, is being able to learn about how individuals from all walks of life are taking a stance to do something about obesity. I see this amazing community-led approach to fighting obesity that’s taking place across America,” Aguilar said. “I also enjoy the scientific aspect of it, learning about the evidence behind certain policies and getting to know the people behind these changes.”

She wants to make even more impact through research.

Aguilar, in addition to working on the Salud America! project, participated in several community-based studies to increase physical activity and healthy lifestyles among Latino children while a health and kinesiology student at UT San Antonio.

She also graduated from the 2011 Summer Institute of Éxito! Latino Cancer Research Leadership Training program. The program encourages master’s-level students and health professionals to pursue a doctoral degree and a cancer research career.

“At Éxito!, it was wonderful to hear about the many career opportunities that exist in cancer research, beyond the scope of just biomedical and clinical research,” Aguilar said. “It caused me to reconsider pursuing a clinical degree in physical therapy and to consider the options that exist in cancer research.”

Fun Facts

Hometown: Laredo, Texas
Family: Mom; dad; cousin
Hobbies: Jogging, traveling, playing the piano and guitar, singing, tap dancing
Favorite food(s): Mediterranean food (especially chicken shawarmas)
Favorite movie(s): The Wedding Singer; My Fair Lady; Planes, Trains, & Automobiles; Mrs. Doubtfire
Favorite book(s): The Hunger Games trilogy by Suzanne Collins; The Choice by Nicholas Sparks
Diabetes and obesity are the two most significant health threats in South Texas, according to a new report published online in *Springer Open Books* by the Institute for Health Promotion Research (IHPR) in the School of Medicine at The University of Texas Health Science Center at San Antonio.

The *South Texas Health Status Review*, originally self-published in 2008, was updated this year to study more than 35 health conditions and risk factors and how people in South Texas may be differently affected than those in the rest of Texas or nation.

The Review, in addition to singling out diabetes and obesity, also indicates that the South Texas region faces higher rates than the rest of Texas or nation for:
- Cervical, liver, stomach and gallbladder cancers
- Child and adolescent leukemia
- Neural tube defects
- Other birth defects
- Tuberculosis
- Chlamydia
- Childhood lead poisoning

“The Review is a roadmap of the health inequalities that burden the health of South Texas residents, especially Hispanics, compared the rest of Texas and nation,” said Dr. Amelie G. Ramirez, lead editor of the Review and director of the IHPR at the Health Science Center. “We hope this knowledge motivates researchers and public health leaders to create and shape interventions to reverse those inequalities.”

South Texas, a 38-county region spanning 45,000 square miles along the Texas-Mexico border and northward up to Bexar County, is home to 18 percent of the state’s population.

Yet South Texas residents, who are predominantly Hispanics, struggle with lower educational levels, less income and less access to health care.

To chart the health status of the region, Dr. Ramirez teamed up with the Texas Department of State Health Services with support from the Health Science Center’s Regional Academic Health Center (RAHC), represented by regional dean Dr. Leonel Vela, and the Cancer Therapy and Research Center (CTRC), represented by director Dr. Ian M. Thompson.

The team analyzed county, state and national data to compare South Texas’ incidence, prevalence and mortality rates for more than 35 health indicators—from communicable diseases like HIV/AIDS to cancers to maternal health and even environmental health—to the rest of Texas and the nation by age, sex, race/ethnicity and rural/urban location.

The Review found that South Texas had higher rates, compared to the rest of Texas, for 12 of the health indicators analyzed. Incidence rates for many of the health indicators were even higher for South Texas Hispanics than non-Hispanic whites.

For example, the percentage of obese adults in South Texas (32.7%) was higher than that of the rest of Texas (29.1%) and nation (27%).

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IHPR Director Dr. Amelie Ramirez on the Future of Latino Health Care

A unique group of research and policy leaders urged increased focus on Latino health and the future of Latino health care during a panel discussion on Sept. 5, 2013, sponsored by the Texas Tribune.

Panelists included:
- Dr. Amelie G. Ramirez, director of the Institute for Health Promotion Research at The UT Health Science Center at San Antonio
- Dr. Esteban Lopez of Blue Cross Blue Shield of Texas

Texas Sen. Leticia Van de Putte
Panelists said many Latinos live in poverty and worry about finances and how they’ll pay for major illnesses.

Perhaps there is no more important change than increasing Latinos’ access to care and prevention,” Ramirez said. “We need public health campaigns to advocate the benefits of prevention.

Watch the panel here courtesy of NowCastSA.com.

IHPR News Briefs

Parra-Medina Wins APHA Award

IHPR researcher Dr. Deborah Parra-Medina was given the prestigious Mayhew Derryberry Award for outstanding contribution of behavioral scientists to the field of health education, health promotion and/or health communications research or theory. The award is given annually by the Public Health Education and Health Promotion (PHEHP) section of the American Public Health Association (APHA). Dr. Deborah Parra-Medina has more than two decades of research and program experience in chronic disease prevention with underserved groups, including women, Hispanics, immigrants, youth and financially disadvantaged populations in diverse geographic and community settings (e.g., rural, urban, border, clinics, and schools). Her research, which focuses on understanding the complex issues, behaviors and risk factors that affect the health of communities, incorporates both qualitative and quantitative methods, recognizes the importance of social and environmental systems to health behaviors and outcomes, and emphasizes the translation of findings of interventional and applied research into changes in practice. She also is serving as a mentor for the Student Mentorship Program for Hispanic Health Research (sMPHD), the first formal web- and team-based national mentorship program focusing on Hispanic health research. Parra-Medina will be recognized at a luncheon during the 141st APHA Annual Meeting Nov. 2-6, 2013, in Boston.

IHPR Training Manual Wins APHA Award

A training manual for Girl Scout troop leaders to implement the IHPR’s “Be Fit with Friends” physical activity program for Latina youths has received a materials award from the American Public Health Association (APHA) Public Health Education and Health Promotion (PHEHP) section. The “Be Fit with Friends” program, led by Dr. Deborah Parra-Medina, gives Latina Girl Scouts ages 11-14 options—from basic fitness equipment like jump ropes to volunteer opportunities to online social media, fitness video games and text messaging—to overcome barriers to physical activity in San Antonio. A representative of the research team, which includes Dr. Parra-Medina and Laura Esparza, will present project information during a session at the 141st APHA Annual Meeting on Nov. 4, 2013, in Boston.

Ramirez Wins Faculty Senate Award

IHPR Director Dr. Amelie G. Ramirez was given the Faculty Leadership Award by the Faculty Senate at the UT Health Science Center San Antonio on Sept. 11, 2013. Dr. Ramirez “has devoted every fiber in her being three decades of research, community outreach, speaking engagements and training to reducing/eliminating health disparities and promoting the goals of the Health Science Center and its faculty,” said her nominator, IHPR researcher Dr. Alan Holden. At the IHPR, Dr. Ramirez recruited and developed a faculty dedicated to resolving Latino cancer and chronic disease health disparities. She also has designed, developed and implemented more than 100 studies focused on human and organizational communication to help reduce chronic disease and cancer health disparities among Latinos. Because Dr. Ramirez was traveling, IHPR researcher Dr. Patricia Chalela accepted the award on her behalf.
Èxito! Program Helps Latinos Seek Doctoral Degrees, Research Careers

Èxito! Grad: Lizette Rangel
Houston

Lizette Rangel, who grew up in a low-income Latino community, had two life choices.

The easy choice: A life of gangs, early pregnancy, poverty and a daily struggle to live.

The hard choice: A life of difficult study and education.

Fortunately, Rangel chose the hard path, embraced a “nerd” attitude and devoted herself to studying to better her situation.

She earned a bachelor’s degree in biology from the University of Houston and interned to help implement a diabetic health education program to the community. She also earned a master’s degree in public health from The University of Texas School of Public Health.

She is currently a research coordinator at Baylor College of Medicine, coordinating outreach events, screenings, and recruiting minority study participants.

She wants to continue learning skills and strategies to steer more Latinos past cultural and language barriers to also make the right choices in life and health—“it’s not just about treating people with diseases, it’s about preventing disease,” as she says.

That’s why Rangel applied for and was selected to join Èxito! Latino Cancer Research Leadership Training, which aims to increase research in Latino cancer disparities by encouraging master’s-level students and health professionals to pursue a doctoral degree and a career studying how cancer affects Latinos differently. The program offers a five-day summer institute and internships. Read more here.

Èxito! Grad: Melawhy Garcia
Anaheim, Calif.

Melawhy Garcia was just 17 when her mother was diagnosed with end-stage renal failure and colon cancer—unfortunately giving her firsthand knowledge of the income, insurance and other barriers faced by Latino cancer patients.

Since then, Garcia has put cancer in her crosshairs.

Garcia already has helped conduct research and awareness on cervical cancers and other health conditions prevalent among Latinos.

She emphasizes research on cancer prevention, obesity and more in her current position as the assistant director of the California State University, Long Beach, National Council of La Raza/CSULB Center for Latino Community Health. She is responsible for the center’s various health disparities programs in the Latino community.

She believes the 2012 Èxito! Summer Institute gave her skills she’ll need to have success in the program.

“Being in the Èxito! program, I’ve been able to see a lot of Latino role models, and how they’ve undergone a lot of hardship, and they’ve been able to do it in spite of that,” Rangel said. “In Mexico we have this saying, si se peude, we use it for soccer. Definitely now, being in this program, meeting these professionals, these Latinos, and also being able to meet other students that are in the situation, they have hardships, I felt like, si se puede. Yes we can.”
Study Shows Síclovía Events Encourage Healthy Behaviors

Attending a Síclovía play-safely-in-the-street event may open the door to a healthier future for families across the city, according to a recent study.

More than half of Síclovía attendees say they improved their physical activity behaviors after attending the event, according to the preliminary findings of a study presented this afternoon at a press conference by representatives of the YMCA of Greater San Antonio and the Institute for Health Promotion Research (IHPR) at the University of Texas Health Science Center at San Antonio.

Síclovía is semi-annual San Antonio program that provides a 5-hour, car-free zone on 2.21 miles of Broadway, where participants can bicycle, walk, run, skate, and participate in group exercise classes and eat healthy food.

“Since the inception of Síclovía, participants have shared with us how the event encouraged them to adopt a healthier lifestyle,” said Sandy Morander, president and CEO of the YMCA of Greater San Antonio. “We are thrilled that this study confirms we are having an impact on a significant number of attendees.”

The IHPR-led study was conducted during San Antonio’s Síclovía event on April 7, 2013, and included surveys from 373 participants.

Preliminary results of the study, which are expected to be fully published in a scientific journal later this year, include:

- 53% of respondents reported they changed their physical activity level after attending a Síclovía event.
- 47% of respondents reported they tried a new activity at the event.
- 57% of respondents reported they would not have been physically active the day of Síclovía had it not been for the event.
- 87% of people came to the event with their family and/or friends.
- 64% of attendees came from San Antonio zip codes known for high to extremely high levels of obesity.

“We were excited to find that Síclovía is a family-oriented event that motivated non-active people to get off the couch and try new activities that they otherwise might have missed, and also sparked people to adopt healthier behaviors after the event, too,” said Dr. Deborah Parra-Medina, professor of epidemiology and biostatistics at the IHPR at the UT Health Science Center. “Given that physical activity is scientifically proven to improve health and reduce the risk of disease, our results clearly demonstrate this event plays a role in improving San Antonio’s health.”

The preliminary study was prepared by IHPR researchers Dr. Deborah Parra-Medina, Laura Esparza, Laura Zepeda, and Terrin Blackmon.

For more information on Síclovía, go here.

‘Breast Friends Forever’

Continued from Page 1

Cleveland, Brenda Garza, and Tanya Del Valle—and formed a planning committee.

They wanted to invite young survivors to meet periodically to share their cancer experiences, bond emotionally, and learn from each other.

But they wanted to offer more than just peer support.

“The element of practical support often is overlooked. At each BFF meeting, we bring in a medical expert to teach survivors about healthy lifestyles, or schedule community service projects,” Alaniz said. “We want to do even more, too, like conduct a healthy cooking demonstration or organize a group exercise session.”

At the first BFF meeting in June 2013, several survivors traded stories, laughed, and enjoyed food at Rosario’s Mexican Cafe y Cantina. At the second meeting in August, 15 survivors learned some nutrition and exercise tips from local oncologist.

Now more than 20 survivors regularly attend BFF meetings.

The BFF group now is reaching out to more young survivors through a web page and Facebook group page, while also giving back: On Oct. 30, 2013, the group met at Urban Taco to increase cancer awareness, raise funds for underserved women and support one another.

“We really want to take a comprehensive approach to help young survivors in every way possible,” San Miguel de Majors said.

Dr. Amelie G. Ramirez, who directs the IHPR and the Redes network and sits on Komen’s national scientific advisory board, is excited about the group’s potential.

“It is fantastic to see this group taking many angles to address the gap that exists for support for young cancer survivors, especially Latina survivors,” Ramirez said. “I’m proud of Sandra for taking the initiative to find another way to help cancer patients.”

Cleveland is glad young survivors have a place to go where they can feel comfortable.

“I’m always telling my friends about this group, and that, while cancer can strike at a young age, you’re not the only one,” she said. “There is a group out with women in it who have been through what you’re going through, and can help.”

Breast cancer rates increased slightly for African American women, decreased for Latinas, and remained unchanged for white, Asian American, and American Indian/Alaska Native women from 2006-2010, the most recent five-year span of available data, according to a new report by the American Cancer Society (ACS).

Overall, breast cancer incidence rates are highest in white women, followed by African American women, while breast cancer death rates are highest for African American women, followed by white women, according to 2013-14 Breast Cancer Facts and Figures, which provides updated cancer research facts about breast cancer, including incidence, mortality, and survival trends for breast cancer, as well as information on early detection, treatment, and factors that influence risk and survival.

Latinas have among the lowest rates of breast cancer incidence and mortality.

However, the news is not all good. Breast cancer remains the No. 1 cancer killer of Latinas.

Latinas also have lower rates of mammography screening—which can help catch breast cancer at earlier, more treatable stages—than all other racial/ethnic groups. Just 46% of Latinas report having a mammogram within the past year, compared to 52% of non-Hispanic Whites. ACS recommends annual mammograms starting at age 40.

To reduce your risk of breast cancer, ACS suggests:
• Achieve and maintain a healthy weight throughout life.
• Adopt a physically active lifestyle.
• Adopt a healthy diet featuring plenty of plant-based foods.
• If you drink alcohol, limit consumption.

Read more here or watch a video on key findings.

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<th>Rate per 100,000</th>
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<th>Mortality</th>
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<tr>
<td>African American</td>
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<td>Asian/Pacific Islander</td>
<td>84.7</td>
<td>11.5</td>
</tr>
</tbody>
</table>

*Rates are age adjusted to the 2000 US standard population. †Persons of Hispanic origin may be any race.

Other Conditions
- Culture of Silence Limits Latinas Battling Higher Depression Rates
- Facebook Intervention Leads to Increased HIV Testing in High-Risk Men, Including Latinos
- Hispanic Teen Drug Use Dramatically Higher Than Other Teens
- Latino Kids Diagnosed with Autism 2 Years Later than Whites
Report: Obesity Rates Level Off; Still Higher in Hispanics, Blacks

While U.S. obesity rates appear to have leveled off, Hispanics and Blacks have strikingly higher obesity rates than their White and Asian peers, Bloomberg reports.

The good news is that overall adult obesity is not rising.

About one-third of American adults (about 78 million people) are obese, about the same number as across the last decade, according to the National Center for Health Statistics, part of the U.S. Centers of Disease Control and Prevention (CDC). The report was led by researcher Dr. Cynthia L. Ogden.

But racial/ethnic disparities in obesity rates continue to be alarming.

About 43 percent of Hispanics and 48 percent of blacks are obese, compared with 33 percent of whites and 11 percent of Asians, Bloomberg reports.

Dr. Amelie G. Ramirez, director the Salud America! Latino childhood obesity research network at the Institute for Health Promotion Research at the UT Health Science Center at San Antonio, said more educational and research efforts are needed to reduce obesity among Latinos, especially because of high obesity rates among Latino kids.

“We need to work to make the healthy choice the easy choice, and generate a culture of health for Latinos and the nation,” Ramirez said. “We can’t let this be the first generation of children that might outlive their parents.”

Latino News Tweets

Follow the IHPR’s Twitter feed, @SaludToday for all the latest news in Latino health, like:

Healthy Lifestyles

- **Black & Hispanic Women Have Higher Diabetes rates (27% and 21%) than Asian & White Women (16% and 12%)**
- **Study: Sugary Drink Consumption on Rise among Hispanic, Black Kids in California**
- ‘Virtual Friend’ Helps Older Latino Adults Get More Exercise

Care Issues

- **Study: Lack of Bilingual Health Info Creates Gap in Hispanic Patient Care**
- **Hispanics 14% More Likely to Struggle with Medical Bills than Average American**
- **Census: Hispanics Most Likely to Go Without Health Insurance: Texas Has Highest State Uninsured Rate**
- **Se Habla Español: Program Trains Nursing, Social Work Students to Connect with Spanish Speakers**
Spanish Resources: ‘MiPlato’ Food Prep Tips, Recipes, Coloring Pages

To increase awareness about MiPlato, the USDA Center for Nutrition Policy and Promotion is launching resources for Spanish-speaking audiences, according to a USDA blog post.

MiPlato is the USDA’s icon for the five food groups to remind Spanish-speakers to make healthier choices at each meal.

Visit ChooseMyPlate.gov and click on En Español to find the latest addition to the 10 Tips Nutrition Education Series, Disfrute Comidas de Varias Culturas (Enjoy Food from Many Cultures), about how to prepare healthier ethnic/cultural foods.

Educators and health professionals can integrate the En Español section of ChooseMyPlate.gov into program and education efforts. The new Spanish-language resources include general information about weight management and counting calories to help adults think about their food and beverages choices.

New recipes are also available in Spanish. Kids can find activity sheets and coloring pages that promote healthy eating at school and home.

Teachers and parents can invite young people to become MyPlate Champions by sharing the MyPlate Champions Pledge in Spanish.

Latino Resource Tweets

Resources

Follow the IHPR’s Twitter feed, @SaludToday for all the latest resources in Latino health, like:

- Website: Want to Quit Smoking? Visit Smokefree Espanol for Free Quit-Smoking Advice in Spanish
- Website: Nutrition/Physical Activity Tips, Healthy Recipes
- Infographic: 10 Ways to Reduce Sugary Drinks in Your Neighborhood
- Infographic: Tips to Reduce Your Sodium Intake
- Infographic: Seven Latino Sauces Infused with Healthy Spices, Chilies, Qué Rica Vida

Funding

Grant Roundup
The following organizations have open research funding opportunities or lists:

- The U.S. Office of Minority Health
- Susan G. Komen for the Cure
- AACR
- NIH Obesity Grants
- NCCOR Obesity Grants
- RWJF
- CPRIT

Ongoing Events

Seminars in Translational Research

Seminars in Translational Research (STRech) unite investigators from The UT Health Science Center and UTSA in basic, clinical and social sciences to highlight the stages of the scientific translation of research discoveries.

CancerCare Workshops

CancerCare, in partnership with Redes En Acción, which is led by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, will offer free workshops on a variety of issues. Register here.

Report: Obesity, Diabetes biggest threats

Continued from Page 3

Hispanics in South Texas also were more obese (37.9%) than their white counterparts.

“Obesity, a risk factor for diabetes and certain cancers, can be directly linked to lifestyle behaviors, such as inadequate physical activity and poor eating habits,” Dr. Ramirez said. “Prevention research efforts directed at obesity and diabetes could significantly reduce the burden of disease in South Texas communities.”

South Texas had lower rates for 16 indicators, including breast, colorectal, and lung cancers.

However, South Texas Hispanics had higher rates of breast and colorectal cancers compared to their Hispanic counterparts in the rest of Texas.

“Several modifiable risk factors—such as nutrition, reproductive factors and access to health care—contribute to the differences in mortality, incidence, or prevalence experienced in South Texas, particularly among Hispanics,” Dr. Ramirez said. “Focus on these elements is vital.”
Video Roundup – Click on the images below to view the video for each.

- Campaign: Drink More Water (Spanish)
- Preventing Obesity in Latino Kids
- Report: Half of Hispanics Kids Will Develop Diabetes
- The Effect of Food Portion Sizes on Health (Spanish)
- A Latino Family’s Experience with Alzheimer’s (Spanish)
- Examining the Latino Health Paradox
- New York Trainer Helps Teach Healthy Lifestyles to Latino Kids
- Promoting Prevention, Early Detection of Cervical Cancers in Latinos

About the E-newsletter
This E-newsletter is produced quarterly by the Institute for Health Promotion Research. Please send news items or story ideas to IHPR@uthscsa.edu.

Editor: Cliff Despres
Design: Jeffrey Heinke Design

The Institute for Health Promotion Research (IHPR) is part of the Department of Epidemiology and Biostatistics in the School of Medicine at The University of Texas Health Science Center at San Antonio. The IHPR is supported in part by the Health Science Center and its Cancer Therapy & Research Center and Regional Academic Health Center. The IHPR investigates the causes and solutions to the unequal impact of cancer and other chronic diseases among the populations of South Texas, Texas, and the nation.