Cookbook: Local Latinas’ Tasty Recipes
Get Cancer-Fighting Makeover

Eating the right food can help fight cancer.

But what foods are right? Are there such things as healthy—and tasty—traditional Latino dishes?

Check out a new bilingual cookbook, Nuestra Cocina Saludable: Recipes from Our Community Kitchen, to guide you and your family to eat healthy and help protect against cancer and other chronic diseases. The cookbook is from the Institute for Health Promotion Research (IHPR) and the Cancer Therapy and Research Center (CTRC) at the UT Health Science Center at San Antonio.

Download the free cookbook in English or Spanish.

Inside are 46 recipes for healthy, delicious foods straight from real Latina kitchens.

The cookbook originated when Latinas from across South Texas shared their mouth-watering recipes—like Aurora Rodriguez of Eagle Pass and her savory Beans with Cactus—often noting to be sure to sprinkle in “just a dash of this” or a “handful of that.”

We connected these women with a Latina dietician, who added actual measurements and suggested ways to make the recipes healthier.

Researchers then prepared and taste-tested all recipes to make sure they reached both the highest level of flavor and cancer-fighting ability possible.

“Process created recipes that were lower in fat and/or richer in fiber and vitamins,” said Amelie G. Ramirez, DrPH, director of the IHPR and cookbook editor. “Some foods may look a little different or taste slightly different from traditional Mexican-American cuisine, but they are still very delicious and true to the original recipes.”

Cookbook recipes are categorized by MyPlate—the USDA’s food guidance system to help Americans make healthy food choices and to be active every day.

“Each recipe in this cookbook highlights vital nutritional content, such as the per-serving amount of fiber, an important part of a cancer-fighting diet,”

Continued on Page 6
**Director’s Corner**

From IHPR Director Dr. Amelie G. Ramirez

**Editor’s Note:** The following is a Nov. 20, 2013 guest blog by Amelie G. Ramirez on behalf of Susan G. Komen for the Cure.

I recently had the privilege of attending and presenting my Susan G. Komen-funded research on boosting Latina breast cancer survivorship through Patient Navigation at the 5th International Cancer Control Congress (ICCC) on Nov. 3-6, 2013, in Lima, Peru.

As a member of Komen’s Scientific Advisory Board, I was excited to be among the more than 400 health researchers and community leaders at this important meeting.

Dr. Simon Sutcliffe of Vancouver, Canada, president of the ICCC and chair of the international steering committee, cited five key drivers for the group:

- ensuring effective transfer of knowledge into action at a population level.
- improving population health;
- improving cancer treatment, management and care; and
- ensuring effective transfer of knowledge into action at a population level.

Dr. Carissa Etienne of the Pan American Health Organization (PAHO) also brought up the need to target: disparities; and how to implement comprehensive health care coverage to improve health for all.

How do we answer this call?

At the global level, Komen has invested more than $800 million in research and currently funds more than 500 active research grants. Since Komen’s inception in 1982, $89 million has been dedicated to more than 250 research grants focusing on health disparities. Komen is the largest non-governmental funder of breast cancer research, and its efforts to invest in translation from the lab into treatment, early detection and prevention align well with the goals of the ICCC conference.

My own Komen-funded research is addressing the burden among Latino populations.

Given that breast cancer is the top cancer killer of U.S. Latinas, my team at the Institute for Health Promotion Research (IHPR) at The University of Texas Health Science Center at San Antonio is testing ways to reduce the burden on this population. In one National Cancer Institute-funded study, researchers from our Redes En Acción project found that a culturally sensitive patient navigation program reduces time from cancer diagnosis to initial treatment and increases rates of treatment initiation within 30 and 60 days of diagnosis—resulting in lives saved.

Having a role in conferences like this can grow relationships that have the potential to generate collaborations to eradicate breast cancer across the globe.

Dr. Amelie G. Ramirez

**IHPR Staff Profile:**

**Rose A. Treviño-Whitaker**

Unpaved roads. Lack of proper sewage. Inadequate water.

Rose A. Treviño-Whitaker grew up among these third-world conditions that plague some colonias—mostly Latino unincorporated settlements in South Texas.

That’s why she dedicated her career to preventing disease and promoting public health as a researcher at the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio.

She’s particularly interested in increasing physical activity.

“Regardless of the neighborhood conditions I grew up in, I still led an active lifestyle. My sisters and I still went outside and had a great time playing soccer in the streets with the other neighborhood kids,” Treviño said. “It is hard to see that this is not the case anymore, in my old neighborhood and all over the U.S. People are not taking advantage of the benefits that an active lifestyle can provide—I want to change that.”

Treviño is project coordinator for the IHPR’s Transdisciplinary Geographical Management of Cancer Health Disparities Program (GMaP).

GMaP, funded by the National Cancer Institute (NCI), is a cancer health disparities network of researchers, trainees, outreach workers, and organizations with clinical, behavioral, basic science and community-based backgrounds with a goal of advancing cancer health disparities research and training.

Treviño facilitates collaboration, cooperation, information- and resource-sharing, and capacity-building in the Region 4 GMaP, which included Arizona, Colorado, Kansas, Nebraska, New Mexico, Oklahoma, Texas, Utah and Wyoming.

“My project and job’s focus is on connecting at-risk and underrepresented communities with NCI research, training, and outreach efforts to fight disparities,” she said.

Treviño also has helped create culturally relevant educational booklets and modules, as well as manuals, such as one on clinical trials outreach for Latinos.

“I think that education is the biggest factor in determining an individual’s health,” she said. “I enjoy having that one on one contact with the community and being able to educate those that want to learn and improve their lives. I enjoy being able to provide and make available education and culturally relevant materials and tools, eliminating some of the barriers for Spanish-speaking populations.”

**Fun Facts**

**Hometown:** Edinburg, TX

**Family:** Husband, Alphonso; two dogs, Thor and Chico; mom and dad; five sisters and one brother; niece; grandmother

**Hobbies:** Anything arts and crafts, traveling, body pump, event planning

**Favorite food(s):** My mother’s homemade Mexican food and Pad Thai

**Favorite movie(s):** The Notebook, Erin Brockovich, Crash

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only 5% percent of Latinos participate in federal clinical trials, giving researchers fewer chances to find new cancer treatments for this population.

What can a health agency do to get more Latinos into clinical trials?

A new guide, Clinical Trials Outreach for Latinos: Program Replication Manual, developed by researchers at the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, was created to help health agencies reach into Latino communities and increase their participation in cancer clinical trials.

With the guide, a health agency can:

• Learn about cancer clinical trials;
• Learn about donation of biospecimens (human materials such as skin, hair, and bodily fluids);
• Learn the need for Latino-focused outreach to increase trial accrual and biospecimen donation;
• Start outreach activities to increase accrual and donations;
• Adapt educational slides, materials and evaluations to local needs; and
• Increase the number of Latinos who participate in local trials and donate biospecimens.

“Most of today’s best cancer treatments are based on what we learned from past clinical trials,” said Dr. Amelie G. Ramirez, director of the IHPR and the new manual. “The more Latinos join clinical trials, the faster we can find better cancer treatments and prevention options and increase survival rates.”

Latinos typically suffer higher incidence rates of liver, cervical, stomach, and gallbladder cancers than the general population, and have worse outcomes for many cancers.

To get more Latinos in studies, the IHPR developed an educational outreach program. The program:

• Developed an English-and-Spanish-language educational module to teach the community about clinical trials, their purpose, and benefits;
• Trained community health educators to deliver the module;
• Built a community resource directory; and
• Recruited organizations for support.

The new manual makes it possible for other health agencies to adapt the program and its module and other resources to fit any community of Latinos.

“We hope other organizations can make additional progress in helping more Latinos join potentially life-saving cancer clinical trials,” Ramirez said.

The IHPR developed the manual through two of its projects funded by the National Cancer Institute (NCI). Those projects are Redes En Acción: The National Latino Cancer Research Network (Grant No. 3 U54 CA153511-02S1) and the Region 4 Transdisciplinary Geographic Management Program (GMaP) program, which is building a synergistic network of investigators in basic, clinical, population- and community-based research to eliminate cancer health disparities. The Region 4 GMaP project has a sister project, Minority Biospecimen/Biobanking Geographic Management Program (BMaP), based at New Mexico State University.

Others from IHPR faculty and staff involved in the manual’s development were: Amelie G. Ramirez, DrPH, IHPR director; Kipling Gallion, MA, IHPR deputy director; Rose A. Treviño-Whitaker, IHPR program coordinator, Sandra San Miguel, MS, IHPR research instructor, Patricia Chalela, DrPH, IHPR assistant professor; Amanda Sintes-Yallen, MPH, IHPR research area specialist; and Cliff Despres, IHPR communications manager.

Resource Guide: How to Increase Latino Accrual to Cancer Clinical Trials

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New Website: How to Grow a Healthy Change for Latino Kids

Want to fight Latino childhood obesity, but don’t know where to start or how to make a change? Start at Salud America! Growing Healthy Change.

The new website is a first-of-its-kind clearinghouse of Latino-focused resources and stories to promote changes—healthier marketing and improved access to healthy food and physical activity, etc.—for Latino kids in your neighborhood and across the nation.

Right now at the site, you can:

• Input your address and create maps at the school, city, county, state, or national level to see what changes are growing for Latino kids, or search by topic (e.g., healthier school snacks, active spaces, sugary drinks);
• Find resources to start a change;
• Watch and read about real-life “Salud Heroes” of change; and
• Become a “Salud Hero” by uploading your own stories.

Salud Hero stories and videos can show you steps to make changes, like these:

• San Antonio school district cooks up healthier concession stand menus.
• San Antonio Latina sisters start a neighborhood fitness program.
• Houston mom helps send Latino students home with fresh produce.
• California high school uses “aquaponics” to grow fresh veggies for the community.
• Virginia parents help remove sugary drinks from schools.

“We believe this website is a critical tool to reveal the latest healthy changes for Latino kids that are popping up across the country, and also to educate and motivate people to start creating changes of their own, like opening playgrounds to the public after school hours or starting up a farmer’s market,” said Amelie G. Ramirez, DrPH, director of Salud America!

The site was created by Salud America!, a national program of the Robert Wood Johnson Foundation based at the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio. The site is part of the Community Commons platform.

Visit and register at the new website here.

IHPR Gets Yoga Program Grant for Cancer Survivors

A team of researchers at the IHPR has received a $500 mini-grant to start a yoga therapy program for Support Lending for Emotional Well-Being (SLEW), a non-profit wellness center for women who have been diagnosed with cancer. The grant, from the Center for Medical Humanities & Ethics at the UT Health Science Center San Antonio, will allow the team to develop an “Exercise for Cancer Survivors” educational presentation and a yoga program/curriculum that will gradually introduce participants to yoga and be sustainable for SLEW to continuing using upon the grant’s end.

The project leader is Rose A. Treviño-Whitaker, project mentor is Dr. Daniel Carlos Hughes, and student members are Susan Ogden, Delana Gonzales, Christina Carmona, and Ruth Morris.

IHPR Researcher Accepted into PhD Program

IHPR researcher Rosalie Aguilar has been accepted into the Fall 2014 joint Translational Science PhD program offered through the UT Health Science Center at San Antonio, the University of Texas at San Antonio, and the University of Texas at Austin. Aguilar is a content 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.


IHPR News Briefs

En Español: Research on Latino Childhood Obesity Issues, Solutions

Salud America! has released six issue briefs, animated videos, and infographics in Spanish that shed light on the causes of solutions to Latino childhood obesity. The materials, which are also available in English, explore the latest research into how six critical topics—marketing, school snacks, sugary drinks, neighborhood food environments, active play and access to active spaces—impact Latino child health. The materials also feature evidence-based recommendations on how to address the problem. The materials are part of a six new packages of research materials produced by Salud America!, a national research network on Latino childhood obesity that is funded by the Robert Wood Johnson Foundation (RWJF) and based at the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio.
Èxito! Program Helps Latinos Seek Doctoral Degrees, Research Careers

Èxito! Latino Cancer Research Leadership Training is the Institute for Health Promotion Research’s program that encourages Latino master’s-level students or 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: Sandra Acevedo
Torrance, Calif.

When Sandra Acevedo first came to the United States at age 10, she didn’t know anybody who spoke Spanish like she did.

But with the support of her family and mentors, Acevedo not only learned English but has gone on to earn a bachelor’s degree in biochemistry from the University of California Riverside and a master’s in public health degree (with a focus on nutrition) from Loma Linda University.

Acevedo currently works for a diabetes prevention and management program that provides services in underserved areas of Los Angeles County.

In search of information about applying to doctoral programs, she heard about and decided to apply to the Èxito! Latino Cancer Research Leadership Training program, which offers a five-day summer institute and internships to encourage master’s-level students and health professionals to pursue a doctoral degree and a cancer research career.

“Attending the Èxito! Summer Institute helped me realize that obtaining a doctoral degree is attainable, and I now have the confidence in myself to take that next step towards my educational career,” Acevedo said.

Èxito! Grad: Sanae El Ibrahimi
Las Vegas, Nevada

Growing up in Morocco and traveling abroad gave Sanae El Ibrahimi a passion for learning about other cultures.

El Ibrahimi also is passionate in her belief that everyone has the right to health and well-being so that they can achieve their purpose in life, no matter what their culture.

In keeping with this belief, she obtained her undergraduate degree in business administration and a master’s degree in international economics from Mohammed V University (Rabat, Morocco). She is currently pursuing a master’s of public health at The University of Nevada, Las Vegas.

Her devotion to the field of public health led her to apply to the Èxito! Latino Cancer Research Leadership Training program, which offers a five-day summer institute and internships to encourage master’s-level students and health professionals to pursue a doctoral degree and a cancer research career.

After attending Èxito! Summer Institute, El Ibrahimi received extra encouragement and tools needed to take her next step to pursuing a doctoral degree and career in cancer health disparities research.

“The Summer Institute was an exceptional opportunity for me to meet other passionate [people] about serving the Latino community in reducing cancer health disparities,” El Ibrahimi said. “I learned that we all have special skills that we can bring to the field of research and community interventions. It was heartwarming to interact and network with other participants. It was also empowering to hear experiences and stories of the challenges and successes of professionals in the field.”

She added: “The Èxito! Leadership Training and the Internship Project have become important milestones to help me reach my goal of entering the doctoral path.”
Study: *Promotores de Salud* Help Diabetic Latinos Improve Health

When diabetic Hispanic seniors got education about the disease and how to manage it from community health workers, called *promotores de salud* in Latino communities, they positively changed their diabetes self-management behaviors and health outcomes, according to a recent pilot study.

Now the study organizers, Humana Inc., are launching a larger study to test this effect of *promotores* and a culturally tailored diabetes self-management program.

The new study, which partners with National Council of La Raza (NCLR), Mexican American Unity Council, and other partners, is a one-year test of the new model with 150 Hispanic seniors with type 2 diabetes in San Antonio, Texas.

“We are very encouraged by the results of the pilot, which show that this approach to diabetes management helped seniors take better care of themselves and achieve improved health outcomes,” said Dr. Charles J. Morris, Humana’s regional medical officer of senior products for the Texas region.

“The shared values and commitment of our partners made this endeavor possible. We are dedicated to moving this study into the next phase and hopefully, one day, implementing this practice broadly to help more seniors with diabetes live healthier, more fulfilling lives.”

In the pilot study, 10 *promotores* conducted learning sessions among 101 diabetic Hispanic seniors. The seniors reported significant changes, including:

- Decreases in weight;
- Greater sense of responsibility for their health;
- Higher knowledge levels regarding the use of their medication;
- Increases in perceived ability to maintain changes in their lifestyle;
- Increases in perceived ability of eating four to five meals a day;
- Increases in perceived ability to eat in a healthy way if they had to share their food with people who were non-diabetic; and
- Increases in perceived ability to control their diabetes so that it did not interfere with their lives after their participation in the educational sessions.

In addition, the peer support provided by *promotores* appears to be a key component in the changes of participants’ behavior.

“This study has shown great promise in addressing one of the greatest barriers we have with the diabetic Latino population, which is access to health education and overall health care,” said Delia Pompa, senior vice President for programs at NCLR. “To see that the *promotores* were able to make a difference in the health of these seniors could be a game changer, and we look forward to the next phase of the study.”

Local Latinas’ Cancer-Fighting Recipes

Continued from Page 1

said Amanda Sintes, MPH, an IHPR researcher who helped develop the cookbook. “Fiber can lower our cholesterol and blood sugar levels, keep us fuller and help move food through our digestive system. High-fiber foods include beans, whole grains and fruits and vegetables.”

The cookbook was made possible by support from: *Redes En Accion: The National Latino Cancer Research Network*, an initiative funded by the National Cancer Institute (NCI) to combat cancer among Latinos; and the Cancer Therapy & Research Center (CTRC), an NCI-designated Cancer Center at the Health Science Center (Grant P30 CA 054174-19S3).
Latinos, Why is Organ and Sample Donation Important? Ask 3-year-old Jade Hércules and Her Family

Jade Hércules, was born in July 2012 in Guatemala, where she was diagnosed with terminal liver disease.

She needed a donor.

Jade’s condition deteriorated over the next year to the point where her parents thought, as she celebrated her first birthday in July 2013, she wasn’t far from her final moments on earth.

Then doctors at University of Chicago Hospital, where her family had come to seek treatment, told her parents a liver donor was found.

“We were grateful to God for the parents who had the courage to donate their little boy’s organs because thanks to them our little girl is alive. We always think about the parents who made this miracle possible because it is truly a blessing that a year later although she is not yet walking, Jade can stand and is such a happy little girl,” said Jesus Alexander Hércules, Jade’s father.

This story is a great reminder to think about organ donation, according to the Gift of Hope, Organ & Tissue Donor Network, which has orchestrated 323 donations and helped save many lives through organ transplants, like Jade’s.

“Jade’s story is an example of the unconditional love and the inexhaustible struggle that thousands of families confront while they wait for a donor that can save their son’s or daughter’s life. We must work with the same tenacity to increase the number of Latino donors because according to medical experts this may affect the number of transplants performed on persons in within our community,” said Raiza Mendoza, Manager of Hispanic Affairs for Gift of Hope.

Learn about becoming a Gift of Hope organ donor here.

Donating blood, tissue, and other samples (also called biospecimens) is another key way to help others and aid medical researchers.

Check out our English or Spanish flyer all about biospecimen donation from the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio.

The National Cancer Institute also has English and Spanish info about donating samples.

The IHPR also is helping organizations develop clinical trials and biospecimen donation outreach services through our Clinical Trials Outreach for Latinos Program Replication Manual, which aims to give you tips, resources, and other help to incorporate these activities in your organization.

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Latino News Tweets

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

Cancer
► Are Race and Socioeconomic Status Related to Outcomes in Thyroid Cancer?
► Latinas Have the 2nd-Highest Rate of Cervical Cancer
► Language Barriers & Religious Beliefs Leading Factors in Under-Treatment of Pain for Hispanic Cancer Patients
► Study: Possible Link between Aggressive Breast Cancer, Breastfeeding in Women of Mexican Descent

Other Conditions
► Connecting with Non-Latinos Helps Hispanic Teens’ Psychological Health
► HIV Medication Discussions Are Different if You’re Black, Hispanic or White
► Hepatitis C Doesn’t Affect All Latinos Equally
► Study: Overweight Latinas Are Less Aware of Increased Heart Disease Risk
Study: Minority Patients Mostly Treated by Non-White Doctors

Doctors who are black, Hispanic and Asian provide the most care to minority patients, according to a study that suggests changes under Obamacare may increase the burden for these physicians, Bloomberg reports.

According to the report:

More than half of minority patients and about 70 percent of non-English-speaking patients, groups more likely to have Medicaid or be uninsured, are cared for by a nonwhite doctor, according to a research letter today in JAMA Internal Medicine.

President Barack Obama's 2010 Patient Protection and Affordable Care Act, the biggest overhaul of the U.S. health-care system since the 1960s, is expected to insure millions of Americans who previously couldn't afford health coverage. Though blacks and Hispanics represent 25 percent of the U.S. population, they make up less than 15 percent of physicians, highlighting the need for medical schools to recruit more minority students, researchers said.

“When we think about our health-care system or just health in general, we need to make sure it's meeting the needs of all members of society and it’s doing so in an equitable fashion,” said lead study author Lyndonna Marrast, a physician at Cambridge Health Alliance in Cambridge, Massachusetts, and a fellow in general medicine at Harvard Medical School.

“The fact that minority physicians are much more likely to care for disadvantaged patients suggests that expanding the racial diversity of the physician workforce in the U.S. could be key to improving access to care.”

Read more here.

For those interested in cancer research and seeking higher education, apply here for the 2014 Éxito! Latino Cancer Research Leadership Training program. Éxito!, a program of the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, will select 20 master's-level students and health professionals from across the nation to attend a five-day summer institute June 2-6, 2014, in San Antonio, offering research information, tools, tips, role models and motivation to encourage participants to pursue a doctoral degree and a career studying how cancer affects Latinos differently. Éxito! participants also are eligible to receive one of five $3,250 internships.
CVS is Quitting Cigarettes… Can You Quit, Too?

CVS pharmacies have decided to stop selling cigarettes, according to several media reports.

Will you quit, too?

A free automated self-help “Stop Smoking” website is available in both English and Spanish to give Latinos various resources and tools to quit and track their quit progress.

Visit the website in English or Spanish.

The website is part of a study led by Redes En Acción: The National Latino Cancer Research Network, which is funded by the National Cancer Institute. The study is a collaboration between researchers at the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio and the University of California, San Francisco (UCSF).

Participants’ smoking status will be evaluated at 1, 3, and 6 months.

This project has a very strict privacy policy, and only researchers will have access to personally identifiable information. The study website site is a self-help health resource. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

You can follow the study also on Facebook.

Latinos, Keep an Eye on Your Eyes (to Fight Glaucoma)

If you're a Mexican American and/or older than age 60, keep an eye on your eyes.

You have a higher risk of glaucoma, a group of diseases that damages the eye's optic nerve, which carries visual signals to the brain. It can lead to vision loss or blindness if left untreated. The disease has no early warning signs and often, by the time people are diagnosed with glaucoma, they’ve already noticed changes to their side, or peripheral, vision.

That’s why it’s vital not to wait until you notice vision problems to see your eye care professional, according to the National Eye Institute (NEI) for National Glaucoma Awareness Month in January.

“Studies show that at least half of all persons with glaucoma don’t know they have this potentially blinding eye disease,” said NEI Director Dr. Paul Sieving.

“The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam.”

A comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to dilate (or widen) the pupil to examine the back of your eyes and your optic nerve for signs of disease. This exam may help save your sight because when glaucoma is detected early, it can be controlled through medications or surgery.

The NEI suggests an exam every 1 or 2 years for those at highest risk.

A low-cost exam may be available to you through Medicare. For more information, call 1–800–MEDICARE or go here.

For more on glaucoma, go here.

Also, check out a cool Spanish infographic on glaucoma.

Latino Resource Tweets

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

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.
Video Roundup – Click on the images below to view the video for each.

Latino Kids Need Salud Heroes. Can You Step Up?

More Latinos Move to Long-Term Care Facilities

How a Latino Community ‘Heals Itself’

Inspiring Minorities to be Doctors, Scientists

A Latina’s Brave Fight against Breast Cancer

EMS Training Program Diversifies the Workforce

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.

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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.