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Prostate Cancer: What's a Woman to Do?

Women, what you can do for your man is to make sure he takes good care of his prostate. This means an annual physical examination including a digital rectal exam (DRE) and a prostate specific antigen (PSA) blood test. And... you can encourage him to participate in the *Adventist Health Study-2*. Why?

Black/African American men have the highest incidence of prostate cancer in the world. The severity of the disease is higher, and they tend to die more quickly after diagnosis. Medical researchers do not know why this is the case. But they believe in some measure it is because they are

under-represented in most research studies. We don't want this to be the case with the *Adventist Health Study-2*.

By January 15, 2006 approximately 12,000 Black Adventist men have enrolled in the study, but only 5,853 have returned the questionnaires. Many more are needed to really look at disease patterns and significant connections between disease and diet and physical activity. Perhaps hearing from the following great men who have survived prostate cancer will make an impact on your husband's, brother's, father's, and son's decisions to participate in this study.

— Patti Herring PhD, RN

DeWitt Williams

“I will always remember my doctor telling me that my PSA was elevated. Back then, 1997, I didn't even know the normal or the above normal range for PSA. I know now that 1-4 is normal and for African-American men 1-3.5 is normal. I've learned a lot in the last few years.

I couldn't believe that God was allowing this to happen to me! The director of Health Ministries for the entire North American division of Seventh-day Adventists! I don't drink. I don't smoke. I'm a vegetarian. I ran the Marine Corps Marathon. I've been faithfully married to my loving wife since 1962. How could God allow me to get prostate cancer? I went through some trying times. I wanted an audience with God to inquire why he

had allowed such tragedy in my life, after all the work I had dedicated to His service. Now after my successful trek to the proton beam at Loma Linda University, I understand that I am human and frail and susceptible to all the diseases that Satan has brought into our world. The burden for caring for our health rests on our own shoulders. Part of that burden is to participate in research studies such as the *Adventist Health Study-2*.”



DeWitt S. Williams
EdD, MPH, CHES
Director, Health Ministries
North American Division

Health Tip

“Take the stairs instead of the elevator. It will give you a mini cardio workout. Think of it as climbing Jacob's ladder or wrestling for a blessing.”



Charles D. Brooks

“I had been seldom sick for many years. There was both shock and suspense when on the occasion of my annual visit to my Urologist — further tests were required. The verdict: Cancer of the Prostate! “Surgery! Or Radiation!!” I was very soon in touch with Loma Linda University (LLU) Medical Center. I remember the friendly, helpful voices on the telephone! The Proton treatment was God-guided for our institution. It is the first in the land (others have opened or are opening soon). The world came to LLU to study this marvelous system. I received my appointments, dates and was helped with securing a nice apartment for my wife and me for the duration of the treatments.

One hope is through medical research, such as the *Adventist Health Study-2*. The information gathered can help find answers about why Black men develop prostate cancer at a disproportionate rate.

By filling out the questionnaire, you will be helping to fight prostate cancer. You have this golden opportunity to pass on a legacy of health. Please sign up before the opportunity passes you by.”



Charles D. Brooks
Speaker/Director
Emeritus Breath of Life Telecast
Adventist World Headquarters

Health Tip

Eat lots of tomato products, raisins, nuts, seeds, oatmeal, tofu, soy milk, soy beans, broccoli, brussel sprouts, cauliflower, and cabbage for good prostate health.

— U.S. Dept. of Veterans Affairs Medical Center – San Francisco
July 7, 2003 website update.

Charles E. Bradford

“You’ve got to do it. You’ve got to do it now. The stakes are too high to put it off. It’s your life, brother. When you make up your mind to do it, it’s really easy. A load lifted off your back. Your family will love you for it. Get the test — the life saving test! I did, and I’m glad. Final word — Just do it.” And participate in the *Adventist Health Study-2*. The information gained could save many lives.



Charles E. Bradford
President Retired,
North American Division of SDA

Ben Carson

“I am delighted that the *Adventist Health Study-2* is working hard to discover the reasons for the high rate of prostate cancer among Black men. I can tell you from personal experience that this is a devastating disease, but when caught early, it can be successfully treated. We need more studies to bring awareness to everyone about this disease and also to discover its causes and hopefully find answers to prevention.”



Benjamin S. Carson, Sr., M.D.
Director of Pediatric Neurosurgery
Professor of Neurological Surgery,
Oncology, Plastic Surgery, and Pediatrics
Johns Hopkins Children’s Center

The Clinics are Coming

Doing a research study is a bit like building a legal case in favor of or against something. You need to collect as much evidence as you can in order to prove your theory. AHS-2 has already collected one type of evidence from those of you who have returned your questionnaires. That was self-reported evidence or your testimony of what you eat. We also need another type of evidence, physical evidence, to prove our case. The collection of physical evidence is a calibration study. We use

it along with the information on the questionnaire to get a clearer and more accurate picture of the information.

The goal is to have 1,000 participants to attend clinics (set up at local churches) to take blood samples which are used to measure vitamins such as folate and beta-carotene.

If our continuation grant is approved, many more of you, above the original 1000, will be asked to participate in a clinic in the future.

AHS-2 Timeline 2001-2011

| 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | |
|---|---|------|------|--|--|------|------|------|------|------|--|
| 105,000 Completed Questionnaires | | | | | | | | | | | |
| | Obesity Study Analyzed AHS-2 info to discover trends | | | Canada Joins 3,000 questionnaires have come in so far! | | | | | | | |
| | Church Clinics AHS-2 sends medical professionals to local churches to set up clinics to collect physical evidence from members who already completed the AHS-2. This adds additional information to questionnaire. | | | | | | | | | | |
| | Caribbean & Soul Food Found nutritional value of these foods | | | | Prostate Cancer in Black Men by Drs. C. Wilson, P. Herring and G. Fraser. | | | | | | |
| | Hospital History Form Every two years a hospital form will be sent out to find out if any serious illnesses have developed since original questionnaire was completed. | | | | | | | | | | |
| | | | | | Shorter Form Study An abbreviated form to find out if any significant changes in diet have occurred since the first questionnaire was completed. | | | | | | |
| | | | | | Analysis and Reports We will be analyzing the information and writing reports to explain the findings. Participants will be informed of results. | | | | | | |

A Tournament of Healing

A Pilot Study

In March of 2006, the Adventist Health Study-2 (AHS-2) along with A. Leah Scott, Health Ministries Director for Allegheny East Conference, will begin a new pilot program in an attempt to make the recruiting process a little more exciting. We will launch a *Tournament of Healing* where churches will try to accumulate points by turning in questionnaires. Churches will earn points for returning enrollment cards, back pages, and questionnaires. Churches will lose points for members not signing their back page. In the interest of fairness we have divided the churches up into three divisions based on the size of the goal.

The tournament will take place over a three-month period. The church with the most points in each of the

three divisions will win a set of Bibles and be declared the tournament champion.

Since none of the participating churches have been able to reach their goal, we hope this game will make completing the questionnaire fun and exciting.

Allegheny East churches will try and minister to the health needs of a fictitious and very ill research assistant at the AHS-2 office. The churches relieve symptoms by turning in questionnaires, and symptoms may worsen by unsigned back pages or sending in incomplete questionnaires.

We need all questionnaires returned as soon as possible.

— *Phyllip Baker*

The Latitude of a Longitudinal Study

We understand that waiting for AHS-2 results can sometimes be like waiting for paint to dry or trees to grow. The reason is that the AHS-2 is a longitudinal study. This means that it takes at least 5-8 years to reach even preliminary results. We need to count instances of cancer that have not yet been diagnosed. We are able, however, to make some educated predictions and point out some trends before the grand totals are reached. Our guesstimates become more true as the number of returned questionnaires increases.

Some research studies are like snapshots. They record what is happening at one particular time, but longitudinal studies are more like photo albums where you see many snapshots that record change over a long period of time. We would love to have you join our family portrait so that we can get the most diverse and accurate picture of Black America as possible. It's easy. Just return your survey and say, "Soy Chee-ee-se!"

— *Sonja Hall*



Farewell to Alfred Haynes, MD. The AHS-2 wishes to thank Dr. Haynes for his years of service and wishes him all the best in his future endeavors.

Oakwood College, Huntsville, AL

The Oakwood College Church officially launched the AHS-2 during the month of October 2005. This church has the largest goal, 600, of any Black church in North America. Pastor John Nixon said, "A recent article published in National Geographic highlighted specific values that contribute to greater longevity for Loma Linda Adventists."

Wouldn't it be great to have a similar report, but for Black Adventists?

Pastor Nixon continued, "Oakwood College's participation in the Adventist Health Study-2 is not only about reaffirming those values, but also about creating a health legacy to pass on to future generations."

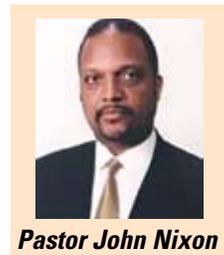
Lead Consultant, Dr. Raynon Andrews, believes that the Study has the potential to make a great impact in

the Black community. Dr. Andrews said, "I am very optimistic about the results of the Adventist Health Study-2

because it will be a great witness to the health message of the Church. It may also lead to African-Americans having a greater focus on living healthier lives."

Ruth Butler is the lay representative of the AHS-2 for the Oakwood College Church. She is diligently working to enroll as many eligible members as possible. The commitment of the pastors and consultants will be instrumental in helping Oakwood College reach its goal.

— *Anthony Blakely*



Pastor John Nixon

West Broad Street, Savannah, GA

Contrary to Matt. 7:13, the broad way is not always the way that leads to destruction. For the members of West Broad Street, the broad way was the way to success, and in a short time. Their goal was 125, and they reached 143 in six months. Success like this takes team work. Pastor Mark E. Golson and Lead Consultant, Michelle Washington led West Broad Street to 100% participation.

Washington gave her strategy, "Our team organized three sessions on Sunday at our church school where we assisted the seniors with the questionnaire and provided lunch... We also made multiple reminder calls to

participants... (and) assigned each member of the health ministries team a group of participants to encourage and assist.

Some of our health ministries members even made home visits to assist those who needed help filling out the surveys. Each Sabbath Pastor Golson would encourage the congregation as we watched our AHS-2 thermometer climb higher. We wanted 100% because our health message is the right arm of the gospel. If we can help improve lives through taking the study, we must meet our goal."

— *Phyllip Baker*



Michelle Washington and Pastor Mark Golson

Black Consultants Advisory Board Members

- Patti Herring, PhD, RN
- Colwick Wilson, PhD
- Gary Fraser, MB, ChB, PhD
- Terry Butler, DrPH
- Gwen Foster, MPH
- James Kyle, MD
- Susanne B. Montgomery, PhD
- Susan Preston Martin, PhD
- Leslie Pollard, DMin
- Toni Yancey, PhD
- Alfred Haynes, MD

Mary Smalls of Berean, Atlanta, GA

We are proud of all our local lay representatives for the tremendous work they have done and are doing to help the AHS-2 reach its national goal. Space would not allow all of their stories to be told, but we wanted to highlight one dynamic Lead Consultant in hopes that her story will inspire you to press toward the mark at your church.



Mary Smalls

Mary Smalls is the Lead Consultant of the Berean SDA Church in Atlanta, Georgia, pastored by William Winston. They had the daunting task of reaching a goal of 225. Mary Smalls did not stop there. The Berean church returned 243 questionnaires. Smalls did not stop

there. She worked with Oakwood Alumni to return questionnaires at the alumni weekends. But she did not stop there. She goes to other churches in her area holding group sessions and making announcements so that other churches can reach their goals as well.

— *Phyllip Baker*

A Longevity Study

In November of 2005, AHS-2 received some unexpected media attention from The National Geographic, ABC World News, Good Morning America and CNN's Anderson Cooper 360°.

In the November 2005 issue of National Geographic, three regions in the world were identified as having people with the greatest longevity. The three areas were Sardinia, a small island off the coast of Italy; Okinawa, a small island off the coast of Japan; and Loma Linda, California. These three areas have the highest number of people over the age of one hundred in the world. For the Loma Linda Adventists, the article cited specific values and traditions that contributed to greater longevity. The values and traditions mentioned were close family relationships, exercise, regular church attendance and a healthy plant-based diet. This all grew directly out of the previous and smaller AHS-1 research. What will AHS-2 be able to report about Black members in the coming years? We need your participation to make this happen.

— *Anthony Blakeley*

Mary L. Maupin turns 100

Mary L. Maupin of Magazine Street SDA Church in Louisville, Kentucky is one of AHS-2's oldest participants. In November of 2005, she celebrated her 100th birthday. She received plaques and gifts from President and First Lady Bush, The



Mary Maupin

General Conference, Oakwood College, Magazine Street as well as numerous friends and relatives.

So what do you do next after a big celebration like that? Sister Maupin filled out an AHS-2 questionnaire. She believes that the secrets to her longevity are no

secrets at all, but Bible truths that should be available to everyone.

The secret to mental alertness is daily Bible study. The secrets to her physical longevity are daily 30 minute walks and a Bible based diet.

“Drinking plenty of water is also a part of my religion. Green vegetables, starch and a protein are a part of my meals.” Maupin advises. “The Lord wants us to be healthy, wealthy, and wise, and I think He means that.”

— *Andrea Bryant*

Laura Cheatham, 102 and Still Going Strong

Mrs. Cheatham attributes her longevity to God's blessings, fresh air, planting, harvesting, and eating fresh vegetables from her garden for more than 50 years.



Laura and Gus Cheatham

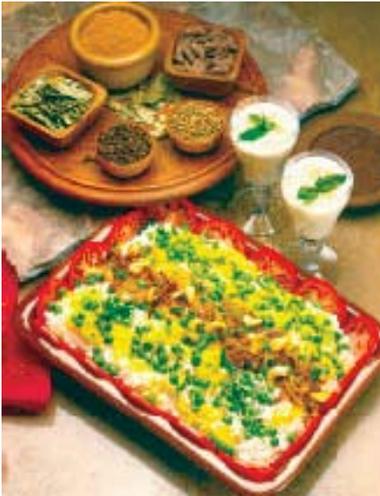
Laura Cheatham is 102. She resides in her home in Pennsylvania.

Here she is pictured at home with her son, W. Augustus Cheatham, Vice Chancellor for Public

Affairs at Loma Linda University Health Sciences Center, Thanksgiving 2005.

— *Phyllip Baker*

Preliminary Results



BMI Chart

| | |
|------------|-------------|
| Below 18.5 | Underweight |
| 18.5-24.9 | Normal |
| 25.0-29.9 | Overweight |
| >30.0 | Obese |

Blacks Compared to Others in AHS-2

(The final count is not in, but the numbers follow the trends below)

Comparison of Blacks to other ethnic groups who completed the AHS-2 Survey

Blacks reported **LESS:**
 Emphysema
 Heart Attacks
 High Cholesterol
 Cancer

Blacks reported **MORE:**
 Hypertension
 Diabetes

Caribbean and Soul Food Study

You need not trade in your cultural heritage for healthy eating. The AHS-2 is finding that many Caribbean and soul foods contain high nutritional value and can also be considered health foods. As you consider your grandmother's old recipes, here are some guidelines for which parts of your dietary legacy you may want to pass down to the next generation and which traditions you may want to leave in your history.

Pass Down

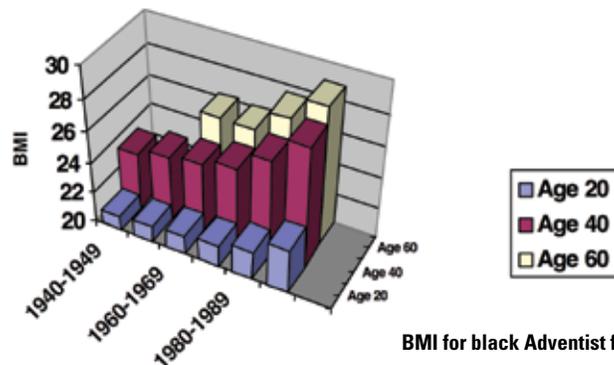
1. Legumes (particularly red beans)—High in folate
2. Cruciferous vegetables (broccoli, cabbage, cauliflower)—Contain vitamin A, C, calcium and fiber.
3. Okra/corn/tomato— Contain vitamin C, folate, magnesium, potassium.
4. Greens (mustard, collard, turnip)—High in calcium
5. Plantains—Contain vitamin A and potassium

Pass By

1. Macaroni and Cheese—High in saturated fat.
2. Evaporated Milk—High in fat.
3. Biscuits and Syrup —High in sugar and often use flour that is not whole grain.
4. Johnnycake—High in fat.

— *Sonja Hall*

Is Your Spare Tire a Lifesaver or an Anchor?



BMI stands for “Body Mass Index”. It is a number that shows how lean or plump you are based on your height and weight considered together. It is a tool for describing relative fatness, and can help determine your risk for certain diseases such as: cardiovascular disease, high blood pressure, some cancers, osteoarthritis, diabetes and even premature death. The higher the BMI, the greater the risk.

The AHS-2 preliminary findings show that even among Adventists, BMI is increasing. The chart above, using data

from our AHS-2, shows that over the years BMI in Black women at the same age is increasing. Trends in Black men are broadly similar. People of a particular age group are bigger today than people of the same age group many years ago. Obesity is increasing at an alarming rate. It is one challenge of the church to spread the health message quickly to save lives and stop the obesity epidemic. You can help by returning your questionnaire. Vegetarians are thinner!

— *Sonja Hall*

Dear Dr. Herring:

I know I mailed in my questionnaire, but they tell me you can't find it. What's up with that?

A. Your enrollment card (the form on the front of your questionnaire that required your name, address, church, etc.) should have been torn off and mailed to us separately. This may not have been done. Some people think that they do not need to turn in the enrollment card, so they throw it away. Without an enrollment card, we do not know who the questionnaire belongs to, or which church to give credit. If the medical release (back page) is in, we can eventually find the questionnaire, but with no enrollment card and no back page, it cannot be traced.

B. Another reason is that some people leave many questions unanswered. If we do not have a phone number, questionnaires are mailed back with a request to finish the information.

C. Information is scanned by a scanner somewhat like the type used in the supermarket. I'm sure you've been in line behind someone where the soapbox is swiped over and over, but the machine does not register the item. We have this problem, occasionally, with questionnaires as well. If one doesn't scan the first time, it may take some weeks before it shows up on your church progress report.

D. Some people don't write in the name of their church. We put them in the church closest to their address, but it may not be their church.

Why do you request that I put my social security number on the questionnaire?

So one person cannot fill out multiple questionnaires and so that tumor registries can be checked more easily to detect any new cancers.

We hold to strict government guidelines for protecting personal information.

I felt that some of the questions were too personal. Would it be okay if I just skipped those questions and answered the rest of the questions?

When we receive a questionnaire that has a lot of missing information, we make several attempts to retrieve the information because each question is very important to us. When you skip a question, here is what happens: Someone from our office tries to call you. Someone has to mail you a letter and mail portions of the questionnaire back to you. Someone, then has to do lengthy mathematical calculations to try and figure out the most probable answer that you might have given. Giving us only part of the information is like going to the doctor with a serious illness and refusing to answer some of the doctor's questions. Those answers may be vital to finding out what the problem is and how to alleviate it. Please do not make us do our research with one eye blindfolded. In truth, missing questions call for more attention to your personal information than if it had been a well completed questionnaire.

AHS-2 Black Recruitment Staff

Patti Herring, Director of Black Recruitment
Colwick Wilson, Assistant Director
Donna Richards, Field Training
Phyllip Baker, Research Assistant
Anthony Blakely, Research Assistant
Andrea Bryant, Research Assistant
Sonja Hall, Research Assistant
Yolanda Woodson, Research Assistant

Jammin' Tofu



Recipe submitted by
Michael Bryant

- 2 pkg. organic extra firm tofu
- 2 sm. 12.5oz. cans Fri-Chik
- 1 1/2 C. grn. olive w/pimentos
- 1 1/2 C. blk. sliced olives
- 1-2 C. chopped broccoli
- 1/2 C. chopped carrots
- 1/2 C. chopped celery
- 1 1/2 Tbsp. mendo mix (oregano, onion, chilies and lemon peel)
- 1 1/2 Tbsp. taco seasoning
- 1 1/2 Tbsp. chili powder
- 1 1/2 Tbsp. marjoram
- 1 1/2 Tbsp. parsley flakes
- 1 pinch crushed red pepper
- 1 dash rosemary
- 1/8 tsp. cayenne pepper
- 1/4 chopped onion
- 3-4 minced cloves of garlic
- 1 tsp. lemon juice
- olive oil (enough to cover pan)

Directions:

1. Drain Fri-Chik.
2. Slice Fri-Chik in half, creating long flat pieces.
3. Pour water off tofu and cut into 1/2" cubes.
4. Stir fry at medium heat.
5. Stir fry Fri-Chik then cube it.
6. Stir fry vegetables.
7. Combine tofu, Fri-Chik and vegetables. Add seasonings.
8. Serve with or without rice.

Call up 3-5 of your friends or family to help you eat it.

better health for everyone!



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Loma Linda, CA 92350

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Report 2006

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| | | |
| STREET | | APT# |
| | | |
| CITY | STATE | ZIP |
| | | |
| PHONE NUMBER | | |



Patti Herring, PhD, RN
Co-Investigator
Director of Black Recruitment
Adventist Health Study-2

Thank you so Much

We thank you so much for supporting us over the last several years while recruiting members into the Study. God has blessed us abundantly. Donna Richards and I have had the opportunity to meet many of you via the phone or in person as we traveled about the country from conference to conference, church to church. It has been a tremendous pleasure meeting all of you. We have also been especially blessed to meet so many wonderful conference presidents and pastors. I can truly say I have a wonderful job—who can say their job takes them across the country meeting many tremendous and outstanding people. I am afraid to start mentioning names because I stand the chance of forgetting some very important people, plus there are too many to list. But, you know who you are—you are, for instance, the ones who opened up your doors and homes to Donna and me as we visited your churches. We thank you from the bottom of our hearts.

I am proud to say that we have exceeded our enrollment goal with over 46,000 Black Adventists completing an enrollment card, thus enrolling in the Study. But, I am disappointed to report that still over 20,000 have not returned their completed questionnaire. If they did we would be over our goal of 45,000 Black Adventists participating in one of the most noteworthy studies in the country. I know your heart is with us, but now we need your questionnaire to be with us as well. You still have time to be among the many that have helped make this study one which the country will long remember. You can still be a part of this ground breaking study, and news reports that are sure to come over the next several years. Please take the time to find your questionnaire or request another one toll free (1-866-558-6267). We will mail you another one right away. And if you have not enrolled, it is not too late. Don't you want to say when the news breaks again that you were a part of a group of people who really made a difference? Do so today.

— Patti Herring PhD, RN

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