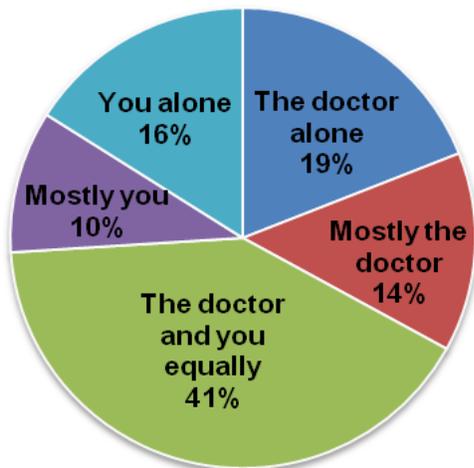


TRACE-CORE NEWS

During the baseline interview, we asked you about your beliefs about health care decisions. Particularly, we asked you, given information about the risk and benefits of possible treatments, who should determine what treatment option should be selected – the doctor alone, mostly the doctor, the doctor and you equally, mostly you, or you alone. Here's what you told us:



No matter what you think about how you and your doctor should decide what your treatment options are, make sure to ask your doctors any questions you have about your heart health – it's their job to help you understand your health condition and what you can do for your health.

ABOUT TRACE-CORE

TRACE-CORE is a multi-site study of acute coronary syndromes (ACS) funded by the National Institutes of Health (NIH) and led by researchers at the University of Massachusetts Medical School. The overall purpose of TRACE-CORE is to learn more about people's health after they are hospitalized for their heart. We have recruited 2,300 adults hospitalized for their heart in Massachusetts and Georgia. By sharing their experiences, TRACE-CORE participants (you!) make this study possible. Thank you!

SPOTLIGHT

Catarina Kiefe, PhD MD



Dr. Kiefe is the lead researcher in TRACE-CORE and the Chair of the Department of Quantitative Health Sciences at the University of Massachusetts Medical School in Worcester, MA. Dr. Kiefe has a PhD in mathematics and an MD. She has been a practicing internist and researcher for over 20 years.

"My passion at work is to improve the lives of people with heart disease," said Dr. Kiefe. "We have learned a lot through science, but we need to learn much more about how to help our patients and apply this science – that is the point of TRACE-CORE."

Dr. Kiefe has a special interest in health disparities and health outcomes that matter to patients. Through her research, she works to improve health care, particularly for patients with heart disease. She is excited to lead TRACE-CORE.

"TRACE-CORE is really important for learning about people's health after an ACS," said Dr. Kiefe, "and without our participants, there is no study. We need you, and so does everyone with heart disease. Thank you."

FUN HEART FACT

Capillaries are the smallest part of the body's blood vessels, and help deliver blood to each cell in your body. It is estimated that there are about 10 trillion capillaries in the systemic organs with a total surface area of 100 m². That's almost 9 parking spaces!

NOTE FROM THE EDITOR

Sure, I can (and do) buy vegetables and fruit at the grocery store all year long, but I just love all the fresh produce available at farm stands and farmers' markets in the summer. Cucumbers, rhubarb, basil, green beans, tomatoes, corn, peaches, blueberries – yum! We eat a lot of vegetables and fruit in the summer, like the tomato salad featured this issue. I call it the “Super Tomato Salad”, well, because it’s super tasty. What are your favorite summer dishes?

Wishing you health and happiness,



Molly Waring, PhD, Editor

FUN IN THE SUN

Enjoying the sun outside? The Centers for Disease Control and Prevention (CDC) encourages people to protect themselves from UV radiation from the sun.

- Use sunscreen with sun protective factor (SPF) 15 or higher and both UVA and UVB protection.
- Sunscreen wears off – put more on if you stay out in the sun for more than two hours.
- Wear sunglasses to protect your eyes from UV rays.
- Seek shade, especially during the middle of the day.
- Wear clothing to protect exposed skin and a hat with a wide brim to shade your face, head, ears, and neck.

For more information and tips, call 800-CDC-INFO or visit cdc.gov/cancer/skin/basic_info/prevention.htm.

REMINDERS

Please fill out your medication diary. It will help you tell the TRACE-CORE interviewers what medications you take – and may help you talk with your doctor!

We will call you 1 month after your hospital stay and at 3, 6, and 12 months. Is an interview coming up for you? Would you like to schedule a particular time to talk? Call us at 888-368-7157!

FEATURED RECIPE

Super Tomato Salad

Serves 8 Prep time: 15 min Cook time: 30 min

- 1 pound cucumbers
- 1 pound zucchini
- 1.5 teaspoons salt
- ¼ cup red wine vinegar
- 1.5 pounds tomatoes
- 1 red onion
- 2 tbsp olive oil
- 2 tbsp fresh mint
- ¼ cup fresh parsley



1. Wash, peel, and remove seeds from cucumbers, then chop. Wash and chop the zucchini. Put cucumbers and zucchini in a large bowl and add salt and vinegar. Toss until coated. Let sit for 30 minutes, then drain. Discard the liquid.
2. Cut tomatoes in half and squeeze to remove juice and seeds. Chop the seeded tomatoes.
3. Finely chop onion. Add tomatoes and onion to the cucumbers and zucchini. Add olive oil, and a bit more vinegar if you wish.
4. Finely chop mint and parsley and add to salad.

Adapted from “The Victory Garden Cookbook” by Marian Morash.

Per serving: 66 calories, 3.5g fat, 7.0g carbohydrates, 2.2g fiber, 1.8g protein.

LOCAL NEWS

Craving fresh fruits and vegetables? The Greater Worcester Farmers' Market is held every Tuesday 12:30-5pm June through October at the UMass Medical School's campus in Worcester in the plaza in front of the Medical School building entrance. Or visit farmfresh.org or localharvest.org for markets near you.