

# TRACE-CORE

Transitions, Risks, and Actions in Coronary Events - Center for Outcomes Research and Education

## NEWSLETTER

Sept/Oct 2013

### TRACE-CORE NEWS

Health care paperwork can be confusing. During the first interview, we asked you how confident you feel about filling out medical forms by yourself. 37% of you said that you felt “extremely” confident about filling out medical forms, 27% said you felt “quite a bit” confident, and 18% said “somewhat” confident. One in five (19%) of you said that you felt “a little bit” or “not at all” confident filling out medical forms.

If you have questions about any of the forms or paperwork your doctor or medical staff ask you to fill out, ask for help – from your doctor, from one of the staff at the doctor’s office or hospital, or from a family member or friend.

### OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer among women besides non-melanoma skin cancer. If you’re a woman, talk to your doctor about your breast cancer risk and when to have a mammogram. To learn more about breast cancer, visit [www.cdc.gov/cancer/breast](http://www.cdc.gov/cancer/breast).

Organizations around the country raise money for breast cancer research and care with group activities such as walks. Participating in such an event supports research and care and is a great way to be active and have fun with your family and friends. The American Cancer Society sponsors Making Strides Against Breast Cancer walks, which are an opportunity for people to gather to honor breast cancer survivors, raise awareness about how to reduce risk of breast cancer, and to raise money for the American Cancer Society for breast cancer research, information and services, and access to mammograms for women who need them. See Local News for a walk near you!

### SPOTLIGHT

#### Robert “Rob” Goldberg, PhD



Dr. Goldberg is Professor and Chief of the Division of Epidemiology of Chronic Diseases and Vulnerable Populations in the Department of Quantitative Health Sciences at the University of Massachusetts Medical School. He earned a PhD in epidemiology from the Johns

Hopkins University School of Public Health. He is a lead researcher on TRACE-CORE. He has been actively involved in community-based studies of heart disease for more than twenty years.

“I find this study, TRACE-CORE, to be particularly exciting and important because it will help us better understand what will help people after being hospitalized for heart disease,” Dr. Goldberg said. “This study will provide us a greater understanding of those things patients and their doctors can do to improve their long-term outlook after being discharged from the hospital.”

#### FUN HEART FACT

Did you know that the average adult heart pumps about 2,000 gallons of blood every day?

#### 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!

## NOTE FROM THE EDITOR

I'm always looking for recipes that make quick, nutritious, and delicious meals for my family. This month, try the Cornmeal Chicken with Peach-Tomato Salsa – it's fast, easy, healthy, and tasty. We served it with a mix of brown and wild rice (cooked in our faithful rice cooker – another time saver). I don't usually eat peaches and tomatoes together – the combination was surprising but very good.

Every year October brings with it colorful leaves (at least here in the woods of New England) – and the signature pink of breast cancer awareness and support as October is Breast Cancer Awareness Month. Two years ago my family and I walked in a breast cancer walk to support breast cancer services in our native western Massachusetts and to celebrate that my mother had been declared cancer free after a year of treatment for breast cancer. This October, I encourage you to talk to your doctors about breast health, to celebrate those women in your lives who have survived breast cancer, and to remember with love the women in your lives who are no longer with us.

Wishing you health and happiness,



Molly Waring, PhD, Editor

## 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

### Cornmeal Chicken with Peach-Tomato Salsa

Serves 4    Prep time: 5 min    Cook time: 10 min

- 2 large peaches
- 2 large tomatoes
- ¼ cup fresh basil
- 1 tbsp balsamic vinegar
- ¾ tsp salt
- ½ tsp pepper
- 2 tbsp cornmeal



- 1 pound boneless skinless chicken breasts
- 2 tsp canola oil

#### Instructions:

1. Pit and finely chop the peaches. Chop the tomatoes. Finely chop the basil.
2. Combine the peach, tomato, basil, vinegar, ¼ tsp of salt, and ¼ tsp pepper in a small bowl. Set aside.
3. Mix the cornmeal and ½ tsp salt and ¼ tsp pepper on a sheet of wax paper. Press the chicken in the mixture to coat.
4. Heat the oil in a large non-stick skillet over medium-high heat. Add the chicken and cook, turning occasionally, until lightly browned and cooked through, about 10 minutes.
5. Serve the chicken and salsa with brown or wild rice (if desired).

## LOCAL NEWS

The Making Strides Against Breast Cancer 2.5-mile walk in Worcester will be Sunday, October 20<sup>th</sup> at Elm Park. For info on how to participate or donate, visit [makingstrides.acsevents.org](http://makingstrides.acsevents.org), email Michelle Weiser at [strides\\_worcester@cancer.org](mailto:strides_worcester@cancer.org), or call the American Cancer Society at (800) 227-2345.