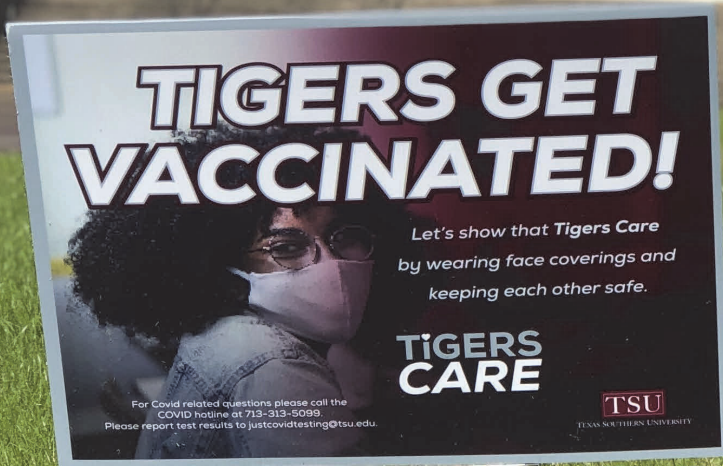


COMMUNITY IMPACT MAGAZINE



**TSU Researchers
Awarded \$1 Million
from Cancer Prevention
and Research Institute
of Texas**

**El Cancer en la
Comunidad Latina**

**Miss TSU Talks
Mental Health**

**Read About CEC
Upcoming Events**

December 2021

Contents

CMBHR CEC

<i>Welcome from CEC Director</i>	3
<i>Meet the CBMHR Leadership</i>	6
<i>Meet the CEC Core Team</i>	8
<i>Summary of CEC Seminars and Events</i>	9

Community Organizations & Centers

<i>TSU Breast Cancer & Screening Prevention Center</i>	18
<i>Community Organizations</i>	19
<i>American Cancer Society & MD Anderson Partnership</i>	21
<i>Help for Patients, Survivors, & Caregivers</i>	22

Student Voices

<i>Miss TSU Talks Mental Health</i>	26
<i>Stroke Rehabilitation</i>	30

Mi Comunidad

<i>El Cancer en la Comunidad Latina</i>	33
<i>Enfermadades que Afectan la Salud Mental</i>	34
<i>Una Comida</i>	35
<i>El Entrenamiento</i>	36

Message from Community Engagement Core Director

Dr. Veronica Ajewole

Greetings:

It has been a true pleasure to serve as the CBMHR CEC Team Director alongside the incredible and amazing CEC Team. I remember writing this proposal March 2020 and envisioning the great impact that we could have in addressing health disparities and building trust among ethnic minorities in the Greater Houston Community. The implementation of the CBMHR CEC was remarkably successful due to the diverse and multidisciplinary team of faculty and staff from various academic areas at TSU—which include: the School of Communication, the School of Social Work, the College of Pharmacy and Health Sciences. Another vital component to this endeavor was the integration of our robust steering committee members, network of partners (Community-based organizations, Faith-based organizations, professional/academic organizations, Federally Qualified Health Centers, and Healthcare system), and most importantly—community members from the Greater Houston Area.

Many thanks to the Principal Investigators and Program Director of the CBMHR grant (Dr. Olaleye, Dr. Xie, and Dr. Liang) for their leadership and support. Thank you to National Institute on Minority Health & Health Disparities, Texas Southern University's Leadership and administration, as well as the College for Pharmacy & Health Sciences for their support.

The CEC successfully hosted monthly health education seminars that addressed various health disparity topics since December 2020. The CEC also hosted the first Clinical Research & Engagement Conference in April 2021. Thank you to all attendees, guest speakers, and partnering organizations for your dedication to the CEC's mission to build trust and enhance clinical research awareness, participation, and retention through health education to underrepresented minorities in the Greater Houston Area.

I am proud of the work accomplished so far and I am optimistic about the impact the CEC will have in addressing health disparities over the course the next four years and beyond. This issue of the Community Impact Magazine contains highlights of our past and upcoming events. We hope you stay engaged with us on all of our social media platforms @CECTxSouthernU.

Together we can make decisions that will lead to the much-needed positive trends in health disparities. So "be the change, be the advocate, and be the hero."

I am looking forward to closing health disparity gaps alongside each of you!

With gratitude,



Veronica B. Ajewole, PharmD, BCOP
Associate Professor of Pharmacy Practice
Clinical Pharmacist Specialist-Oncology
Director, Community Engagement Core, CBMHR





“Be the change, be the advocate, and be the hero.”



What is CBMHR?

Texas Southern University (TSU), one of the nation's largest Historically Black Colleges and Universities (HBCUs), recently received an \$8.63 million award from the National Institute of Health's National Institution on Minority Health and Health Disparities. This grant was awarded to the Center for Biomedical and Minority Health Research (CBMHR). The CBMHR consists of four major components involving TSU faculty from various disciplines: Research Infrastructure Core, Community Engagement Core and Investigator Development Core.

The CBMHR enhances research infrastructures and fosters scientific advances for early stage investigators. The unique and collective strengths of CBMHR components, innovative research projects, excellent resources and structured career enhancement program make it a novel synergistic and first-of-its-kind resource at TSU and in the Texas Medical Center. The CBMHR provides comprehensive, integrated and centralized infrastructure and high quality capabilities for advanced biomedical research innovation.

Research Center for Minority Institutions

Funding Information: NIMHD/NIH: 2U54MD007605-27A1

Meet the CBMHR Leadership



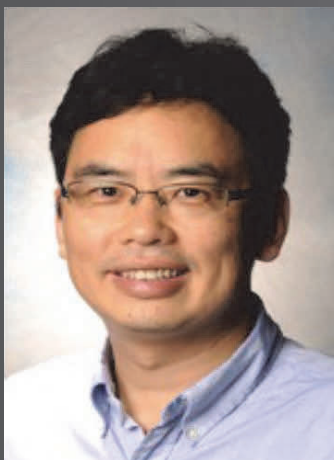
Omonike Olaleye, Ph.D., MPH
Contact Principal Investigator



Huan Xie, Ph.D.
Principal Investigator



Dong Liang, Ph.D.
Program Director



Song Gao, Ph.D.
Director
Research Infrastructure Core



Veronica Ajewole, Pharm. D., BCOP
Director
Community Engagement Core



Ivy Poon, Pharm. D.
Director
Investigator Development Core

What is the Community Engagement Core?

The Community Engagement Core (CEC) is one of the major components of the CBMHR.

The CEC is responsible for leveraging TSU's many longstanding partnerships and collaborations with healthcare systems, Federally Qualified Health Centers (FQHCs), community-based organizations (CBO), and faith-based organizations (FBO) as well as its unique relationship with the underrepresented minority (URM) in the Greater Houston community (GHC).

The CEC's unique charge includes the following:

- Developing innovative programs that integrate existing yet siloed community engagement efforts across TSU.
- Identifying the health-related concerns of GHC URMs through surveys conducted by our healthcare systems, FQHC, FBO and CBO partners as well as community individuals and CBO partners' feedback.
- Addressing health concerns through health education seminars.
- Providing guidance for navigating the vast healthcare infrastructure.
- Implementing clinical research education forums aimed at building trust and reducing barriers to participation in clinical trials among GHC URMs.
- Hosting research outcomes conferences to promote the outcomes of TSU's biomedical research endeavors to facilitate the awareness of research findings among the GHC URMs.
- Utilizing various forms of media to build relationships with the GHC URMs and to share important messages concerning research, special events, and the latest information related to minority health and health disparities.



The CEC Team during a virtual monthly team meeting.



The CEC Steering Committee during a quarterly meeting.

Meet the CBMHR Community Engagement Core Team



Dr. Veronica Ajewole
Director



Dr. Grace Loudd
Associate Director



Dr. Uche Ndefo
Associate Director



Ms. Evelyn Casas
Program Coordinator



Dr. Toniesha Taylor
Social Media Lead



Ms. CiErra Liggins
Social Media Intern



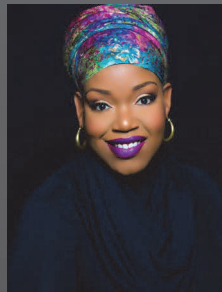
Dr. Morgan Kirby
Mass Media Lead



Dr. Maria Mejia
Healthcare System Liaison



Ms. Lena Bean
Outreach Coordinator



Dr. Assata Richards
CBPR Consultant



Dr. Rosalia Guerrero
Community Training Consultant

SUMMARY OF CEC SEMINARS

CEC June 2021 Seminar: Achieving My Healthy Body With Lifestyle Changes and Medications

Speakers

Texas Southern University's own, Uche Anadu Ndefo Pharm D., BCPS was the presenter for the CEC's June seminar. Dr. Ndefo is a Professor of Pharmacy Practice in the College of Pharmacy and Health Sciences at Texas Southern University. She also serves as the Director of Educational Effectiveness for the PharmD Program and the Co-Assistant Director of the CBMHR Community Engagement Core. Her research interests include medication therapy management, health disparities, pharmaco-economic, and minority health.

In addition to Dr. Ndefo, attendees had the pleasure of hearing from Caleb Boutte. Mr. Boutte is a Public Health Educator and a Certified Personal Trainer for DAWN Center, a community-based wellness program focused on educating individuals on managing or preventing type 2 diabetes. Mr. Boutte specializes in creating workout programs and provides personal training for individuals who are living with or are at risk for type 2 diabetes. He also teaches the group strength training class "Exerstart", which promotes functional fitness for senior adults.

Event

Dr. Ndefo began the seminar with a group discussion about what it means to be healthy. Dr. Ndefo acknowledged the different ways anyone can conceptualize what it means to be healthy; however, her presentation focused on heart health. She discussed the major risk factors that influence heart health—obesity, dyslipidemia, tobacco, family history of heart disease, chronic inflammatory, hypertension, and type 2 diabetes. The seminar addressed how medication and proper diet can help with heart health. Mr. Boutte explored techniques and exercises that contribute to healthy lifestyles and heart health. To view this CEC seminar, visit our YouTube channel [CEC Texas Southern U.](#)

CEC July 2021 Seminar: Self-Care & Resources for Achieving My Healthy Body

Speaker

Dr. Crystal Hadnott became a nutritionist after a medical crisis and being diagnosed with an autoimmune disease. Dr. Hadnott has comprehensively studied over 100 dietary theories, the science behind food, as well as innovative methods in integrative wellness. She is an alumnae of the University of Houston, Texas Southern University, and Maryland University Integrative Health. Dr. Hadnott is a Certified Integrative Nutritionist, Functional Wellness Coach, and Health Educator.

Event

Dr. Hadnott's presentation focused on managing health through nutrition. The presentation began with a conversation about obesity and dyslipidemia and the role that genetics and lifestyle practices play in health issues. Dr. Hadnott educated attendees on how harmful eating habits can be to heart health and weight management. Physical stress and mental stress can also negatively effect health. Dr. Hadnott explained that when the body is stressed, it experiences inflammation, depletion of nutrients—magnesium, zinc, calcium, and iron concentrations.

The body can be healed from stress through nutrition. Dr. Hadnott discussed the importance of increasing the consumption of healthy polyunsaturated fats that are found in nuts, legumes, seeds, whole grains, and fish. Fiber is also important to consume. For more tips on self-care and achieving a healthy body through nutrition, view the recording of this seminar on our YouTube channel [CEC Texas Southern U.](#)

SUMMARY OF CEC SEMINARS

CEC August 2021 Seminar– Turning the Tides: Preventative Measures in Childhood Obesity

Speaker

Rebeca Matamoros has over 14 years of experience working with different populations ranging from the elderly to children (newborn to adolescents), a Master of Science in Dietetics from Texas Woman's University, and a Bachelor of Science in Nutrition from the University of Connecticut. She completed her dietetic internship at the Michael E DeBakey VA Medical Center and is also a LEAH (Leadership Education in Adolescent Health) fellow graduate from Texas Children's Hospital. Her specialties include diabetes, vegan nutrition, adolescent health, pediatric nutrition and ketogenic diet for seizure control in children.

Mr. Caleb Boutte returned to present. Mr. Boutte is a Public Health Educator and a Certified Personal Trainer for the DAWN Center, a community-based wellness program focused on educating individuals on managing or preventing the Type 2 Diabetes.

Event

Ms. Matamoros began her presentation discussing obesity and understanding BMI. During the seminar, Matamoros showed attendees how to calculate their BMI. Attendees were also informed about what it means to be categorized as underweight, overweight, and obese. The seminar also highlighted the consequences of childhood obesity—which included mental health and physical issues. Both Boutte and Matamoros encouraged attendees to practice healthy eating and physical activity in order to live a healthy life! For more about this seminar and childhood obesity, visit our YouTube channel [CEC Texas Southern U.](#)

CEC September 2021 Seminar: Together We Can: Awareness, Screening, & Prevention for Prostate Cancer

Speaker

Dr. Rodney J. Hunter is a clinical Associate Professor at Texas Southern University College of Pharmacy and Health Sciences in Houston, Texas. He is a Clinical Pharmacy Specialist in Breast Medical Oncology at the University of Texas Health Memorial Hermann Cancer Center. He has served as the Program Director of the TSU Breast Cancer Screening and Prevention Screening and Prevention Center funded by Susan G. Komen. He is also a Clinical Assistant Professor in the Division of Internal Medicine, Department of Oncology at the University of Texas Health McGovern Medical School in Houston, TX. Dr. Hunter received his Doctor of Pharmacy degree from Texas Southern University in 2007.

Event

Dr. Hunter informed attendees about the symptoms of prostate cancer and what people may experience if they are diagnosed with prostate cancer. His presentation focused on: (1) pathology, etiology and prevalence of prostate cancer (2) various types of treatment for prostate cancer (3) lifestyle modifications that may prevent or help lower the risk developing prostate cancer (3) sources for information about or assistance with prostate cancer.

In Dr. Hunter's overview of prostate cancer, he mentioned, "Prostate cancer is the most common non-skin cancer in men in the U.S. The condition develops when malignant cells form in the tissues of the prostate gland. The disease is very slow-progressing in majority of cases. Patients often remain asymptomatic for many years. By the time patients become symptomatic, the disease may have spread beyond the prostate." It is imperative that men check their prostate regularly. To access this CEC seminary, visit our YouTube channel [CEC Texas Southern U.](#)

SUMMARY OF CEC SEMINARS

CEC October 2021 Seminar: “Together We Can”: Screening, Prevention & Support for Best Cancer

Speaker

Dr. Polly Niravath, a breast oncologist and the Director of the Cancer Survivorship Clinic at the Houston Methodist Cancer Center. Dr. Niravath is board certified by the American Board of Internal Medicine in Oncology and Hematology. Her primary interests are breast cancer, symptom management, and aromatase inhibitor side effects. Dr. Niravath's research focus is on minimizing treatment-related side effects for breast cancer patients. She is a member of the American Society of Clinical Oncology and the American Association for Cancer Research.

Event Summary

In the month of October, CBMHR hosted a virtual seminar focused on screening, prevention, and support for Breast Cancer. During our seminar Dr. Niravath spoke about breast cancer awareness and prevention. “While breast cancer is the most common type of cancer among women, about two-thousand men are diagnosed with breast cancer every year”, she stated while introducing factual statistics on this global disease.

The virtual seminar gave the audience valuable information that medical professionals, such as Dr. Niravath, deem imperative for everyone to know and practice. Dr. Niravath explained to viewers the importance of screening, and what the term “screening” means by stating “Screening is one of the most important things [in the prevention of breast cancer], it helps us find pre-cancerous lesions before they become cancerous, and it helps [doctors] diagnose breast cancers early when they're still curable.”

With the help of Dr. Niravath, virtual attendees and those who are able to view the seminar via our YouTube channel are now able to leave this presentation with knowledge that in many ways will save the lives of those effected by breast cancer. To access this CEC seminar, visit our YouTube channel [CEC Texas Southern U](#).

CEC November 2021 Seminar: “Together We Can”: Screening, Prevention & Support for Colon Cancer

Speaker

Oluwaseun Akeredolu, also known as Seun Arise, is a board-certified family medicine physician who is passionate about educating her patients on prevention and screening of cancers and chronic diseases. Her clinical expertise is in primary prevention and management of chronic conditions that include hypertension, hypercholesterolemia, and diabetes. Seun is also the founder of AYOOL STEM, a 501 (c)3 non-profit organization created to support underrepresented minorities in Science, Technology, Engineering, and Math.

Event Summary

In the month of November, the CBMHR CEC hosted a monthly virtual seminar, which focused on the screening, prevention and support for colon cancer. During our seminar, Seun focused on the anatomy and functions of the colon, screening tools used to discover and prevent colon cancer, and how to differentiate modifiable risk factors related to the cancer.

Seun connected with her audience and gave practical and professional perspectives on not only colon cancer, but also how lifestyle choices may factor in the diagnoses of cancer. “We know that 55% of colon or colorectal cancers are due to lifestyle factors,” Seun explained. “You can't change your age. You can't change your family history. And you can't choose your genes, but you can change your lifestyle.” Red meat consumption, tobacco use, high alcohol use and physical inactivity are a few of the factors that we can change. To access this CEC seminar, visit our YouTube channel [CEC Texas Southern U](#).

SUMMARY OF CEC SEMINARS

CEC December 2021 Seminar: "Together We Can": Screening, Prevention & Support for Cardiovascular Disease

Speaker

Dr. Ike ILochonwu is a board-certified internal medicine physician, the Chief Medical Officer of ProCenture Healthcare Solutions, RapidCare Emergency Room, and the Altus Lumberton Hospital. Dr. ILochonwu is also the former Associate Clinical Professor of Medicine at the University of Texas Medical Branch. Dr ILochonwu has worked with numerous non-profits, private, public and independent groups in diverse medical specialties and has extensive knowledge of different practice management systems. He has held multiple leadership positions that include Chief-of-Staff of a hospital, CEO of a major emergency room, CEO/President/Vice President/COO of medical practice management groups, Chairman of a non-profit, and Medical Director. He has also served as a consultant/advisor to different hospitals, hospitalist/ER groups and management practices. Dr. ILochonwu oversees and manages over 150 physicians between his emergency room facilities and medical groups. In addition, he manages over 40 nurse practitioners and he employs over 200 healthcare staff in all of his healthcare establishments.

Event Summary

During the seminar Dr. ILochonwu discussed the different cardiovascular diseases, which include coronary artery disease, stroke/CVA, and peripheral vascular diseases. As cardiovascular diseases are the leading cause of death in the USA and most advanced economies, Dr. ILochonwu educated viewers about screening methods for CVD—CT calcium scores, stress testing, and resting EKG. Dr. ILochonwu informed attendees about risk score calculations, history and physical risk factor assessments, and rationale for screenings.

Dr. ILochonwu used this seminar to connect with his audience and explained various steps to prevent cardiovascular disease. Those steps included the adaption of a healthy diet, management of type 2 diabetes and hypertension control. Along with adapting and improving lifestyle changes, Dr. ILochonwu explained the rationale for CVD screening. That rationale being hope. Hope that the appropriate treatment medical therapy, or coronary revascularization may improve prognosis. To view this CEC seminar, visit our YouTube channel [CEC Texas Southern U](#).

If you are interested in receiving more information about CEC events...

Email us!

cbmhrcommunity@tsu.edu

Visit us!

<https://bit.ly/CBMHRCECwebsite>

Call us!

713-313-1233

Follow Us!



@CECTxSouthernU



FUTURE CEC EVENTS

Monthly Seminars

Jan. 27, 2022 -Self-Care & Resources for People Living with Heart Disease and their Caregivers

Feb. TBA- Turning the Tides: Preventative Measures in Heart Disease, Cardiovascular Disease & Stroke

Mar. 21, 2022- Changing Minds, Changing Lives: Emotional Wellness through Treatment

Apr. 23, 2022– Clinical Research & Engagement Conference

May 20, 2022- Changing Minds, Changing Lives: Emotions Wellness through Self-Care & Prevention

Focus Groups

Jan. 8, 2022– Topic: Heart Disease

Feb. 12, 2022– Topic: Stroke

Mar. 12, 2022– Topic: Mental Health

Apr. 30, 2022– Topic: Clinical Trials

CEC Community Focus Group Feedback

The CEC received invaluable feedback through our health related focus group events. Take a look at some of our amazing feedback!

"I would just like to say , I had a great experience that let me know I am not alone in this struggle ."

"This conversation felt not only purposeful, but therapeutic. It was time well spent!"

"It was refreshing to be surrounded by a group of people that are passionate about the community."

"The meeting was very interesting and informative. It was a pleasure to share my opinions and experiences related to today's issues. Also, I enjoyed listening to others."

"Wonderful and invigorating conversation. It has been an honor to discuss my thoughts with other minority POC, especially women! I felt heard!!"

Are You Interested in Participating in a CEC Focus Group?



Why should you participate?

- Focus groups are a great way for people to find out new information about a topic.
- Your knowledge could make a difference
- You can talk about things that are important to you.
- Focus groups provide people with an opportunity to meet people with similar experiences.
- You could receive a \$50 gift card

For more information:

Contact Assata Richards; 281.667.4466

Register here:



Clinical Research & Engagement Conference

The CEC will host our second annual Clinical Research and Engagement Conference. The conference will feature speakers and panelists who will discuss ethical issues in clinical trials, participation in clinical trials, phases of clinical trials, and the importance of clinical trials.



Save the Date!
**Clinical Research and
Engagement Conference**
April 23, 2022

Snap here to pre-register
for the conference

713-313-1233 | cbmhrcommunity@tsu.edu
Text "TSUCEC" to 855-264-9031 | <https://bit.ly/CBMHRCECwebsite>

CONNECT WITH US!



@CECTxSouthernU

Clinical Trial Testimony: Charlene E. Upshaw

The CEC aims to increase participation in clinical trials in the Greater Houston Area. Charlene E. Upshaw took a few minutes to share her clinical trial experience.



CEC: In which clinical trial did you participate?

CHARLENE E. UPSHAW: I participated in a proton therapy clinical trial for breast cancer treatment.

CEC: Why did you decide to participate in this clinical trial?

CHARLENE E. UPSHAW: I had several reasons for wanting to participate in a clinical trial.

Unfortunately I have lost several family members to cancer. My father, an uncle, my grandfather and just last year, my baby brother who was battling his cancer at the time I was diagnosed. I knew that the treatments they had available to them was only because of advancements in cancer research and therefore I wanted to be a part of doing something that could possibly help someone else.

My situation is unique in that I am patient at MD Anderson, but also am employed at MD Anderson as a Sr. Research Quality Coordinator. I have worked in the field of clinical research for 29 years (the last 15 years at MD Anderson) and therefore, know firsthand the importance and the value of clinical trials, especially in cancer research.

I have always felt very strongly that it is important for African Americans to participate in clinical trials however, based on historical events, there is a considerable amount of distrust within our community in regards to research.

CEC: How was your participation in the clinical trial beneficial?

CHARLENE E. UPSHAW: The benefit to me personally is that I hope my participation in the trial as an African American woman will encourage other women who may face a diagnosis of breast cancer or any cancer for that matter, consider clinical trial participation. In me I hope they will see someone who has participated in a clinical trial and came out victoriously.

CEC: What would you say to others who are unsure about participating in clinical trials?

CHARLENE E. UPSHAW: I would say to not be afraid. To first and foremost pray, and have faith that you will be healed. Secondly I would say, educate yourself, but make sure you are getting your information from reputable sources and last, I would say, think about this, the advancements that have been made, the knowledge the medical and scientific research fields have now is because 20, 30 years ago someone was brave enough to participate in a clinical trial.



Texas Southern University researchers have received \$1 million from Cancer Prevention and Research Institute of Texas (CPRIT) to provide breast cancer screening and diagnostic services, patient navigation/barrier reduction services, and evidence-based culturally appropriate breast cancer awareness and education services for African American and other ethnic minority women in Harris, Grimes, Matagorda, Walker, and Wharton counties. Partnerships with Houston Methodist Hospital, community centers, churches, and libraries, as well as collaboration with Federally Qualified Health Centers (FQHCs) like Avenue 360 and El Centro De Corazon, will be instrumental to recruitment and outreach efforts.

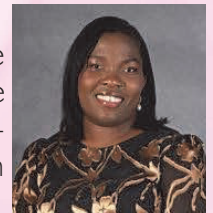
“African-American women have been shown to have worse breast cancer outcomes than other women and these worse outcomes are associated with advanced disease at diagnosis,” said Department of Pharmacy Practice Professor and Co Program Director **Uche Anadu Ndefo**, Pharm.D., BCPS. “Our goal is to improve access to screening and prevention services to eliminate this disparity.”



Dr. Uche Anadu Ndefo

This initiative is an expansion of the Breast Cancer Screening and Prevention Center (BCSPC) and is tailored to provide mammograms to 1,350 eligible African American and other ethnic minority women who are first time or rarely screened, uninsured or underinsured, 40 or above or high risk if younger than 40 and living in the five counties over a 3-year period. Mobile mammography will be provided by The Rose and other partners for the convenience of the women who need it. In-clinic mammograms will be available at the seven different Houston Methodist Cancer Centers.

“Especially during the pandemic, it has been very challenging for women to access health care and screening services due to hesitation to seek care, decreased attention to self-care, and all the childcare responsibilities for women. “This CPRIT funding is thus very timely and incredibly important in providing these services and addressing breast cancer health disparities among African American and ethnic minority women” said **Veronica Ajewole**, PharmD, BCOP: Program Director/Principal Investigator, Clinical Oncology Pharmacist, and Associate Professor of Pharmacy Practice”



Dr. Veronica Ajewole

Timely patient navigation services will be provided to any woman with abnormal mammograms and these women will be followed by the patient navigator until they are deemed to not have breast cancer or until they have established breast cancer care. In addition to screening, these women will be offered breast cancer prevention education, patient navigation, and barrier reduction services such as scheduling services, appointment reminders, and transportation assistance.

As a result of CPRIT funding, TSU BCSPC will promote health equity and contribute to decreasing the incidence of breast cancer and breast cancer-related morbidity and mortality in medically underserved African American and other ethnic minority women in our community.

For more information **on scheduling no-cost mammogram, breast cancer education, patient navigation or any inquiries about our programs**—contact us at 713-313-1233, [click here](#) , and/or scan our QR code.



Community Organizations

The CEC recognizes the hard work and service community organizations provide to the greater Houston area. In this issue of Community Impact Magazine, we've chosen to recognize three organizations that provide services for cancer patients.

Reconstruction of a Survivor—Dr. Jennie M. Bennett

Dr. Jennie M. Bennett started Reconstruction of a Survivor with breast cancer support group sessions held for women and men regardless of socio-economic status, ethnicity, or religious beliefs in Aug. 2007. This organization has curriculum focus support group sessions in the greater Houston area. Additionally, this organization provides financial assistance to the women in the support group who are in treatment for breast cancer and have financial challenges. Finally, breast health education sessions are held for undiagnosed African American women.



Mission Statement: To improve the lives of those impacted by breast cancer. We carry this mission out through support group sessions that address the physical, emotional, and spiritual well-being of breast cancer patients.

"Don't Face Breast Cancer Alone"

Angels Surviving Cancer – Janice Workcuff

Our Vision: To promote an atmosphere and environment of inclusiveness. We know the fight is not fair and equal access to quality breast health services impacts us all. We aim to synchronize and maximizing our impact through collaboration with the medical community and other non- profits in order to reduce the number of newly diagnosed cases within the Houston Metropolitan and surrounding areas.



Mission Statement: To Enlighten, Encourage, Empower and Educate the community about breast cancer health awareness, while equipping those fighting the disease with a sense of control and motivation needed to maintain their quality of life.

National Black Leadership Initiative on Cancer – Houston Coalition – Chloe Dorsey, Cassandra Harris

The National Black Leadership Initiative on Cancer (NBLIC) is an outreach initiative established in 1989 by the National Cancer Institute, to positively influence the knowledge, attitudes and behaviors of African-Americans about cancer and to ultimately close the gap in the fight against cancer. NBLIC II - Houston is a non-profit volunteer organization that has served the community since its inception. The mission of the NBLIC II - Houston Coalition is to impact cancer health disparities through collaborative efforts at the community and organizational levels to address cancer awareness, cancer risk reduction and cancer research among African Americans in the Greater Houston Area.



COMMUNITY RESOURCE GUIDE



The CEC partners with Federally Qualified Health Centers to help provide information about community resources.

What are Federally Qualified Health Centers (FQHCs)?

Federally Qualified Health Centers are community-based health care providers that receive funds from the HRSA Health Center Program to provide underserved areas. This makes health care affordable to you. Visit <https://findahealthcenter.hrsa.gov/> to find a FQHC near you.

Greater Houston Community (GHC) Health Related Services by County

Visit <https://bit.ly/CBMHRCECwebsite> to view the interactive community resource guide to find health related services in your area by county featuring Harris, Austin, Liberty, Montgomery, Fort Bend, Brazoria, Chambers, and Galveston Counties.

Learn About Clinical Trials Near You!

ClinicalTrials.gov is a great resource to find clinical trials. This guide can assist in navigating the ClinicalTrials.gov website and can also be found on the CEC website at <https://bit.ly/CBMHRCECwebsite>.

"Clinical trials are research studies performed in people that are aimed at evaluating a medical, surgical, or behavioral intervention. They are the primary way that researchers find out if a new treatment, like a new drug or diet or medical device (for example, a pacemaker) is safe and effective in people. Often a clinical trial is used to learn if a new treatment is more effective and/or has less harmful side effects than the standard treatment. Other clinical trials test ways to find a disease early, sometimes before there are symptoms. Still others test ways to prevent a health problem. A clinical trial may also look at how to make life better for people living with a life-threatening disease or a chronic health problem. Clinical trials sometimes study the role of caregivers or support groups." - National Institute of Health (NIH)

CBMHR CEC Community Partners

Faith Based Organizations (FBOs)

Fountain of Praise
Lilly Grove Baptist Church
Good Hope Baptist Church
Houston Canterbury
Dominion International Center
St. Luke's Episcopal Church
Wheeler Avenue Baptist Church
Holman Street Baptist Church
Jordan Grove Missionary Baptist Church
Saint Peter Claver Catholic Church
Progressive New Hope Church
Saint Monica's Catholic Church
Mt. Horeb Missionary Baptist Church
Loyal Missionary Baptist Church

Community Based Organizations (CBOs)

Shape Community Center
TSU Aging and Intergenerational Resources
DAWN Center
Leukemia & Lymphoma Society
Third Ward Community Cloth Collaborative
Baker Ripley
Care Connection
5th Ward NRCDC
KEW Learning Center

Federally Qualified Health Centers (FQHCs)

Avenue 360 Health and Wellness

Healthcare Systems

Baylor College of Medicine
Houston Methodist Hospital

American Cancer Society & The University of Texas MD Anderson Cancer Center Partnership

By: Gloria Robinson & Elisa Furlan

The collaboration between the American Cancer Society and The University of Texas MD Anderson Cancer Center to increase colorectal screening rates in Texas began in 2013 in two counties and today extends to 63 counties, including the communities surrounding Texas Southern University.

MD Anderson's 1115 Waiver FIT Screening Project and the Alliance for Colorectal Cancer Testing 2.0 Project, funded by the Cancer Prevention and Resource Institute of Texas (CPRIT), partners with Federally Qualified Health Centers (FQHC's) and other safety-net community health systems to provide free screening to the most vulnerable populations, those who are uninsured and with limited financial resources.

These primary care clinics offer eligible patients at average risk take-home Fecal Immunochemical Tests (FIT) that identify occult blood in the stool. Occult blood is not visible to the eye and may be a sign of non-cancerous conditions, colorectal polyps or even colorectal cancer. Patients with a positive FIT result are navigated to a free colonoscopy. Eligible patients with a personal or family history of colorectal cancer are considered to be at increased risk and are referred directly to colonoscopy. Patients diagnosed with cancer or other conditions are assisted in finding financial resources for treatment for which they may be eligible.

The American Cancer Society works with many of the clinics that participate in the FIT screening

projects, providing technical assistance to implement system improvements to ensure that patients are screened for cancer in a systematic way. This includes process mapping (looking at the flow of clinic processes), creating action plans, running PDSA (plan-do-study-act) cycles and conducting provider education.

In 2018, the American Cancer Society lowered the age to begin average risk screening for colorectal cancer from age 50 to age 45. If you have a personal or family history of colorectal cancer, please discuss with and follow the screening guidelines set by your medical provider.

Visit texasancer.info to find a clinic near you that participates in the FIT Screening project.



Gloria Robinson
Cancer Control Strategic Partnerships
Manager
American Cancer Society



Elisa Furlan
Program Manager
Office of Health Policy, MD
Anderson Cancer Center



Help for Patients, Survivors, and Caregivers

The American Cancer Society offers support in your community and online to help you during and after cancer treatment. Below are just some of the resources we provide. Visit [cancer.org](https://www.cancer.org) or call us at **1-800-227-2345** for more information.

24/7 cancer helpline

The American Cancer Society's cancer helpline provides 24/7 support when you're dealing with cancer by connecting you with trained cancer information specialists who can answer questions about your diagnosis and provide guidance and a compassionate ear. We will connect you with American Cancer Society programs and services and provide you with referrals to other national resources. Call us at **1-800-227-2345** or visit [cancer.org](https://www.cancer.org) to live chat with us. We can assist in English, Spanish, and more than 200 other languages via a translation service.

Educational materials about cancer

Our materials can help you and your loved ones understand your diagnosis, treatment, and potential side effects, and provide detailed information on our programs and services. To request materials, call **1-800-227-2345** or visit [cancer.org](https://www.cancer.org) and live chat with a staff member.

Places to stay during treatment

Our Hope Lodge® program provides a free, nurturing home away from home for cancer patients and their caregivers when they have to travel for treatment. To find a Hope Lodge community near you, contact your doctor, social worker, or patient navigator or visit [cancer.org/hopelodge](https://www.cancer.org/hopelodge).

Rides to treatment

When transportation to treatment is a concern, we may be able to help provide the rides. Our Road To Recovery® volunteer drivers provide free rides to cancer patients who would otherwise have difficulty getting to their cancer-related appointments. In some areas, we also offer community transportation grants to health systems to help patients get to treatment. Visit [cancer.org/roadtorecovery](https://www.cancer.org/roadtorecovery) to learn more.

Connecting cancer survivors

Our Cancer Survivors NetworkSM (CSN) provides a safe online connection where cancer patients and caregivers can find others with similar experiences and interests. As a CSN member, you can participate on discussion boards, join a chat room, and build your own support network. To become a member, visit [csn.cancer.org](https://www.csn.cancer.org).

Breast cancer support

Our Reach To Recovery® program connects breast cancer patients with trained volunteers to receive peer-to-peer support on everything from practical and emotional issues to helping them cope with their disease, treatment, and long-term survivorship issues. To learn more, visit [reach.cancer.org](https://www.reach.cancer.org).

Hair-loss and mastectomy products

Cancer and cancer treatment can have profound effects, including some that alter a patient's appearance, such as hair loss. The American Cancer Society's "tlc" Tender Loving Care® program helps women with appearance-related side effects by offering them a variety of affordable wigs, hats, and scarves as well as a full range of mastectomy products. These items can be purchased from the privacy of their own home by calling **1-800-850-9445** or visiting the "tlc"™ website at [tlcdirect.org](https://www.tlcdirect.org).

American Cancer Society books

We publish books that help patients and their caregivers when they are dealing with a cancer diagnosis and treatment. They range from patient education, quality of life, and caregiving issues to healthy living. Visit [cancer.org/bookstore](https://www.cancer.org/bookstore) to learn more; our books also are available through major book retailers.

Survivorship guidelines and additional resources

We have materials and resources for survivors to help with quality-of-life and other needs during and after cancer treatment. Our cancer survivorship guidelines for specific cancers help doctors manage the unique needs of survivors, and our nutrition and physical activity guidelines for survivors help you know how to live your best life and reduce your risk for cancer coming back. Visit [cancer.org/survivorshipcenter](https://www.cancer.org/survivorshipcenter) for more information.

Caregiver support resources

As part of our commitment to support family members and friends providing care to loved ones with cancer, the American Cancer Society developed the *Caregiver Resource Guide* ([cancer.org/caregiverguide](https://www.cancer.org/caregiverguide)). In addition to information about the caregiving process and what to expect with a cancer diagnosis and its treatment, this tool focuses on caregiver self-care, communication, coping, and caregiver resources. Another helpful resource is our *Caregiver Support Video Series* ([cancer.org/caregivervideos](https://www.cancer.org/caregivervideos)), which provides educational support to caregivers as they assist with everyday needs of loved ones and provides self-care techniques to improve their own quality of life.

Clinical trials

If you would like to learn more about clinical trials that might be right for you, start by asking your doctor if your clinic or hospital conducts clinical trials or contact us at **1-800-227-2345** and speak with one of our caring, trained staff. You can also visit [cancer.org/clinicaltrials](https://www.cancer.org/clinicaltrials) for more information.

cancer.org

Our website offers access to the most recent and accurate cancer information and helps you find programs and services in your area. A few pages of note are:

- [cancer.org/survivors](https://www.cancer.org/survivors) – a hub for support and treatment topics, as well as treatment and survivorship tools
- [cancer.org/videos](https://www.cancer.org/videos) – features to-the-point videos on cancer-related topics, including cancer basics, cancer treatments, clinical trials, American Cancer Society programs and services, the effects of survivorship, personal stories, and more
- [cancer.org/treatmentdecisions](https://www.cancer.org/treatmentdecisions) – cancer treatment decision tools and resources to help you get through cancer diagnosis and treatment
- [cancer.org/support](https://www.cancer.org/support) – more information about the American Cancer Society and other programs and services in your area
- [cancer.org/languages](https://www.cancer.org/languages) – links non-English speakers to cancer information in other languages
- [cancer.org/phm](https://www.cancer.org/phm) – information and tracking worksheets to help you organize and navigate your cancer experience
- [cancer.org/hopelodge](https://www.cancer.org/hopelodge) – find a Hope Lodge community near you
- **Live chat** with our caring, trained staff simply by going to [cancer.org](https://www.cancer.org) and clicking on “Live Chat.”



cancer.org | 1.800.227.2345



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 **CBMHR**

CENTER FOR BIOMEDICAL & MINORITY HEALTH RESEARCH





Together we can.





Mariah B. Campbell is a senior at Texas Southern University where she is majoring in Journalism and minoring in Business Administration. Mariah serves as the 74th Miss Texas Southern University for the 2021-2022 academic school year. She is known around campus as the "Inspirational Queen".

“I Choose Life”: Miss Texas Southern University Talks Mental Health

By Mariah Campbell

It seems like every time I turn on the television, there's yet another heartbreaking story about a suicide. From Olivia Popham to the suicides on the campus of The University of North Carolina at Chapel Hill, mental illness has become a common place around the world.

Instantly, I am reminded of myself at 8-years-old sitting in the bathroom alone, hurting, and hopeless; attempting to take my own life. It's an indescribable feeling that unfortunately, many people can relate to.

With the lasting effects of the COVID-19 pandemic, day-to-day life struggles, and the increase in suicide cases, mental health has become a frequent conversation. For me, it has always been an important topic, and it has been swept under the rug for far too long.

When I decided to run for Miss Texas Southern University, I knew that if I was awarded the opportunity that I wanted to use my platform to make a difference.

Quoting one of my favorite Bible verses, Psalms 71:7, "My life is an example to many because [God] has been my strength and protection." This scripture inspired me to serve Texas Southern University and the surrounding community by sharing my experiences in a meaningful way. First on the list, mental health.

My bouts with low self-esteem, suicide, and depression consumed most of my childhood, but once I experienced true freedom, I knew that this newfound liberation was something I had to share.

On September 7, 2021, I coordinated an event called the "I Choose Life' Rally" where over 50 students rallied together and were educated about suicide. I shared my personal testimony of battling suicide, invited our school counselor to provide more professional information, and we created encouraging posters to put around campus.

My Story

Like many, the journey toward becoming the woman I am today has not been easy. From the age of 8 until 16, I contemplated and attempted suicide on a few occasions. I battled depression, low self-esteem and rejection—a battle that followed me up until high school. As a young girl, I had dreams. However, I didn't believe that I would make it to see my 18th birthday, let alone my senior year of college. In my eyes, I am a breathing miracle and "little" Mariah's wildest dream! All because I chose life! By God's love, grace, and peace I stand with pride as your 74th Miss Texas Southern University, a woman of God, but also a suicide survivor. Because of my experiences, I have dedicated my life and platform to helping others receive the freedom that I've been graced to experience. The #IChooseLife campaign is a testament to my decision to fight another day and my prayer is that you'll choose to do the same!

“I Choose Life” (Continued)

One of the most important aspects of the #IChooseLife event consisted of students taking the “I Choose Life” pledge:

*“I understand that life has it’s challenges, but I also know that I am stronger.
I will not allow my current struggles to determine my destiny.
I will seek help when I face mental and emotional trauma.
I will reach out to my friends for support.
I will let someone know if I may feel suicidal.
I will get professional help and support.
I firmly believe that suicide is not an option for my life.
From this moment on, I WILL CHOOSE LIFE!
Because I choose life, I vow to help others do the same.”*

This pledge was a declaration. A source of hope, and an inspiration. It was amazing to see nearly 70 students make a promise to choose life.

Mental health has not always been widely discussed, but in recent years celebrities and mental health advocates have used their platforms to educate and encourage others.

In this fight, it’s important to understand that people are hurting. Many of my fellow Tigers are experiencing pain and feel like they have nowhere to turn, so this event was on time and very necessary. However, this was more than an event, it was a movement that opened the door for students to openly express their feelings.

One thing I believe is that there can be no reconciliation without awareness and this event made many suicide survivors feel comfortable enough to share their story.

Mental illness is a real thing and there are so many suffering in silence. With education and encouragement, I believe that we can strengthen the fight against suicide and mental illness.

If you or anyone you know is suffering from depression or suicidal thoughts, please call 1 (800) 273-8255 or text “BRAVE” TO 731731.

You are stronger, so choose life!



Are You A Texas Southern University Student or Employee?

Did you know Texas Southern University has a Relaxation Room in the TSU Recreation Center? They offer the following services:

- Mindfulness Meditation
- Body Scan
- Breath Awareness
- Transcendental Meditation
- Aroma Therapy Relax and Paint
- Sleep Hygiene

For more information, send an email to Jessica.Allen@tsu.edu



Stroke Rehabilitation and the Battle with Cognitive-Communication Disorders: What I learned from becoming a caregiver to a stroke patient

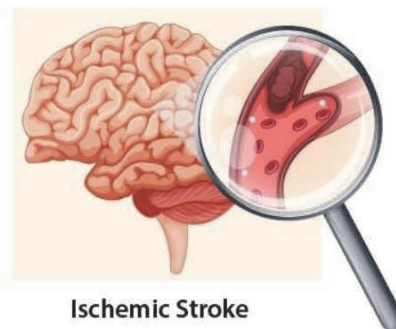
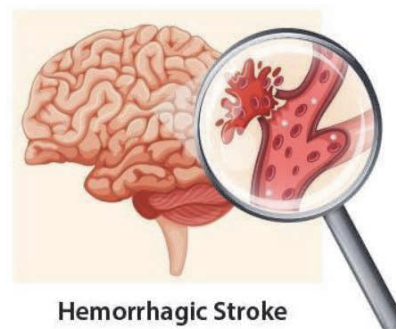
By Jade Richard

About 3.5 million people across the nation have found themselves in the position of becoming a stroke caregiver unexpectedly. For a few years of my life, I was among the 3.5 million people. This unexpected condition encouraged me to learn more about stroke and heart disease. I'm writing this article to share a few things I've learned along the way.

A stroke is a kind of brain injury that happens when the brain tissue cannot receive enough nutrients and oxygen. This issue happens when the blood-stream to the brain is hindered or diminished. Without proper nutrition and oxygen measures, brain cells will quickly begin to die, but early responses can limit brain damage and reduce further complications. Stroke survivors frequently have deficiencies on one side of the body, this response hinges on what piece of their brain is impacted, alongside severe trouble moving, thinking, or speaking.

Stroke patients often go through cognitive-communication disorders due to experiencing damage to the part of their brain that regulates their ability to think. Alongside experiencing trouble moving, thinking, and speaking, stroke patients can also experience memory loss, decreased problem-solving skills, and difficulty listening. Since stroke recuperation can require a lot of emotional strain, supporting your loved one throughout the recuperation process can extensively help their emotional well-being. Going with your loved one to treatment sooner rather than later and helping them with at-home activities are the most common and simple ways that you can make them feel less *alone*. Tagging along to appointments will also assist you with looking further into your loved one's condition and witnessing their improvement firsthand.

Many experts suggest that though it is important to support your loved ones, as long as they can safely complete the given responsibilities without help, they can increase their sense of autonomy. Supporting their feeling of independence will hoist their certainty and optimism about their future. Try to find the balance between being sincerely supportive and empowering your loved ones to recapture their ability to be self-sufficient. One of the treatments that aims to help regain confidence and the proper skills to retrain your loved one's brain and comprehension skills is speech therapy. A speech-language pathologist provides treatment and support for those with speech disorders. I learned that there are various methods of rehabilitation that can be applied to therapy. For example, there is a type of music therapy called melodic intonation where the patient sings words that they are unable to articulate.



There are types of therapy that are proven to be effective for some stroke survivors. According to The American Stroke Association's (ASA) interview with Saunders House, here are a few including musical therapy:

- Visual speech perception therapy focuses on associating pictures with words.
- Constraint-induced language therapy involves creating a scenario in which spoken verbal communication is the only available option, and other types of communication, such as visual cues from body language, are not possible
- Group therapy and support groups
- Some prescription medications can aid in the recovery of aphasia.

From my own experience, I witnessed that reinforcing therapy at home helps with stroke recovery. Consistently practicing even in the comfort of your own home is vital to see a consistent progression. At-home care can be exhausting and strenuous for a lot of families because of the unexpected level of dependence. The following activities are ways you can support Aphasia at home (suggested by Saunder House in an interview with the American Stroke Association):

- Playing word-based games, such as board games, cards, and crossword puzzles
- Cook a new recipe and read the ingredients
- Practicing writing a shopping list or greeting cards to loved ones
- Reading aloud, or singing
- Going out to eat, ordering off a menu, and calculating the tip

These may seem like simple tasks to many people, but I have personally seen how these activities can overtime help stroke patients recover.

If you have recently become a caregiver to a stroke patient, your family may be experiencing a dynamic change in the way you live your lives. I learned that the best way to cope with the dynamic changes was to have patience with my loved one. I had to have patience with the sudden changes in my life and I had to have patience with myself. Being a caregiver takes time persistence and discipline. Many patients are able to show improvement in their abilities after consistent intensive speech therapy that has been sustained consistently at a minimum of six months . Seeing my loved one improve overtime was both rewarding and gratifying to watch.

Experts say a few patients will encounter difficulties in the months after a stroke. Work with your team of professionals to change restoration objectives when there are difficulties. Research and inquire about which type of therapy is best for your loved one. As the saying goes "education is key!" As someone who has had experience with being a caregiver to a family member who suffered from a stroke, I know the road to recovery can be long, but it was worth it. From my experience, the healing process works best when you have a strong community. Therapy, patience and community helped my loved one. Find what works best for you, your loved one, and your "tribe."

Jade Richard is a Fall 2021 graduate of Texas Southern University. Ms. Richard majored in Communication Studies and plans on pursuing a graduate degree in Communication Sciences and Disorders.



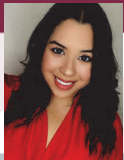


MI COMUNIDAD



El Cáncer en la Comunidad Latina

By: Evelyn Casas



Que es el cáncer? El cáncer se refiere a un grupo de enfermedades que se caracterizan por el desarrollo de células anormales que se dividen sin control y pueden formar masas que se llaman tumores y diseminarse a otras partes del cuerpo.

Como aparece el cáncer: El cáncer es ocasionado por cambios (mutaciones) genéticas de las células. Estos cambios pueden heredarse de los padres, ser el resultado de errores que ocurren al dividirse las células o causado por exposiciones ambientales como los químicos en el humo del tabaco y la radiación, como los rayos ultravioletas del sol.

Importancia de la atención médica: Las personas con ingresos bajos, que viajan lejos para llegar a centros de examen de detección, sin seguro médico o transporte, o cuyo empleador no ofrece licencia médica pagada, tienen menos probabilidad de recibir los exámenes de detección y el tratamiento de cáncer recomendados que quienes no enfrentan estos obstáculos.

Como afecta el Alcohol y el Tabaco: Sabías que el alto consumo de alcohol también puede aumentar el riesgo del cáncer. El tabaco y el consumo de alcohol aumenta el riesgo de cánceres de boca, laringe, faringe y esófago. El consumo de alcohol es motivo de especial preocupación en los Hispánicos debido a sus altas tasas de cáncer de hígado.



Que podemos hacer? Alrededor de 1 de cada 5 casos de cáncer se atribuye al tabaquismo. Los efectos como el exceso de peso corporal, consumo de alcohol, dieta poco saludable e inactividad física también contribuyen a los riesgos del cáncer. Muchos de los cánceres causados por organismos infecciosos también son evitables, ya sea previniendo la infección mediante vacunación o cambios de comportamiento.

Enfermedades que Afectan la Salud Mental

By: Evelyn Casas

La salud mental nos afecta a todos incluyendo la comunidad Latina. Las inquietudes, experiencias y manera de entenderlas y tratarlas pueden ser diferentes. Unas de las enfermedades mentales son:

1

La Esquizofrenia: La esquizofrenia es una condición de salud mental que afecta la forma en que una persona piensa, siente y se comporta. Las personas con esquizofrenia pueden parecer como si hubieran perdido el contacto con la realidad. Varios factores pueden contribuir al riesgo de que una persona presente esquizofrenia como la genética, el ambiente, y la estructura y función del cerebro.

2

Trastornos de Ansiedad: Sabías que el 18% de los adultos en Estado Unidos sufren de un trastorno de ansiedad? La ansiedad tiene varios síntomas emocionales que incluyen temor, angustia, tensión, inquietud, e irritabilidad. Los trastornos de ansiedad más comunes son trastorno de pánico, fobias, trastorno de ansiedad generalizada y trastorno de ansiedad social.

3

Trastorno Bipolar- El trastorno bipolar es una condición crónica donde la salud mental puede causar estados de ánimos bajos y altos. La edad promedio de aparición es a los 25 años, pero puede aparecer a cualquier edad. Los síntomas del trastorno bipolar suelen ser manía y depresión. Aunque aún no hay una causa única del trastorno bipolar unos de los factores pueden ser la genética, el estrés y la estructura cerebral.

4

Depresión- En estados Unidos case el 7% de la población sufre de depresión, pero las personas entre los 18 y 25 años son más propensas a tener depresión. Los síntomas varían, pero los síntomas comunes son cambios en los hábitos de sueño, cambio en el apetito, falta de energía e interés, desesperanza y baja autoestima. La depresión no tiene una única causa, pero el trauma, genética y circunstancias de la vida pueden contribuir.

UNA COMIDA PARA DESPUÉS DE UNA SESIÓN DE EJERCICIO

By Selina Garza

Comiendo saludable es muy difícil cuando estamos cortos de tiempo. Especialmente cuando salimos del gimnasio y ya venimos cansados, pero con mucha hambre. Preparar algo rápido y delicioso pero lleno de nutrientes es ideal. Mi comida favorita para después de una sesión de ejercicio es un pedazo de salmón con arroz blanco y chile morón.

El salmón está listo en 10 minutos en mi horno de aire pero también se puede cocinar en el horno regular. El arroz blanco lo dejo cocinando en mi olla arrocera mientras voy al gimnasio y ya llego nomás a preparar mi salmón y partir mis chiles morones. El arroz también se puede comprar en bolsas instantáneas si no se tiene olla arrocera.

De este platillo obtendremos varias vitaminas incluyendo la vitamina B12 y D, y también varias otras.

Paso 1: Preparar tu arroz blanco en olla arrocera o un arroz blanco de bolsa instantánea.

Paso 2: Sazonar tu salmón con tus especias de preferencia y aceite de oliva o el de tu preferencia. Yo utilice pimienta negra, sal de ajo, sal de cebolla, chile cayena, pimienta roja, y sazón italiano.



Paso 3: Colocar tu salmón en el horno o en la freidora de aire a 390 por 8 a 10 minutos de



Paso 4: Cortar tus chiles que también puedes substituir por aguacate si gustas.

Paso 5: ya que todo este listo lo juntas en un plato y a disfrutar!
nidiendo tu preferencia de termino.



El Entrenamiento

By: Selina Garza



Cuando empezó la cuarentena por el coronavirus había mucho pánico y preocupación. Eso pronto paso y lle-go el aburrimiento. No todos los días se la pasa uno en casa las 24 horas al día por semanas en tiempo. Pues el aburrimiento llego pronto y todos empezaron a hacer quehaceres del hogar que quizás nunca teníamos tiempo para hacer. Por lo tanto, otros empezaron a hallar pasa tiempos nuevos. Y fue lo que paso en mi caso con la comida saludable y el ejercicio.

Con siempre estar bien ocupada con tareas de la escuela, el hogar y mi familia, y el trabajo nunca tenia tiempo para hacer ejercicio. Este fue el momento correcto para empezar a dedicar un poquito de mi día a mi mis-ma y a mi salud. Claro que no me convertí en una entrenadora física, pero si vi cambios en mi cuerpo y en mi salud física y mental.

Comencé con ir al parque a caminar media hora todos los días. Luego como pasaban las semanas implemen-te correr y ejercicios con unas pesas chicas que tenia en casa. Poco a poco tenia mas energía y me alegraba por ir al parque y no estar en casa, pero también tenia nuevas metas que alcanzar. Hoy en día sigo haciendo ejerció nomas que cambie el parque por el gimnasio y las pesas chicas por unas un poco mas grandes.

Trato de hacer ejercicio mínimo tres días a la semana y comer saludable cinco días. No tenemos que ser per-fectos todos los días, pero podemos intentarlo. Todos empezamos en un lugar, pero si nunca empiezas no sabrás hasta donde puedes llegar. Incluyere unos ejercicios que me encantan hacer que se pueden hacer en el gimnasio o en casa y trabajan un poquito de todo el cuerpo.

Todos los ejercicios se pueden hacer por 4 series de 12 a 15 repeticiones.

SALTOS DE ESTRELLA

1



2



Paso 1 y paso 2 y se regresa al paso uno por 15 a 20 repeticiones por series.

1



SENTADILLA

Seguir paso 1 y 2 y repetir

2



SENTADILLA CON SALTO

Empezar con paso 2 de la sentadilla, pero agregar pasos 3 y 4 para cumplir una repetición.

3



4



EL ENTRENAMIENTO

1



2



3



ESTOCADAS

Seguir paso 1, 2, y 3 y volver a paso 1 para cumplir una repetición. Repetir en pierna izquierda y derecha.

EL ENTRENAMIENTO

1



2



3



Abdominales

Seguir pasos 1, 2, y 3 y volver a 1 para completar una repetición.



Plancha con flexión

Guardar esta posición por 30 segundos a 1 minuto.



TEXAS SOUTHERN UNIVERSITY

The logo for the Center for Biomedical & Minority Health Research (CBMHR) features the acronym "CBMHR" in large, bold, grey letters. To the left of the "C" is a stylized icon of a red and white pill with a grey orbital ring. To the right of the "R" is a small red flask icon. Below the acronym, the full name "CENTER FOR BIOMEDICAL & MINORITY HEALTH RESEARCH" and "COMMUNITY ENGAGEMENT CORE" are written in dark red, all-caps text.

CBMHR
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