



The staff conducting the Cardiovascular Health Study is looking for African-Americans to assist in research. Pictured (l-r) are: (1st row) Lisa Odom, Artie Fulmer, Carolyn Anna Jones; (2nd row) Jeanette Wilkes, Beverly Tucker, Joan Smith; (3rd row) Barbara Goldsmith, Gale Cruise; (4th row) Lata Menon, Frank Joyner.

CHS program researches the health issues of aging adults

The Cardiovascular Health Study is a medical research program designed to provide information about the health of older adults. This study is sponsored by the National Heart, Lung and Blood Institute of the National Institutes of Health. Bowman Gray School of Medicine is one of four institutions nationwide working on this particular study. It is strictly an observational study and uses no experimental tests or drugs. The purpose of the program is to learn about the environment and routines of the volunteer participants. That information, in turn, helps identify factors related to heart disease and strokes in all older Americans.

Most earlier studies have been conducted using younger white males as participants. CHS, on the other hand, is looking at only older people, including women and African-Americans. The popula-

tions that have the greatest risk for heart attack and stroke are the populations that need more study including African-Americans.

The CHS program began in 1989 and has enjoyed a high rate of participation among Forsyth County area residents. This fall, CHS will begin recruiting more African-Americans for a part of the project. Prospective participants will be selected randomly and will receive an initial letter of introduction from the Health Care Financing Administration.

A second letter and phone call from the CHS staff will follow. Individuals who are interested in participating will be interviewed in their homes by a CHS staff member who will ask questions about their general health and lifestyles. After the home visit, they will be asked to visit the CHS clinic for free medical tests (free transportation is provided,

if needed). The tests include a physical exam, blood pressure testing, cholesterol and blood sugar testing, an EKG, and an Ultra Sound test. Participants are kept in contact with by phone and only visit the center annually.

"When we do the testing and find something that we think you should know about, we inform you. We help you find a regular doctor if you don't have one," said Gale Cruise, assistant project manager. "If you like we will provide all of the information to your doctor. After the first exam, we contact you every six months."

The aim of this project is to learn more about health issues of aging adults, like hypertension, she said.

One of Cruise's prime objectives in carrying out the CHS research is establishing personal relationships with participants.



Members of the planning committee pictured are (left-right, sitting) Vicki Gray, William Fulton, and William Shouse; (left-right standing) John Knox, Bernard Bowle, Edna Glenn, and Sandra Hawkins.

Carver alumni prepare for anniversary

The Carver High School Alumni Association planning committee is making preparations for the 56th anniversary of the founding of the school.

The opening convocation will begin Tuesday, Sept. 1, and will end Sunday, Sept. 6 with the annual

alumni worship service.

Additional events planned for the occasion include a historical perspective night, talent and fashion show, hall of fame, and dinner and dance.

The reunion classes of 1942, 1952, and 1967 will receive special

honors. All reunion classes will receive recognition during the awards dinner.

There will be a roll call of all members of classes that have been asked to contribute a minimum of \$100 to the alumni scholarship fund.



Other members of the planning committee pictured are (left-right, sitting) J.D. Williams, Delores Chaskley, John Rice, Anna Partlow, Faye Williams, and Sarah Hamlin; (left-right, standing) Marian Brower and Paula McCoy.

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