

## Did You Know...

### Some Facts About Asthma\*

- Children in New York City are approximately three times as likely to be hospitalized for asthma as other children living in the United States.
- In NYC, asthma hospitalization rates increased by 22% between 1988 and 1997, and the largest increase—60%—was found among children from low-income communities.
- As of 1997, children who lived in low-income areas were four times as likely to be hospitalized as those children who live in high-income areas.

Asthma patients and their families need to be aware of all of the triggers that can set off an asthma attack. These include

- Smoke, tobacco, or other fumes
- Furry or feathered animals, such as cats, dogs, birds, hamsters, and guinea pigs
- Dust in excess and dust mites in bedding and stuffed animals
- Roaches
- Colds
- Running
- Extremes in weather
- Pollen
- Pollution

Thus, measures should be taken to prevent the onset of asthma attacks. For instance, people with asthma should not smoke or be around those who do. They should use special dust mite-proof covers for pillows and mattresses. Both sheets and blankets should be washed in very hot water every week.

If you have asthma or live with someone who does, keep rugs, cush-

*Continued on Page 5*

# TOP SPIN

NEWS FROM THE ARTHUR ASHE INSTITUTE FOR URBAN HEALTH

VOL 3, ISSUE 1

SPRING 2001

## AAIUH AWARDED \$1.2 MILLION BREAST CANCER PROJECT GRANT

The Arthur Ashe Institute for Urban Health (AAIUH) has been awarded a \$1.2 million grant from the National Cancer Institute (NCI) to pursue an innovative breast cancer project in Brooklyn. This four-year undertaking, Sustaining Breast Cancer Control with Community Stylists, will work in conjunction with hair stylists and faith communities based in Brooklyn to educate individuals who may be difficult to reach with more traditional approaches. Through this program, stylists in hair salons are trained to be breast health advocates for their clients in Brooklyn, Queens, and Manhattan.

In articles such as “Doing It For Themselves” in the Spring 2001 issue of the United Hospital Fund's newsletter, *Blueprint*, AAIUH has been given much attention for its radical form of educating men, women, and young people with Black Pearls: The Health and Beauty of the Black Woman. Since 1996, this project has helped thousands of women learn about breast cancer, heart disease, sexually transmitted diseases, diabetes, asthma, and organ donation through a network of 52 beauty salons in Brooklyn, Manhattan, and Queens. AAIUH has also trained volunteers from local faith communities to be Community Health Facilitators.

“Sustaining Breast Cancer Control with Community Stylists moves AAIUH's health education program to a new level,” says AAIUH Executive Director and Principal Investigator Dr. Ruth C. Browne. “By training stylists,



*Per Sé Salon*

Karajean Ng, Photographer

we will foster sustained health advocacy in underserved communities.”

An in-person training curriculum and a training video for the curriculum will be developed for hair stylists to promote breast health messages to their clients. “This is our first Federal grant,” says Stacey Wright, the Project Director for the NCI Breast Cancer Control Grant at AAIUH. “It will allow us to see if video training is as effective as in-person training of stylists. If we find that it is, then we hope the training we are doing will become a model that can be replicated nationwide.”

*Continued on page 5*

### Inside:

Sports Ball 2001 .....	3
AAIUH Programs .....	4-5
Power Players .....	6
Make A Difference .....	8

ARTHUR ASHE  
INSTITUTE FOR URBAN HEALTH

*Topspin* is published by the Arthur Ashe Institute for Urban Health to provide news and general information about its programs and services and about developments in urban medicine, disease prevention and healthcare.

It is not intended to provide personal medical advice, which should be obtained directly from a licensed physician or healthcare provider.

**Edgar Mandeville, M.D.**  
Chairperson, Board of Directors

**Dennis A. Suskind**  
President, Board of Directors

**Board Members**

- Seth Abraham
- JoAnn Bradley, Ed.D.
- Kenneth I. Chenault
- Bill Daughtry
- Donald Dell
- Henry Foster, M.D.
- Luther R. Gatling
- Marcia Ann Gillespie
- Robert A. Ingram
- John Margaritis
- Alvin Schragis
- Paul Smith, D.Min.
- Robert Smoler
- Michael A. Stocker, M.D.
- Lenny Wilkens
- John Wren

**Ruth C. Browne, Sc.D.**  
Executive Director and Editor-in-Chief

**Rachel Christmas Derrick**  
Editorial Director and Writer

**Donna Blackwell, Ph.D.**  
Consultant

**Curt Johnson**  
Contributing Writer

**Sheryl Checkman**  
Design Director

**Arthur Ashe Institute for Urban Health**  
P.O. Box 1232  
450 Clarkson Avenue  
Brooklyn, NY 11203-2098  
Phone: (718) 270-3101  
Fax: (718) 270-2602  
[www.arthurasheinstitute.org](http://www.arthurasheinstitute.org)



## HEALTH SCIENCE ACADEMY (HSA) SUCCESS SPARKS A MINI-HSA



*HSA students get an anatomy lesson*

Ernest Cuni

For the past eight years, the AAIUH Health Science Academy (HSA) has been preparing inner city high school students for higher education in the health care professions. The Academy offers academically talented youth from

disadvantaged backgrounds a three-year enrichment program in the health sciences. In partnership with the State University of New York (SUNY) Downstate Medical Center and St. Johns University, the Academy is able to provide extensive coursework with university faculty, hands-on experience in both medical research and patient-oriented problem solving, and one-on-one guidance from practicing health care professionals.

While providing these future health care professionals with a strong foundation in health science, the Academy also hopes to equip them to help

*Continued on page 7*

### Proceedings Available from the AAIUH Conference on Increasing the Representation of Minorities in Health Professions

You can now order a copy of the proceedings of "Increasing the Representation of Minorities in Medicine and the Health Professions: Policies, Partnerships, and Outcomes," a conference held in New York City on October 31, 2000. The conference was jointly sponsored by AAIUH, Associated Medical Schools of New York, the Biomedical Science Careers Program and the New York State Council on Graduate Medical Education.



*Minority Representation Conference, Oct. 31*

Alan Morgan

"This conference was the first in a series of meetings the Institute plans to conduct to address this critical issue," says AAIUH executive director Ruth C. Browne, Sc.D. "Our ultimate goal is to assist in the development of a strategy for increasing the representation of minorities in medicine and the health professions."

The cost of the proceedings, including the executive summary, is \$25. Please send a check or money order to Arthur Ashe Institute for Urban Health, P.O. Box 1232, 450 Clarkson Avenue, Brooklyn, NY 11203-2098, or fax your request to (718) 270-2602, including your American Express card number, expiration date, and the complete name of the cardholder as it appears on the card.



# SPORTS BALL 2001

## HALL OF FAME INDUCTEE DAVE WINFIELD AND BROOKLYN PEDIATRICIAN HONORED AT SPORTS BALL 2001

On April 18, 2001, Baseball Hall of Fame inductee Dave Winfield was honored at the seventh annual Sports Ball benefit for the Arthur Ashe Institute for Urban Health. Winfield, known for his extensive work with children's organizations off the playing field, was chosen for this year's Leadership in Community Service Award at this high profile black tie event. Dr. Stanley E. Fisher, Chairman of the Department of Pediatrics at SUNY Downstate Medical Center, was also honored with the Leadership in Urban Medicine Award. Robin Roberts and Donna DeVarona hosted the award ceremony.



*Event hosts Donna DeVarona and Robin Roberts share a lighthearted moment on stage.*

Winfield was one of baseball's first athletes to create his own charitable foundation, the Winfield Foundation. His foundation provides healthcare services and nutritional counseling for youth, as well as scholarships and computer literacy programs for deserving high school students. Winfield, who has earned numerous awards for his community service activities, said he is very proud to accept this latest award from the Institute of his dear friend, Arthur Ashe.

Nationally acclaimed for his work in maternal substance abuse and fetal malnutrition, Dr. Fisher is actively involved with several community pediatric initiatives within the



Mark Phillips

*2001 Leadership Award recipients Dr. Stanley Fisher and Baseball Hall of Famer Dave Winfield.*



Mark Phillips

*AAIUH Executive Director Dr. Ruth C. Browne (center) with tennis star Zina Garrison (left) and actor Richard Roundtree.*

Flatbush and Crown Heights sections of Brooklyn. The primary objective of these projects is to support community organizations in their health activities and to expand resources for the children of Brooklyn.

Since 1995, the Sports Ball annual events have raised over \$2 million dollars for the Institute. On hand this year were luminaries including David N. Dinkins, Zina Garrison, Spencer

Haywood, Rev. Al Sharpton, Keith Hernandez, John Ritter, Henry Winkler, Gregory Hines, Richard Roundtree, Dexter King, Star Jones, Dr. Ian Smith, Sue Simmons, Maurice Dubois, Billy Baldwin, Freeman McNeil, Candace Krueger (Miss USA), hip-hop recording artist Eve, and supermodel Shakira, to name a few.

*For information on Sports Ball 2002, contact Wanda Mann: 718-270-4226*



Mark Phillips

*From left to right Sports Ball guests Negrita Jayde, actor and model Boris Kodjoe, Dave Winfield, comedian AJ Jamal, dancer and actor Gregory Hines, Tonya Winfield and actor Billy Baldwin*



# AAIUH PROGRAMS

## AGAPE

Contact: Marilyn Fraser-White, MD  
718-270-4468

Through the Agape program, AAIUH provides HIV/AIDS health education and outreach in African-American and Caribbean-American churches in Brooklyn. More than 1,500 clergy, congregants, and lay nurses have been trained in three years.

During the Week of Prayer for the healing of AIDS, March 4-10, 2001, 15 Agape church partners participated in various AIDS-awareness programs. Members of the congregations of some churches handed out informational lit-



AAIUH's Sweater Drive donations to Star Health Clinic

erature while the ministers of others gave special sermons about the virus. Four congregations helped with the Sweater Drive, collecting some 200 new or dry-cleaned sweaters for people affected by HIV or AIDS. This welcome knitwear was distributed through health clinics and AIDS-related organizations not just to people with the virus but also to their loved ones.

On March 14, 2001, Agape hosted Speaking to the Heart, an invitation-only community teach-in on HIV/AIDS for clergy and faith-based activists. Sponsored by DuPont

Pharmaceuticals, the forum was held at First Presbyterian Church of Brooklyn. Speakers ran the gamut from epidemiologists and nurses to HIV-positive people who talked about living with the virus. The audience consisted mostly of clergy. Everyone agreed that much still needs to be done to educate people about the truths and myths about HIV/AIDS, to do away with the stigma of contracting this disease, and to remind us that the virus is still an epidemic.

## HEALTH SCIENCE ACADEMY

Contact: Rosalind Wilson, MSW  
718-270-1602

A partnership with the State University of New York (SUNY) Health Science Center at Brooklyn and St. Johns University, the AAIUH Health Science Academy gives urban high school students a solid foundation for future careers in the healthcare professions.

In the past, students have been recruited from six participating high schools. Now the Academy will recruit 20 new students from other schools as well for matriculation in the fall. Since these new students will come from a broader variety of schools, this will extend the Academy's reach throughout New York



Health Science Academy students share the spotlight with model Kimora Lee.

City and strengthen AAIUH efforts to increase opportunities for students from ethnically, culturally, and economically diverse backgrounds to gain access to careers in the health professions.

## BLACK PEARLS and DIFFERENT FADES OF HEALTH

Contact: Marilyn Fraser-White, MD  
718-270-4468



Per Sé Salon

Two brother-sister programs, Black Pearls and Different Fades of Health, provide health education, prevention, and screening in two non-traditional settings: beauty salons for women and barbershops for men. These joint programs have reached some 8,000 people in over 60 personal care establishments since 1996.

In October through December, 2000, four beauty salons (three in Queens and one in Manhattan) participated in the Black Pearls program. Breast health, heart health, and diabetes were the topics of discussion. This year, the AAIUH received a grant from the Medical and Health Research

Karajean NG

Association of New York City (MHRA) to address the effects of environmental tobacco smoke through its network of barbershops. This Different Fades of Health program took place in three barbershops in Brooklyn from January to April, 2001.

## FIRST IMPRESSIONS

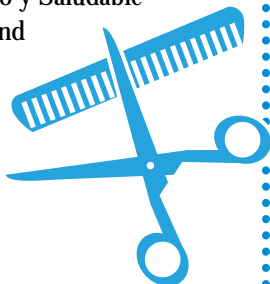
Contact: Marilyn Fraser-White, MD  
718-270-4468

Piloted by the Institute in October, 2000, First Impressions provides education on HIV/AIDS, Hepatitis C, and other sexually transmitted diseases in three tattoo and piercing salons. Approximately 130 individual clients have been reached with life-saving information through this program.

## NUESTRA BELLEZA and BIEN PEINADO Y SALUDABLE

Contact: Marilyn Fraser-White, MD  
718-270-4468

Buoyed by the success of the Black Pearls and Different Fades of Health programs, which disseminate health information through beauty parlors and barbershops in African-American and Caribbean-American communities, the Institute is now reaching out to Spanish-speaking populations. Nuestra Belleza (Our Beauty) commenced in Spanish-speaking salons in Brooklyn in May. This summer, the barbershop version, Bien Peinado y Saludable (Well-groomed and Healthy), will begin in Corona, Queens.



## AAIUH Awarded *Continued from page 1*

Other components of the NCI-sponsored breast cancer project include:

- Health and Beauty Saturdays featuring discussions with health educators on breast health, as well as breast self-exam demonstrations, during three-month intervention periods at each selected salon
- A partnership with the Breast Health Program at Kings County Hospital, which will provide a site for mammography screenings, referrals, and follow-up care as needed
- Collaborations with researchers at the SUNY Health Science Center in Brooklyn to conduct program evaluation
- Establishment of a community-based Health and Beauty Council

Research has shown that although women of African descent are less likely than white women to get breast cancer, they are more likely to die from it since they are often diagnosed at a later stage. This NCI grant affords the AAIUH an opportunity to assist in reducing the breast cancer mortality rate among traditionally underserved African-American and Caribbean women in New York along with continuing the great success of the Institute's Black Pearls program.

For further information contact  
Stacey Wright, MPH: 718-270-1752

## Did You Know *Continued from page 1*

ions, extra pillows, and non-washable stuffed animals to a minimum, especially in the bedroom—or better yet, get rid of them altogether. As hard as it may be, resist the temptation to have furry pets, and be sure to purge your house of roaches.

In addition, follow your doctor's orders about the proper use of any asthma medication. When it comes to your breathing, waiting too long to take preventive measures can be the difference between life and death.

For information about the Minority Asthma Partnership Coalition that AAIUH is helping to organize in Central Brooklyn, contact Amanda Abbey, 718-270-3101. 📞

*\*Source: The New York City Department of Health Community Asthma Program*

For the latest on the Arthur Ashe Institute for Urban Health, please visit our web site:

[www.arthurasheinstitute.org](http://www.arthurasheinstitute.org)



# POWER PLAYERS

**Tom Brokaw**

“When people ask me about memorable folks I’ve met in the course of my career, I put Arthur Ashe among the top

ten,” says Tom Brokaw, Anchor and Managing Editor of the “NBC Nightly News.” “Not only was he a world class athlete, but he was a world class citizen.” Brokaw’s first encounter with the tennis great was on “The Today Show” back in the early 1970s, he recalls, and then when Ashe married Jeanne Moutoussamy, they saw each other socially since she was one of Brokaw’s colleagues.

While hosting the Institute’s February 5, 2001, celebration of the life and legacy of Arthur Ashe on the eve of

the ninth anniversary of his death, a visibly moved Brokaw told guests, “I cannot think of a better human being who lived to help others further their lives than Arthur Ashe. The Arthur Ashe Institute for Urban Health is a true testament to his lifelong struggle for equality. There are so few people who have done as much for their fellow human being as he did.”

In praising the work of the Institute, Brokaw remarked that “health is a very good common ground to meet on to deal with the issues of race, since nothing is more important to any of us, no matter what our race or economic standing, than good health. We all need to have good resources and access to health care. But, unfortunately, too many African American children are growing up in substandard economic

*Continued on page 7*

**Ava Roosevelt**

“Life is a team sport,” says Ava Roosevelt, Marketing Director and Contributing Editor of *Palm*

*Beach Journal*, and a Director of Marketing at DSFX. Born in Poland and educated at La Sorbonne and Columbia University, Roosevelt has had successful careers in modeling, in both Europe and the U.S., international real estate, and interior design in Florida. While she calls herself “not a type-A personality — a quadruple-A personality,” she is the first to say that she could not have done it alone. So, as a philanthropist, she reaches out to help others.

“I’m an avid tennis player and have always admired Arthur Ashe,” she says. “He was an exceptional athlete and a remarkable person. He inspired me to be a better tennis player, but most importantly, a more compassionate human being.” Therefore, on behalf of the Arthur Ashe Institute for Urban Health and with the help of the William H. Donner Foundation, Roosevelt (a.k.a. Mrs. William Donner Roosevelt) has developed a program that supports the Institute’s Wimbledon Club (donors who have given between \$20,000 and \$30,000). This program is designed to foster mentoring relationships where the individual donors get personally involved in students’ studies programs.

The William H. Donner Foundation’s generous gift will enable four students to participate in the Institute’s Health Science Academy (HSA) program for three years. These four students will form a team that will research the benefits and effects of biofeedback on the

*Continued on page 7*

**Bill Daughtry**

Once upon a time MSG anchor and AAIUH board member Bill Daughtry might have called himself an asthma sufferer. These

days, however, “sufferer” is hardly the word for him. During a broadcasting career spanning more than a quarter of a century, Daughtry has covered five Super Bowls, two World Series, three NHL All-Star Games, two Major League Baseball All-Star Games, and the 1996 Summer Olympics. Too busy to let his asthma get in the way of living and working, Daughtry, a husband and father of four, is also an enthusiastic golfer and bowler.

One of his most moving assignments was interviewing then-Mayor David N. Dinkins the night Arthur Ashe

died. “I was touched by the profound sadness that the Mayor expressed about the loss of someone he described as a very dear friend.” When Daughtry was later asked to serve on the Board of Directors of the Arthur Ashe Institute for Urban Health, he readily agreed. Afflicted with asthma since childhood, he was eager to help spread the word about coping with this condition.

“When I was growing up, I was never allowed to play basketball, football, or to run track, because of the fear of asthma attacks,” he explains. “The only sport my parents let me play was baseball, since it has frequent rest periods. But today, there are so many new and improved medications that asthma is much easier to manage than it was when I was growing up.”

To help more people with asthma realize that they don’t need to stay on the

*Continued on page 7*

Brokow *Continued from page 6*

circumstances. This is simply unacceptable, because their healthcare suffers. I love the idea that the Institute is doing the work that it is, and keeping these issues before us.”

Daughtry *Continued from page 6*

sidelines, Daughtry started the Fund for Fighting Asthma Foundation. Last year, the foundation sent nine children to Camp Super Kids (in New York and New Jersey), sponsored by the American Lung Association. At these fun-filled, activity-packed overnight summer camps with full medical staffs on hand at all times, children learn how to improve their quality of life by better managing their asthma.

While Daughtry is passionate about living life to its fullest, he cautions that people must take asthma seriously. “I want these kids to know that, yes, they can get out there and be active, but it is extremely important that they maintain their asthma properly. People need to know that asthma can kill you.”

After many years of fewer symptoms, Daughtry suddenly had two near-death asthma attacks in 1996. They were triggered by allergic reactions to aspirin. “The first time, I didn’t know I was allergic,” Daughtry explains. “I was ten minutes away from total respiratory arrest when they got me to the hospital.” The second time, he took a medication that contained a close relative of aspirin, which a doctor had prescribed even after Daughtry told him that he was allergic. “This taught me that I have to be more careful, more observant. I can’t rely on others. Taking care of my health is really up to me.”

Roosevelt *Continued from page 6*

brain and on the progress of their studies. “Some call biofeedback the gym of

the brain,” she explains, noting that she believes it could be instrumental in helping children with learning disabilities. “I am fascinated by the workings of the human mind. I found myself forgetting things, and I didn’t like it. I started with biofeedback because I want to train my brain to remain as young as possible. Not only has being on the machine helped me increase my focus and memory considerably, but it’s like going through twenty years of psychoanalysis in three hours! I’d like to see these HSA kids compare their experiences with mine and see if the learning process can be accelerated with regular biofeedback sessions.”

Roosevelt hopes that the William H. Donner Foundation contribution will inspire other foundations, corporations, and individuals to establish college scholarships to be used for those students who finish in the top five percent of the Institute’s HSA student body. “Those who see competition in a healthy, constructive light instead of as a hindrance or a distraction will excel in life,” she says. “If athletes can compete, why not teach young people to be comfortable competing as a team?”

She adds that deciding which HSA students to select “was like going into Cartier and trying to decide which diamond was the most beautiful. Each one of the students I met was so brilliant, so special, and every one of them had so much to give. I wish I could make all of them a part of my team.” In fact, when Roosevelt first decided to select the Institute’s HSA students, she intended to sponsor only three.

Mini HSA *Continued from page 2*

address “the disparities in treatment and outcomes of ethnically and culturally diverse populations,” says HSA Director Rosalind Wilson.

Four of the Institute’s HSA students graduated from high school this May

and are heading off to college. This summer, the Academy will launch a scholarship drive to raise funds to offset the gap between financial aid awards and the cost of tuition, fees, and living expenses that graduates face when they enter college. The initiative will be run in conjunction with the Academy’s new Parent Auxiliary. Academy students, their parents, and graduates – with the support of HSA staff – will raise money through an annual event, product sales, and direct donations.

With its first group of graduates now in their last year of college, the Academy has started the Mini Health Science Academy, which welcomed its first 21 students in September, 2000. “This unique pilot program for elementary school children has four primary objectives,” Wilson notes. “First, to orient young students to a medical environment. Second, to provide early exposure to career options. Third, to explore the human body through hands-on interactive activities. And fourth, to promote healthy living.”

For this younger crew, learning about medicine means setting up an I.V. with Gatorade dripping into the tube, assembling a paper skeleton on a stretcher while students are dressed in surgical garb, splinting and wrapping the “broken” legs of teddy bears, and stitching hearts to stuffed animals. “We talked to the kids about the effects of smoking, and they became real anti-smoking advocates. Soon after that, their teacher came in with a patch on her nose because she had been treated for skin cancer,” says Wilson. “The kids immediately picked up that they should stay out of the sun or use sun screen. We could see right away the impact of their learning how to take care of their bodies and improve their health habits.”

# MAKE A DIFFERENCE

## Tom Brokaw Pitches In



*Tom Brokaw, Dr. Ruth Browne and Dr. Edgar Mandeville*

On February 5, 2001, Tom Brokaw, Anchor and Managing Editor of the "NBC Nightly News," hosted a celebration of the life of tennis champion and humanitarian Arthur Ashe on the eve of the ninth anniversary of his death. Brokaw and his good friend AAIUH's Board Chairperson Dr. Edgar Mandeville and Reverend Paul Smith were presented with a \$100,000 donation from the Independence Community Foundation (ICF). For the past 150 years, the ICF has given philanthropic support for community development and quality of life initiatives. Other generous donations at this memorable event raised a total of \$26,750.

## We're Counting On You!

The inspiration and generosity of many other supporters allows us to reach more people with empowering health education programs. It also enables us to increase the number of high school students (our future doctors and scientists), whose minds are enriched through training in urban medicine and allied health disciplines through the Health Science Academy curriculum.

We count on the support of all those who contribute and gratefully acknowledge individuals\* who have recently attained membership into the following clubs:

**Dr. Rachel Fruchter Memorial Fund**  
Chenda Sarah Fruchter

**The Wimbledon Club**  
(\$20,000 – \$29,999)  
Ava Roosevelt, The William H. Donner Foundation

**The Davis Club**  
(\$10,000 – \$19,999)  
Robert & Elizabeth Smoler  
Stephen Wiggins

**The Ace Club** (\$1,000 - \$4,999)  
Christopher J. Williams  
Frederick Terrell, Provender  
Capital Group, LLC



*Dr. Paul Smith and Ms. Anne Tilghman*

**The Team Club** (\$500 - \$999)  
Sung Poblete, Ph.D.  
Henry W. Foster, MD

**The Deuce Club** (\$100 - \$499)  
Janet & Wayne Byers  
Lynn A. Paxton, MD  
Cicely & Melvin Sandmeyer, MD

**The Fans Club**  
(Under \$100)  
Sheila Greene  
Elizabeth Kallen  
Judith & John LaRosa

Naming the Institute as a beneficiary on an insurance policy or leaving a specific bequest in your will is one of the simplest ways to make a gift to the Arthur Ashe Institute for Urban Health, Inc. These gifts provide critical support for the Institute's mission.

*Contact: Elizabeth Kallen  
718-270-1823.*

*\*We are grateful to all supporters of Sports Ball 2001. Space does not permit listing all of those generous individuals and businesses that supported this event.*



ARTHUR ASHE  
INSTITUTE FOR URBAN HEALTH  
P.O. Box 1232  
450 Clarkson Avenue  
Brooklyn, NY 11203-2098

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
READING PA  
PERMIT NO. 250