

CHERISH NEWS

April 2021



Church-based **H**ealth Intervention to **E**liminate
Racial Inequalities in Cardiovascular **H**ealth

DID YOU KNOW?

Diabetes is caused when your body doesn't produce enough insulin and/or doesn't efficiently use the insulin it produces. This causes glucose levels rise in the bloodstream. As a result high blood glucose levels may damage the eyes, kidneys, nerves or heart.



CHECK OUT THE WEBSITE TO LEARN MORE.
**[HTTPS://WWW.HEART.ORG/EN/HEALTH-
TOPICS/DIABETES/ABOUT-DIABETES](https://www.heart.org/en/health-topics/diabetes/about-diabetes)**

**TULANE SCHOOL OF PUBLIC HEALTH AND
TROPICAL MEDICINE
TULANE SCHOOL OF MEDICINE**

This newsletter will be regularly distributed to give CHERISH study updates and fun health and wellness facts.



DID YOU KNOW?

The first step to managing your blood glucose is to understand what makes blood glucose levels rise. The carbohydrates (complex sugars) in what you eat and drink turns into glucose in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood glucose levels.

CHERISH ADVISORY TEAM SPOTLIGHT



"THE CHERISH STUDY WILL PROVIDE OPPORTUNITY FOR OUR PATIENTS TO IMPROVE THEIR CARDIOVASCULAR HEALTH THROUGH THEIR CHURCHES"

Keith Winfrey, MD, MPH is the Chief Medical Officer for the New Orleans East Louisiana Community Health Center (NOELA CHC); an FQHC serving residents of the Greater New Orleans area. He completed his residency in Internal Medicine and a fellowship in Preventive Medicine at the Tulane University School of Medicine. He also holds a Masters' Degree in Health System Management from the Tulane University School of Public Health and Tropical Medicine. As a preventive medicine specialist, Dr. Winfrey has a special interest in reducing health disparities in cardiovascular disease and has developed a variety of programs at NOELA CHC designed to reduce Cardiovascular disease risk factors. Several of the programs include supervised medical weight loss, exercise therapy, smoking cessation services, behavioral health services and hypertension and diabetes care management. Dr. Winfrey believes the CHERISH study will provide an opportunity for our patients to improve their cardiovascular health through their churches, a strong source of social support for many of them.

UPDATES

Spring 2021

- *CHERISH Focus Group discussions*
- *CHERISH Zoom kick off meeting*

ZOOM MEETING ID: 925 7854 7521

ZOOM MEETING PASSWORD: CHERISH

CONTACT INFORMATION

Please email the Study Team or go to our website to update contact information or express interest in the CHERISH Study.

CHERISH Email: cherish@tulane.edu

Website: tulane.ctsi.org/cherish

Facebook: [@LAcherishstudy](https://www.facebook.com/LAcherishstudy)



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