

# CHERISH NEWS

February 2021



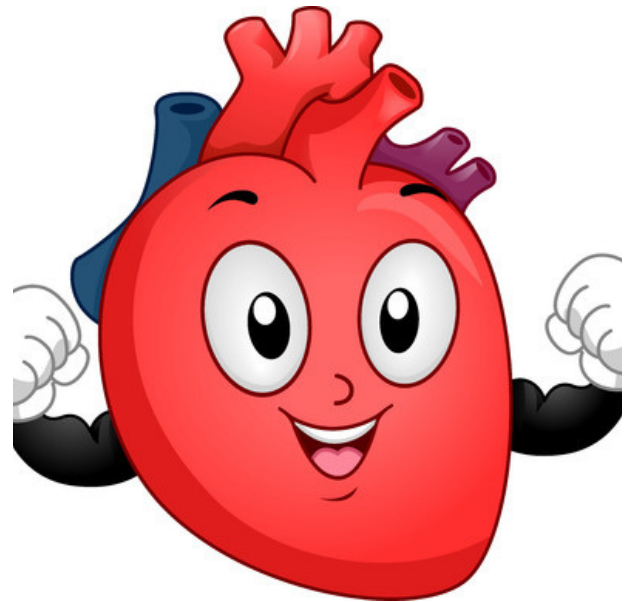
Church-based **H**ealth Intervention to **E**liminate  
Racial Inequalities in Cardiovascular **H**ealth

**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?

According to the American Heart Association cardiovascular disease is a group of diseases of the heart and blood vessels, including coronary heart disease, heart attack, stroke, heart failure, heart arrhythmias, and heart valve problems.



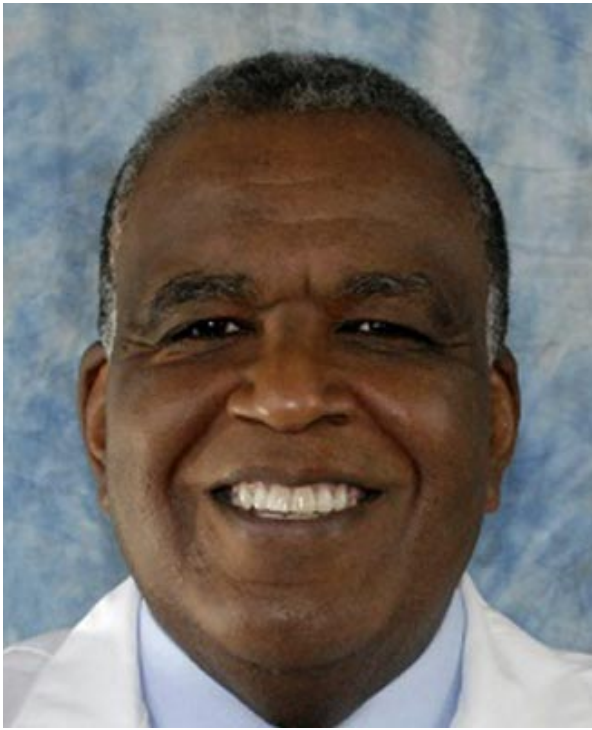
## DID YOU KNOW?

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

**CHECK OUT THE WEBSITE TO LEARN MORE.**

<https://www.heart.org/en/health-topics/high-blood-pressure>





## CHERISH INVESTIGATOR SPOTLIGHT

Keith C. Ferdinand, MD, FACC, FAHA, FASPC, FNLA is a native of New Orleans, LA. He focuses largely on cardiac risk factor evaluation and control, especially high blood pressure and high cholesterol. His passion for patient-care is highlighted in his commitment to non-profit work and community service. He has been heavily involved in many national organizations concerned with public health, including the Association of Black Cardiologists, American Heart Association, American College of Cardiology, and the Healthy Heart Community Prevention Program, a cardiovascular risk program to help the New Orleans community improve their cardiovascular health. Dr. Ferdinand began his medical career with an MD from Howard University College of Medicine in Washington, DC. He is the Gerald S. Berenson Endowed Chair and Preventive Cardiology Professor of Medicine, Tulane University School of Medicine.

**" CHERISH WILL BE A GREAT OPPORTUNITY TO FIND BEST WAYS TO HELP PEOPLE HELP THEMSELVES."**

**- DR. FERDINAND**

## UPDATES

- *CHERISH Christmas cards and Study introduction letter mailed in December*
- *CHERISH Zoom kick off meeting Spring 2021*

**ZOOM MEETING ID: 925 7854 7521**  
**ZOOM MEETING PASSWORD: CHERISH**



# Tulane

## CONTACT INFORMATION

*Please email the Study Team to update contact information or express interest in the CHERISH Study.*

*CHERISH Email: [cherish@tulane.edu](mailto:cherish@tulane.edu)*

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