

Emory study put the focus on stress reduction and cardiovascular health in African American women: we had long suspected a link with cardiovascular risk and stress. A new study at Emory will attempt to objectively document potential positive interventions to the relaxation response in Black women. The research will use novel approaches to determine the potential changes in cardiovascular risk with relaxation techniques. For more information see below.

Can Reducing Stress Protect Your Heart?

Are you a 30-65 year old African-American?

Do you have at least 2 of the following characteristics?

- **High blood pressure**
- **High blood sugar**
- **High triglycerides (fat in the blood)**
- **Overweight**

If so, you may qualify for a *very exciting* study in which you will receive training in meditation or other methods to help reduce your risk of heart disease.

Participants will receive compensation for their time and travel, and free training by highly qualified instructors.

For details call Janine Cobar at 404-727-3683

Sponsored by the Emory-Morehouse Partnership to Eliminate Cardiovascular Health Disparities through a grant from the National Institutes of Health and approved by the Emory IRB



Experienced Investigators needed for PLATO

The ABC is recruiting potential investigators for a Phase III clinical trial called the PLATO Study [a study of PLATelet inhibition and Patient Outcomes.] PLATO, a randomised, double-blind, parallel group, Phase III, efficacy and safety study, compares AZD6140 with clopidogrel for prevention of vascular events in patients with Non-ST or ST Elevation Acute Coronary Syndromes (ACS).

AZD6140, a new, reversible, anti-platelet medication, will be compared with clopidogrel to determine which drug, when either is used in conjunction with aspirin, is better at reducing deaths from vascular causes, future heart attacks and/or strokes in patients with ACS.

If you follow patients with ACS and have participated in clinical trials, please contact the ABC Research Department at 404-201-6621 or email memberservices@abc cardio.org for additional details.