



ASSOCIATION OF BLACK CARDIOLOGISTS, INC.



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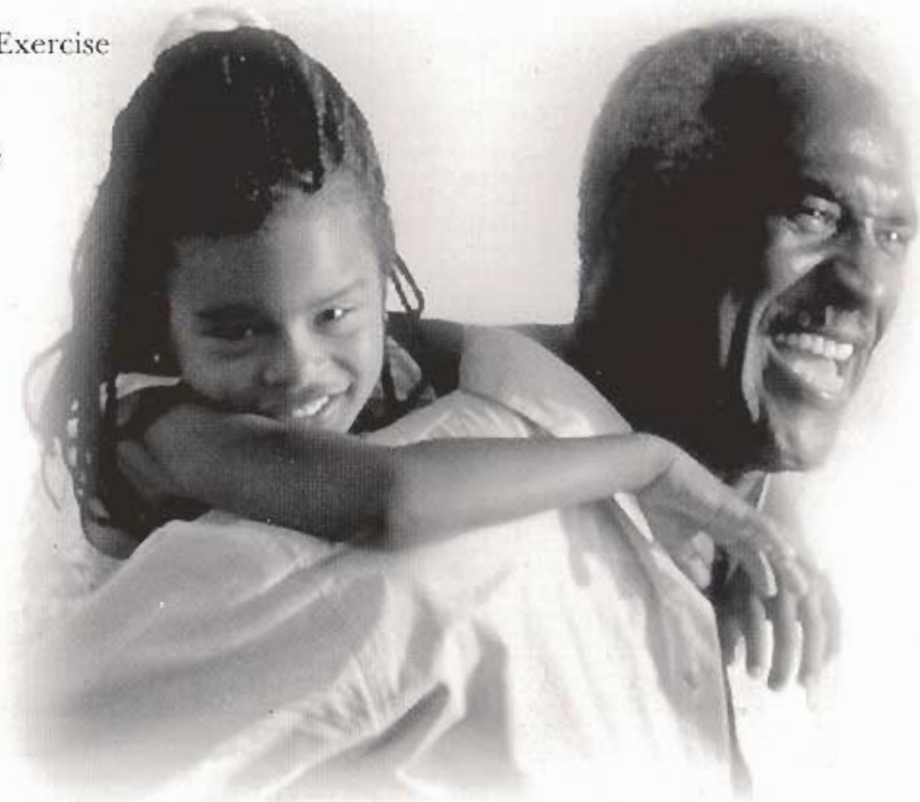
Celebrating 30 Years: An Enduring Institution

Our Mission

We believe that good health is the cornerstone of progress. We are firm in our resolve to make exemplary health care accessible and affordable to all in need, dedicated to lowering the high rate of cardiovascular disease in minority populations, and committed to advocacy and diversity. We are guided by high ethics in all transactions and strive for excellence in our training and skills.

ABC 7 Steps to Maintaining Good Health and Longevity

- Be Spiritually Active
- Take Charge of Your Blood Pressure
- Control Your Cholesterol
- Track Your Blood Sugar
- Eat Smart & Enjoy Regular Exercise
- Don't Smoke
- Access Excellent Healthcare



"Children Should Know Their Grandparents So They Will Become GREAT Grandparents!"



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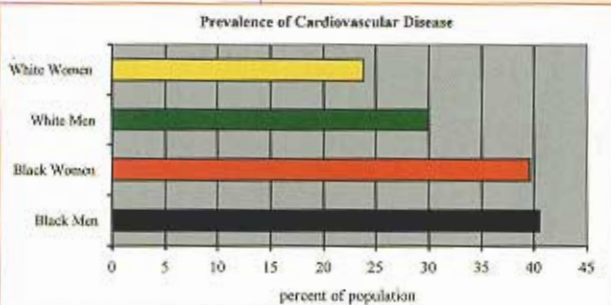
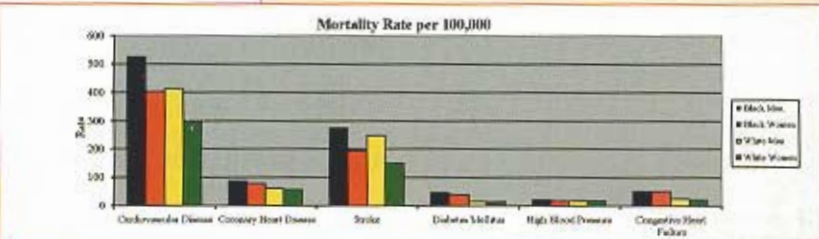
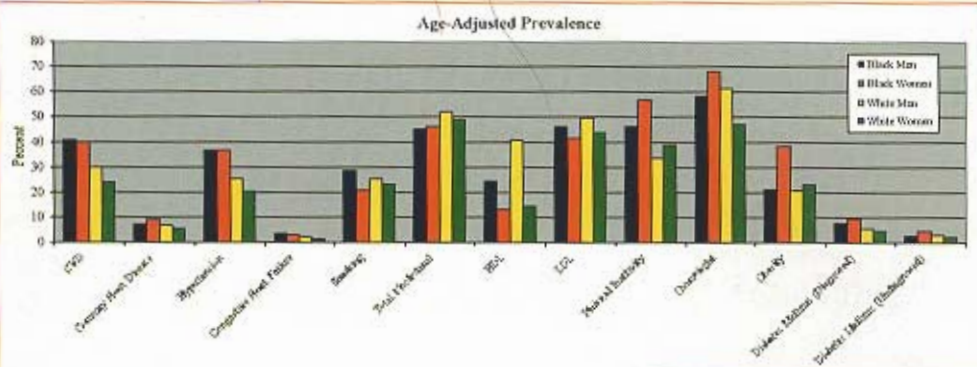
The Association of Black Cardiologists, Inc. (ABC) exists as an advocate, catalyst, organizer, coach, cheerleader, motivator, partner, leader, and innovator for reducing the tremendous cardiovascular disease (CVD) burden for Blacks. Our goal is to achieve zero disparity in our vulnerability to CVD, access to quality health care and outcomes from treatment. Not to

preoccupied with addressing the immediate problem they succumb to CVD because these risk factors were ignored. While cancer, AIDS and violence are serious problems that plague our community, we should not underestimate the impact of CVD on our health and well being. Our first alert of a CVD problem is often our last. Three out of four deaths from coronary heart disease occur during the first attack. Blacks are also more likely to ignore and "tough out" the symptoms of heart and brain attacks than Whites.

Of particular concern to us is the recognition of the dramatic increase in obesity in Black women, particularly, teenagers. We live in an era when adult women exercise more than teenage girls. How about reinstating gym classes? Increasing obesity has led to a 57% increase in the rate of diabetes mellitus in the last ten years. Elementary and high

school students now have immediate access to sugar water (sodas), candy and potato chips throughout the day because school boards are selling their children's health as a profit making entity from these vending machines. What are your children eating for lunch? Would you believe a couple of candy bars and soda?

We must recognize that uncontrolled hypertension and high blood cholesterol, physical inactivity, obesity, depression, smoking, and stress (alone or in concert) destroy our cardiovascular system. Compared to Whites, young Blacks have a two times greater risk of ischemic stroke and are more likely to die from strokes. As many as 30% of deaths in hypertensive Black men and 20% of deaths in hypertensive Black women may be attributed to high blood pressure (HBP). HBP continues to be the number one health problem in the Black community with high prevalence and low rates of effective treatment. More attention should be given to treatment and particularly to compliance with medical regimen. Compared to Whites, Blacks have a 1.3 times greater rate of non-fatal stroke, a 1.8 times greater rate of fatal stroke, a 1.5 times greater rate of heart disease deaths and a 4.2 times greater rate of end-stage renal disease (ESRD). Blacks are 13% of the population but 32% of patients being treated for ESRD.

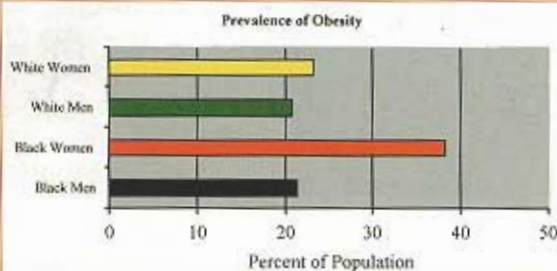
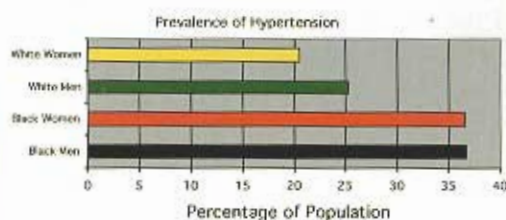


be overlooked is our belief that the number of Black health care providers should be representative of the population. Accordingly, with only 300 Black cardiologists, the number of Black

cardiologists should increase by at least 600% to bring the total closer to 2000.

Most Black men and women are more afraid of cancer (breast and prostate), AIDS and violence than CVD, even though CVD is responsible for more deaths in the Black community than all other diseases combined. In addition, those diagnosed with cancer and diabetes tend to become so

2



Founding Members



Richard Allen Williams, M.D. (Founder)



Walter M. Booker, Sr., Ph.D.*



Kermit R. Brown, M.D.



L. Julian Haywood, M.D.



Richard F. Gillum, M.D.



Alphonzo Jordan, M.D.*



Edith Irby Jones, M.D.



Daniel D. Savage, M.D., Ph.D.*



Elijah Saunders, M.D.



Levi S. Perry, M.D.



Huerta C. Neals, M.D.*



Paul M. Jackson, M.D.



Hannibal E. Howell, M.D.



Major Geer, M.D.



Charles L. Curry, M.D.



Paul Terry Battles, M.D.



Boisey O. Barnes, M.D.

*deceased

Past & Present Leaders



Drs. Paul Underwood, Malcolm Taylor, Elizabeth Ofilii and Augustus Grant

The ABC was founded in 1974 out of a need to bring special focus and attention to the adverse impact of cardiovascular disease on African Americans. We are an inclusive organization. Membership is open to all who are interested in assuring that African American children know their grandparents so they will become great grandparents. This will only be achieved by effectively lowering the high rate of heart disease, diabetes and stroke in our community. This can be accomplished with the availability of culturally competent health care providers, effective and respectful care, equal access to medical care, and more emphasis on community based health risk reduction programs. These programs empower people to take responsibility for their own health and produce research that will provide the data for more appropriate planning and implementation of effective strategies.

The cornerstone of ABC's activities has been its continuing education department, which averages 50 programs per year. Since 1995, the ABC has provided its own (CME) credits and was awarded its second four (4) full years of accreditation from the Accreditation Council for Continuing

In 1974,

seventeen dedicated medical professionals came together and gave birth to the Association of Black Cardiologists, Inc.

Through their belief in the need to bring special attention to the adverse impact of cardiovascular disease on African Americans, the ABC has grown to great heights. Thirty years later, we continue to carry forth the mission and goals of the ABC "17".



Medical Education (ACCME). Other membership benefits include legislative advocacy; the *ABC Digest of Urban Cardiology* (bi-monthly); the *ABC Newsletter* (quarterly); scholarships for medical students; fellowships for cardiologists-in-training; fourth year fellowships for subspecialty training; community outreach and health promotion; participation in clinical trials and research programs; the annual ABC calendar *Pioneering African Americans in the Conquest of Heart Disease*; and a free website (ABCDOCS).

The success of ABC programs reflects the dedicated commitment of its members, staff and outstanding leadership—individuals who dedicated themselves selflessly and tirelessly, to the mission of the organization. This is perhaps best exemplified by presidents who have provided dedicated leadership, and made an impact on the development of the organization with their passion and personalities.

Dr. Richard Allen Williams (1974-86), founder, brought the group together and created the foundation upon which the organization has grown. **Dr. Elijah Saunders** (1988-90) pioneered ABC's community programs. He hired ABC's CEO, Dr. Wayne Kong, in 1986 and worked as a team to develop church and barber-shop programs. **Dr. Jay Brown** (1990-92) brought a strictness of structure, discipline, and uncompromising integrity and accountability. He also created the annual cardiology fellow's program. **Dr. Augustus Grant** (1992-94), recommended installation of a cardiology fellows' representative to the Board of Directors, initiated the effort to get CME accreditation status, and began the regional programs as suggested by Dr. Jerome Robinson. **Dr. Paul Douglass** (1994-98) served the ABC for two terms. He brought financial growth and stability to the organization, provided leadership in the healthcare reform effort (including a meeting with first

lady Hilary Clinton), created fellowship programs in Electrophysiology and Interventional Cardiology, and opened the ABC offices in downtown Atlanta. It was during Dr. Douglass' tenure that the ABC Pioneers' Calendar was produced and the ABC expanded its efforts to "honor our heroes and keep our history alive." It was during **Dr. Frank James'** (1998-00) tenure that the enormously successful twenty-fifth anniversary celebration featuring Ms. Victoria Rowell, Dr. David Satcher, Congressman Louis Stokes, Dr. Denton Cooley and Dr. Michael DeBakey was organized. He also pioneered the building of the International Library, Research and Conference Center. **Dr. Elizabeth Ofili** (2000-02) became the first woman president of the ABC in 2000 and devised the ABC Centers of Excellence. She brought a worldwide focus to the ABC by appearing on CNN to discuss the worldwide cardiovascular epidemic, strengthening our relationship with the World Heart Federation and developing programs in Nigeria and South Africa. She was a featured presenter in Egypt, Jamaica, South Africa and the European College of Cardiology annual meetings. **Dr. Malcolm Taylor** (2002-04) continued the ABC on its goal to build our International Library, Research and Conference Center as well as strengthening relationships with our pharmaceutical partners. Manpower in cardiology became a priority. His leadership was demonstrated as he spoke about diabetes to numerous people who "partied with a purpose" during Tom Joyner's popular skyshows. Dr. Taylor was also instrumental in the ABC having a dedicated advocate on Capital Hill. **Dr. Paul Underwood** (2004-06) is a remarkable strategist under whose administration the International Conference Center will be built. Our leaders are ever mindful of the challenge to "make exemplary health care accessible to all in need."

Board of Directors



Seated L – R: Drs. Lawrence Watkins, Richard Allen Williams, Joseph Quash, Christine Bussey, Paul Underwood, Jesse McGee, Michelle Albert, Rowiens Melduni.

Standing L – R: Drs. B. Wayne King, Nathaniel Brown, Frank James, Curtis Weaver, Malcolm Taylor, Aubrey Clarke, Joseph Hargrove, Gerald DeVaughn, Calvin McLarin, Eric Vanderbush and Luther Clark.

Is There a King in You?*

This year, we celebrate our 30th Anniversary. At the Annual Convention of the American Heart Association (AHA) in 1974, Dr. Richard Allen Williams invited 16 colleagues to discuss the cardiovascular disease burden in the Black community and to enjoy a meal at "Baby Doe's" that Mr. Dewey Alexander paid for on behalf of Marion Labs. You see, this was our first conference on "Disparities in Cardiovascular Care for African Americans". On November 6, 2004, we will commemorate this event in New Orleans under the watchful eye of our founding members. I hope we have been true to your vision.

To set the tone for this evening, I would like to read a short poem entitled, *Winners and Losers. The Winner is a part of the answer. The Loser is a part of the problem. The Winner always has a program. The Loser always has an excuse. The Winner says Let me do it for you. The Loser says it's not my job. The Winner sees an answer for every problem. The Loser sees a problem in every answer. The Winner says it may be difficult but it's possible. The Loser says it may be possible but it's too difficult.*

The ABC is a winner and is always a part of the answer. ABC always comes up with innovative ideas and programs. ABC will and can do the job because we see an answer in every problem rather than a problem in every answer. While the task may be difficult for ABC, all things are possible! As Dr. Frank James, past president of the ABC said several years ago: *The ABC exists as an advocate, catalyst, organizer, coach, cheerleader, motivator, partner and leader for whatever will reduce the tremendous burden of CVD in our community and for all Americans!*

While I believe we are an enduring institution, I humbly recognize that we still lack the foundation that will allow us to have a more integrated effort to reduce and prevent CVD, diabetes and stroke. On this, my last few moments as your president, I plead to everyone present to contribute generously to our initiatives, particularly to the building of our International Library, Research and Conference Center. We signed off on the \$7 million loan and contracted with the Neenan Construction Company to design and build the building. With your help, we will break ground this summer. We not only need to build it, occupy it, enjoy it and be proud of it

— we need to also pay for it! As I have said on previous occasions, we have identified the funds, but they are still in your bank accounts, investments and company treasuries. All that is necessary is a small transfer.

More than a few times, I find myself reflecting on the progress of African Americans in the 40 years since the beginning of the Civil Rights Movement. As optimistic as my wife accuses me of being, I could never have foreseen the possibility of the Secretary of State for these United States being an African American, or that African Americans would lead more than a dozen of America's mega corporations. The income for African Americans has increased 400% since civil rights. This could never have been done without the sacrifice and dedication of your parents, Dr. Martin Luther King and our other civil rights leaders. YOUR success is in no small measure, an outcome of THEIR sacrifice.

This is our time, our turn at the plate. Is there a King in you? If there is, you will not hesitate to contribute generously to our cause, to be intolerant of injustice, particularly in health care and to reach out to someone less fortunate. Two years after the ABC was founded, Dr. King said in a speech: *Of all the forms of inequality, injustice in health is the most shocking and inhumane.* Indeed, what is the use of freedom if we languish in beds from strokes, diabetes, compromised by heart disease and eventually dying without ever knowing our grandchildren?

I am happy tonight to report that the ABC is in great shape. During this very brief two years, we have enjoyed wonderful activities and accomplishments. I am proud that the outgoing officers are turning over to the incoming administration, an organization that is vibrant and posed to make ever greater strides. I am certain that the new administration will do even greater things.

One of my favorite quotes that I have come to believe is something said by Margaret Meade: *Never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has. If not us, who?*

Because there is a King in you, you will answer the call. God bless all of you and may God bless the ABC.



Malcolm P. Taylor, M.D.

*Micah 4:9 (New Revised Version)
"Now, why do you cry aloud? Is there no King in you? Has your counselor perished?"



Let's Put an End to Health Care Disparities Once and for All



Paul L. Underwood, M.D.

If the number one threat to longevity was our number one priority, under the rules of the "Homeland Security Act", cardiovascular disease (CVD) would keep us in the red zone. Perhaps we should start profiling all citizens who eat too much of the wrong foods and don't exercise. But for reasons that are not entirely clear, CVD is not being recognized for the devastation it causes.

These are the best of times and the worse of times. We may not be reducing heart disease but due primarily to better diagnostic and treatment options, deaths from heart disease and stroke have declined by 50% over the past fifty years and the life expectancy for African Americans has doubled over the last century. But further progress is threatened by the obesity-diabetes epidemic and the low rate of hypertension control in our community. If we can send spaceships into the air and take a virtual walk on Mars, why can't we do a better job of controlling excess mortality here on earth? It is troubling that we give so little attention to the millions of American lives that are lost to heart disease each year. As I write this, I am reminded of Wilt Chamberlain, Grover Washington, and Maynard Jackson whose lives were suddenly ended by CVD.

I do not mean to suggest that implementing preventive health is a simple task. Changing human behavior is complex and not well understood. On the one hand, we have enough knowledge and resources. Unfortunately, I suspect we lack the will as a nation to do what we can to prevent the next CVD epidemic. CVD will add incalculable cost to our health care system and rob our children of ever knowing their grandparents. The CDC reports that in 2003 the cost of CVD was \$351 billion dollars. Let's develop the will to conquer heart disease!

The ABC has long been recognized as an agent of change for the promotion of cardiovascular health in our community. Simply

stated, there are three responses to change: the passive approach, the inquisitive approach and the active approach. ABC has been through each of these stages and is now considered a leader in the fight to eliminate disparities in our nation's health.

Our strength lies in the solidarity of our network. Founded 30 years ago by 17 physicians, we are now an organization of 600 with programs specializing in increasing the number of African American medical students, interns and fellows, protecting and advancing the interests of our stakeholders, public health advocacy, professional and patient education, clinical research and community development. We are particularly invested in assuring that every African American patient receives the care they are entitled to receive.

The quality of our programs is unquestionable. Those of you who participated in our 17th Annual Scientific Sessions know that we not only had a great program—we made history. What an incredible faculty and what great science! We made history not only because we had a record number of physicians who turn to the ABC as their thought leaders, but also for the family atmosphere we engender. Every person who walks through our doors joins the ABC family. It has been said many times, "To know the ABC is to love the ABC."

In anticipation of my inauguration, I met extensively with every member of the ABC staff as well as members of the Board, the CEO and the Executive Committee. What I found is that as much as you believe that the ABC is doing, and as well managed you believe this small organization is, I am certain that you underestimate our impact.

Last year our CCEPD awarded nearly 5,000 hours of CME. Our enduring CME materials have reached over 50,000 physicians and other health professionals. This has all been made possible by the fine work of Center Director, Ms. Cassandra McCullough, her staff and Consulting Medical Director, Dr. Luther Clark. We

can expect to have even more on line programming and enduring materials from this department in the years to come.

Our EpiCenter, under the able Directorship of Ms. Melanie Dowdell and Consulting Medical Director, Dr. Rosalyn Scott, is now an active participant in the collection of data on the cardiovascular status of African Americans. Last year the ABC participated in four large randomized clinical trials: ARIES, HAT, NAVIGATOR and A-HeFT. Community programs have long been a stronghold for our association that few other professional organizations can match. In a sense, we may not be able to organize scientific sessions like the ACC or conduct large-scale research like Johns Hopkins, but nobody does community based programs like the ABC. From the REACH grant to our CHOICES program we are the best innovators to reach African American families.

The "Seven Steps to Maintaining Good Health and Longevity," our popular "Minute for your Health," and our "Sweatin' with the Sista's" exercise program are only a few of the innovative ideas we implement to promote our community's health. In addition, we recently rolled out "Not in Mama's Kitchen," a second hand smoke awareness campaign and CHOICES (Changing Health Outcomes by Improving Cardiovascular Education and Screenings). You can be assured that across these United States, we are fighting to safeguard people from heart disease, strokes, diabetes and dialysis.

Our Center for Women's Health is now approaching its fifth year. With a grant from Health and Human Services and with the leadership of Dr. Anne Taylor and Ms. Zabrina Furlow, we are implementing our "Generations" program in cities across the nation. We will launch our "Red Dress Campaign" to insure that the Heart Truth reaches all communities that are impacted by heart disease and stroke.

Because our members are vital to the ABC, we have always been a strong advocate

for African American cardiovascular disease specialists. You need the ABC and the ABC needs you. The manpower to fight cardiovascular disease in our community is a major concern. African Americans represent only 4% of America's physicians and less than 2% of cardiologists. Our concern is manifested in our sponsorship of cardiology fellowships and our lobbying efforts to admit more African Americans to cardiology training programs. Our Cardiologists in Training Program is robust and will continue to be so under the direction of Ms. Katrese Phelps, Director of Member Services and Dr. Carlos Ince, Membership Chair, I encourage you all to call her.

Our public image, stability and transparency are important to us. Ms. LaTrese Coyt, Public Relations and Special Events Manager and Ms. Marcia Sutherland, Chief Financial Officer, work hand-in-hand with administration to achieve these objectives.

But the hardest working individual on our side is Dr. B. Waine Kong. For the last seventeen years he has steadfastly worked to boost our organization to the prominence it holds today. Without his efforts we would probably still be operating out of a garage in Baltimore. We have been blessed with excellent leadership. All our former president's and most recently Dr. Malcolm Taylor have raised the bar in getting us here. We are now anxious to elevate the ABC to the next level.

We will continue our rise to prominence as a change agent. All we need is the united support of our friends and membership, our industry partners, our government and the grace of God.

I sincerely appreciate your confidence in electing me as your President. I humbly accept the challenge. I, with my executive committee and the Board of Directors, are thrilled at this crucial moment in our organization's history as we take our position in making our communities safe from heart disease, diabetes and stroke.

passive approach
inquisitive approach
active approach





B. Wayne Kong, Ph.D., J.D.

An African proverb says: "When a grandparent dies, a whole library goes up in flames." If we are ever going to reduce violence, juvenile delinquency, unwanted pregnancies, child abuse, drug abuse, underachievement and increase stability, caring and neighborliness in our communities, we need grandparents. A child is only a grandparent away from becoming a healthy, contributing, law-abiding citizen. The sad truth is that, due to CVD, too many "libraries" are going up in flames.

This is a "Call to Arms" in the war against premature death and disability from heart disease, stroke and diabetes. Blacks continue to die at higher rates due to unhealthy lifestyles, so we preach personal responsibility. But even if Blacks do all the right things, such as seeking treatment for chest pain, we receive substandard care. Theoretically, our society endorses equal access to care; practically, Blacks often suffer unnecessarily from substandard care.

One of the contributors to substandard care is a lack of cultural competence. Only one out of four Blacks receives their cardiovascular care from Black cardiologists. Only two percent of the cardiologists in this country are Black. That fact is important because many Blacks do not receive treatment from doctors who understand the inherent stresses and lifestyles that cause chronic disease in Blacks. This is not only an issue of clinical care, but of cultural competence in treatment protocols. Wherever there is a Black cardiologist on staff, the dynamics of treatment change in terms of what is said, what is acceptable; and the overall quality of care for all patients improves. Partnering with the Morehouse School of Medicine, we produced a training video featuring physician and patient encounters that is guaranteed to provoke healthy discussions among physicians about issues relating to cultural competence.

The preceding twelve months have been another exciting chapter in the continuing growth of the ABC. We developed new programs, continued our traditional activities and met our obligations to our stakeholders. Most importantly, we continue to seek ways to lower the high rate of CVD in our community to assure Black children access to their grandparents. Our goal is modest: we want to increase the average life expectancy for Blacks by just ten more years. Perhaps then, by the time Black children graduate from high school, they will have more than one grandparent beaming proudly as they cross the stage.

We have the most dedicated staff of any professional association. I invite you to test us. We offer the best scientific sessions. Call on us for help with your community projects, your talks, clinical trials or practice management issues. We will provide slide sets, videos, brochures, *Minute for Your Health* books, pioneer calendars and *Seven Steps to Maintaining Good Health and Longevity* bookmarks to help you make the best presentation possible. Are you aware that every ABC member is entitled to a "free website" built for you and maintained by the ABC? And if you are being unfairly treated in the professional arena, we rush in where others may fear to tread. We are your partners.

Ten years ago, we were paying \$6,000 per month for office space and parking fees in downtown Atlanta. In 1999, under Dr. Frank James' administration, we bought an 8,000 sq. ft. brick building in north Atlanta for \$800,000. While our monthly cost for the mortgage, maintenance and utilities is about the same, we now owe \$450,000 for a building that is valued at \$1.4 million. Three years ago, under Dr. Elizabeth Ofili's administration, we bought 125 acres of land south of the Hartsfield-Jackson Airport for \$2.5 million. That land is now valued at over \$5,000,000 while the loan has been reduced to \$800,000. The value of ABC's capital assets has grown exponentially while we have managed to aggressively service and reduce our debt.

As I write this, we have just signed the commitment letter with Wachovia Bank for the \$7,000,000 loan we need to build our new and highly anticipated International Library, Research and Conference Center. The interest rate is less than 2% with a 20 year debt service of \$500,000 per year. We have also contracted with The Neenan Corporation for the construction of the building. To maintain our stellar financial efforts, we must redouble our efforts to raise the funds for this project. I invite you to take a personal interest in helping to raise the funds needed to pay off our loan.

I am now 60 years old. This marks my 17th year as the CEO of the ABC. My personal goals (before I run off to become a missionary in five years) are to (1) facilitate a smooth transition; (2) participate in the development of our 12 centers of excellence; (3) build our International Conference Center and (4) pay off our mortgage obligations. I invite you to become an active member of "Team ABC" and assure that this period of growth and prosperity will continue. We will then be poised to save many more libraries from going up in flames.

MEMBER OF THE YEAR

Dr. Winston H. Gandy, Jr., was born in Glenridge, New Jersey in August 1960. He was raised in the Hudson River Valley in New York. After graduating from John S. Burke Catholic High School, Dr. Gandy attended the University of Maryland at College Park and received a Bachelor of Science degree in Chemistry in 1982. In 1986, he received his Doctorate of Medicine from Howard University College of Medicine. It was in Atlanta, Georgia, however, where Dr. Gandy completed his internship and residency at Emory University. In 1989, he journeyed to Birmingham, Alabama, where he completed his cardiology fellowship at the University of Alabama, Birmingham. In 1992, Dr. Gandy returned to Atlanta to begin his private practice. Currently, Dr. Gandy is a partner in The Atlanta Cardiology Group, P.C. and Director of the Cardiac Lab.

Dr. Gandy is board certified in internal medicine, cardiovascular diseases and echocardiography. He is a fellow in good standing with the American College of Cardiology. His expertise and special interest is in comprehensive echocardiography.

In addition to the ABC, his professional associations include The American Heart Association, The American College of Physicians, The American College of Cardiology, The Atlanta Medical Association, The Georgia State Medical

Association, The National Medical Association and The American Society of Echocardiography.

Dr. Gandy is one of the founding board members of The Atlanta Cardiovascular Research Institute (ACRI), former board member of the Executive Board of the Atlanta Medical Association, a board member of the Fulton-DeKalb Affiliate of the American Heart Association, a member of Saint Jude The Apostle Catholic Church Parrish Council, Board Member of Southeastern Board of American Heart Association, a board member of The Atlanta Tipoff Club (Awards the "Naismith Award" highest honor in college basketball each year) and serves as a member of the Advisory Board for Capital City Bank. *Black Enterprise Magazine* recently recognized Dr. Gandy as one of the "Top African American Physicians in America". He is the Medical Director for Hartsfield-Jackson Airport's Automated Electronic Defibrillator (AED) project. With commercials throughout the airport, millions of travelers' have been made aware of the AED's importance in saving lives.

Dr. Gandy is married to Michele, a registered nurse and distinguished community activist in her own right. They are the parents of three children, a son, Winston, III (13) and two daughters, Winshanai (12) and Winbriel (9).



Winston H. Gandy, Jr., M.D.

EMPLOYEE OF THE YEAR



Mr. Rondereo Sidney

Rondereo Sidney currently works in the Member Services Department where some of his responsibilities include member recruitment, exhibition at various conferences, database management, coordination of ABC's Cardiologist-In-Training program, and ABCDOCS portal maintenance. Prior to transitioning to his current position in the Member Services Department, he played an imperative role in the Office of Development implementing fundraising initiatives for ABC's ongoing Capital Campaign, "Building a Healthy Future".

Prior to joining the ABC family, Mr. Sidney worked at Creative Counseling Services (Atlanta, GA), where he counseled and mentored troubled children referred from Georgia's Department of Family and Children Services (DFCS). In addition to those responsibilities, he also assisted the parents of the referred DFCS children with obtaining needed assistance.

Mr. Sidney is a native of Meridian, Mississippi. He is a graduate of the University of Southern Mississippi (Hattiesburg, MS), where he received a Bachelor of Science degree in Psychology. Upon completing his studies, he relocated to Atlanta, Georgia.

He prides himself on being a person that believes, "that for every dark day there is a brighter day ahead, so look to that brighter day." During his leisure time he enjoys traveling, reading, spending time with his family, watching and playing sports.

According to Dr. Kong, "It is a pleasure having Mr. Sidney on staff. Whatever the request may be, his response is, 'I will take care of it right away.' I have come to expect quality work from him!"



HELP ABC GROW!

We encourage you to forward the names of medical students, cardiologists in training and colleagues to join the ABC.

ABC VALUES THE CONTINUED SUPPORT OF OUR MEMBERS!

Become a member of an enduring institution TODAY.....

The Association of Black Cardiologists, Inc. (ABC) has emerged as the organization of influence for Blacks and other minority populations. Membership in the ABC is open to those sharing an interest in the reduction and prevention of heart disease, stroke and related diseases including, but not limited to, cardiologists, cardiac surgeons, internists, medical students, family and general practitioners, scientists, physician assistants, nurses, industry related companies, and lay health community advocates. However, the diversity of the ABC membership continues to expand with more disciplines and specialties, enhancing the values of being an ABC member.

ABC members continue to benefit from a wide variety of ABC activities, educational programs, and other professional services designed to enhance the value of membership in this recognized, leading edge association.

BENEFITS

- Legislative Advocacy in Washington, D.C.
- CME Accredited Programs:
 - Annual Scientific Sessions
 - Annual Dr. Walter M. Booker Memorial Symposium
 - Annual Congress on Treatment of Cardiovascular Disease in African Americans
 - Annual Summit on Hypertension in African Americans
 - Regional Programs
- *The ABC Digest of Urban Cardiology* (bi-monthly publication)
- *ABC Newsletter* (quarterly publication)
- Scholarships for medical students and cardiologists in training
- Sponsorship to American Heart Association and American College of Cardiology Scientific Sessions
- ABC membership directory
- Free physician/patient website abcdocs.org

PROMOTING ABC MEMBERSHIP THROUGH OUTREACH, EXHIBITS AND SCHOLARSHIPS

ABC GENERAL MEMBERSHIP MEETINGS

These important meetings are held three times annually to provide an update on activities within the ABC and the opportunity for members to address their issues and meet fellow members.

CONFERENCES & EXHIBITS

- American College of Cardiology
- National Student Medical Association
- American College of Physicians/Society of Internal Medicine
- National Medical Association
- Heart Failure Society of America
- American Society of Nuclear Medicine
- American Heart Association

SCHOLARSHIPS & AWARDS OFFERED

- Dr. Walter M. Booker, Sr. Health Promotion Award
- Dr. Herbert Nickens Epidemiology Award
- Dr. Daniel D. Savage Memorial Scientific Award
- Diversity in Cardiology Award
- Dr. Richard Allen Williams Scholarship
- C-I-T Hero Award
- Dr. Jay Brown Memorial C-I-T Abstract Award
- Fourth Year Cardiology Subspecialty Training Awards



ABC Conference Attendees



Dr. Jackson T. Wright, Jr. and L. Julian Haywood

Dr. Elizabeth Ofili

Dr. Donald Palmisano, AMA President, speaks to the Booker Symposium attendees

Continuing education has been an important component of the Association of Black Cardiologists, Inc. (ABC) for the past thirty years. The ABC has remained committed to providing ongoing support to maintain and enhance the professional development of its members and other health professionals. The ABC is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Through its Center for Continuing Education and Professional Development (CCEPD), the ABC offers information, resources and networking opportunities for health professionals who have an interest in the care of patients with or at risk for developing cardiovascular disease (CVD). As the CCEPD evolves to meet the 21st century's changing paradigm in education, the organization will build on its traditional strengths and seek new directions, where appropriate, for developing programs and services that will ensure the ABC continues to be a leader in the area of continuing education and professional development and the source of information on CVD in populations at risk.

2003 HIGHLIGHTS

The Center for Continuing Education and Professional Development continued to mature and expand in 2003. The twenty (20) educational programs (conferences, symposia and enduring materials) facilitated by the CCEPD reached some 300,000 health profes-

sionals including cardiology fellows, cardiologists, primary care physicians, physician assistants, nursing professionals and pharmacists. Through its educational offerings, the CCEPD processed nearly 5,000 requests for Continuing Medical Education (CME).

NATIONAL CONFERENCES

Eighth Annual Cardiovascular Summit

"Cardiovascular Disease Timeline"
Program Co-Chairs: Thomas J. Price, Jr., M.D. and Robert L. Scott, M.D., Ph.D.

16th Annual Scientific Sessions

"Cardiology in the New Millennium"
Program Co-Chairs: Karol E. Watson, M.D., Ph.D. and Kim Allan Williams, M.D.

16th Annual Dr. Walter M. Booker, Sr. Memorial Symposium

"The ABC's of Cardiovascular Disease Management in Primary Care: Practical Strategies to Improve Patient Care"
Program Co-Chairs: Frank S. James, M.D. and David E. Knox, M.D.

Eighth Congress on the Treatment of Cardiovascular Diseases in African Americans

"Practical Approaches for Prevention, Diagnosis and Treatment"
Program Chair: John M. Flack, M.D., M.P.H.
Program Co-Chairs: Shawna D. Nesbitt, M.D., M.S., Kenneth A. Jamerson, M.D. and Ronald G. Victor, M.D.



Eighth Congress on the Treatment of Cardiovascular Diseases in Blacks attendees

REGIONAL PROGRAM SERIES

Optimizing Vascular Health in Minority Patients with Hypertension: Preventing Disease Progression

Program Chair: Kenneth A. Jamerson, M.D.

Treating Hypertension in African Americans: Achieving Blood Pressure Control and Target-Organ Protection

Program Chair: Carlos S. Ince, Jr., M.D., Sc.M.

Angiotensin Receptor Blockade and ACEI in the Treatment of Hypertensive African American Patients

Program Co-Chairs: Janice G. Douglas-Baltimore, M.D. and Carlos S. Ince, Jr., M.D., Sc.M.



Drs. Stanley Pearson, Kenneth Jamerson and Robert Gillespie

SATELLITE SYMPOSIA AND OTHER SPECIAL EVENTS

Successful Strategies for Optimal Treatment of Heart Failure

Program Chair: Philip B. Duncan, M.D.

The Hearts of Black Folk: The Challenge of Obesity in African American Children

Program Chair: Sylvia S. Swilley, M.D.

Management of Hypertension: ALLHAT and its Clinical Implications (audio conference)

Program Chair: Syed Mohiuddin, M.D.

Imaging in Ischemic Heart Disease: Read with the Expert

Program Chair: Ola O. Akinboboye, M.D., M.P.H., M.B.A.

Heparin Induced Thrombocytopenia (HIT) in Patients with Percutaneous Coronary Intervention

Program Chair: James E. Carter, M.D.

ABC/ACC Joint Symposium

Program Chairs: Luther T. Clark, M.D. and Fred Feit, M.D., MBA

New Frontiers in Cardiovascular Disease Prevention and Risk Assessment

Program Co-Chairs: Malcolm P. Taylor, M.D. and Luther T. Clark, M.D.

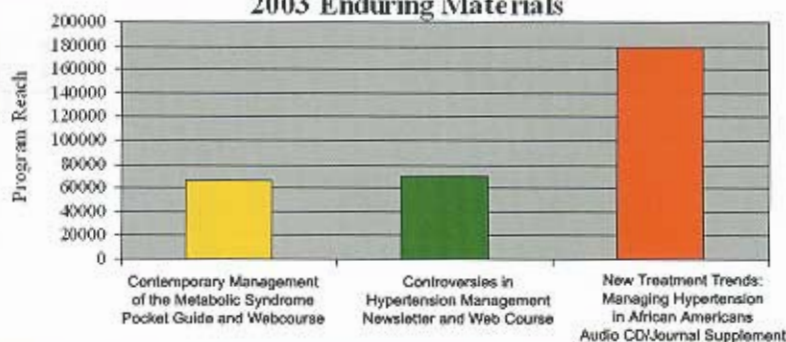
Reducing Heart Disease in the United States, Africa and the Diaspora

Program Co-Chairs: Malcolm Taylor, M.D. and Phindile Mntla, M.D.

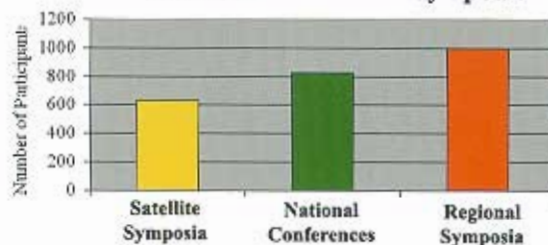


ABC Symposium, "New Frontiers in Cardiovascular Disease Prevention and Risk Assessment" (l to r) Drs. Luther T. Clark, Malcolm Taylor, John LaRosa, Claude Lenfant and Augustus Grant.

2003 Enduring Materials



2003 Conferences and Symposia



ENDURING MATERIALS

Enduring materials play an integral role in educating physicians and other health professionals, and 2003 hit the mark for the Association of Black Cardiologists. The following enduring products reached more than 300,000 health professionals.



Metabolic Syndrome Pocket Guide and Newslette

Contemporary Management of the Metabolic Syndrome Pocket Guide & Webcourse

Faculty: Luther T. Clark, M.D., Keith C. Ferdinand, M.D. and Daphne P. Ferdinand, Ph.D.

Controversies in Hypertension Management Newsletter & Webcourse

Faculty: Keith C. Ferdinand, M.D., Marvin Moser, M.D., Malcolm P. Taylor, M.D. and Jackson T. Wright, Jr., M.D., Ph.D.



Controversies in Hypertension Management Newsletter and Web Course

New Treatment Trends: Managing Hypertension in African Americans

Audio CD/Cassette

Faculty: Henry R. Black, M.D., William J. Elliott, M.D. Ph.D., John M. Flack, M.D., M.P.H., Wallace Johnson, Jr., M.D., Elizabeth B.D. Ripley, M.D., Elijah Saunders, M.D., Tariq Shafi, M.D., Domenic Sica, M.D., Kenneth A. Jamerson, M.D.

Journal Supplement to *Renal and Urology News* and *The Clinical Advisor*

Faculty: Keith C. Ferdinand, M.D., Suzanne Oparil, M.D., Kenneth A. Jamerson, M.D.



New Treatment Trends in Hypertension Audio Program and Journal Supplements





Continuing Education (CE) Committee meeting

CONTINUING EDUCATION COMMITTEE

The Continuing Education (CE) Committee, formerly known as the Continuing Medical Education (CME) Committee, continues to provide oversight of ABC's educational programs ensuring high quality and consistency with ABC's mission. The Committee underwent several changes in 2003. The name change resulted in plans for further growth and expansion as an accrediting provider. In addition to offering CME credits for physicians, the ABC plans to offer continuing education credits for nurses, nurse practitioners, physician assistants and pharmacists. In terms of its leadership, Dr. Luther Clark relinquished the chairmanship after 10 years of service to serve as Consulting Medical Director for the CCEPD; Dr. Paul Underwood assumed the role of CE Chair for a brief period prior to being elected President of the Association of Black Cardiologists, Inc. and; in 2004, Dr. John Fontaine will lead this important committee with former President Dr. Frank James as Co-Chair.

PRACTICE MANAGEMENT COMMITTEE

The Practice Management Committee continues to design educational programs that enable health care providers to communicate, negotiate and lead successfully in our ever changing business environment. In 2003, the educational offerings included:

- **Patient Satisfaction: A Malpractice Risk**
- **Protecting Privacy: What HIPAA Means to You**
- **Heart and Soul: Depression and Coronary Heart Disease**
- **Increasing Minority Participation in Clinical Trials**
- **Unequal Treatment: Confronting Racial and Ethnic Disparities in Healthcare**

CCEPD ADVISORY BOARD

In November, 2003, the ABC initiated plans to establish the CCEPD Advisory Board. The Advisory Board to the CCEPD is appointed by the President to advise the Center's Consulting Medical Director and staff regarding best practices in continuing education and professional development, focusing on business strategy, operations and general management issues. In keeping with the Center's goals and the mission of the ABC, the Advisory Board will work to strengthen and expand ABC's educational programs, building upon the extensive expertise of its board members, both as a group and individually.



Special Emphasis Panel for "Eliminating Disparities in Cardiovascular Care and Outcomes: Roadmap to 2010" Front (L to R) Drs. Richard Allen Williams, Helena Mishoe, Malcolm Taylor, Luther Clark, Claude Lenfant, Keith Ferdinand, Paul Underwood, Elizabeth Oflin, Roderick Pettigrew. Back (L to R) Drs. Augustus Grant, Paul Douglass, Christopher W.J.B. Leggett, Charles L. Curry, Gary Gibbons, Michelle Albert, George Mensah, Charles Bridges, Kim Williams, Karol Watson, Laurence Watkins, Rosalyn Scott, L. Julian Haywood and Osula Evadne Rushing.

WRITING GROUP PROJECTS

Traditionally, the ABC convenes writing groups to address relevant and topical issues in cardiovascular medicine and develop rational responses. The following consensus papers were produced in 2003:

- ALLHAT: Implications for African Americans
Co-Chairs: Charles L. Curry, M.D. and Luther T. Clark, M.D.
- Cyclooxygenase-2 Inhibitors
Chair: Eric Vanderbush, M.D. and Mark East, M.D.

SPECIAL EMPHASIS PANEL: ELIMINATING DISPARITIES IN CARDIOVASCULAR CARE AND OUTCOMES: ROADMAP TO 2010

The ABC, together with the four Institutes/Centers of the National Institutes of Health (NIH), the National Institute of Biomedical Imaging and Bioengineering, (NIBIB), the National Center on Minority Health and Health Disparities, (NCMHD), the National Institute of Diabetes & Digestive & Kidney Diseases, (NIDDK), and the National Heart, Lung, and Blood Institute, (NHLBI) invited a group of America's leading cardiologists to examine the barriers to eliminating disparities in cardiovascular care and strategies for removing these barriers. The group gathered to devise a strategic action plan on August 26-27, 2003 in Atlanta, GA. The report from this meeting describes the outcome of these discussions. From the broad range of recommendations, it is clear that the causes of healthcare disparities are complex and incompletely understood and thus, merit a comprehensive strategy engaging resources from the public and private sectors to assure quality cardiovascular health care for all. Dr. Luther Clark and Dr. Keith Ferdinand served as chairpersons for the project.

QUARTERLY ENEWSLETTER

Heartlines is the CCEPD quarterly e-newsletter designed to keep ABC members, partners, other constituents and interested parties abreast of the new programs and initiatives, deadlines, events, and other practical information offered by the organization. The launch of *Heartlines* is scheduled for first quarter 2004.



Dr. John Ruffin



The ABC Epidemiology Center (EpiCenter)

The work of the EpiCenter, which includes Community Programs and Clinical Trials, has impacted communities around the nation.



James Brown participates in a Men's Health Forum with Dr. James Bennett

COMMUNITY PROGRAMS

The ABC's rich history of pioneering grassroots and faith-based initiatives continued in 2003. In addition to four active programs, the Community Programs department organized and participated in more than 100 community health events, screening in excess of 5,000 people for cardiovascular risk factors. A special highlight of the year was the Community Health and Men's Promotion Summit (CHAMPS) in which the ABC provided health screenings to over 500 men who were inspired and entertained by Dr. David Satcher and James Brown.

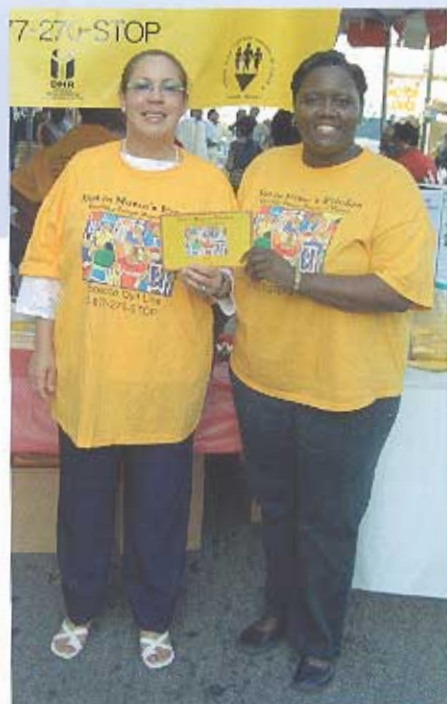
CHANGING HEALTH OUTCOMES BY IMPROVING CARDIOVASCULAR EDUCATION AND SCREENINGS (CHOICES)

CHOICES is a new signature program that has been designed to provide churches with tools (education, hands-on training, and equipment) to positively impact the awareness and prevention of cardiovascular disease (CVD) in the communities they serve. In 2003, the EpiCenter completed the program design which features a 9-week CVD health screening and bible study series. CHOICES is being launched in five areas across the nation: Chicago, IL, Philadelphia, PA, New York, NY, Phoenix, AZ, and Claiborne County, MS.

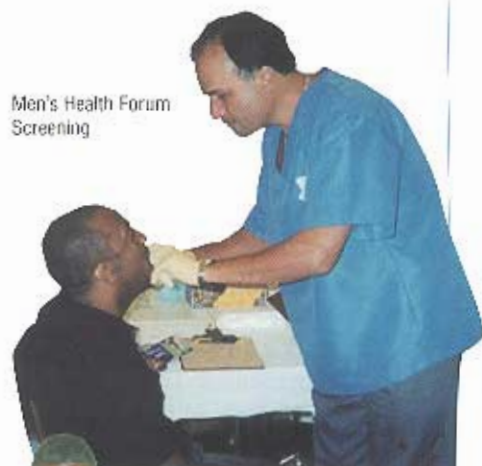
NOT IN MAMA'S KITCHEN (NIMK): HEALTHY LUNGS BEGIN AT HOME SECONDHAND SMOKE AWARENESS CAMPAIGN

Each year, more African Americans die from diseases caused by smoking than car crashes, AIDS, homicide, cocaine, heroin and other drugs combined. Smoking is the most modifiable risk factor for CVD. To address this issue in the Black community, the ABC launched, **Not in Mama's Kitchen: Healthy Lungs Begin at Home-Secondhand Smoke Awareness**

NIMK Community Outreach
Columbus, GA



Dr. Rosalyn Scott and Ms. Melanie Dowdell



Men's Health Forum
Screening



Association of Black Cardiologists, Inc.

Campaign (NIMK), funded by the Georgia Cancer Coalition, and the Georgia Department of Human Resources Tobacco Use Prevention Section, in partnership with the National Black Leadership Initiative on Cancer II. The campaign targeted Black communities in Atlanta, Albany, Americus, Augusta, Columbus, Dublin and Eastman, Georgia. The goals of the campaign are to educate Blacks about the dangers of exposure to secondhand smoke, to encourage 20,000 Black households to adopt smoke-free homes, and to increase usage of the Tobacco Quit Line by Black women. NIMK outreach activities were held in churches, schools, physician offices, healthcare centers, beauty/barber salons and other businesses. More than 5,000 Georgian residents pledged to make their homes and cars smoke-free. The ABC received an award from the Georgia Alliance for Tobacco Prevention for its work in 2003. In 2004, the effectiveness of this campaign will be assessed through a post-program evaluation.

This community initiative has afforded many benefits to the ABC including the cultivation of numerous strategic partners in Georgia and the branding of the organization as a leader in providing community health education on CVD prevention.

CARDIOVASCULAR LEARNING PARTNERSHIP (CLP) PHASE II

CLP Phase II is a six-month case management follow-up of Black diabetics to encourage them to seek appropriate care from their healthcare provider to reduce their cardiovascular risk. In 2003, the Community Programs Department graduated its first class of lay diabetes case managers.

RACIAL AND ETHNIC APPROACHES TO COMMUNITY HEALTH (REACH) FOR WELLNESS

In 2003, the Community Program Department received an award for its outstanding training and development of church-based Cardiovascular Wellness Centers as a partner with the REACH for Wellness program.

CLINICAL TRIALS

The inclusion of the appropriate number of Blacks, both as patients and investigators, in the clinical research process remained a top priority for the ABC in 2003. The Clinical Trials Department provided short-term support in recruitment for several trials, large and small, throughout the year including Mirabelle and NAVIGATOR. The ABC continued its extended support on a number of other trials including the following:

AFRICAN AMERICAN HEART FAILURE TRIAL (A-HeFT)

Anne Taylor, M.D. (Principal Investigator)

A randomized controlled clinical trial to assess the safety and efficacy of a vasodilator combination (BiDil) consisting of hydralazine plus isosorbide dinitrate in African American patients with NYHA class III-IV heart failure while on standard therapy including ACE-I, digitalis, diuretic, and beta blockers.

As a co-sponsor of A-HeFT, the ABC is committed to ensuring the success of this trial. ABC members serve on the Steering Committee, EndPoint Committee, and Data Safety Monitoring Board (DSMB).

ARIES (A 6-week Randomized Open-label Comparative Study to Evaluate the Safety and Efficacy of Rosuvastatin versus Atorvastatin in the Treatment of Hypercholesterolemia in African American Subjects)

Keith Ferdinand, M.D. (Principal Investigator)

Patient enrollment concluded in 2003, ABC members represented 41% of the investigator pool and randomized 48% of the patients.

HOME AED TRIAL (HAT)

Gust Brady, M.D. (Principal Investigator)

An NIH-funded randomized controlled clinical trial to evaluate the impact of adding the use of a home automatic external defibrillator (AED) to the standard lay response to sudden cardiac arrest (call EMS/CPR) on all cause mortality based on a minimum of two years of follow-up.



Over 28 million American women are living with the effects of cardiovascular disease, including heart disease, high blood pressure and stroke. Amongst women, ethnic disparities in cardiovascular outcomes are most marked for African-American women, who have a 69% higher death rate compared to Caucasian women. The risk of cardiovascular disease is higher for African American women who have a higher prevalence of hypertension, diabetes, and obesity and who face more barriers to access to cardiovascular care.

The ABC Center for Women's Health (CWH) is committed to improving the cardiovascular health of women of color who face greater risks of death and disability from heart disease and stroke. In concert with the overall mission of the ABC, the Women's Center promotes cardiovascular health of Black families through education, research and public health policy advocacy.

Vision: The ABC Center for Women's Health will be a major force in improving the cardiovascular health of Black and other minority women and their families through education of patients and physicians, research and health policy advocacy.

Mission: The ABC Center for Women's Health is a voluntary collaboration of health care providers, behavioral specialists, nutritionists, women's health advocates, politicians, and community members organized in a new model dedicated to improving the cardiovascular health of Black and minority women.

Strategic Objectives:

The purposes for which the Center is formed are to:

- 1) Partner with community-based and media groups for effective patient education;
- 2) Promote best practices through innovative physician education;
- 3) Promote the best science-based research for a woman-centered approach to cardiovascular risk reduction;
- 4) Advocate for affordable access to preventive care for women;
- 5) Promote the inclusion of women in clinical research;
- 6) Influence public policy to improve the cardiovascular care of women.

ABC CENTER FOR WOMEN'S HEALTH ADVISORY BOARD

BVILLYE AVERY, MEd

National Black Women's Health Project

JENNIFER CAMPBELL, DRPH, MHSA

President, J. Blakeley Campbell & Associates, LLC

DONNA CHRISTIAN-CHRISTENSEN, MD

U.S. House of Representatives

PHYLLIS GREENBERGER, MSW

President and CEO, Society for Women's Health Research

DR. DOROTHY I. HEIGHT

Chair & President Emerita National Council for Negro Women

HILTON HUDSON, MD

Hilton Publishing

REV. DR. BARBARA L. KING

Founder and Minister, Hillside Chapel and Truth Center

DIANE LARCHE-POWELL

Larche Communications

ELIZABETH OFILI, MD, MPH

Morehouse School of Medicine

ALEXINE CLEMENT JACKSON, MA

Past National President, YWCA of the U.S.A.

DONNA RICHARDSON

Fitness Expert

SHEILA A. ROBINSON, MD

Metropolitan Atlanta Cardiology Consultants, P.C.

ROSALYN STERLING-SCOTT, MD

Charles R. Drew University of Medicine and Science

SYLVIA SWILLEY, MD

Kaiser Permanente

GWEN TAYLOR, MS

Community Health Advocate

HOLLIS UNDERWOOD, MD

Sonoran Health Specialists, LLC

MAXINE WATERS

U.S. House of Representatives



Seated L-R: Ms. Kweli Rashied-Walker, Dr. Anne Taylor, Dr. Donna Christian-Christensen and Dr. Calvin McLarin. Standing L-R: Dr. Elizabeth Ofili, Dr. Sylvia Swilley, Ms. Gwen Taylor, Dr. Hilton Hudson, Dr. Rosalyn Scott, Dr. Hollis Underwood and Dr. Jennifer Campbell.

COMMUNITY PROGRAMS

The *Generations* program, designed to promote and encourage personal cardiovascular risk reduction in Black women of all ages, their families and communities using a faith-based approach, was completed and a final report was created and submitted in 2003. The education of women about cardiovascular risk and risk modification results in positive changes in family health parameters because women influence most family health decisions. The faith-based approach has been proven successful and the ABC has been instrumental in testing this approach by implementing the *Generations* program pilot in six national church sites from 2002-2003.

The pilot church sites were: *Atlanta, Georgia* at Hillside Chapel and Truth Center; *Minneapolis, Minnesota* at Fellowship Missionary Baptist Church; *Vicksburg, Mississippi* at Triumph Missionary Baptist Church; *Madison, Mississippi* at Pilgrim Rest Missionary Baptist Church; *Inglewood, California* at Faithful Central Bible Church; *Chicago, Illinois* at Trinity United Church of Christ. Approximately 300 women of all ages participated in the *Generations* pilot program.

Funding for the *Generations* pilot program and its expansion is provided by the Department of Health and Human Services – Office on Women's Health. We received a grant from the Junior League of Atlanta to continue the Atlanta-based *Generations* program, focused on greater youth outreach.

EDUCATION

HEART HEALTH FOR THE GENERATIONS

This new educational video on cardiovascular health and African American women features Dr. Maya Angelou, Sylvia Woods of Sylvia's Restaurant, the Harlem Girls Choir, Drs. Donna Mendes and Anne L. Taylor and five generations of women from one Mississippi family. The video is also accompanied by a companion guidebook with tips on heart healthiness. ABC, in partnership with Chandler Chicco Agency, promoted the video through a media outreach campaign which reached a total audience of approximately 13 million people. The *Heart*

Health for the Generations video and guidebook are an excellent addition to the culturally competent materials provided by the full-fledged *Generations* program. A national multi-city video tour focused on the generational theme of cardiovascular health promotion has been proposed for next year.

THE AFRICAN AMERICAN WOMAN'S GUIDE TO A HEALTHY HEART BOOK

Slated for publication in 2004 by Hilton Publishing, Inc., this non-fiction medical reference book for lay audiences focuses on cardiovascular disease in women. Contributing authors are members of the ABC who offer concise health information based on their area of expertise.

ANNUAL SYMPOSIUM ON CARDIOVASCULAR DISEASE IN WOMEN

This annual physician education forum provides a national platform for thought and opinion leaders to discuss cardiovascular disease in women. The Fourth Annual Cardiovascular Disease in Women Symposium will be held on April 24, 2004 in New Orleans, Louisiana during the 2004 American College of Physicians Annual Session. The program will address the prevention, diagnosis, and treatment of cardiovascular disease in women including congestive heart failure, peripheral vascular disease, diabetes and obesity, with a focus on gender and ethnic differences. In 2004, the Center plans to initiate regional CME programs for physicians and other health providers on CVD in women based on its national program.

COMMUNITY PARTNERSHIPS/ COLLABORATIONS

NIH - NATIONAL HEART LUNG BLOOD INSTITUTE HEARTTRUTH CAMPAIGN

The ABC Center for Women's Health has partnered with the National Heart, Lung and Blood Institute to become a sponsoring partner of HeartTruth, a national awareness campaign for women about heart disease. Campaign materials and speaker kits were disseminated to all ABC members, along with complimentary *Heart Health for the Generations* guidebooks.

THE WHITE HOUSE
February 20, 2004

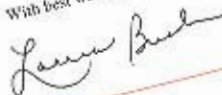
Anne L. Taylor, M.D.
Associate Dean for Faculty Affairs
University of Minnesota
Office of the Dean, Medical School
Mayo Mail Code 293
420 Delaware Street, Southeast
Minneapolis, Minnesota 55455-0341

Dear Anne,

Thank you for the two copies of the video cassette, *Heart Health for the Generations: A Guide for African-American Women.* I look forward to viewing it.

I appreciate your efforts to help women recognize and reduce their risk factors for heart disease and appreciate your coming to the White House for the *Heart Truth* event.

With best wishes,



A letter from the First Lady, Laura Bush to Dr. Anne Taylor

SISTER TO SISTER: EVERYONE HAS A HEART FOUNDATION

The Center has partnered with the Sister to Sister: Everyone Has a Heart Foundation to promote the upcoming 2004 National Woman's Heart Day Campaign. The campaign will provide heart-health screenings and educational seminars on cardiovascular disease prevention for women in Boston, Chicago, New York, Philadelphia, Pittsburgh and Washington, D.C.

AMERICAN HEART ASSOCIATION

The Center was invited to participate on a committee of national thought leaders to develop preventive clinical guidelines for cardiology in women. Anne L. Taylor, M.D., Center Medical Director participated on this national committee, an expert panel/writing group charged with developing evidence-based guidelines for cardiovascular disease prevention in women.

BRIDGING THE GAP

Developed by founder and director, Annelle Primm, M.D., Bridging the Gap is a chronic disease education model that discusses the importance of mental and chronic illnesses and proposes a treatment model for physicians that encompass both. Dr. Primm also spearheaded the nationally known patient education videos on Depression and African Americans, Black and Blue, and Depression among older Americans, Gray and Blue. This physician and patient educational program will be made available to general ABC membership in 2004.

Other organizations
that the Center has
collaborated with to
support/sponsor
community-based
events targeting
African American
women are:

- Georgia Department of Community Health – Office of Women's Health – 4th Annual Women's Health Summit
- American Heart Association Woman 2 Woman Conference
- Delta Sigma Theta Metro Atlanta Chapter Annual Health Fair
- National Congress of Black Women
- International Black Women's Congress
- Food and Drug Administration
- National Conference of Black Mayor's, Inc.
- Black Women's Agenda
- Alpha Kappa Alpha Sorority, Inc.
- LINKS, Inc.

NATIONAL CAMPAIGNS

"Diabetes: Know the Heart Part"

This national campaign was designed to alert all Americans, particularly by those of color, who suffer from diabetes, about their increased risk of heart attack and stroke. The campaign launched with a multi-city radio tour with Jay Anthony Brown of the *Tom Joyner Morning Show* (TJMS), who suffers from diabetes, and Dr. Malcolm Taylor.



Through collateral materials and attendance at several TJMS Sky Shows, the ABC was able to participate one on one with attendees to discuss their risk. The Sky Shows were indeed "a party with a purpose and a health message!"

Heart Health for the Generations: A Guide for African American Women

Promoting cardiovascular health to African American women was the focus of the *Generations* campaign. Through numerous avenues, including wire, radio, print and broadcast mediums,

this campaign reached more than 13 million people. *Heart Health for the Generations* continues to be a great educational tool for churches that promote the program.

MEDIA PLACEMENTS

Cardiovascular disease issues remained a mainstay in the media in 2003. Our members, including Dr. Lynne Perry-Bottinger and Dr. Roy Flood appeared on *BET Nightly News* and *Tony Brown's Journal* as well as in newsworthy publications such as *Stroke Smart*, *Black Enterprise*, *Imani*, *American Legacy Magazine*, *the Network Journal*, *The Georgia Informer*, *Essence* and *Newsday.com*. Additionally, the ABC community program establishment of barber/beauty shops as blood pressure control centers was featured in the *Associate Press* and the *Atlanta Journal and Constitution*.

INTERNATIONAL PROGRAMS

5th Annual New Year's Eve Symposium/Celebration – The ABC returned to the pristine land of South Africa for its end of the year celebration, visiting Johannesburg, Capetown, and the Mala Mala Game Reserve. The South African physicians treated ABC members to a wonderful arrival reception and also discussed the health crisis, particularly AIDS in Africa, during the scientific programs. The New Year's celebration in Capetown was absolutely wonderful, leaving lasting memories for everyone in attendance.

The Public Relations/Special Events department

worked tirelessly with our members to get the ABCs message to the mainstream media to identify unique cardiovascular disease issues and strengthen the focus on health care disparities.



**DR. WALTER M. BOOKER, SR.
HEALTH PROMOTION AWARD**

LYNNE PERRY-BOTTINGER, MD

An annual award presented to individuals who have pioneered programs and innovative thinking that improve the health status in African American communities.



**DR. HERBERT NICKINS
EPIDEMIOLOGY AWARD**

MARSHA LILLIE-BLANTON, DRPH

Awarded annually to an outstanding Scholar of Epidemiology and leader in the promotion of epidemiologic research and projects that promote the prevention and reduction of cardiovascular disease.

**DR. RICHARD ALLEN
WILLIAMS SCHOLARSHIP
WINNERS**

Scholarships are awarded annually in honor of ABC's founder to stimulate the interest of minority medical students to pursue careers in cardiology. Three outstanding medical students were the recipients of the 2003 Dr. Richard Allen Williams Scholarship:

MONIQUE ANDERSON – Harvard Medical School

JIM BYRD, JR. – University of Texas Medical Branch School of Medicine

VIVIANY TAQUETI – Harvard Medical School



Monique Anderson



Jim Byrd, Jr.



Viviany Taqueti



**DR. DANIEL D. SAVAGE
MEMORIAL SCIENTIFIC AWARD**

HERMAN L. TAYLOR, MD

Awarded annually to a member based on scientific achievement in the areas of CVD and research.

**C-I-T HERO AWARD****OTELIO RANDALL, MD**

An award presented on behalf of the Cardiologist-in-training to a senior ABC member who has demonstrated commitment and loyalty to mentoring cardiology fellows.

**FOURTH YEAR CARDIOLOGY SUBSPECIALTY FELLOWSHIP AWARDEES**

ARAVINDA NANJUNDAPPA, MD, St. Michael's Medical Center; **KENNETH OTAH, MD**, The University of Texas at Houston; **PAUL JACKSON, MD**, The Care Group/St. Vincent's Medical Center.

An annual scholarship that provides minority Cardiology Fellows with a fully funded fourth year fellowship to a university with electrophysiology and interventional subspecialty training programs.

DIVERSITY IN CARDIOLOGY AWARD

Recognizing diversity in medical schools, **Emory University School of Medicine** and **David G. Harrison, MD** were the recipients of the 2003 Diversity in Cardiology Award.

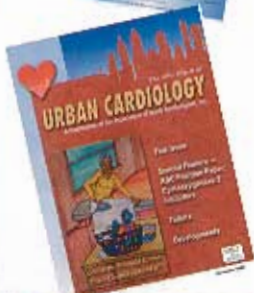
**DR. JAY BROWN MEMORIAL C-I-T ABSTRACT AWARD****MARCUS ST. JOHN, MD**

A yearly award presented to the leading Cardiologist-In-Training abstract presentation made at the Annual ABC Scientific Sessions.



Newsletter

The ABC Newsletter, published quarterly, is a vehicle used to provide up-to-date information to the membership on upcoming events and sponsored activities, recent developments in health care and cardiology, highlights of colleague accomplishments and the ABC initiatives.
Editor: Manuel L. Cruz, MD



Urban Cardiology

The ABC Digest of Urban Cardiology, published bimonthly since 1994, is the official journal of the ABC. The publication is widely distributed to more than 26,000 professional readers in zip codes highly populated with Hispanics and African Americans.

Editor: Kim A. Williams, MD

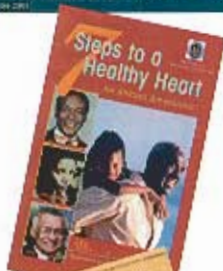
Publisher: Lyle Kraft, Target Marketing, Inc.



Pioneering African Americans in Conquest of Heart Disease

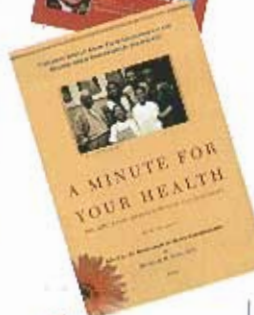
Pioneering African Americans in Conquest of Heart Disease is a 15-month calendar that acknowledges the contributions of 15 African Americans who pioneered the advancement of cardiovascular medicine. In addition to its founding members, the ABC honors one additional hero annually.

Editor: Boisey Barnes, MD



ABC Seven Steps to a Healthy Heart

A special bookmark, guidebook and video details the ABC's 7 Steps to a Healthy Heart: Be spiritually active; take charge of your blood pressure; control your cholesterol; track your blood sugar; eat smart and enjoy regular exercise; don't smoke; and access better healthcare.



A Minute For Your Health

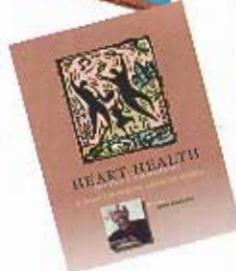
A Minute for Your Health delivers 75 quick and easy, up-to-the minute health tips to improve your health and well being; feel spiritually fulfilled and renewed; provide a better understanding of your health and your body; and access the health care system to your benefit.

The Importance of Our Survival: An African American Guide To Managing Cholesterol

This educational booklet about cholesterol, a risk factor of cardiovascular diseases, features six people who talk about the importance, and the difficulties of trying to live a healthier life.

Heart Health for the Generations: A Guidebook for African American Women

A 30-minute educational video and guidebook designed to educate African American women about their cardiovascular health and reduce their risk of developing devastating diseases such as high blood pressure. The video features renowned poet and author Maya Angelou.





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EpiCenter



Kay Willingham, MPH
Project Coordinator
EpiCenter

**DYNAMIC
People Sharing
CORE VALUES...**

- Leadership
- Innovation
- Diversity
- Integrity
- Customer Service
- Continuous Improvement



THE ABC INTERNATIONAL LIBRARY, RESEARCH AND CONFERENCE CENTER (ICC): A MONUMENT TO ADVANCE THE HUMAN CONDITION

The mission and vision of great organizations is often best symbolized in their buildings. These structures serve as organizational centers that through their design help drive the future growth and success of the organization. The ABC has embarked on a visionary building project that will embody and support our central mission that "Children Should Know Their Grandparents."

The new facility will be a place of celebration for families and will become a community focal point for the many charitable and educational events supported by the ABC. When visitors come to Atlanta, the ICC will be on their itinerary as a place they must see. As the building will be visible to most departures and arrivals at the Hartsfield-Jackson International Airport in Atlanta, it will also serve as a beacon welcoming visitors as well as bidding them farewell. For our membership, this will be a proud reminder of what we can accomplish when we jointly commit to an objective.

Set on 125 acres of rolling countryside and overlooking a 30-acre lake, the ICC will be a center for scientific research, public health education, professional development and training. This unique building will provide a pleasant and productive place for staff to do the work of the ABC. It will include public spaces such as an auditorium, banquet hall, museum, art gallery, Hall of Fame for Black Physicians, meeting rooms, and a cardio-health and rehabilitation center. The ICC will host multiple functions including retreats, symposia, educational meetings, family gatherings & picnics, church functions, weddings, banquets, films & lectures and music recitals & productions.

The building design is based on the themes of community, honor, celebration, destination and most importantly on the concept of progression. The theme of progression is derived from the natural progression of family history

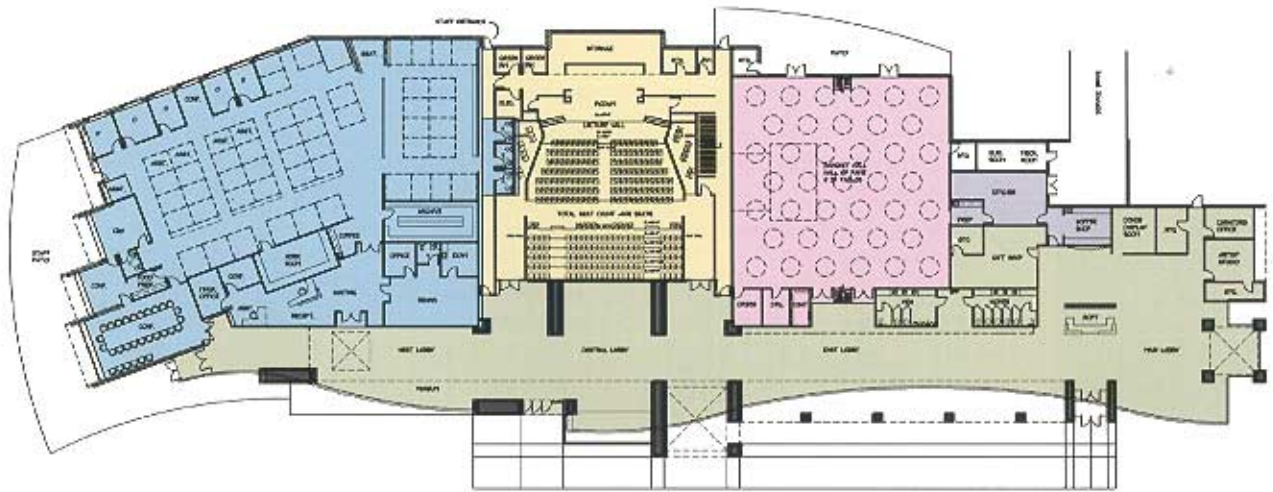
that takes place between a grandparent and a child. This intergenerational sharing of knowledge fosters strong communities and improved quality of life for Blacks. The progression theme is also seen in the fact that the ABC is advancing the world's collective knowledge about cardiovascular disease through our continuing research. Both of these types of progressions are fundamental to the mission and vision of our members.

This concept of procession is seen in the building with the central two-story gallery space that runs the length of the building. This monumental glass enclosed space leads the visitor on a progression from the front door past all the major building spaces while experiencing the ABC's exceptional collection of African artifacts. The progression theme continues on the site, which carries the visitor from the main entry gate, along the curving entry drive, past the Shona sculpture garden and down to the lakeside picnic shelters and pathway encircling the lake. The curve driveway will have flags from all of the countries representing our membership. The ICC is a quiet gathering place that allows for creativity, contemplation, reflection and celebration for families.

The ICC is a wonderful embodiment of the mission and vision of our organization that will empower us to greater achievement in the future. This inspired facility will enable our staff and members to continue their valuable work in the promotion of healthy lifestyles and access to appropriate culturally competent health care for communities across the world.

The design of the building is complete and we plan to break ground in August 2004 with a gala grand opening in the spring of 2005. The accompanying images highlight the wonderful building that is planned and we look forward to celebrating the grand opening together.

CONCEPTUAL FLOOR PLAN



- Lobby/Hall of Fame/Gift Shop/Artist Studio/Galleries
 - Administrative Offices/Board Room
 - Auditorium
 - Banquet Hall
 - Rehab Center
 - Kitchen/Food Service Area
- * Furniture shown for illustration only, N.I.C.

CONCEPTUAL SITE PLAN



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1996-2000
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2000-2002
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2002-2004

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1998-2000
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2000-2002
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2000-2002

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2002-2004

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1996-1998

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 Dr. Luther Clark 718-270-1568
 Dr. John Flack 313-966-0635
 Dr. Elijah Saunders 410-328-4366
 Dr. James Gavin 404-752-1740
 Dr. Dollie Green 305-243-6251
 Dr. Tazewell Banks 202-529-1960
 Dr. Kenneth Jamerson 734-647-0433
 Dr. Carlos Ince 410-654-5111
 Dr. Karol Watson 310-794-7121
 Dr. Joseph Robinson 301-670-4633
 Dr. Olalekan Sowande 793-737-5400
 Dr. Keith Ferdinand 504-943-1177
 Dr. Howard Robinson 623-580-6968
Ms. Carolyn Jones, Staff 678-302-4254

Organ Transplantation

Dr. Hannah Valentine, Chair 650-723-2665
 Dr. William Cooper 404-686-2513
 Dr. Rosalyn Scott 310-827-7437
Ms. Sabrina Furlow, Staff 678-302-4246

Preventive Cardiology and Nutrition

Dr. Tazewell Banks, Chair 202-529-1960
 Dr. Roy Flood 202-832-1800
 Dr. Robert Hendley 561-770-4911
 Dr. Shiriki Kumanyika 215-898-2629
 Dr. Joseph Robinson 301-670-4633
Mr. Richard Murphy, Staff 678-302-4238

Stroke

Dr. Edgar Kenton, Chair 610-642-3668
 Dr. Patrick Asiedu 203-865-5111
 Dr. Elijah Saunders 410-328-4366
 Dr. Gary Gibbons 404-752-1545
 Dr. Edward Cooper 215-849-8234
Ms. Carolyn Jones, Staff 678-302-4254

Electrophysiology

Dr. Charles Athill, Chair 858-244-6800
 Dr. John Fontaine 215-842-7455
 Dr. Peter Taylor 407-345-0891
 Dr. Trevor Green 508-798-8600
 Dr. David Gbadebo 423-842-3702
 Dr. Felipe Robinson 301-656-6791
 Dr. Eric Taylor 956-630-5522
 Dr. Augustus Grant 919-684-3901

Dr. Charles Noble 614-464-0884
 Dr. Felix Sogade 478-755-1560
Ms. Katrese Phelps, Staff 678-302-4256

ABC Newsletter

Dr. Charles Noble, Editor 614-464-0884
Ms. LaTrese Coyt, Staff 678-302-4243

Center for Faith & Wellness

Dr. Marcus Williams, Chair 201-337-0066
Ms. Jeanette Davis, Staff 678-302-4226

Center for Lifestyle Modification

Dr. Irvin Fox, Chair 601-984-2250
Dr. B. Wayne Kong, Staff 678-302-4231

Museum of African & African American Art

Dr. Calvin McLarin, Chair 404-874-1788
Ms. Marcia Sutherland, Staff 678-302-4236

Heart Failure

Dr. Malcolm Taylor, Chair 601-981-8543
 Dr. Robert Scott 504-842-3439
 Dr. Hannah Valentine 650-723-2665
 Dr. Kevin Coy 305-673-0601
 Dr. Felix Oviastu 516-742-5700
 Dr. Judith Mitchell 718-270-1073
Ms. Meredith Carter, Staff 678-302-4245

National High Blood Pressure Education Program

Dr. Jackson Wright,
 Representative 216-844-1109

National Stroke Association

Dr. Gerasimos Stavens,
 Representative 919-572-5365

Heart Truth

Dr. Toni Bransford,
 Representative 612-929-0552

Pharmacology

Dr. Corwin Thomas, Chair	337-988-6341
Dr. Jackson Wright	216-844-1109
Dr. Marcus Williams	201-337-0066
<i>Ms. Jeanette Davis, Staff</i>	678-302-4226

American Society of Nuclear Cardiology

Dr. Kim Williams, Representative	773-702-6258
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American College of Cardiology

Dr. Paul Douglass, Representative	770-593-0535
Dr. Malcolm Taylor	601-981-8543

American Academy of Family Physicians

Dr. Warren Jones, Representative	800-274-2237
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Sickle Cell and CVD

Dr. John Fontaine, Chair	215-842-7455
Dr. Ademola Abiose	860-667-2150
Dr. Gerasimos Stavens	919-572-5365
Dr. Peter Taylor	407-345-0891
<i>Ms. Melanie Dondell, Staff</i>	678-302-4229

Hall of Fame for Black Physicians

Dr. Charles Curry, Chair	202-865-4449
Dr. Boisey Barnes	202-554-2679
Dr. Paul Batties	317-924-1001
Dr. Kermit Brown	615-790-0598
Dr. Major Greer	212-595-8390
Dr. Richard Gillium	301-436-5975
Dr. L. Julian Haywood	323-226-7116
Dr. Hannibal Howell	757-723-2674
Dr. Paul Jackson	501-664-0941
Dr. Edith Irby Jones	713-529-3145

Dr. Levi Perry	
Dr. Elijah Saunders	410-328-4366
Dr. Richard Allen Williams	818-907-6750
<i>Ms. Marcia Sutherland, Staff</i>	678-302-4236

Think Tank

Dr. James Gavin, Chair	404-752-1740
Dr. George Mensah	770-488-8009
Dr. David Satcher	404-752-1824
Dr. Clyde Yancy	214-645-7544
Dr. Joe Hargrove	501-664-0941
Dr. Richard Allen Williams	818-907-6750
Dr. Louis Essandoh	410-897-9474
Dr. Elijah Saunders	410-328-4366
Dr. John Ruffin	301-435-2165
Mr. Dewey Alexander	816-356-9379
<i>Dr. B. Wayne Kong, Staff</i>	678-302-4231

Center for Medicare & Medicaid Services

Dr. Norbert Rainford, Representative	845-623-4154
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American Heart Association

Dr. Augustus Grant, Representative	919-684-3901
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Food & Drug Administration (FDA)

Dr. John Fontaine, Representative	215-842-7455
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Nigeria '2005'

Dr. Akinyele Aluko, Chair	704-347-2058
Dr. Elizabeth Ofili	404-752-1192
Dr. Adelfisayo Oduwole	404-616-8851
Dr. Ernest Madu	615-322-0773
Dr. Ola Akinboboye	516-622-4556
Dr. Joe Hargrove	501-664-0941
Dr. Eugene Nwosu	912-355-0490
Dr. John Olowoyeye	209-951-7884
<i>Ms. Brandon Carter, Staff</i>	678-302-4234

Costa Rica '2004'

Dr. Hollis Underwood, Chair	480-951-3913
Dr. Eugene Nwosu	912-355-0490
Dr. Michael Livingston	601-206-5543
Dr. Charles Brown	901-369-8142
Dr. Nate Brown	662-843-7299
<i>Ms. LaTrese Coyt, Staff</i>	678-302-4243

National Cholesterol Education Program

Dr. Karol Watson, Representative	310-794-7121
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American College of Physicians

Dr. Charles Francis, Representative	212-822-7288
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American Diabetes Association (ADA)

Dr. Sabrina Rene, Representative	770-339-1387
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National Medical Association

Dr. Jerome Robinson, Representative	619-267-8100
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NHLBI

Dr. David Bush, Representative	410-550-0858
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Henry J. Kaiser Family Foundation

Ms. Marsha Lillie-Blanton, Representative	202-347-5270
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Robert Wood Johnson Foundation

Dr. Risa Lavizzo-Mourcy, Representative	888-631-9988
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30th Anniversary Celebration

Dr. Richard Allen Williams, Chair	818-907-6750
Dr. Paul Douglass	770-593-0535
Dr. Antronette Yancey	310-794-9284
Dr. Hilton Hudson	815-885-4260
Dr. Thomas Price	914-664-4052
Dr. Boisey Barnes	202-554-8679
Dr. Karol Watson	310-794-7121
Dr. Paul Terry Batties	317-924-1001
Dr. Keith Ferdinand	504-943-1177
Dr. Joe Hargrove	501-664-0941
Dr. Edith Irby Jones	713-529-3145
Dr. Elizabeth Ofili	404-752-1192
<i>Ms. LaTrese Coyt, Staff</i>	678-302-4243

Vascular Biology Working Group

Dr. Carey Green, Representative	305-665-0881
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Cardiology Leadership Alliance

Dr. Akinyele Aluko, Representative	704-347-2058
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Joint Committee on Equal Access to Cardiovascular Care

Dr. George Mensah, Chair	770-488-8009
Dr. Marian Limacher, ACC, Co-Chair	362-846-1228
Dr. David Goff, AHA, Co-Chair	
Dr. Patrice Dessvigne-Nickens	301-435-0515
Dr. Paul Douglass	770-593-0535
Dr. Wayne Giles (CDC)	770-488-5269
Dr. Vincent Pearson	215-241-3208
Dr. Stanley Pearson	602-271-5426

The ABC continued its strong tradition of healthy financial performance in 2003. Our Center for Continuing Education and Professional Development, through its innovative programs and new initiatives, significantly increased revenues since 2002. Two new programs were introduced into the Epidemiology Center also resulting in additional revenues for the Center. The Center for Women's Health showed a decline in operational revenues since 2002 due to the temporary suspension of its Women's Conference, but with the return of this event to the 2004 calendar, the Center is expected to outperform budgeted estimates. Overall, new net activity in the ABC increased total revenues by 17% since 2002 – an exceptional performance in a sluggish economy.

New pledges and contributions to our capital campaign continued to reflect the general malaise in philanthropy across

the nation. This trend fallout also affected our net results, converting our operations profit of \$87,000 into a loss of \$55,000 after a bad debt reserve of \$142,000 was posted on outstanding and delinquent member pledges. We plan aggressive action in 2004 to revitalize the overall campaign for our new International Library and Research Conference Center, and to reactivate outstanding pledge commitments.

The financial position of the ABC is very healthy. Besides strong liquidity reserves, the organization is sitting on prime undeveloped land, near Atlanta's Hartsfield-Jackson International Airport – land which is now conservatively valued at \$2.5 million more than was originally paid 3 years ago.

The ABC's new independent auditors, Frazier & Deeter, LLC, were appointed in 2003. Extracts from the audited financial statements are included below. The full

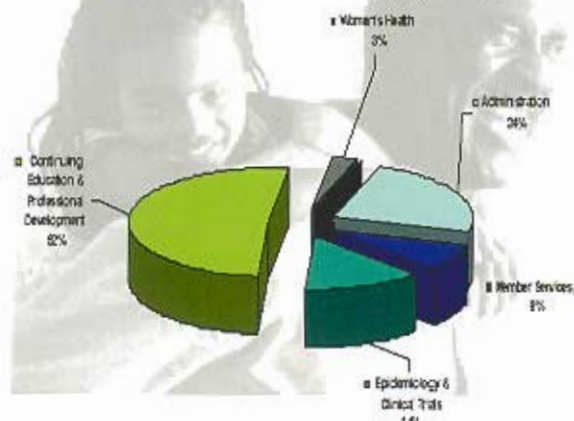
report is on file and available at the registered offices of the ABC.

The ABC's 2004 budget conservatively estimates revenues of \$5.2 million. There are indications that we will easily surpass this target because of new programs that are already funded. With our International Library and Research Conference Center scheduled for ground breaking by mid-year 2004, our challenge will be to ensure that all opportunities to successfully complete our capital campaign are explored and maximized, and that operational cash flows are not jeopardized in any way. We do however, remain confident that our new initiatives and ongoing efforts to increase and diversify our funding streams will keep the ABC's financial position strong.

Joseph A. Quash, M.D.
Treasurer

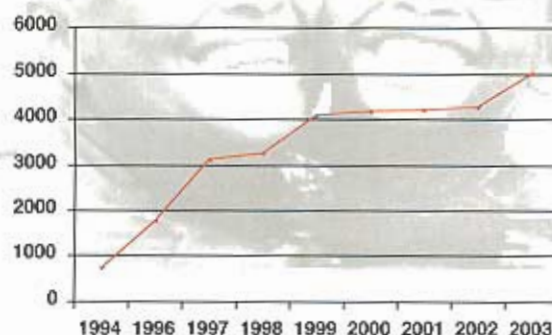
Operating Center Revenues - 2003

"We're different, but we're one happy family..."



ABC Operations Revenues Growth - 1994 TO 2003 (In \$'000's)

"Grandma's love and nurturing made me the successful man I am today..."



Extracts from the ASSOCIATION OF BLACK CARDIOLOGISTS, INC. FINANCIAL STATEMENTS FOR DECEMBER 31, 2003 AND 2002

Statement of Activities and Changes in Net Assets for the Years ended 31 December 2003 and 2002

	2003	2002
SUPPORT & REVENUE	\$	\$
Grants	4,755,736	3,897,407
Membership Dues	142,610	103,239
Pledges & Endowments	34,833	123,445
Other Income	106,363	187,145
Total Support & Revenue	<u>5,039,542</u>	<u>4,311,236</u>
EXPENSES		
Programs	3,685,516	3,415,259
Capital campaign	214,261	342,032
Support Services	1,194,288	1,237,670
Total Expenses	<u>5,094,065</u>	<u>4,994,961</u>
Change in Net Assets	-54,523	-683,725
Opening Net Assets - January 1	<u>3,602,010</u>	<u>4,285,735</u>
Closing Net Assets - December 31	<u>3,547,487</u>	<u>3,602,010</u>

Statement of Financial Position as at December 31, 2003 and 2002

	2003	2002
ASSETS	\$	\$
Cash & Investments	1,759,590	666,805
Receivables & Prepayments	1,122,363	1,878,217
Property & Equipment (Net)	<u>3,905,507</u>	<u>3,929,899</u>
Total Assets	<u>6,787,460</u>	<u>6,474,921</u>
LIABILITIES AND NET ASSETS		
Accounts Payable	717,024	472,421
Deferred Revenues	1,230,479	1,000,258
Long Term Debt	1,292,470	1,400,232
Unrestricted Net Assets	3,307,297	368,590
Temporarily Restricted Net Assets	130,862	4,549
Permanently Restricted Net Assets	<u>109,328</u>	<u>3,228,871</u>
Total Liabilities and Net Assets	<u>6,787,460</u>	<u>6,474,921</u>

"The death of a grandparent means an entire library has gone up in flames."

- **AFRICAN PROVERB**

"...of all the forms of inequality, injustice in health is the most shocking and inhumane."

- **MARTIN LUTHER KING, JR. 1966**

"With cooperation and commitment from government, community, industry, medical organizations, and health care providers, we will eliminate racial and ethnic disparities in morbidity and mortality by 2010, particularly in heart disease and stroke. The ABC is an important partner in this effort."

- **DAVID SATCHER, M.D., FORMER SURGEON GENERAL OF THE UNITED STATES OF AMERICA AND ASSISTANT SECRETARY OF HEALTH**
SPEECH AT THE ABC 25TH ANNIVERSARY CELEBRATION, NOVEMBER 7, 1998

"I want to emphasize the importance and value of the mission of the ABC, particularly in attempting to manage and do a better job of controlling cardiovascular disease in the Black community where the need is greatest. As I understand it, you are also trying to establish an institute in Atlanta to focus upon this mission and I'd like to urge you to pursue this to full fruition."

- **MICHAEL E. DeBAKEY, M.D.**
SPEECH AT THE ABC 25TH ANNIVERSARY CELEBRATION, NOVEMBER 7, 1998

"We shall fight cardiovascular diseases in our churches, in our schools, in our work places, and in our medical institutions; we shall fight it in our homes; we shall fight it in our barber-shops and in our beauty salons; we shall fight it in our community centers and on our streets. We shall fight it, and we shall never surrender. African American children deserve to know their grandparents."

- **FRANK S. JAMES, M.D., ABC PRESIDENT 1998**

"The average African American man has a life expectancy of 67 years, while that of a white man is 72 years. The average African American woman has a life expectancy of 74 years, while that of a white woman is 79 years.....While heart disease and cancer remain the two leading causes of death of both African Americans and Caucasians, the rate is 50 percent higher for African Americans primarily because of little to no screening and access to diagnostic and therapeutic interventions."

- **JOHN RUFFIN, CENTER FOR MINORITY HEALTH AND HEALTH DISPARITIES 2000**

"We shall overcome the disparities in health care, whether they are due to economic barriers, or institutionalized racism, or even unconscious discrimination. We, as public servants, can build on Dr. King's contribution to the moral health of our country to make contributions to the physical and mental health of all its people. Let's make that commitment today."

- **JOHN M. EISENBERG, M.D., DIRECTOR FOR HEALTHCARE RESEARCH AND QUALITY**
JANUARY 14, 2000

Racial and ethnic minorities tend to receive a lower quality of healthcare than non-minorities, even when access-related factors, such as patients' insurance status and income, are controlled. The sources of these disparities are complex, are rooted in historic and contemporary inequities, and involve many participants at several levels, including health systems, their administrative and bureaucratic processes, utilization managers, healthcare professionals, and patients.

- **INSTITUTE OF MEDICINE, UNEQUAL TREATMENT: CONFRONTING RACIAL AND ETHNIC DISPARITIES IN HEALTH CARE, NATIONAL ACADEMY PRESS, 2002. P. 1 (ABSTRACT)**

"We need to move from a healthcare system that treats disease to one that avoids disease."

- **TOMMY THOMPSON, M.D.**
U.S. SECRETARY OF HEALTH AND HUMAN SERVICES 2002

ASSOCIATION OF BLACK CARDIOLOGISTS, INC.

B. Wayne Kong, Ph.D., J.D.

Chief Executive Officer

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bwainekong@abcario.org

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www.abcario.org

Notes

16 STEPS TO A HEALTHY HEART

January 05- Know Your Numbers: Blood pressure, Good (HDL) and Bad (LDL) Cholesterol and Blood Sugar

February 05- Love Yourself and Others Around You

March 05- Eat Smart: Cut Down on Salt and Limit Saturated Fat

April 05- Eat More Fruits and Vegetables

May 05- Take Charge of Your Blood Pressure

June 05- Don't Smoke: Avoid All Tobacco Products

July 05- Enjoy Regular Exercise: If You Don't Have Time For Exercise, You Have Time For Disease

August 05- Manage Your Weight

September 05- Control Your Cholesterol

October 05- Keep Your Doctor Appointments

November 05- Track Your Blood Sugar

December 05- Be Spiritually Active and Maintain a Positive Attitude

January 06- Learn the Early Warning Signs of Heart Attack and Stroke

February 06- The Best Treatment is Prevention

March 06- Take Medication as Directed and Prescribed by Your Doctor

April 06- Listen To Your Body: Report Change To Your Doctor