

# TORC Digest



**December 2014**

## Notes from the Interim Director

Search for permanent TORC Director & full Professor of Health and Human Performance. Please click [here](#) for more information or contact Dr. Dan O'Connor at [dpoconno@central.uh.edu](mailto:dpoconno@central.uh.edu), 713-743-2377.

## Headline Science & News

***TORC is mentioned in the University of Houston's Magazine for helping to reduce obesity's growing epidemic***

In the University of Houston's magazine article "Reducing Obesity's Growing Epidemic," TORC is recognized for the work that we are doing to understand the obesity epidemic. Click [here](#) for more information.

***TORC is mentioned is mentioned in UH News for tips on avoiding Type 2 Diabetes***

In the UH News article "Avoid Type 2 Diabetes: Healthy Tips from the UH Texas Obesity Research Center," TORC is mentioned for Diabetes tips. Click [here](#) for more information.

***TORC Faculty Dr. Stacey Gorniak is mentioned UH News for her research on Type II Diabetes***

Dr. Stacey Gorniak is mentioned in the UH article "Type 2 Diabetes May Lead to Short-Term Memory Loss" for her research on Type 2 Diabetes. Click [here](#) for more information.

***TORC Faculty Dr. Qian Lu is mentioned in UH News for receiving a \$1.5 Million grant from NIH for cancer research***

Dr. Qian Lu is mention in the UH News article "UH Cancer Study Receives \$1.5 Million Grant from NIH," for the grant she received and how she plans to use it. Click [here](#) for more information.

## Recent Publications

### ***Examining Differences in Culturally Based Stress Among Clinical and Nonclinical Hispanic Adolescents***

Dr. Cardoso and colleagues published “Examining Differences in Culturally Based Stress Among Clinical and Nonclinical Hispanic Adolescents” in *Cultural Diversity & Ethnic Minority Psychology*. The purpose of the study was to compare if cultural stress and depressive symptoms differed in Hispanic adolescents that received clinical treatment and those that did not. Click [here](#) for more information.

### ***Financial Impact of Third-Party Changes for CPT Code 29826: Experience of a Large Group Practice***

Dr. Laughlin and colleagues published “Financial Impact of Third-Party Changes for CPT Code 29826: Experience of a Large Group Practice” in *Journal of Bone & Joint Surgery*. The centers for Medicaid and Medicare converted Current procedural terminology (CPT) code 29826 from a standalone code to an add-on code and reduced the relative units from 19.58 to 5.24. They wanted to examine the financial impact of this change on a large single-specialty orthopaedic surgery practice. Click [here](#) for more information.

### ***Evaluating a culturally tailored peer-mentoring and education pilot intervention among Chinese breast cancer survivors using a mixed-methods approach***

Dr. Qian Lu and colleagues published “Evaluating a culturally tailored peer-mentoring and education pilot intervention among Chinese breast cancer survivors using a mixed-methods approach” in the *Oncology Nursing Forum*. The study looked at 14 Chinese American women breast cancer survivors and 8 breast cancer peer mentors, and evaluated a social intervention that was targeted toward their cultural and linguistic barriers. Click [here](#) for more information.

### ***Characterizing Concurrent Tobacco Product Use among Homeless***

Dr. Reitzel and colleagues published “Characterizing Concurrent Tobacco Product Use among Homeless” in *Nicotine & Tobacco Research*. The study examined cigarette- only smokers to concurrent users in homeless people and their readiness to quit smoking. Click [here](#) for more information

### ***Effects of an artificial gravity countermeasure on orthostatic tolerance blood volumes and aerobic power after short-term bed rest (BR-AG1)***

Dr. William Paloski and colleagues published “Effects of an artificial gravity countermeasure on orthostatic tolerance blood volumes and aerobic power after short-term bed rest (BR-AG1)” in *Journal of Applied Physiology*. The purpose was to look at how exposure to artificial gravity in a short arm centrifuge has potential benefits for maintaining human performance during long-term space missions. Click [here](#) for more information.

### ***Psychosocial factors and theory in physical studies in minorities***

TORC alumna Dr. Heather Leach, former TORC Director and current TORC scientific advisory member Dr. Rebecca Lee and colleagues published “Psychosocial factors and theory in physical studies in minorities” in the *American Journal of Health Behavior*. The study examined the effectiveness of interventions in African Americans and Hispanics targeting psychosocial factors to increase physical activity among them. Click [here](#) for more information

### ***Using Non-Linear Tools to Evaluate Movement of Fragile Objects***

Dr. Stacey Gorniak Published “Using Non-Linear Tools to Evaluate Movement of Fragile Objects” in the *Journal of Applied Biomechanics*. The study examined fourteen healthy men and women and their movements of a fragile object using non-linear

analysis. Click [here](#) for more information

## Opportunities

### ***TORC helping to develop a weight management program for women with disabilities***

TORC executive committee member Dr. Tracey Ledoux and TORC faculty Dr. Margaret Nosek from Baylor College of Medicine's Center for Research on Women with Disabilities are developing a **weight management program for women with mobility impairments** that will be conducted in the virtual world of Second Life. Eligible women will participate in a 16-session weekly weight loss group online in Second Life. Those who complete the study will be offered a small payment for their participation. Recruitment is starting now! To find out more about the **GoWoman Weight Loss Research Study**, contact Stephanie Silveira at [slsilvei@Central.UH.edu](mailto:slsilvei@Central.UH.edu) or 713-734-9310 and please visit: [http://www.uh.edu/torc/projects\\_programs/](http://www.uh.edu/torc/projects_programs/)

### ***TORC Faculty Dr. Tracy Ledoux seeking parents with toddlers for a healthy eating habit study***

**Little Foodies** is a feasibility study for a parent focused approach to developing healthy eating behaviors among toddlers. This parent focused group consists of 6 weekly 90 minute classes at UH covering topics such as dealing with picky eating, managing table manner issues, and coping with food refusal. Those who complete the study will be offered a small payment for their participation. For more information, contact Tracey Ledoux, PhD, RD at [TALedoux@uh.edu](mailto:TALedoux@uh.edu) or (713) 743-1870 and please visit: [http://www.uh.edu/torc/projects\\_programs/](http://www.uh.edu/torc/projects_programs/)

### ***Seeking diabetic and non-diabetic study participants for a project on cognitive-motor function and diabetes***

Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 30 and 90 to participate in a study on the effects of diabetes on cognitive and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak ([sgorniak@uh.edu](mailto:sgorniak@uh.edu)) via email or by phone at 713-743-4802.

### ***Seeking diabetic and non-diabetic study participants for a project on sensori-motor function and diabetes***

Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 21 and 90 to participate in a study on the effects of diabetes on sensory and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. This study will test hand function during different tests during conditions of daily life and after administration of a local anesthetic. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak ([sgorniak@uh.edu](mailto:sgorniak@uh.edu)) via email or by phone at 713-743-4802.

### ***Seeking African American study participants for a mind-body relaxation and stretching program***

The Harmony & Health study at The University of Texas MD Anderson Cancer Center is seeking African American men and women to participate in a mind-body relaxation and stretching program. Participants will be compensated for their time and free parking is available. Space is limited, so call today! For more information, please contact the Harmony & Health study at [healthyhabitsstudy@mdanderson.org](mailto:healthyhabitsstudy@mdanderson.org) or call 713-745-9962.