



## LeRoy M. Graham, Jr., M.D.

Founder, Not One More Life, Inc.

Atlanta, Georgia

When Dr. LeRoy M. Graham, Jr. unexpectedly lost a 10-year-old patient to asthma, he knew he had to do something to prevent unnecessary deaths in the future. He set out to teach his community about the disease and how to recognize signs of an asthma attack.

Dr. Graham is a well-respected pediatric pulmonologist in Atlanta, Georgia. Over the years, he has built many strong relationships with health care professionals. Many of his peers agreed to help him teach the African American community about the serious effects of uncontrolled asthma and lung disease.

In 2003, Dr. Graham formed the volunteer advocacy organization Not One More Life, Inc. Through outreach in Atlanta's local faith communities, it provides free educational programs on lung disease, symptom screening and lung-function testing; as well as physician counseling, referral, and outcome monitoring. Not One More Life, Inc. also has expanded to 10 additional cities around the country.

The group initially began in a school setting. However, Dr. Graham quickly realized that the best way to connect to people was at places where they worship. "We have the opportunity to reach people in a sacred place where there is trust," he said. "We take health knowledge to their own turf. This makes people much more comfortable.

"Pastors have deep-rooted beliefs in the link between physical health and spiritual health," he said. "We are working with them to promote the spiritual gift of health. Protecting that gift is a matter of stewardship."

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— LEROY M. GRAHAM, JR., M.D.

# TRUST

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### Health Tip



#### Asthmatics, beware.

People with asthma can be especially hard-hit in the heat. Slow down, use air conditioning and avoid smoke, even from a campfire.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1867: First four students enter Howard University.	<b>2</b> 1995: Shirley Jackson assumes chairmanship of the Nuclear Regulatory Commission.	<b>3</b> 1964: Frederick O'Neal becomes first black president of Actors' Equity Association.	<b>4</b> 1961: Freedom Riders begin protesting segregation of interstate bus travel in the South.	<b>5</b> 1988: Eugene Antonio Marino installed as first U.S. African American Roman Catholic archbishop.	<b>6</b> 1991: Smithsonian Institution approves creation of the National African American Museum.	<b>7</b> 1845: Mary Eliza Mahoney, America's first black trained nurse, born.
<b>8</b> 1983: Lena Horne awarded Spingarn Medal for distinguished career in entertainment. <b>Mother's Day</b>	<b>9</b> 2010: Lena Horne, singer, actress and civil rights activist, dies.	<b>10</b> 1950: Boston Celtics select Chuck Cooper, first black player drafted to play in the NBA.	<b>11</b> 1895: Composer William Grant Still, first African American to conduct a major American symphony orchestra, born.	<b>12</b> 1862: Black slaves commandeer the Confederate ship "The Planter."	<b>13</b> 1872: Matilda Arabella Evans, first black woman to practice medicine in South Carolina, born.	<b>14</b> 1913: Clara Stanton Jones, first black president of the American Library Association, born.
<b>15</b> 1820: Congress declares foreign slave trade an act of piracy, punishable by death.	<b>16</b> 1927: Dr. William Harry Barnes becomes first African American certified by a surgical board.	<b>17</b> 1954: In Brown v. Board of Education, Supreme Court declares segregation in public schools unconstitutional. <b>Wesak or Buddha Day</b>	<b>18</b> 1896: In Plessy v. Ferguson, Supreme Court upholds doctrine of "separate but equal" education and public accommodations.	<b>19</b> 1993: University of Virginia professor Rita Dove appointed U.S. poet laureate.	<b>20</b> 1961: U.S. Attorney General Robert Kennedy dispatches U.S. marshals to Montgomery, Alabama, to restore order in the Freedom Rider crisis.	<b>21</b> 2006: Katherine Dunham, pioneering dancer and choreographer, author and civil rights activist, dies. <b>Armed Forces Day</b>
<b>22</b> 1921: <i>Shuffle Along</i> , a musical featuring a score by Eubie Blake and Noble Sissle, opens on Broadway.	<b>23</b> 1900: Sgt. William H. Carney becomes first African American awarded the Congressional Medal of Honor.	<b>24</b> 1854: Lincoln University (Pa.), first African American college, founded.	<b>25</b> 1926: Jazz trumpeter Miles Dewey Davis born.	<b>26</b> 1961: During Kennedy administration, Marvin Cook named ambassador to Niger Republic, the first black envoy named to an African nation.	<b>27</b> 1942: Dorie Miller, a ship's steward, awarded Navy Cross for heroism during the attack on Pearl Harbor in 1941.	<b>28</b> 1948: National Party wins whites-only elections in South Africa and begins to institute policy of apartheid.
<b>29</b> 1901: Granville T. Woods patents overhead conducting system for the electric railway.	<b>30</b> 1965: Vivian Malone becomes first African American to graduate from the University of Alabama. <b>Memorial Day Observed</b>	<b>31</b> 1870: Congress passes the first Enforcement Act, providing stiff penalties for those who deprive others of civil rights.				