

Ladies Night Out

First Thursday of each month from 4 to 8 p.m.

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided.

Free childcare, refreshments, bloodpressure checks, cholesterol screenings, and pap smears.

Call (828) 250-6006 to make your appointment.

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ABIPA

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Asheville Buncombe **Institute of Parity Achievement**

ABIPA promotes economic, social, and healthy parity achievement for African Americans and other people of color in Buncombe County through advocacy, education, research, and community partnerships.

www.ABIPA.org

IPA Health Highlights

NAVIGATE • **ADVOCATE** LOCATE EDUCATE •



Take Care of Yourself

Breast Cancer Awareness Month



by Je'Wana Grier-McEachin, Executive Director Photo by JaíEssence McEachin

Does this phrase sound familiar? "The hand that rocks the cradle rules the world." As the country focuses on Breast Cancer Awareness this month, ABIPA wants to make sure that we are also highlighting the general health of women. If you are not healthy and whole, your family suffers and our community suffers.

Many of us have plates full and leftovers for days as we handle life's situations. Just remember, if

you don't slow down long enough to take care of yourself, you won't be able to take care of anyone else. I am charging each female reader to commit to carve 30 minutes out of each day to invest in yourself this month. It will look different for each individual. You may take a walk during your lunch break or after dinner, read a book, or dance to your favorite songs. It doesn't matter, just do something for you.

This is also a perfect time sup-

port your sisters and friends, encouraging them to take care of themselves. At the end of the month there two are opportunities for us to come together as women. On Saturday morning, October 27th the Asheville Chapter of the LINKS Inc. is sponsoring a 1 mile walk downtown starting in front of ABIPA.

The goal is to have 100 women walking. We then ask you to join us in promoting Breast Health Education and the SURVIVORS in our community as we host our first Sister to Sister Fashion Show at Asheville Middle School. For more information on how to get involved call the ABIPA office.

As you live your best life as a healthy and whole woman, live and love well!

this is secondary risk factor.

- Late menopause (after age 50) is a secondary risk factor.
- Long-term use of exogenous estrogens may be a tumorpromoting factor.
- Exposure of excessive ionizing radiations such as from multiple fluoroscopes, or radiation mastitis, chest acne, or treatment for Hodgkin disease.
- History of endometrial, ovarian, or colon cancer.
- Remember, women with high risk profiles account for one third of all cases of breast cancers; the majority of women have no identifiable risk factors.

OCTOBER 2012 On-Site Events

Building Brothers Breakfast

Saturday, October 13

8 a.m. at the ABIPA office

Healthy Breakfast Options provided by



Sista 2 Sista Luncheon

Saturday, October 20

1 p.m. at the ABIPA office

Dessert With a Doc

Thursday, October 18

Dr. Raymond Thertulien. Cancer Care. Event begins at 6 p.m. at the ABIPA office.

Off-Site Events

Link Walk

October 27

Registration 9:30 a.m. Walk 10 a.m. 1 mile walk begins at ABIPA.

Free Range Kid Festival

October 28

From 2 to 6 p.m. at Asheville Middle School Field.

For more information on any of our programming:

- Call us at (828) 251-8364
- Visit us at www.abipa.org
- Find us on FACEBOOK

What you should know:

Out" at (828) 250-6006

by Kathey Avery, RN

October is Breast

The key is early detec-

Cancer Awareness Month.

tion. ABIPA partners with

"Ladies Night Out" to pro-

vide Free physicals, mam-

mograms, and health edu-

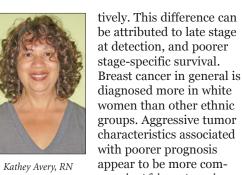
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women. Call "Ladies Night

or ABIPA at (828) 251-8364.

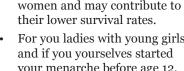
sured or underinsured

- · The risk of breast cancer increases over the age of 50. It is more common in 65-year-old women than 40year-old women.
- Risk increases if you have a family history of breast cancer. There is a 2- to 3-fold increase in women with a first-degree relative with breast cancer.
- Breast density: Breast tissue may be dense or fatty.
- Sex: More than 99% of all breast cancers occur in women, but men can get breast cancer as well. Breast cancer is the most common cancer in women excluding cancers of the skin. In the U.S. breast cancer accounts for 1 in 3 cancers diagnosed.
- Atypical hyperplasia and lobular carcinoma in situ increases the risk of breast cancer.
- African American women with breast cancer are less likely than white women to survive five years: 76% vs. 90% respec-



mon in African American women and may contribute to

For you ladies with young girls, and if you yourselves started



vour menarche before age 12.



Benefiting ABIPA and It's Breast Cancer Survivor's Support Group Location: Asheville Middle School **Tickets** \$10.00 Adults \$5.00 Children, Seniors, and Survivors Tickets now available at the ABIPA office.



