



ABIPA Health Highlights

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OCTOBER 2012

On-Site Events

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, blood-pressure checks, cholesterol screenings, and pap smears.

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



Take Care of Yourself

by Je'Wana Grier-McEachin, Executive Director
Photo by JaiEssence 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!

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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

Breast Cancer Awareness Month

by Kathey Avery, RN

October is Breast Cancer Awareness Month. The key is early detection. ABIPA partners with "Ladies Night Out" to provide Free physicals, mammograms, and health education for qualifying uninsured or underinsured women. Call "Ladies Night Out" at (828) 250-6006 or ABIPA at (828) 251-8364.



Kathey Avery, RN

What you should know:

- The risk of breast cancer increases over the age of 50. It is more common in 65-year-old women than 40-year-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-

tively. This difference can be attributed to late stage at detection, and poorer stage-specific survival. Breast cancer in general is diagnosed more in white women than other ethnic groups. Aggressive tumor characteristics associated with poorer prognosis appear to be more common in African American women and may contribute to their lower survival rates.

- For you ladies with young girls, and if you yourselves started your menarche before age 12,

this is secondary risk factor.

- Late menopause (after age 50) is a secondary risk factor.
- Long-term use of exogenous estrogens may be a tumor-promoting 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.

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

Sister2Sister Fashion Show



**Saturday
October 27th
7:00 pm**

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.

