



OFF SITE ACTIVITIES

Annual Know Your Numbers & Prostate Screening

Saturday, June 15
8 a.m. to 12 noon,
Dr. Wesley Grant Sr.
South Side Center,
285 Livingston St. Call
251-8364 to make your
appointment today!

Heart Health Lunch & Learns

Wednesdays
12:30 to 2:30 p.m.,
Linwood Crump Shiloh
Recreation Complex.

SAVE the DATE

Children's Health Fair

Sunday, July 7
From 2 p.m. until
6 p.m. at Asheville
Middle School.

Ladies Night Out

First Thursday of each month, 4 to 8 p.m.
FREE physicals, mammograms, and health education for qualifying uninsured or under-insured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

ABIPA

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Asheville, NC 28802

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

ABIPA Health Highlights

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JUNE 2013



Man Up! Take Control of Your Health

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

June is Men's Health Month

Men's Health Month offers a chance for both men and women to increase their awareness of the potentially significant health problems that men face, as well as what steps they can take to prevent such problems. Taking care of yourself is part of being the best man you can be. There's nothing manly—or beneficial—about ignoring your health.

It is important to know that men face unique health challenges, and one of the most dangerous is their reluctance to seek health care. In fact, according to the Agency for Healthcare Research and Quality (AHRQ), men are 24% less likely than women to have seen a doctor in the past year.

A snapshot of men's health in

the U.S. shows that they sometimes experience different, but no less serious, health problems than women. Heart disease, cancer, and accidents (unintentional injuries) are the top causes of death for men; the most commonly diagnosed cancers among men include prostate, lung, and colorectal types. A recent federal study shows that men die from heart disease and chronic liver disease at nearly twice the rate of women.

Many of the major health risks that men face—such as colon cancer and heart disease—can actually be prevented and treated with earlier diagnosis. Screening tests can often find these diseases early, when they are easier to treat. For these reasons, it is crucial that men go against their tendency of avoiding health care and

Six Manly Steps to Good Health

1. Get routine check-ups and preventive screenings.
2. Be more physically active and make healthy food choices.
3. Get to your healthy weight, and stay there.
4. Become tobacco-free.
5. Drink alcoholic beverages only in moderation.
6. Manage stress.

begin having regular checkups and screenings.

We encourage you to be proactive in taking care of your health. Please remember to make an informed decision about whether or not you will participate in our annual prostate screening this year. Help us get to our goal of 100 men educated and screened. Join us at the Dr. Wesley Grant Sr. Southside Center on Saturday, June 15 from 8 a.m. to 12 noon.

On Site Activities

56 Walton Street

Brother 2 Brother Breakfast Club

Saturday, July 13

Prostate & Diabetes Health.
8 a.m. at the ABIPA office.

Healthy Breakfast
Options provided by



We Love Our Men

*You are our strength,
our hope, our protection ...*

*You are our hero,
our husband, our brother,
our son ...*

You are our father.

*You do so much for us,
and we are grateful.*

*But today, we ask that you do
something for you ...*

Focus on your health

*Get a check-up and get
screened for prostate cancer.*

We ask this of you because

We love you.

*Stay healthy ... for you ...
for us.*

Prostate Cancer: What Our Community Needs to Know

by Kathey Avery, RN



Kathey Avery, RN

Part of ABIPA's role is to educate our community on preventive care and lifestyle changes that can save lives and help our neighbors live a happier, more prosperous, and productive life. We have the honor to continue sharing information with our readers that we hope will help you make informed decisions about your health.

June is our annual prostate screening month. Here is some information for you to read and make decisions about your health and what it might take to make it long and healthy.

New guidelines say that some men at higher-than-average risk of getting prostate cancer, such as those with a family history or who are African Americans, should discuss the benefits and harms of starting screening at an age earlier than 55.

A study was conducted by Ronald Chen, MD-MPH, of the University of N.C. Chapel Hill, and his colleagues. This study contributes to a growing body of studies demonstrating the disparities in

care and outcomes among African American and Caucasian prostate cancer patients in this country.

"African American patients are less likely than Caucasian patients to undergo prostate cancer screening, more likely to be diagnosed with advanced cancer, have longer delays from diagnosis to treatment, and are less likely to receive aggressive treatment," said Dr. Chen. "All of these factors together can contrib-

ute to an increased rate of dying from prostate cancer in African American compared to Caucasian prostate cancer patients."

But in new guidelines issued May 3, 2013, the urology association says that routine screening is no longer recommended for men 40 to 54 years old who are at average risk of getting prostate cancer. Screening is also not recommended for men 70 and older.

The guidelines say men 55 to 69 should discuss the benefits and harms of screening with

their doctors. And if they do choose screening, an interval of two years rather than annually would be better.

Remember: African Americans have shorter survival rates at all stages of cancer diagnoses than their Caucasian counterparts, and prostate cancer is the #1 cancer in African American men, followed by lung, colon, and rectal cancer. The informed decision you make can save your life.

Congratulations to our Graduating 2012-2013 Minority Medical Mentoring Program Interns

Quick Facts: Did you know that, in a recent survey of 974 practicing doctors in Buncombe County, only 2% were minorities?

Here are some of the results: African American: 7; Asian/Pacific Islander: 1; Hispanic/Latino: 1; Indian: 8; Vietnamese: 2; Korean: 1.

If you are, or know, a young person who is interested in becoming a physician and will be a graduating senior in 2015, make sure you or they contact us about participating in MMMP. Help us grow our own!



Interns (L-R): Davon Washington, Hamada Shakil, Nadine Palacio, and Melvis Madrigrall.