



OFF SITE ACTIVITIES

Healthy Living Lunch & Learn

Every Wednesday from 12:30 to 2:30 p.m., at the Linwood Crump Shiloh Recreation Complex.

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.

SAVE THE DATE

Thursday, December 12

ABIPA Christmas Party

6-9 p.m. Battery Park Roof Garden. Featuring Nova Brass Band.

Call today to schedule us for your organization or church, (828) 251-8364.

Thank you to our funding partner agencies for making this page possible.



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

ABIPA Health Highlights

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OCTOBER 2013



Prevention Coverage for Women's Health and Well-Being What the Affordable Care Act Means

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

Universal health care has been a cause that has been fought for over decades.

After much resistance—which is still ongoing—the Affordable Care Act (ACA) was signed into law by President Obama on March 23, 2010.

“Obamacare,” as it has been coined, helps make prevention affordable and accessible to all Americans by requiring health plans to cover preventive services and eliminating cost-sharing for those services.

Preventive services that have strong scientific evidence of their health benefits must be covered, and plans can no longer charge patients for copayments, coinsurance, or deductibles for these services when they are delivered by a network provider.

Under the Affordable Care Act, women's preventive health care—such as mammograms, screenings for cervical cancer, prenatal care, and other services—generally must be covered by health plans with no cost-sharing. Furthermore, the

law recognizes and understands the need to take into account the unique health needs of women throughout their lifespan.

The ACA mandates that all new policies, and in-force policies upon renewal, must cover a package of essential health benefits that include hospitalization, emergency services, and mental treatments. Annual wellness checkups and other preventive screenings must be covered with no copayments or deductibles.

No longer can you be denied health insurance for pre-existing health conditions, and insurers may not place a lifetime cap on benefits. Households with incomes at or below four hundred percent of the federal poverty level may be eligible for tax credits to offset premium costs.

North Carolina's Health Insurance Exchange

As of October 1, 2013, North Carolinians are able to compare and purchase health insurance policies through the federal health insurance marketplace. It

is important to note that, even though enrollment began this month, coverage officially begins January 1, 2014.

Policies offered to North Carolina residents cover essential health benefits based on Blue Cross and Blue Shield of NC's Blue Options plan.

Plans are offered in four categories of coverage levels, with the least expensive plan, the bronze tier, covering sixty percent of medical costs. Plans in the silver tier cover seventy percent of costs; gold plans cover eighty percent, and the most expensive tier, platinum, covers ninety percent of medical costs.

If you are one of the millions of uninsured or you are simply curious about the process, the federal website offers information about available tax credits and subsidies.

For assistance by phone, consumers may call 24 hours a day at 1-800-318-2596. To begin your enrollment process, go to: www.Healthcare.gov.

On Site Activities

56 Walton Street

Brother 2 Brother Breakfast Club

Saturday, October 12

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

Healthy Breakfast Options provided by



SPECIAL EVENTS

Please join us at the following events that will benefit the work of ABIPA.



LINKS Wellness Walk

Saturday, October 12

10 a.m. at Carrier Park.
\$10 walk fee.

IANODELL'S Fall Chapeau & Fashion Show



Saturday, October 19th

2 p.m. in the Fellowship Hall at Tried Stone Missionary Baptist Church,

100 Carroll Ave. Tickets: \$10 in advance; \$12 at the door.

Breast Cancer Awareness Month

by Kathey Avery, RN



Kathey Avery, RN

October is Breast Cancer Awareness Month. We know that African American women, who are at less risk for breast cancer but have a higher mortality rate, are diagnosed with more aggressive forms of breast cancer and are younger than their white counterparts when diagnosed.

On October 19 at Tried Stone Missionary Baptist Church, 100 Carroll Ave. at 2 p.m., Sandra Suber and ABIPA will honor breast cancer survivors at an annual fashion show. Proceeds this year will go to ABIPA to help us continue our preventive care education.

Events like this help us highlight illnesses that can be prevented through educating our

community on the signs of disease and allow us to give aid to people seeking help while their disease is curable. We want to thank Sandra for seeing and believing in the great work we do. Also see our information for ladies night out.

Celebrating Survival

What You Should Know

African American women with breast cancer are less likely than white women to survive five years. This difference can be attributed to late-stage 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.

- The risk of breast cancer increases after the age of fifty
- Risk increases if you have a family history of breast cancer
- Remember that breast tissue may be dense or fatty
- More than 99% of all breast cancers occur in women, but men can get breast cancer as well
- If you started your menarche before age twelve, this is a secondary risk factor
- Late menopause (after age fifty) is a secondary risk factor



• Atypical hyperplasia and lobular carcinoma in situ increase the risk of breast cancer

• 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's 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.