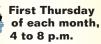


# **OFF SITE ACTIVITIES**

# **Healthy Living Lunch & Learn**

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

# **Ladies Night Out**



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

Transportation provided. Free childcare, refreshments, bloodpressure checks, cho-lesterol 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 church, (828) 251-8364.

Thank you to our funding partner





#### **ABIPA**

56 Walton Street Asheville, NC 28801

Office: (828) 251-8364 Fax: (828) 251-8365

Mailing address: PO Box 448 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

# BIPA Health Highlights

LOCATE . EDUCATE . NAVIGATE • **ADVOCATE** 



# **Prevention Coverage for** Women's Health and Well-Being

# What the Affordable Care Act Means

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

# **OCTOBER 2013**

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



#### **SPECIAL EVENTS**

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



# 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 **Baptist** 

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

# **Breast Cancer Awareness Month**

by 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 vounger 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



Kathey Avery, RN

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
- 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 tumorpromoting 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.