



ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

Saturday, July 11

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

Healthy Breakfast Options provided by



Call (828) 251-8364 to schedule ABIPA for your organization or church events.

Donate to ABIPA

Tax deductible donations can be made by sending a check to: ABIPA, PO Box 448, Asheville, NC 28802; or click the donation tab at www.abipa.org. Thank you for your support!

Thank you to our funding partner agencies for making our work possible.



and the
Buncombe County Service Foundation

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

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



Purpose & Passion

*This Month We Celebrate
Men's Health Week.*

by Je'wana Grier-McEachin, Executive Director

Photo by JaiEssence McEachin

We will hold our Annual Prostate Cancer & Know Your Numbers Screening as a FREE gift to the men of our community on Father's Day weekend. We continue to offer this screening because we want everyone to be healthy and whole.

This month I am sharing an article that is a good reflection of why we do what we do. The doctor referenced in the article was impacted by prostate cancer which fueled her passion for doing something about it!

African Americans at Higher Risk for Prostate Cancer

By Dan Zenka, APR, Senior Vice President of Communications, Prostate Cancer Foundation

Of the more than 242,000 American men who will be diagnosed with prostate cancer and the 28,000 who will die as a result of it this year, a disproportionate number of African American men will be represented in each group. The disparity is eye opening: African American men are nearly 1.6 times more likely to be diagnosed with prostate cancer than Caucasian men and 2.4 times more likely to die from the disease.

Isla Garraway, MD, PhD, a prostate cancer researcher at UCLA, states, "Despite ongoing controversies concerning the benefit of prostate cancer screening and treatment of localized disease, prostate cancer continues to be the second most common cause of cancer deaths in the United States.

"In addition to the thousands of men that die from prostate cancer each year, many more will deal with the debilitating consequences that occur when the cancer spreads to other areas of the body, most commonly the bone, resulting in severe pain, fractures, and other serious medical complications."

"African American men, in particular, display increased risk of suffering and death from prostate cancer, compared to men of other ancestral backgrounds. Black men are more likely to be diagnosed with prostate cancer, are diagnosed at a younger age, display larger tumors, and are more than twice as likely to die from prostate cancer that has spread throughout the body than white males," adds Garraway.

Dr. Garraway and her brother, Levi Garraway, MD, PhD, are both prostate cancer researchers. They are African-American and lost their father to the disease while in graduate school. Their loss inspired them to focus their scientific careers in prostate cancer research.

Dr. Garraway goes on to say that there are many factors that may cause these differences. Studies have shown that African American men may have reduced access to and quality of care that may result in diagnosis and treatment of prostate cancer at later stages. Other factors may be related to diet and co-existing medical conditions that influence the severity of the cancer. There may

be specific differences in genes that are expressed in the prostate tissue of African American men, resulting in increased susceptibility to the development of the disease.

The key to eliminating disparities among men with prostate cancer is to understand these differences by defining relative medical, socioeconomic, and genetic contributions to prostate cancer progression.

One of the major barriers to identifying the disparity of prostate cancer among African American men has been the lack of epidemiological studies with the inclusion of sufficient numbers of men across different races. The good news is that scientists, legislators and advocacy groups are bringing new emphasis to this perplexing reality.

In July, 2012, former U.S. Senator John F. Kerry led unanimous passage of Senate Resolution 493 to recognize prostate cancer as an epidemic striking African American men disproportionately. This bipartisan legislation urges federal agencies to support research for the advancement of diagnostic tools.

Kerry said, "Prostate cancer is an epidemic — it kills every sixteen minutes. This disease killed my dad, but I was lucky to beat it ten years ago. I introduced this resolution in the Senate to bring attention to this silent killer. We need to stay focused on research and arm Americans with the tools to prevent, detect, cure and treat this disease."

Ongoing research sponsored by PCF in epigenetics, genetics, and diet and lifestyle will shed further light on the disparities in prostate cancer between African Americans and other racial groups. Funding for this type of research remains crucial.

Prostate Cancer

by Kathey Avery, RN

Calling all men ages 40 and older with a family history of prostate cancer, and African American males — you are at the greatest risk for prostate cancer.

Even though new guidelines for the general population have come out, we know with the high risk for prostate cancer for the men in our communities, screenings will save a life. New guidelines say men 55 to 69 should discuss the benefits and harms of screening with their doctors. Those not at risk can wait an interval of two years.

Despite protests from urologists, these new guidelines for the general population are now



Kathey Avery

in effect. Ten counties in North Carolina have the highest incidence and death rate from prostate cancer in the world.

African American males suffer 1.6 times greater incidence and 2.8 times greater death rates from prostate cancer compared to whites in North Carolina. Prostate cancer is the #1 cancer in African American men, followed by lung, colon, and rectal cancer.

Ronald Chen MD-MPH, of the University of N.C. Chapel Hill, and his colleagues show 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, as demonstrated by this study, and are less likely to receive aggressive treatment," said Dr. Chen. "All of these factors together can contribute to an increased rate of dying from prostate cancer in African American men compared to Caucasian prostate cancer patients."

Get screened and educated. Join us at the Wesley Grant Center, Saturday, June 20 from 8 a.m. to 12 noon.

Upcoming Events

Community Lunch & Learn

Every Wednesday

From 12:30 to 2 p.m. at the Linwood Crump Shiloh Recreation Complex.

Living a Healthy Life with Chronic Conditions

Now through June 17

Wednesdays from 6-8:30 p.m. Mt. Zion Missionary Baptist Church.

Living a Healthy Life with Diabetes

Now through June 18

Thursdays from 12 noon to 2:30 p.m. Wesley Grant South Side Center. Lunch is provided.

Know Your Numbers



Prostate Cancer & Know Your Numbers Screening

Saturday, June 20

Annual FREE event held from 8 a.m. to 12 noon at the Dr. Wesley Grant, Sr. Southside Center, 285 Livingston St. in Asheville. Call (828) 251-8364 to make your appointment.

Ladies Night Out



First Thursday of each month from 4-8 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.

SAVE THE DATE

ABIPA Yard Sale Fundraiser

July 11 & 12

11 a.m. to 4 p.m. at the TMBC Conference Center.