



### ON SITE ACTIVITIES 56 Walton St., Asheville

### Building Brothers BREAKFAST

**Saturday,  
November 14**

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  
and community partner agencies for  
making our work possible.*



**ASHEVILLE**  
Parks, Recreation  
& Cultural Arts  
Department

and the

**Buncombe County  
Service Foundation**

### 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**

# ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



## National Family History Day Thursday, November 26, 2015

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

**Did you know that each year since 2004, the Surgeon General has declared Thanksgiving to be National Family History Day?**

Over the holiday or at other times when families gather, the Surgeon General encourages Americans to talk about, and to write down, the health problems that seem to run in their family. Learning about your family's health history may help ensure a longer, healthier future together.

We have known for a long time that common diseases such as heart disease, cancer, and diabetes, and rare diseases like hemophilia, cystic fibrosis, and sickle cell anemia, can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure.

Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk, and take action to keep you and your family healthy.

To help focus attention on the importance of family history, the Surgeon General, in cooperation with other agencies with the U.S. Department of Health and Human Services, has launched a national public health campaign called the Surgeon General's Family History

Initiative, to encourage all American families to learn more about their family health history.

Americans know that family history is important to health. A recent survey found that 96 percent of Americans believe that knowing their family history is important. Yet, the same survey found that only one-third of Americans have ever tried to gather and write down their family's health history.

Because family health history is such a powerful screening tool, the Surgeon General has created a new computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health.



The latest version of the "My Family Health Portrait" tool is a web-enabled program that helps users organize family history details and then print it out for sharing with their family doctor.

In addition, the tool helps users save their family history information to their own computer, and even share the information with other family members. Access the My Family Health Portrait web tool at [familyhistory.hhs.gov](http://familyhistory.hhs.gov).

So, as you spend time with the family over the holiday

### Community Lunch & Learns

**Every Wednesday**

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

### Ladies Night Out



**First Thursday  
of each month  
from 4-8 p.m.**

FREE physicals,  
mammograms,  
and health  
education for  
qualifying unin-  
sured or under-  
insured women.  
Transportation  
provided. Free childcare,  
refreshments, blood-  
pressure checks, cho-  
lesterol screenings, and  
pap smears. Call (828)  
250-6006 to make your  
appointment.

season, take some time to  
expand the conversations  
around the table and fire.  
Take steps now to fill in the  
health information leaves of  
your family health tree!

## 4<sup>th</sup> Annual Sister 2 Sister FASHION SHOW 2015

**November 21, 2015 • 6:00 pm**  
S&W Downtown~56 Patton Ave  
Dance to follow with DJ Superman  
Proceeds to help benefit ABIPA & Breast Cancer Awareness  
Ticket Price: \$20.00

## Lung Cancer

by Kathey Avery, RN

**November is lung cancer  
awareness month.**

Lung cancer is the leading killer of both men and women in the United States. I want to thank all for the support and kind words as I have shared the news about my baby brother being diagnosed with NSCLC this past October.

He smoked until he literally could not inhale a cigarette and then had to seek help because he could not breathe. He wanted to share with all you smokers out there to please stop! 99% of small



Kathey Avery, RN

I like to think about Genesis 2:7: "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."

Smokers take this ability to

### What You Need to Know

cell lung cancers are caused by smoking.

When we think about our lungs and their important functions,

live by breathing oxygen and replace it by inhaling 4,000 different compounds some are toxic (poisonous) and can damage our cells, and many of them are carcinogenic, cancer causing chemicals such as arsenic, formaldehyde, and nicotine, to name a few.

Lung cancer has two types, small cell (SCLC) and non-small cell lung cancers (NSCLC) based upon the microscopic appearance of the tumor cells. They grow, spread, and are treated in different ways.

SCLC comprises about 10%-

15% of lung cancers and is the most aggressive and rapidly growing of all the types. SCLC is strongly related to cigarette smoking with only 1% of these tumors occurring in non-smokers. SCLCs metastasize rapidly to other sites within the body. When discovered, they have generally spread extensively.

Non-small cell lung cancers (NSCLC) comprise about 85% to 90% of lung cancers.

Share with loved ones that if you cannot stop smoking please cut back.

**Prevention saves lives.**