

Mount Zion Community Development, Inc.

“ECHO” – Enhancing Collaborative Health Options & Opportunities

Mount Zion Community Development, Inc. (MZCD) is committed to heightening community awareness of the “burden of cancer” through advocacy and supportive services to individuals, students, and families via direct presentations and the distribution of educational resources. To that end, MZCD sponsored the “ECHO” (Enhancing Collaborative Health Options & Opportunities) event.

ECHO was held in collaboration with the Baptist Ministers Union’s



City-Wide Revival, which took place May 16-20, 2016 at Mt. Zion Missionary Baptist Church of Asheville, Inc., Dr. John H. Grant, Host Pastor. Dr. L. C. Ray serves as President of the Baptist Ministers Union.

We remain grateful to the N. C. Cancer Prevention & Control Branch, the Baptist Ministers Union, Mt. Zion Missionary Baptist Church of Asheville, Inc., One Youth At A Time, The Baptist Ushers Union, and commu-

nity partnerships who helped to make the “ECHO” event a successful one.

RESTAURANT SPONSORS

Giving back to the community to enhance collaborative health options & opportunities:

- Applebee’s
- CornerStone
- Fatz Cafe
- Longhorn
- Olive Garden



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.
Photo: Urban News

Skin Cancer

Skin cancer forms in the tissue of the skin. There are several types of skin cancer:

Melanoma: Forms in the skin cells that make pigment

Basal Cell: Form in the outer layer of the skin and,

Squamous Cell: Forms in the flat cells that make up the surface of the unprotected skin.

Melanoma is the most serious type of cancer and causes 72.8 % of all skin cancer deaths. This cancer can spread to other organs if left untreated, and is difficult to control. Basal cell and squamous cell cancers are less serious and make up 95% of all skin cancers.

Skin Cancer in North Carolina

According to the State Center for Health Statistics, North Carolina Department of Health & Human Services and the North Carolina Central Cancer Registry, the rate of new melanoma cases in N. C. is rising rapidly with an average increase of more than five % per year from 1995 to 2011.

Source: NC Cancer Prevention & Control Branch

Signs and Symptoms of Breast Cancer

- New lump in the breast or armpit
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin around the nipple or breast
- Pulling in of the nipple or pain in the nipple area
- Discharge other than breast milk from the nipple
- Pain anywhere in the breast
- Any change in the size or shape of the breast

If you have any of these signs or have questions about breast cancer, contact your healthcare provider for an appointment.

Source: NC Cancer Prevention & Control Branch



Dr. L. C. Ray,
President, Baptist
Ministers Union, One
Youth At A Time.



Kathey Avery, RN,
ABIPA



Lakesha McDay,
Director of Diversity
and Inclusion,
Mission Health



Joyce Oliphant,
Personal Testimony
(Skin Cancer)



Doretha Keeling,
Personal Testimony
(Skin Cancer)



Maceo Keeling, A
Male's Perspective on
Getting a Colonoscopy

Breast Cancer

Breast cancer is a malignant tumor that starts in the cells of the breast. Except for skin cancer, breast cancer is the most common cancer in American women. While breast cancer occurs mostly in women, men can get it also.

Source: NC Cancer Prevention & Control Branch

Breast Cancer in North Carolina

Breast cancer (female only) was the third leading cause of cancer deaths among North Carolina women in 2012. There were 1,286 breast cancer deaths among North Carolina women in 2012 and over 6,350 deaths from 2008-2012.

Mammograms are the most effective method to detect breast cancer before it causes symptoms or can be detected by touch. Between 2007 and 2011, 95 percent of women in North Carolina diagnosed in the earliest stage of breast cancer lived five years or longer compared to 34 percent diagnosed in the advanced stages. Early detection saves lives.²

It is important for women of all races and ethnicities to be screened for breast cancer. White women are most likely to be diagnosed with breast cancer than women of any other race or ethnicity. However, African American women are more likely to die of this disease, due to late detection and more aggressive type of breast cancers.

The North Carolina Breast and Cervical Cancer Control Program (NC BCCCP) provides free or low-cost breast and cervical cancer screenings and

RISK FACTORS FOR BREAST CANCER

Gender – simply being female

Age 50 or older

Personal or family history of breast cancer

Early puberty

Late menopause

Obesity

Physical inactivity

Long term heavy tobacco use

Alcohol use

Source: NC Cancer Prevention & Control Branch

follow-up to eligible women in North Carolina. These services are offered at most local health departments as well as some community health centers, hospitals and private physicians' offices across the state.

Source: NC Cancer Prevention & Control Branch

Other Factors

- Hormone replacement therapy
- Radiation treatment to the breast and/or chest
- Inherited changes in certain genes (BRCA1)

Source: NC Cancer Prevention & Control Branch

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Dr. John H. Grant,
Founding Chairman, President, CEO of Mount Zion Community Development, Inc.

Board of Directors

Verita Woods, Chair
Meryl McDonald, Vice-Chair & Acting Secretary
Sophie Dixon, Treasurer
Sarah Wilcher, Fund-Raising Co-Chair

Staff

Mrs. Belinda K. Grant
Executive Director
(828) 350-9821 belindakgrant@mzcd.info

Ms. Shari Smith
Coordinator, MZCD Programs
(828) 225-8155 sharismith@mzcd.info

Ms. Caryn B. Monroe
Project EMPOWER Outreach Worker
(828) 225-8157 carynmonroe@mzcd.info

Ms. Rosa Hearst, Receptionist
(828) 252-0515