

# ABIPA Health Highlights

CELEBRATING 14 YEARS OF SERVICE TO THE COMMUNITY

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## ON SITE ACTIVITIES 56 Walton St., Asheville

## **Building Brothers BREAKFAST**

Saturday, July 14 Prostate & Diabetes Health. 8 a.m. at the

Healthy Breakfast Options provided

ABIPA office.



#### **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 community partner agencie making our work possible.









**Buncombe County Service Foundation** 

#### **ABIPA**

56 Walton Street Asheville, NC 28801

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#### Asheville Buncombe **Institute of Parity** Achievement

ABIPA promotes economic, social, and healthy parity achievement for African Americans and other underserved populations in Buncombe County through advocacy, education, research, and community partnerships.

www.ABIPA.org

## Men's Health Month

This month ABIPA focuses on the men of our community with our Annual Fathers Day gift of a FREE Know Your Numbers and Prostate Screening.

By JéWana Grier-McEachin, Executive Director Photo: Pro16 Productions

This month is also Men's Health Month nationally. We want to insure that heightened awareness is achieved this month, but ultimately that the health of our men are a priority for them and everyone who supports them.

This is what Kevin Billups, M.D., has to say as it relates to Men's

### What are the biggest health issues men face?

There is a crisis in America right now in men's health, and it affects every community. That crisis revolves around managing chronic medical diseases like

diabetes, obesity, hypertension, heart disease, and high cholesterol. These common problems are causing men to die prematurely in the prime of their life.

What is low testosterone?

By Kathey Avery RN, BSN

prevention is worth

ABIPA provides pre-

ventive health education,

resources, and screening

to shape and influence

the culture of our local

ABIPA addresses the holistic

includes the physical, and other

On June 16 at the Arthur R.

social determinants of health.

Edington Center from 8 a.m.

to 12 noon, ABIPA will hold its

and our "Know Your Numbers

churches. ABIPA is calling all

our African American males.

men 40 and older with a family

history of prostate cancer, and all

Screening" for our PRAISE

11th annual Prostate Screening,

health of individuals which

community's health.

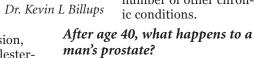
a pound of cure!"

"An ounce of

Testosterone is the main male

hormone responsible for a number of things, including reproductive development. It's made in the testes and impacts a number of functions. The most common symptoms of low

testosterone are a decreased sex drive, erectile difficulty, tiredness, mood changes, and occasional memory problems. If you have low testosterone, you're at increased risk of developing diabetes, hypertension, or a number of other chronic conditions.



Once we get over the age of 40, our prostates grow-it's known as "benign prostate enlargement." The common symptoms include slow urinary stream or a sudden urge to go to the bathroom.



A free Prostate & Know Your Numbers Screening takes place Saturday, June 16 at the Arthur Edington Center.

An enlarged prostate has been linked to a number of metabolic diseases such as diabetes and cardiovascular disease.

Much of this you already know because our nurse, Kathey Avery, RN BSN, does a remarkable job of keeping the facts about prevention in the forefront of everything we do. So I encourage you to encourage a man you know to make his health his number one priority this month.

## COMMUNITY

#### **Lunch & Learn**

#### **Every Wednesday**

Led by Kathey Avery RN, BSN, from 12 noon to 1 p.m. at the Linwood Crump Shiloh Recreation Complex.

## **Ladies Night Out**



#### Second 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, bloodpressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

## FREE Screenings



### **Annual Prostate & Know Your Numbers Screening**

#### Saturday, June 16

8 a.m. – 12 noon at Arthur Edington Career & Education Center. Call 251-8364 now to make your appointment. This is a collaborative community event hosted by ABIPA, Parkridge Health, the Housing Authority of Asheville, and our local McDonalds.



## **PRAISE** 2018 is **Underway!**

Programming for the 2018 PRAISE initiatiave has begun. Call or email us today so that we can get on your calendar. (828) 251-8364 or info@abipa.org.

## **Happy Father's Day**

New federal guidelines say men 55 to 69 should discuss with their doctors the benefits and harms of screening. Those not at risk can wait an interval

tion are now in effect.

African American men are less likely than Caucasians to undergo prostate cancer screening, and more likely to be diagnosed with advanced cancer. Dr. Chen states, "All of these factors together can contribute to an increased rate of dying from prostate cancer in African American males."

munity, and we know African American men are at higher risk, and that early screenings will save lives. We are still hoping to see 100 men this year, so each one bring one. Let's save a life for

Health Education Resulting in Action Inspiring Success for Everyone) screening for our June 16. We ask that churches send your congregation now. It is part of the PRAISE project. We need this data to show where we are with our community making the changes that will improve their health. Much of our funding calls for our showing results within the community, and it's essential for us to continue havserve our community as healthcare in WNC becomes even more complicated. Help us help you this Happy Father's Day!

## Our PRAISE (Preventive

Let's Save a life for Father's Day!

of two years. Despite churches will also be held on Kathey Avery, RN protests from urologists, these guidelines Photo: Pro16 Productions that did not attend the first for the general populascreening this year to please ing that funding ... so we can ABIPA exists to serve our com-