



ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

Saturday, July 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.



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 underserved populations in Buncombe County through advocacy, education, research, and community partnerships.

www.ABIPA.org

ABIPA Health Highlights

CELEBRATING 14 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

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, blood-pressure 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

PRAISE 2018 is Underway!

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

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?

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



Dr. Kevin L. Billups

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.

After age 40, what happens to a man's prostate?

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.

Happy Father's Day

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

By Kathey Avery RN, BSN

"An ounce of prevention is worth a pound of cure!"

ABIPA provides preventive health education, resources, and screening to shape and influence the culture of our local community's health. ABIPA addresses the holistic health of individuals which includes the physical, and other social determinants of health.

On June 16 at the Arthur R. Edington Center from 8 a.m. to 12 noon, ABIPA will hold its 11th annual Prostate Screening, and our "Know Your Numbers Screening" for our PRAISE churches. ABIPA is calling all men 40 and older with a family history of prostate cancer, and all our African American males.



Kathey Avery, RN
Photo: Pro16 Productions

The Facts

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 of two years. Despite protests from urologists, these guidelines for the general population 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."

ABIPA exists to serve our community, 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 Father's Day.

Our PRAISE (Preventive Health Education Resulting in Action Inspiring Success for Everyone) screening for our churches will also be held on June 16. We ask that churches that did not attend the first screening this year to please 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 having that funding ... so we can serve our community as health-care in WNC becomes even more complicated. Help us help you this Happy Father's Day!