



# ABIPA Health Highlights

CELEBRATING 15 YEARS OF SERVICE TO THE COMMUNITY

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COMMUNITY

## ON SITE ACTIVITIES

56 Walton St., Asheville

## Building Brothers BREAKFAST

Saturday, April 13

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

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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



## The Power of Sleep

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions



Did you know that March 15th is World Sleep Day?

Sleep is one of those things like air and food that we cannot live without. I don't think that most of us place that much value or attention to sleep, but as you sleep your body repairs and restores itself. I want to share a couple of key points from the article *The Healing Power of Sleep*.

"Think of sleep as the tuneup you need to run smoothly," says Dr. David M. Rapoport, director of the Sleep Medicine Program at NYU Langone Medical Center. You should aim for seven to eight hours of shut-eye every night.

### Seven Important Things Sleep Provides

#### 1. Saves You Hundreds of Calories

To protect your waistline, make bedtime a priority. A study in the *American Journal of Clinical Nutrition* showed that people ate an average of nearly 300 fewer calories per day when they were well-rested.

A solid night of sleep may provide extra willpower to resist those cookies or chips. "We're discovering that a part of the brain that controls sleep also plays a role in appetite and metabolism," Rapoport says.

#### 2. Makes You Smarter

You absorb thousands of things every day, like new words or a new routine in your Zumba class. When you sleep, your brain sorts through all of this info.

"If you're trying to learn something, go to bed," Rapoport says. Chances are you'll remember that speech or perform those dance moves better in the morning.

#### 3. Brightens Your Mood

When you toss and turn all night, chances are good you'll be cranky the next day. "Sleep allows your mind and body to rest," Rapoport says. "This can give you energy and a more positive outlook."

It can also help you manage stress. Research in the journal *SLEEP* showed that people who snoozed seven to nine hours a night had fewer symptoms of depression than those who slept less.

#### 4. Heals You From the Inside Out

While you sleep, your brain triggers the release of hormones that encourage tissue growth. This can help you recover from injuries such as cuts or even sore muscles from your last workout.

Quality ZZZs also help your body defend itself. During sleep,

you make more white blood cells that attack viruses and bacteria, says Sunita Kumar, MD. In one study, people who slept at least eight hours a night were three times less likely to come down with a cold than those who got seven hours or less of sleep.

#### 5. Guards Your Heart

Your blood pressure dips as you snooze. That may give your heart a break. According to Kumar, your body tweaks your stress hormones during sleep. This, in turn, may curb inflammation, which is linked to heart disease, diabetes, and many other conditions.

#### 6. Revs You Up

Get enough sleep, and you'll have enough energy to do all kinds of things.

#### 7. Makes Tough Decisions Easier

Stumped about something? Hit the hay and you may wake up to a new way of looking at it. You need to get enough sleep to think well.

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I hope this information will encourage you to seek more ways to sleep well, so that when you wake, you are at your best.

## March is National Colorectal Cancer Awareness Month



By Kathey Avery, Director of Clinical and Community Connections

**First:** African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. There is a strong link between diet, weight, exercise, and colorectal cancer risk.

**Second:** Screenings for African Americans may need to take place at an earlier age.

**Third:** If you have private health insurance there is a 30% higher relative 5-year survival rate compared with that of uninsured African Americans.

### Colon Cancer Risk Factors

- Age
- Personal history of colorectal polyps or colorectal cancer
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer
- Inherited syndromes such as Familial Adenomatous Polyposis (FAP)

- Lifestyle-related factors such as physical inactivity, obesity, certain types of diets.
- Racial and ethnic background
- Type 2 diabetes

Deaths from colon cancer could be avoided with health screenings. Follow the guidelines your doctor suggests. On your 50th birthday get your first screening, it can save your life.

## Lunch & Learn

Every Wednesday

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

## Minority Diabetes Prevention Programs

Learn how you can delay or prevent type 2 diabetes at these MDPP classes.

**Saturdays:** 11:30-12:30 p.m. at Tried Stone Missionary Baptist Church, 100 Carroll Avenue in Asheville.

**Sundays:** 1:30-2:30 p.m. at the Edington Education & Career Center, 133 Livingston St. in Asheville.

**Thursdays:** 6-7 p.m. at the Reuter YMCA, 3 Town Square Blvd. in Asheville.

## MDPP Spanish Classes

**Tuesdays:** 7-8 p.m. at the Kellogg Center, 1181 Broyles Rd. in Hendersonville.

**Thursdays:** 7-8 p.m. at the Kellogg Center in Hendersonville.

## Tried Stone Health Fair & Praise Know Your Numbers Screening

**Saturday, March 23**  
10 a.m. until 2 p.m. at Tried Stone Missionary Baptist Church, 100 Carroll Avenue in Asheville.

## Save the Date



## Annual Hope Banquet

**Tuesday, May 21**  
6 p.m. at MAHEC Mary C Nesbitt Biltmore Campus in the Blue Ridge Room.

## Relative Survival Rates for Colon Cancer\*

SEER Stage	5-Year Survival Rate
Localized	90%
Regional	71%
Distant	14%
All SEER Stages Combined	64%

\*Source: American Cancer Society