



# ABIPA Health Highlights

CELEBRATING 15 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

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

**Building Brothers BREAKFAST**

**Saturday, July 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



## Make Your 5 Plays for Men's Health

*This month we focus on our men.*

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

If you are a regular reader of our page you know that I love reminding us where the roots of observations of special days or months come from.

Men's Health Month began as a declaration of Men's Health week through Senate Joint Resolution 179, introduced by Senator Bob Dole and passed by the U.S. Senate on March 26, 1994. An identical bill (HR 209) needed 218 sponsors to become eligible for consideration before the House. HR 209 accumulated enough support to pass the House in late May 1994, ultimately attracting 238 co-sponsors.

Similar to the growth of Black History week into Black History Month, Men's Health Month was also first observed as a special week. Now Men's Health Month is observed across the country to raise awareness about health care for men, with a focus on encouraging boys, men, and their families to practice and implement healthy living decisions, such as exercise and healthy eating.

According to the U.S. Centers for Disease Control and Prevention, boys and men in the United States, on average, die 5.6 years earlier than women, and they die at higher rates from nine of the top 10 leading causes of death. During Men's Health Month we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

Consider participating in Wear Blue Day on Friday, June 14. This day is part of the year-round Wear BLUE® awareness campaign created by the Men's Health Network to raise awareness about the importance of male health, and to encourage men to live longer and healthier lives.

That Friday is also the day before our Annual Prostate and Know Your Numbers Screening. We provide this free event for the men of our community as a gift to assist them in being advocates for their own health. We look forward to seeing the men who read this page and those who love them. Remind them to join us at the

Edington Center on Saturday, June 15 between 8 a.m. and 1 p.m.

We also invite you to join us in promoting messages like OMH's Five Plays for Men's Health. Remind men and boys that they can improve their health by seeking medical advice and by taking other important steps, such as making healthy food choices, staying active, quitting smoking, getting regular checkups, and taking care of their mental health.

**LUNCH & LEARN**

**Every Wednesday**

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

**FREE Annual Prostate Cancer and Know Your Numbers Screening**

**Saturday June 15**

8 a.m. to 1 p.m. at Arthur Edington Center, 133 Livingston Street. Call and make your appointment today (828) 251-8364.

## June is Men's Health Awareness Month



By Kathey Avery, RN, BSN

Director of Clinical and Community Connection

Photo: Pro16 Productions

ABIPA's annual prostate screening takes place Saturday, June 15 from 8 a.m. until 1 p.m. at the Arthur Edington Career & Education Center. Call 251-8364 now to make your appointment. Walk-ins are welcomed. This is a collaboration with ABIPA's community partners, Convention Makers, the YMCA of Western North Carolina, Advent Health, and Know Your Numbers screening, which is part of our church PRAISE initiative supported by ABIPA, and UNC Asheville.

This year we have been working with our African American barbershops to increase participation. We will be announcing an ABIPA Prostate Health Ambassador Barber, someone who gave out the most information on prostate cancer and colon cancer for ABIPA over the last 10 months.

**Participating Barbershops**

- Jr's Cuts, 1 Eagle Street
- A Kinky Thing Hair Salon, 868 Haywood Rd.
- Do Drop In, 8 Eagle Street
- Wynn's Beauty & Barber, 1987 Hendersonville Rd., Suite E.

- Legends Barber & Beauty, 84 New Leicester Hwy.
- King's & Queens, 1 Kenilworth Knoll, Suite 3
- O's Barbershop, 2398 Hendersonville Rd.
- Preferred Cuts, 213 Merrimon Ave.



**5 PLAYS FOR MEN**  
to Stay at the Top of Their Game

- We will protect this heart:** Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart - make fruits and vegetables half of your plate.
- Bro, you don't even have to lift:** Getting just 30 minutes of exercise each day can help you live longer and healthier.
- Preventive maintenance:** Getting regular check-ups can catch small problems before they become big problems.
- Quitting time:** Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.
- Hey man, you good?** Life can get tough, and talking things through with a mental health professional can help. Find more info at minorityhealth.hhs.gov.

ABIPA is calling our African American males, and all men age 40 and older with a family history of prostate cancer. You are at the greatest risk for prostate cancer.

**The Facts**

New guidelines say men between the ages of 55 and 69 should discuss the benefits and harms of screening with their doctors. Those not at risk can wait an interval of two years. ABIPA is here to serve our community, and we know African American men are at a higher risk and screenings will save a life.

African American males suffer a 1.6 times greater incidence rate, and 2.8 times greater death rates from prostate cancer compared to whites in North Carolina. Prostate cancer is the #1 cancer in African American men, followed by lung, colon, and rectal cancer.

Breakfast will be served for the Know Your Numbers screening. Make this the best year ever! Bring family, neighbors, and friends.

*Save a Life for Fathers Day!*