



ABIPA Health Highlights

CELEBRATING 17 YEARS OF SERVICE TO THE COMMUNITY

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EVENTS & ACTIVITIES

Call (828) 251-8364 to schedule ABIPA for your organization or church events.



Let's Budget Your \$

You can do it! Join us for six weeks beginning Saturday, October 16. For more details, contact Anika Williams, 978-277-6314.

Sponsored by ABIPA and Women's Ministry of Bethel SDA Church.

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 partners and community partner agencies for making our work possible.



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



Men Suffer Too

Breast Cancer and Domestic Violence Awareness are both observed during October.

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

When you think of these issues, what images flash in your mind first and foremost? As we create awareness on behalf of the lady warriors, we also want to build awareness for the invisible men who are also impacted. Many men are also survivors and may find themselves struggling with breast cancer or intimate partner violence.

Males Impacted by Breast Cancer

Even though the risk of breast cancer is much lower in men than in women, it is important to remember that it happens. The lifetime risk of getting breast cancer is about 1-in-833 for men in the US compared to 1-in-8 for women in the US. Men are often diagnosed at a later stage of breast cancer than women. Men may be less likely than women to report signs and symptoms. This may lead to delays in diagnosis.

In 2021, it's estimated that among men in the US, there will be 2,650 new cases of invasive breast cancer (including new cases of primary breast cancer, but not recurrences of original breast cancers), and 530 breast cancer deaths.

Breast cancer incidence in US men varies by race and ethnic-

ity. Black men have the highest breast cancer incidence overall and Hispanic men have the lowest. Black men also have higher breast cancer mortality than white and Hispanic men.

Some men may be embarrassed about a change in their breast or chest area, or may not know it's important, and put off seeing a health care provider. This may result in a delay in diagnosis. Survival is highest when breast cancer is found early and treated. So whether you are a woman or a man, early detection saves lives.

Male Victims of Domestic Violence

When the subject of domestic violence is discussed, most people assume it is women who are the victims. Men can also be victims of domestic violence. The gender of the victim is not important. We need to focus upon the fact that one person in a relationship believes it is fine to hurt the other person in the relationship.

A survey taken by the Centers for Disease Control in 2010 showed that 40% of the victims of severe physical domestic violence were men.



Kelly White, MHE, MPH. Photo: Pro16 Productions

breast cancer each year. Every year there are millions of people looking for ways to bring awareness to the cause, and also show their support for their loved ones and others who are fighting the battle. This year the National Breast Cancer Foundation's campaign is RISE UP. The campaign has three different components: access to education, screenings, and support.

RISE UP to assist people with getting access to education. We know that early detection is the best detec-

tion. Women and men who are educated on breast health are more likely to be able to identify changes in their bodies and seek the proper help if a lump is found or something seems odd.

RISE UP to assist people with getting screenings. Studies have shown that African American women are less likely to get a screening due to lack of health insurance—a very big barrier to healthcare. Not only is the lack of health insurance an issue, but also access to get the screenings completed. One question to think about is how far out you have to schedule the mammogram when it's due? Or, are there appointments available when it is time to schedule?

My Journey Through Breast Cancer

Getting that call that you have Breast Cancer will change your life forever.

I was sitting in my living room when the doctor called me and told me that I had Breast Cancer and that it was Triple Negative, one of the most aggressive cancers ever. Shook and scared I didn't know what to do or think. My thinking turned to death. I was about to die and I was scared.

I only had two options. They were chemotherapy and surgery. I couldn't get radiation because of my current disease, Sarcoidosis, that would have killed me.

Everybody's journey is different and has a different outcome. I tell my story to encourage others in this difficult time. My faith was tried and tested but I knew God had me. With my family's support



LaTonya Best

I was able to fight this deadly disease, even though some days I wanted to give up.

Believe me, it was tough going to chemotherapy every two weeks and then every week. Seven months later, I was done with my chemo and next was surgery. I ended up having a double mastectomy. It was

a life changing moment, but I prayed and cried and asked God to guide me through. On September 20, 2019, I got the call that all the cancer was gone. I knew I had to be strong. I was dealing with no hair and no breast.

The message of my story is to keep on fighting and pushing through. I learned that you don't know how strong you are until you have to be strong. Please be encouraged.

Why are men so silent when it comes to domestic violence? It might just be because there is a societal impression that men are supposed to be strong and be able to subdue women. If they are abused, then it is not uncommon for people to blame the man for becoming a victim instead of seeking out justice for him.

Whether it is stigma, stereotype, or the fear of a slippery slope that impedes action and resources for men who suffer, awareness is the first step to advocacy. Each community must begin finding ways to support male victims of domestic violence right now.

Rise Up!

by Kelly White, MHE, MPH, ABIPA Health Education Program Manager

Breast cancer continues to be one of the leading causes of death in the US, affecting hundreds of thousands of people each year.

Just under 300,000 women and just over 2,500 men are affected by

Lastly, the need to RISE UP to support our loved ones and each other. Support can come in many different forms. From simply assisting someone to get to an appointment to sending a simple text message to say, "I am thinking of you." Some other ways you can help include wearing pink throughout the month and sharing your time by volunteering. You could even take time to learn more about breast cancer and screenings and educate others! We know that prevention is key and early detection can save lives.

I encourage you to challenge yourself to RISE UP for the rest of



this month and beyond to find a way, whether big or small, to get involved in breast cancer awareness and other causes that are near and dear to your heart.

Source: National Breast Cancer Foundation