

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

The IFPHA is grateful for the support of our sponsors.



Robert Wood Johnson Foundation

What You Need to Know to Stay Healthy

BY KATHEY AVERY RN, BSN, CN

Important topics for our community.

This month, we are asked to be aware of healthy aging, cholesterol, ovarian cancer, prostate cancer, and alcohol and addiction recovery.

Healthy Aging

What promotes healthy aging?

- Healthy eating. As you age, your dietary needs may change.
- Regular physical activity.
- Staying at a healthy weight.
- Keeping your mind active.
- Making your mental health a priority.
- Participating in activities that you enjoy.
- Playing an active role in your health care.
- Not smoking.

Tip: See your doctor; if you don't have a doctor, find one to make sure you are aging healthy.

Source: US DHHS



Cholesterol

Cholesterol is a soft, fat-like substance found in your blood and body cells.

Your body uses cholesterol to protect nerves, make cell tissue, and make certain hormones.

A silent problem. High cholesterol usually has no direct symptoms. When your cholesterol is higher than it should be, you may not feel different, but cholesterol may still do damage to blood vessels. Blood flows through the vessels carrying many of the important things the body needs to function, such as oxygen and cholesterol. So, problems with blood vessels can lead to heart disease or stroke.

Tip: See your doctor and know your numbers.

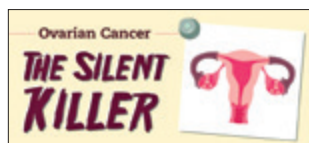
Source: Bel Marra Health

Ovarian Cancer

Ovarian cancer is often called the "silent" killer because many times there are no symptoms until the disease has progressed to an advanced stage.

My best friend died from ovarian cancer in her 50s. Some early symptoms may include:

- An unusual feeling of fullness or discomfort in the pelvic region



- Unexplainable indigestion, gas, or bloating that is not relieved with over-the-counter antacids
- Pain during sexual intercourse
- Abnormal bleeding
- Swelling and pain of the abdomen

Tip: If you have any of the above symptoms, see your doctor. New methods for early screening of ovarian cancer are being investigated, such as ultrasound in conjunction with a blood test. The blood test is to detect a cancer protein called CA 125. This protein is sometimes detected in the blood of women with ovarian cancer.

Sources: Womens Health; American Cancer Society.

Prostate Cancer

Black and African American men are much more likely to develop prostate cancer.

One in six Black men will develop prostate cancer in his lifetime, compared to one in eight men overall. Black men are 1.7 times more likely to be diagnosed with—and 2.1 times more likely to die from—prostate cancer than white men.

Why is prostate cancer so common in Black males? "Inherited, biological factors could be a factor," says Dr. Abdollah. "Studies have shown that prostate cancer in Black men has a different genetic profile—the mutations they have are different. It's a more aggressive cancer and, at diagnosis, they present with a higher stage of cancer."

Given the higher risk of developing prostate cancer and dying from the disease, African American men need to make sure they are screened. Prostate cancer screening tests include digital rectal exams, in which a doctor checks for swelling and inflammation, and a PSA test, which measures the level of prostate specific antigens (PSA) in the blood.

Tip: Get screened! African American men should consider being part of clinical trials in order to test new therapies. Because of lack of awareness and mistrust in healthcare systems many men may not be aware of the benefits they



September is Healthy Aging Month

may have despite their increase in developing prostate cancer and dying from it.

Source: Memorial Sloan Kettering Cancer Center

Alcohol and Other Addictions

National Alcohol and Addiction Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

I am a certified Tobacco Treatment Specialist and a member of NAADAC, the Association for Addiction Professionals. NAADAC represents the professional interests of more than 100,000 addiction counselors, educators, and other addiction-focused health care professionals in the United States, Canada, and abroad. NAADAC's members specialize in addiction prevention, treatment, recovery support, and education.

Tip: Addiction is difficult to overcome, seek professional help. NAADAC is working to make treatment by nationally certified counselors available to every person who needs it.

NAMI can help, call 1-800-451-9682, visit nami.org, or email helpline@nami.org.

To help you locate treatment, the Substance Abuse Mental Health Services Administration (www.samhsa.gov) offers a 24/7 helpline with national treatment referrals to programs that specialize in helping people recover. They can be reached at 1-800-662-HELP (4357).

Source: www.naadac.org.

