



Special Events

Dessert With a Doc

Thursday, June 14 at 6 p.m. This month's speaker: Dr. Calvin Kelly.

Brother 2 Brother Breakfast Club Prostate & Diabetes Health

– Saturday, July 14 beginning at 8 a.m. at the ABIPA office.

Healthy breakfast options provided by



For more information on any of our programs:

Contact us at
(828) 251-8364

Visit us at www.abipa.org

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ABIPA promotes economic, social, and healthy parity achievement for African Americans and other people of color in Buncombe County through advocacy, education, research, and community partnerships.

ABIPA Health Highlights

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On Site Activities

Ladies Night Out

July 5 from 4-8 p.m.

First Thursday of each month. 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.

Off Site Activities

Housing Health Days Health Assessments and Education

– Saturday, June 23 at the Bartlett Arms in Asheville, from 1 to 2 p.m.

Men's Health Week

by Je'Wana Grier-McEachin, Executive Director

Photo by JaiEssence McEachin



Did you know that June 11 through the 17 is Men's Health Week?

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

~ Congressman Bill Richardson

This statement is powerful and very relevant to our community. Black men suffer far worse health than any other racial group in America. There are a number of reasons for this. They include racial discrimination, a lack of affordable health services, poor health education, cultural barriers, poverty, employment that does not carry health insurance, insufficient medi-

cal and social services catering for black men.

Black Male Health Statistics

- Black men live 7.1 years less than other racial groups
- They have higher death rates than women for all leading causes of death
- They experience disproportionately higher death rates in all the leading causes of death
- 40% of black men die prematurely from cardiovascular disease as compared to 21% of white men
- They have a higher incidence and a higher rate of death from oral cancer
- Black men are five times more likely to die of HIV/AIDS
- 44% of black men are considered overweight
- 24% are obese

Black Men Suffer From:

- More preventable oral diseases that are treatable



Wanda Hawthorne takes care of a participant at one of ABIPA's Annual Prostate Screenings.

- A higher incidence of diabetes and prostate cancer
- A high suicide rate. It is the third leading cause of death in 15 to 24 year olds

All of these statistics remind us of what we already know. We have an uphill battle when it comes to the health of our men. But, if we address these issues as a community, or as a family, we can make a large impact. Men, we want and need for you to be healthy and well.

This month take extra time to

reflect and act on becoming healthier and join us for our FREE Annual Prostate and Know Your Numbers Screening. When you come, don't come alone, bring your fathers, brothers, sons, and friends. We need you all to survive and thrive!

People Will Smoke Things They Wouldn't Eat

by Kathey Avery, RN

Would you eat these poisons: formaldehyde, arsenic, or cyanide?

If your answer is no, you should at least think about stopping or not starting to smoke cigarettes. I have talked to many people who say this information would not make them stop smoking, but it would make them start thinking about what they are doing. I hope this information will start you on that journey to quitting or not starting to smoke. Here are some facts for you to consider.

Formaldehyde is a colorless, flammable gas with a strong odor. A small amount is produced in our bodies naturally, but most formaldehyde is released into the environment by burning of fuels and household waste. Cigarette smoke contains formaldehyde.

According to an article in the *American Journal of Public Health* entitled, "Irritants in Cigarette Smoke Plumes," formaldehyde inside cigarettes is evident in concentrations of up to three times established occupational limits. It is responsible for some of the nose, throat, and eye irritations smokers experience when



Photo by Kathey Avery

breathing in cigarette smoke.

Cigarettes can contain up to 599 possible additives, all approved by the U.S. government. When the ingredients in cigarettes are burned, they produce many chemical compounds, many poisonous and some carcinogenic (cancer-causing).

Arsenic is also a poison. The International Agency for Research on Cancer has classified arsenic as carcinogenic to humans. Inorganic arsenic has been linked to several cancers, including lung, skin, bladder, liver, and kidney cancer. Smokers breathe an estimated 0.8 to 2.4 micrograms of inorganic arsenic per pack of cigarettes, with approximately 40 percent of it deposited in the respiratory tract.

Hydrogen cyanide is a colorless, poisonous gas, and is a toxic byproduct also present in cigarette smoke. Under the name of Zyklon B, hydrogen cyanide was used as a genocidal agent during World War II. No one was willing to breathe hydrogen cyanide into their lungs then, but smokers are willing to do it multiple times when they inhale

cigarette smoke. Nonsmokers are also at risk of breathing in this poison when they are exposed to cigarette smoke

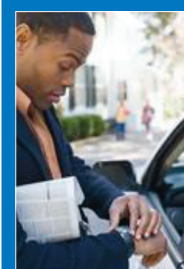
When we put all these ingredients together you can see it is

difficult to imagine not having a major health problem. This is one of those health conditions we can control. I hope you will consider changing the habits that produce this poor health outcome in order to live a more healthy life.

Congratulations to the Graduating 2011/2012 Minority Medical Mentoring Program Interns



Left to right: Vy Diep, Pritesh Patel, Bryanna Williams, Robyn Williams, Brianna Rock, Michelle Yang, Lucia Yepez-Rias.



Don't Come Alone... Each One Bring One

Join Us for Our Annual FREE Prostate Cancer & Know Your Numbers Screening

Saturday, June 16 from 8 a.m. to 11 a.m.

Dr. Wesley Grant Sr. Southside Center, 285 Livingston St., Asheville. Call and make your appointment today (828) 251-8364.



Thank you to our community collaborators who make this annual event possible!

