



Commit

Wear blue in support of Prostate Cancer survivors and finding a cure.

On Site Activities

Diabetes, Breast and Prostate Cancer Education & Pre-Screenings

Brother 2 Brother

Prostate Cancer Survivor
Support Group
March 14, 2009
8:30 AM

Off Site Activities

Diabetes Support Group

Bethel Seventh-day Adventist Church
March 7, 2009
3:30 pm

Body & Soul Training

Location TBA
March 19, 2009
6:00 pm

Sista 2 Sista

Breast Cancer Survivor Support Group
God's Ray of Hope
Non-Denominational Church
March 21, 2009
12:00 noon



Schedule a Nutrition Class

For information on programs call: (828) 251-8364 or visit us at

70 S. Market St., Asheville NC
www.abipa.org

Asheville Buncombe Institute of Parity Achievement



PACE

Health Highlight

Prostate Health

If you don't know what your prostate is or what it does, you're certainly not alone: most men don't. But you really should. More than 30 million men suffer from prostate conditions that negatively affect their quality of life.

What Are The Facts?

- Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH).
- Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.
- Prostatitis is an issue for men of all ages and affects 35% of men aged 50 and older.

Help A Brother Out

Single Men Less Likely to Get Prostate Screens



The study, published in *Cancer Epidemiology, Biomarkers & Prevention*, found that even men with a family history of prostate cancer were 40 percent less likely to be screened if they lived alone compared to those who were married or shared a home with a significant other. The study, however, did not examine why this is so.

"In terms of motivating people to get screened, there may be benefit in targeting wives or significant others as well as men," lead author Lau-

ren P. Wallner, a graduate research associate at the University of Michigan, said in an American Association for Cancer Research news release.

Prostate cancer is the second leading cause of cancer deaths among U.S. men in the United States; however, five-year survival rates greatly improve with early detection.

More research needs to be done on why the trend of single men are less likely to be screened. However if you are a single man, please get checked. If you know a single man encourage him to get checked.

Ladies Night Out



Celebrating Life!

First Thursday of Each Month

Ladies Night Out offers FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears

Call 250-6119 to make your appointment

or

ABIPA at (828) 251-8364

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.