

Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989



OCTOBER
NATIONAL DOMESTIC VIOLENCE
AWARENESS MONTH

2019
Domestic Violence & Breast Cancer
Awareness



Domestic Violence month provides an opportunity to educate the community on the pattern of abusive behaviors that alter the lives of too many of our neighbors, friends and families. It is not only in our homes; it is in our schools, our hospitals, our churches, and our workplaces. More women are affected than men. At least 22-39% of women in the US are affected by intimate partner violence.

SOME RISK FACTORS

- Individual beliefs and behaviors
- Heavy Drinking
- Prior History of Aggressive Behavior
- Witnessing or Experiencing Childhood Violence
- Marital Conflict
- Economic Stress; Poverty

WHAT TO DO IF YOU ARE EXPERIENCING DOMESTIC VIOLENCE

Call 911 and report the incident. Write down the police report/incident number and keep with your records. If necessary, seek medical attention. Have injuries documented and photographed. Go to a safe place such as a domestic violence shelter. Seek the support of caring people. Have a safety plan. If your partner is abusive, have a plan to protect yourself and your children. File for a Protective Order that will tell your abuser to stay away.



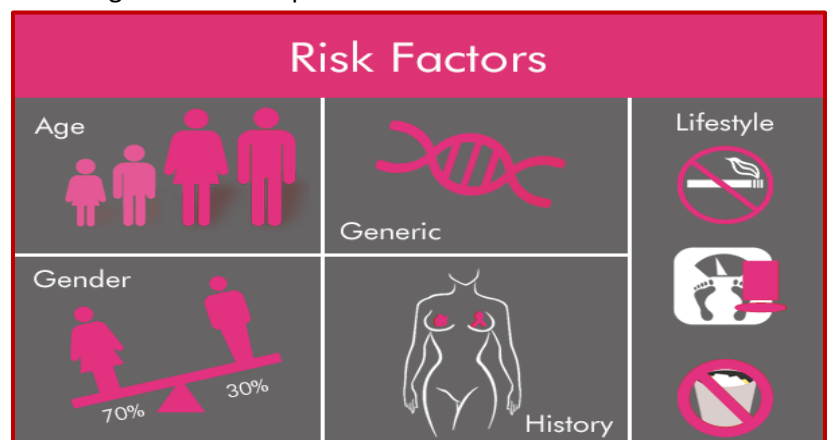
Avis Artis
Retired MD – OB/GYN

“Remember, you are not alone. Seek support. Call the Durham Crisis Response Center at 919-403-6562. If you are a friend or confidant, be supportive. Do not use words like victim, abused, battered. Let them know that you are available for support in whatever form they need!”, says Dr. Avis Artis.

Dr. Sheila Allison, says, “**Breast Cancer** is the leading cause of cancer death among women worldwide. African American women are diagnosed at later stages and have a poorer outcome and often have a more aggressive form of breast cancer.”



Sheila Allison, MD – OB/GYN



BREAST HEALTH AWARENESS: WHAT YOU CAN DO TO REDUCE YOUR RISKS.

- Take a good look at your diet. Cut back on fatty foods and increase fresh vegetables, especially cruciferous vegetables, broccoli, cabbage, cauliflower, and brussels sprouts lower the risk.
- Consider weight loss if appropriate. Not only will this decrease breast cancer risk but will also reduce the risk of other medical conditions such as high blood pressure and diabetes.
- Get up and move! Regular exercise helps with weight which can reduce your breast cancer risk by 18%. Don't smoke.
- Be diligent in doing monthly self-breast exams. It is important that you let your doctor know if anything looks or feels different in the meantime.
- Get annual mammograms. It is the best way to identify changes in the breast and early detection is essential to a cure.

REMEMBER YOUR ABC's & D's

Annual mammogram screening for women over the age of 40 and those at high risk.

Breast self-examination -Talk to your provider about technique.

Control your weight by maintaining a healthy lifestyle and exercising regularly.

Duke Energy Safety Tip: Keep warm during the fall and winter months and remember to keep flammable items away from space heaters.

FOR MORE INFORMATION

- UNC Lineberger Comprehensive Cancer Center - 1.984.974.8762
- Living Beyond Breast Cancer - 1.888.753.LBCC (5222)
- Duke Cancer Institute - 919-684-0409 or <http://dukecancerinstitute.org/ohe>
- Durham Crisis Response Center for Domestic Violence at 919.403.6562
- InStepp, Inc. for Domestic Violence at 919-680-8000 or www.instepp.org

PLEASE DONATE: Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



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Thank you.

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



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