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Healthy People
2030

Improving the health of Durham
& NC communities since 1989

October 2020

Breast Cancer and Domestic Violence

October is National Breast Cancer and Domestic Violence Month, and the global pandemic of COVID-19 has impacted both!

Breast Cancer

COVID-19 has impacted breast cancer screening and diagnosis rates. Less women have sought screening mammography this year. In some studies, this decline has been as high as 80% when compared to 2019.



Dr. Avis Artis, MD, a retired OB/GYN states, “Now that imaging centers are back open, missed or delayed appointments should be rescheduled! Mammography is the most effective screening tool for breast cancer. Following lung cancer, breast cancer is the second most frequent cancer diagnosed worldwide. It is the leading cause of cancer death in women worldwide and the second leading cause of death in women in the US.”

Approximately 1 in 8 women will be diagnosed with Breast Cancer in their lifetime. The National Cancer Institute estimates that 279,480 women will be diagnosed with breast cancer this year. Most will survive due to early detection and treatment.

Risk Factors for Breast Cancer:

- ◆ Age: Most are diagnosed after age 50
- ◆ Genetics: Mutations of BRCA1 AND BRCA2 genes
- ◆ Reproductive history: early onset of menses and late menopause
- ◆ Dense breast tissue
- ◆ Personal or Family Hx of breast cancer
- ◆ Previous radiation to the chest.



Alterable Risk Factors:

- Obesity—especially after menopause
- Limit use of postmenopausal hormone replacement to less than five years
- Breastfeed children
- Full-term pregnancy before age thirty
- Decrease alcohol intake

In addition to mammogram screening as recommended by your health care provider, all women should perform monthly breast exams and have an annual breast exam performed by their health care provider.

Domestic Violence

Domestic Abuse also referred to as Intimate Partner Violence is a serious preventable public health problem affecting more than 32 million Americans. It affects all people, women more than men. In the US, from 22-39% of women report experiencing abuse in an intimate relationship.

Recent emergency room data show an alarming increase in the amount of intimate partner violence during the early months of the COVID-19 Pandemic (March-May). The pandemic “lockdowns” trapped victims in their homes with abusive partners. Isolation is a large risk factor in domestic violence. The abuser uses violence to maintain power and control over their partner and their environment. COVID-19 has brought with it growing social and economic fears that amplify the perpetrator’s feeling of loss of control.

Intimate partner violence describes actual or threatened psychological, physical, or sexual harm by a current or former partner or spouse. IPV can occur among people of all gender identities and does not require sexual intimacy.



What Can You Do?

- Listen empathetically
- Validate concerns
- Offer Help—Hotline, Social Worker, Shelter, The ASPIRE News App,

For More Information:

- UNC Lineberger Comprehensive Cancer Center – 1-984-974-8762
- Living Beyond Breast Cancer – 1-888-753-LBCC (5222)
- Durham Crisis Response Center for Domestic Violence at 919-403-6562
- InStepp, Inc. for Domestic Violence at 919-680-8000 or www.instepp.org
- 800-799-SAFE (7233)

ABC’s Toward Good Health and Prevention of COVID 19

Allow space between people so not to spread disease. **A**lways wash your hands and practice social distancing.

Be positive. **B**e Informed about constant changes and updates with local, state, and national guidelines.

Connect virtually to your community, faith, family, friends, work, and healthcare provider.



Please Donate: You can donate to Community Health Coalition, Inc. through SECC or PayPal: Did you know that Community Health Coalition, Inc. is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.



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