



OCTOBER 2021 HEALTH TIP

Featuring Dr. Avis Artis, MD
Retired OB/GYN Specialist



Breast Health & Domestic Violence Awareness

October is National Breast Cancer and Domestic Violence Awareness Month.

African-American women on average are diagnosed at later stages, have poorer outcomes and often have a more aggressive form of breast cancer. The COVID-19 pandemic continues to cause delays in screening and diagnosis of breast cancer in the United States and other countries. Delays in breast cancer screenings can increase the possibility of needing more aggressive treatment if diagnosed.

Tips to help reduce the risk for Breast Cancer.

- Maintain a healthy body weight. Obesity has been associated with an increased risk of breast cancer and particularly a diet high in fat.
- Decrease alcohol intake. Women with moderate alcohol intake have a 30% increased incidence of breast cancer (more than 2 oz. of alcohol daily).
- Mothers who breastfeed have a lower risk of developing breast cancer.
- Get annual mammograms after age 40 and become familiar with your breast by doing monthly self-breast exams to know what is "normal" for you.
- If you feel or see something that doesn't feel or look right, let a health care professional know immediately!



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 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 U.S. are affected by intimate partner violence.

Domestic Violence also continues to increase during the pandemic with nearly ten million cases being reported in the U.S. last year.

Family-Domestic violence includes emotional, financial, psychological, physical and emotional abuse. This may occur with children, elders, or adults

Common traits abusers may have are jealousy, low self-esteem, cultural beliefs that they should be in control, learned behavior, substance abuse, and/or a personality disorder.

WHAT TO DO IF YOU ARE EXPERIENCING DOMESTIC VIOLENCE

- Call 911 and report the incident. Write down the report/incident number and keep for 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.
- File for a Protective Order that will mandate your abuser to stay away.

FOR MORE INFORMATION

·UNC Lineberger Comprehensive Cancer Center - 1.984.974.8762
·Living Beyond Breast Cancer - 1.888.753.LBBC (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
·Centers for Disease Control and Prevention - 800-CDC-INFO (800.232.4636)

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.

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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