In October, the NFL is generally dominated by discussion about the pink attire to highlight breast cancer and awareness. This year the discussion is whether they stand, sit, or kneel during the National Anthem. The actions have caused outrage, threats, and racist retorts. Despite it all, breast cancer and the need to defeat it remains a constant and October is still crowned the month to feature this deadly disease.

“Breast Cancer does not discriminate, it affects all populations of a people, although African American women die at a higher rate than any other race. I vow to reach out to all communities and all that will hear me – you don’t have to die. Early detection saves lives!”

Go to our website at www.coloradoblackhealth.org to read more of Jackie Wesley’s story.
For decades, researchers have been piecing together the unfortunate reality that wide-ranging societal factors affect people’s health. It’s still too early to know precisely how these things impact heart disease, stroke and other major health problems. But, as work continues to fully understand these relationships, there’s no denying the very real effects of these factors known as “social determinants of health.” These factors include culture, education, income, access to health care, housing and environment.

Here’s a look at some efforts around the nation to better understand and address these problems:

In the Denver area, Colorado Black Health Collaborative, Inc., works with physicians, fitness instructors, nutritionists and other medical and wellness professionals to promote healthy habits. One of the group’s health education projects is a blood pressure and diabetes check program at salons and barbershops. Longtime hairstylist Rosalyn Redwine of Denver found the experience to be quite the education. She knows firsthand how important it is for people to know their health numbers, such as blood pressure and blood sugar. She said her mother never checked hers, and by the time she was diagnosed with congestive heart failure, there wasn’t much doctors could do. Despite her story, at the salon, some of her clients resisted.

“I think that it was fear that made them not want to check their blood pressure, to know how their cholesterol was running for fear of going on medication — of then having to change their diet and lifestyle and the way they eat,” she said. “Because once you have high cholesterol, and when you have high blood pressure, you have to change the way you eat if you want to live.”
Volunteers are Priceless!!!!

BBHSOP Crew:
Volunteers are invaluable to keeping our program performing at a high level.
We have a crew of medical and non-medical volunteers that are on a mission to serve the community. These busy people come out on Saturdays after busy work weeks. They are committed to meeting people where they are, at the shops to screen and educate them about high blood pressure, diabetes and any other issues that come up. For instance we had a recent discussion about the impact of marijuana on the blood pressure and other health concerns.

Dr. Breathett, one of our physician volunteers and a practicing cardiologist recently moved to Arizona. Dr. Breathett was passionate about serving our community. During her time in Colorado she was an active volunteer for BBHSOP and Power Saturday. We will miss her, but know that she will continue the mission in Arizona.

Facts About Breast Cancer

*1 in 8 women will develop breast cancer
*Breast cancer is the most commonly diagnosed cancer among women
*Breast cancer is the 2nd leading cause of cancer death in women. Lung cancer is number 1.

Student Volunteers
We have students from various educational institutions in Colorado. The student experience is designed to give them opportunities to interact with clients, to observe the rich culture in the shops, and to teach and learn from the community. Current schools:
Overland High School
Rocky Vista Medical School (DO)
MAPS- pre health at UCD
Metro State University nursing
Regis University- pharmacy, PT, nursing
Student National Medical Assn members

Black Women:
In general RATES of breast cancer is slightly lower in Black Women, however rates are higher among Black than white women under the age of 45. In 7 states the rates for Black women are higher: Alabama, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, and Tennessee
Breast Cancer death rates are 42% higher in Black Women compared to white women
Only ~ 50% of breast cancers in Black women are diagnosed at a local stage versus 63% of white women. Lower stage cancers tend to fare better.
Aggressive tumor characteristics are more common in breast cancer diagnoses in Black women than other racial and ethnic groups.
Black women may be more likely than White women to overestimate mammogram utilization.

Walking and Breast Health

According to the American Cancer Society (ACS) evidence is growing that physical activity/exercise reduces breast cancer risk. ACS notes that a large study, the Women’s Health Initiative Study, reported that as little as 1 ¼ - 2 ½ hours per week of brisk walking reduced a woman’s risk of breast cancer by 18% and walking 10 hours per week reduced the risk a bit more.

Just for the health of it.
CBHC BARBERSHOP/SALON PROGRAM

✓ Get checked- women think about getting a mammogram if you are in the appropriate age group.
✓ Know your numbers, test results- women know if you have dense breasts. This can increase your risk.
✓ Get active
✓ Watch the salt
✓ If you have health insurance, USE it
✓ If you don’t have health insurance, see if you are eligible

Take Care of Your Health!

We’ll see you at the shop.