Laughter is Good for Your Health!

This was the theme for CBHC’s 2nd Annual Black and White Gala. This is our big event to raise funds for our programs and acquaint the community with what we are doing to improve the health of the community.

The event featured Bill Bellamy laying down some funny lines about health in the Black community. He mentioned the relative that was plagued with the “triple diabetes”, their blood type was Maple. He shared how the family had been implored to lean back on the short stacks. He shared a hilarious accounting of how we react in a critical medical situation, where everyone is scared but no one really knows what is going on.

The Barbershop/Salon Program was featured in a number of ways at the event. A haircut certificate was one of the auction items procured by one of our BBSHOP volunteers.

Fred Gayles of Freddie G’s Barbershop shared his perspective of the program on a videotape shared with Gala attendees. He mentioned, how as a former athlete, he loves the competition that is generated by Power Saturday. Power Saturday will be in full force again in 2020. Start getting ready folks with strategies to get folks screened. Also, the Barbershop program was featured as one of our great programs during the paddle raise.

All in all the Gala was successful and the Barbershop/Salon Program was proud to have more people in the community learn about what we are doing. Thank you all for your continued support.
Everything you need to know about mammograms

Confused about breast cancer screening and mammograms? You’re not alone. Breast cancer screening guidelines are constantly evolving as researchers learn more about the disease. Today, mammograms are still considered the gold standard for screening, but recommended screening schedules vary depending on each woman’s individual breast cancer risk. Here are answers to some of the most commonly asked questions about mammograms.

What is a mammogram?

A mammogram is an X-ray of the breast used to screen for breast cancer. Mammograms can detect tumors that are too small for you or your doctor to feel and can catch some breast cancers early, when they may be more easily treated.

Are mammograms safe?

Each time you get a mammogram, you are briefly exposed to a very small amount of radiation. While the risk from being exposed to such small amounts is low, some people have concerns.

When should I start getting mammograms, and how often should I get them?

There’s no one-size-fits-all answer. Start by having a conversation with your doctor to determine your individual breast cancer risk. He or she will ask you about your personal and reproductive history and the history of breast cancer in your family. Doctors feel this is especially important for women of African American descent, who may be at higher risk. At KP, women with average breast cancer risk have the option of beginning annual mammograms anytime in their 40s. For women with above-average risk, recommended screening schedules vary. Talk to your doctor about the benefits and risks specific to your situation.

For women ages 50 to 75 with average breast cancer risk, Kaiser Permanente recommends mammograms every 1 to 2 years. For women ages 75 and up, mammograms are offered in the context of shared decision-making between the woman and her physician.

My mammogram report says that I have dense breasts. Does that increase my breast cancer risk?

All breasts contain glandular, connective, and fatty tissue. Dense breasts have higher amounts of glandular and connective tissue and lower amounts of fatty tissue. Only a mammogram can show if a woman has dense breasts — it can’t be felt in an exam. Nearly half of all women 40 and older who get mammograms are found to have dense breasts. Dense breasts can make it harder for doctors to evaluate mammogram results and may also be associated with a slightly increased breast cancer risk. If you have dense breasts, talk to your doctor about any recommended changes to your breast cancer screenings.

Does mammography work?

Yes. Multiple studies have shown a reduction in breast cancer deaths ranging from 20% to 40% with mammogram. Saves lives!

More Information:

- Know your family history, know your breast density, know what’s right for you.
- Knowledge is power. Screening is lifesaving. Do it.
Marketing, Manipulation, & Money
Here’s the deal about MENTHOL

Look what we saw hanging out in front of one of the shops. Menthol, Newport.

For more information go to the CBHC website. www.coloradoblackhealth.org

CBHC’s Mission:
To achieve health equity in Colorado’s Black community.
We meet people where they are. We screen, educate, and refer.

CBHC BARBERSHOP/SALON PROGRAM
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BBSHOP Happenings

CBHC Health Resource Directory

Dr. Conner was featured in CBHC’s new Health Resources Directory. If you would like a copy, send a note to info@coloradoblackhealth.org.

HIV Screening and Prevention

Julian is delivering condoms to the Montbello Barbers on a regular basis. Chuck appreciates the connection and offering opportunities to prevent disease. He was the first shop where we successfully screened.

We are still rolling out HIV screening at the shops. We are starting with just a few select shops so we can iron out the wrinkles as well as get people more informed and engaged with the screenings.

This month we are featuring Rosalyn Redwine at Winning Coiffures, because her shop set the record for most HIV screenings to date. 8 were screened. Her staff and patrons were excited to engage in this new screening.

Why are these activities so important?

HIV remains a disproportionate risk to African Americans. More than 40% of new HIV infection in the U.S. occur among African Americans. Just over 40% of people with HIV in the United States are African American. Prevention is key.

“They are going to say, there she goes again!”

Winning Coiffures
CBHC BARBERSHOP/SALON PROGRAM

CBHC WELCOMES VOLUNTEERS - HAPPY TO TRAIN YOU!
- ARE YOU ABLE TO GIVE ONE SATURDAY EVERY 2-3 MONTHS?
- WOULD YOU LIKE TO SHARE YOUR TALENTS?
- DO YOU LIKE TO SEE OTHERS LIVE A HEALTHY LIFE?

CAN’T DONATE YOUR TIME, $$ DONATIONS ARE WELCOME AS WELL.
PLEASE CONTACT US @ INFO@COLORADOBLACKHEALTH.ORG

Join Us at a Shop
Donate

Just for the health of it!

Colorado Black Health Collaborative
www.coloradoblackhealth.org
info@coloradoblackhealth.org

Time for Health Insurance Time
Sunday, November 17
Time: Noon
Location: Potter’s House Denver

Connect for Health Colorado, Medicare, Medicaid, Census, CHI
Food, Prizes, Knowledge

Colorado Black Health Collaborative and Connect for Health Colorado bring you this informative event.

Census- be counted, insure health care dollars to the State

Food, Prizes, $$assistance

"Help me and let me help you."