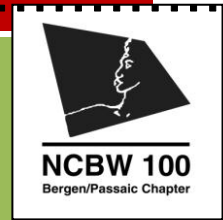


The HEALTH ADVOCATE

TIPS FOR A HEALTHY LIFESTYLE

A publication of the Health Committee of the National Coalition of 100 Black Women, Inc., Bergen/Passaic Chapter



November, 2010

THE HIV/AIDS EPIDEMIC IS REAL IN THE UNITED STATES—GET THE FACTS!

Before we can stop any epidemic, we first have to recognize the magnitude of the disease. HIV is still a threat across the United States. And even though there are treatments to help people with HIV live longer than ever before, AIDS is still a significant health issue. Surprised? Get the facts:

*Every 9½ minutes (on average), someone in the United States is infected with HIV, the virus that causes AIDS.

*In 2006, an estimated 56,300 people became infected with HIV.

*More than 1 million people in the United States are living with HIV.

*Of those 1 million people living with HIV, 1 out of 5 do not know they are infected. (People who have HIV but don't know it can unknowingly pass the virus to their partners.)

*Despite new therapies, people with HIV still develop AIDS.

*Over 1 million people in the United States have been diagnosed with AIDS.

*More than 14,000 people with AIDS still die each year in the United States.



NCBW RED RIBBON YOUTH FORUM
Wednesday, December 1, 2010
Teaneck High School

4-6 pm

Sponsored by Health & PAC Committees

Stress, Depression and the Holidays

The holiday season, which continues through New Year's Day, often brings unwelcome guests, stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands - parties, shopping, baking, cleaning and entertaining, to name a few. The current economic situation in this country doesn't help much either.

Recognize holiday triggers

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

Relationships. Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify- especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.

Finances. With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.

Physical demands. Even die-hard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy this year more than you thought you could.

TRIPLE NEGATIVE BREAST CANCER



What is triple negative breast cancer?

Triple negative breast cancer is a subtype of breast cancer. Although breast cancer is often referred to as a single disease, there are many types of breast cancer tumors. In fact, breast cancer can be described as a family of diseases. All breast cancers start in the breast. So, they are alike in some ways, but also can be quite different from each other.

There are many ways to describe breast cancers, such as:

- where in the breast they start (ducts or lobules).
- how advanced they are (non-invasive, invasive, metastatic).
- how they look in the lab according to the pathologist (i.e. inflammatory, mucinous).
- the presence or absence of three biomarkers (proteins that control cell functions, such as cell growth or death).

The type of breast cancer a person has often affects prognosis (chance of recovery) and treatment options.

Who gets triple negative breast cancer?

About 13-25 percent of all breast cancers in the U.S. are triple negative. Anyone can get triple negative breast cancer. But, research has shown that it occurs more often in:

- Younger women
- African American women
- Hispanic/Latina women
- Women who have BRCA1 mutations

What makes triple negative cancer unique?

Triple negative breast cancer is often an aggressive tumor. Compared to other breast cancers, it tends to grow faster and it is less likely to be seen on an annual mammogram. And, it is more likely to spread to other parts of the body early. Also, it seems to recur (come back) more often than other subtypes of breast cancer. It usually has a poorer prognosis than those breast cancers that are hormone receptor-positive. Part of the reason for this is the lack of specific, targeted treatment for this type of breast cancer.

Treatment options

Treatment options for triple negative breast cancer are limited. Because these tumors lack hormone receptors, hormone therapy cannot be used. Also, targeted therapies are not used or do not yet exist for this type of breast cancer. Despite not having a targeted therapy, many women with triple negative breast cancer can be successfully treated if it is caught early. Chemotherapy is an effective treatment. Research shows that triple negative breast cancer may even respond better to chemotherapy than other types of breast cancer. Surgery and radiation therapy are also usually used.

For more information, contact:

--Triple Negative Breast Cancer Foundation, www.tnbcfoundation.org

--National Cancer Institute, www.cancer.gov/clinicaltrials

ARE YOU POURING ON THE POUNDS?

Americans drink 200 to 300 more calories each day than we did 30 years ago. Nearly half of these calories come from sugar-sweetened beverages (including soda and juice).

Did you know if you drink two 12 ounce sodas everyday for 1 month....



**you will consume 5-6 gallons of soda*

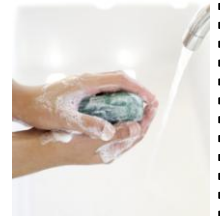
**you will consume more than 8,000 calories*

**you will consume 5 pounds of sugar*

**you will gain an average of 2-3 pounds!*

December 5-11 is National Handwashing Week

Handwashing is a simple thing and it's the best way to prevent infection and illness. Clean hands prevent infections.



Keeping hands clean prevents illness at home, at school, and at work. Handwashing can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community.

The basic rule is to wash hands for at least 20 seconds with soap and water, before preparing food and after handling uncooked meat and poultry, before eating, after changing diapers, after coughing, sneezing, or blowing one's nose into a tissue, after using the bathroom, and after touching animals.

Health Committee Members- Paula Madison-Jenkins, Chair; Menen Mathias, MD, Vice-Chair; Traci Burgess, MD; Lorna Hines-Cunningham; Janice Griffin-Johnson; Afriye Amerson, MD; Julia Johnson; Tami Henry Weaver (Provisional Member); Stephanie Stokes (Provisional Member)