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HEALTH IN BLACK NEW MEXICO

PERSONAL INVESTMENTS IN HEALTH

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As October slowly disappears into November, you can use the monthly calendars as an instrument in being conscious of addressing health issues debilitating to African Americans. October is a constant reminder to schedule breast examinations. Black women are more likely to die from breast cancer than other races and minorities. If you are a woman and have not gotten your mammogram done, it is not too late to schedule the testing. Early detection is imperative.





Men don't think you are exempt from it. Google "Richard Roundtree." The truth is genetic factors can attribute to breast cancer in men. Although it is 100 times less common in men than women, males are still susceptible in being diagnosed with the malignant breast tissue. Breast cancer in men often appears as a lump. Roundtree discovered his during a routine check. Studies have also shown that men whose female relatives tested positive for the cancer-causing gene mutations are also the ones at a higher risk for cancer. Don't ignore the WARNING SIGNS. Set a routine time each month and observe for abnormalities, unusual shape, color, or discharge.

November. The month set aside to put gratitude into action. It is also the month, many of us over-indulge at the table or go back for seconds while watching football games or enjoying the love of family gatherings. However, November is also the month to get screened for diabetes. All of us know someone who has been affected by the Type 1 or Type II disease. Diabetes also affects African Americans at a great disproportionate rate than that of White Americans.

Tip for Self Development

We must love ourselves first.

Self-development is about self-love.

The major priority in life is to love ourselves first. This attribute begins with staying healthy. Wealth without health has no value. Making wellness a guiding principle and an intimate belief keeps you thriving and surviving.

Focusing on self makes you mindful of health challenges. It refocuses your attention on the necessary resources and educational tools to promote understanding, treatment, and preventative measures.



At present, there is no cure for Diabetes. Early detection and appropriate action by a medical professional will help ensure the situation does not worsen or that complications will arise. Signs and symptoms include dehydration, excessive urination, sudden, unexplainable weight loss, vision difficulty, unexplained tiredness, extreme hunger, excessive thirst, cuts or bruises that don't seem to heal, dry skin, numbness or tingling in hands or feet.

Take care of yourself. You matter. You are loved. Do your part to stay informed and equipped with tools, testing and screenings necessary for staying well and healthy.

It's flu season. Check with your primary physician or local pharmacy about a flu shot. And covid-19 is still a huge pandemic. Do your part. Save your life. Save other lives. Wear a mask or face covering when out in public or outside. Wash your hands often with soap and warm water for at least 20 seconds. Carry hand sanitizer and use it. Last, safe distance helps. Stay 6 feet apart.

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