



Our Health  
Our Priority  
Our Policy



**CACHE  
Administrative Staff**

**Office hours**  
Monday - Thursday  
10AM - 4PM.

**Dr. Vernease H. Miller**  
Managing Director  
[vmiller@cacheinc.org](mailto:vmiller@cacheinc.org)  
704-405-5600 ext. 105

**Development Specialist**  
**Deborah Beete, MPH**  
[dbeete@cacheinc.org](mailto:dbeete@cacheinc.org)  
704-405-5600 ext. 101

**Data Management**  
**Graduate Intern**  
**M. Lewis Goldsmith II,**  
MHA [MBA candidate]  
[lgoldsmith@cacheinc.org](mailto:lgoldsmith@cacheinc.org)  
704-405-5600 ext. 102

**Community Program**  
**Development Graduate**  
**Intern**  
**Timothy Suggs, MHA**  
[tsuggs@cacheinc.org](mailto:tsuggs@cacheinc.org)  
704-405-5600 ext. 103

**January 2008 Calendar**

See our calendar on  
[www.cachenc.org](http://www.cachenc.org) for  
upcoming event dates,  
details, and directions.

**CACHE Office Closed**  
**December 21<sup>st</sup> thru**  
**January 11<sup>th</sup>**

**CACHE Office Reopens**  
**January 14<sup>th</sup>**

**News the Community Can Use**

**January 2008**

***Happy New Year!***

**CACHE's disease focus for 2008 will be obesity!! Look for healthy resources and tools to help combat obesity this year.**

***7 Ways to Begin a Weight Conscious Year***

Trim the trimmings to avoid weight gain this year!

**Substitute:** Cook up good taste with fewer calories this year with smart substitutions. Use fruit purées or yogurt in place of butter or other spreads. In recipes, two egg whites can take the place of one whole egg. Cooking with cheese? Use a reduced-fat brand -- you won't even miss the calories.

**Eat!** Skipping meals leaves you famished for all the wrong things. So eat a little protein and fiber before a party or banquet. Think an egg on toast or yogurt and a piece of fruit.

**Balance your plate:** Don't forget to slip protein and fiber-rich goodies like shrimp, whole-grain crackers, and fruit kabobs beside thin slices of those favorite desserts.

**Walk away:** Once you've served yourself, walk away and talk with friends. You'll not only catch up with your pals, you'll naturally pace your eating, too.

**Drink up:** Enjoy nonalcoholic drinks between alcoholic beverages. You'll stay hydrated.

**Factor in fun:** Celebrate special events with more than food. Get everyone active indoors with charades or dancing. Or grab friends and family and take a walk.

**Move:** Make exercise a priority. Aim for at least 30 minutes most days by walking around town, jogging up hotel stairs, renting a bike. Try a few of these diet tips and you can help keep that spread where it belongs- on the table and off of you.

SOURCES: American Dietetic Association: "Healthful Holiday Eating," "Holiday Weight Anxiety," "Holidays = Joy, Celebration and Food." WebMD Feature: "Top 10 Holiday Diet

## CACHE Website

Please send us your health service news for our **Community Links** menu!

View all **CACHE Connections**  
[cachenc.org/connections.htm](http://cachenc.org/connections.htm)

**CACHE is a non-profit organization that creates collaborative partnerships focused on improving health by eliminating health disparities that affect racial, ethnic, and other at-risk populations. Our goals are to improve access to health care, quality of health care, cultural and linguistic competency, and promote education and research.**

**Carolinas Association for Community Health Equity, Inc.**  
PO Box 31573  
Charlotte, NC 28231-1573  
704.405.5600 Phone  
704.405.5601 Fax  
Office located at 4701 Park Road.

## Did You Know?

**In 2003, infants in the state of North Carolina that died within the first year of life, 263 (27.2%) had a diagnosed birth defect.**

**Source: Health Profile of North Carolinians: May 2007 Update.**

**Women should have a Pap test at least once every 3 years, beginning about 3**

*Tips of All Time."*

*By Wendy C. Fries, WebMD Feature. Reviewed by Jonathan L. Gelfand, MD*

## NORTH LAKE MALL WALKERS

Looking for a safe place to get healthy? Join the Northlake Mall Walkers Club and receive a free pedometer and a T-shirt to get you started on your path to better health. The club is a service of LiveWELL Carolinas! at Northlake Mall and is sponsored by CMC-University. Northlake Mall Walkers Club meets monthly on the first Wednesday of each month. For more information call 704-494-2237

## January is National Cervical Health Awareness Month

*Cervical cancer is cancer of the cervix, a serious condition that can be life threatening.*

### CAUSES OF CERVICAL CANCER

Human Papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, the majority of which are considered Low Risk and do not cause cervical cancer. High Risk HPV types may cause cervical cell abnormalities or cancer. More than 70 percent of cervical cancer cases can be attributed to two types of the virus, HPV-16 and HPV-18, often referred to as High Risk HPV Types.

HPV is estimated to be the most common sexually transmitted infection in the United States. In fact, by age 50 approximately 80% of women have been infected with some type of HPV. The majority of women infected with the HPV virus do NOT develop cervical cancer. For most women the HPV infection is transient and 90% of infections resolve spontaneously within 2 years. Small proportions of women do not clear the HPV virus and are considered to have persistent infection. A woman with a persistent HPV infection is at greater risk of developing cervical cell abnormalities and cancer than a woman whose infection resolves on its own.

### SIGNS AND SYMPTOMS OF CERVICAL CANCER

Abnormal or irregular vaginal bleeding, pain during sex, or vaginal discharge may be symptoms of more advanced disease. Notify your healthcare provider if you experience:

- Abnormal bleeding, such as,
- Bleeding between regular menstrual periods
- Bleeding after sexual intercourse
- Bleeding after douching
- Bleeding after a pelvic exam
- Pelvic pain not related to your menstrual cycle
- Heavy or unusual discharge that may be watery, thick, and possibly have a foul odor
- Increased urinary frequency
- Pain during urination

*Source: National Cervical Cancer Coalition (NCCC)*

**Cervical Cancer Screenings are offered by the Women's Health Clinic/Mecklenburg County Health Department.** For appointment please call (704) 336-6500. Services are provided at the Beatties Ford Rd. and Billingsley Rd health departments.

years after they begin to have sexual intercourse, but no later than age 21.  
*Source: National Cervical Cancer Coalition.*

Many of North Carolinas infant deaths can be attributed to birth defects.  
*Source: Health Profile of North Carolinians: 2007 Update – May 2007.*

The percentage of North Carolina women age 18 and older who reported having had a pap smear within the past three years was 88%, compared with the U.S. rate of 86%.  
*Source: Health Profile of North Carolinians: 2007 Update – May 2007.*

African American women are more than twice as likely to die from cervical cancer as white women.  
*Source: American Cancer Society. Cancer Facts & Figures for African Americans 2007-2008.*

Hispanic women residing in the U.S. have twice the cervical cancer incidence rate of non-Hispanic whites.  
*Source: American Cancer Society. Cancer Facts & Figures for Hispanic/Latinos 2007-2008.*

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## January is National Birth Defects Prevention Month

### **BIRTH DEFECTS**

About 120,000 babies (1 in 33) in the United States are born each year with birth defects. A birth defect is an abnormality of structure, function or metabolism (body chemistry) present at birth that results in physical or mental disabilities or death. Several thousand different birth defects have been identified. Birth defects are the leading cause of death in the first year of life.

### **CAN BIRTH DEFECTS BE PREVENTED?**

There are a number of steps a woman can take to reduce her risk of having a baby with a birth defect. One important step is a preconception visit with her health care provider. During this visit, the provider can identify, and often treat, health conditions that can pose a risk in pregnancy, such as high blood pressure or diabetes. The provider can provide advice on lifestyle factors, such as quitting smoking and avoiding alcohol, and occupational exposures that can pose pregnancy risks. The provider also can make sure that any medications a woman takes are safe during pregnancy. All of these steps help prevent birth defects.

To learn more about Birth Defects please visit the **March of Dimes** website [marchofdimes.com](http://marchofdimes.com)

### **THE SISTER STUDY**

The Sister Study is a national Breast Cancer Research program seeking out women who have had or have sisters with Breast Cancer. They are particularly in need of more African-American women to take part in the study. To volunteer or to learn more about the Sister Study, visit the website, [www.sisterstudy.org](http://www.sisterstudy.org) or call the toll free number at 1-877-4SISTER (877-474-7837).

### **FREE HIV TEST**

Catawba Care Coalition, a United Way Agency, now offers OraQuick Advance Rapid HIV Testing; results are given in as little as 20 minutes. Catawba Care Coalition offers a FREE painless (oral swab) HIV Test. Catawba Care serves residents of York, Chester & Lancaster counties in South Carolina. For more, go to [www.catawbacare.org](http://www.catawbacare.org) or to schedule a test, (803)909-6363, ext.234.

### **UNINSURED HELP LINE**

Did you know that a family of four can make up to \$50,000.00 a year and still qualify for government health coverage for their children? If you need help, call the Uninsured Help Line at 1-800-234-1317.

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### **Go Green with CACHE Connections!**

If you are receiving a hardcopy of this newsletter, please send us your email address to begin receiving the email version. You may email us at [info@cachenc.org](mailto:info@cachenc.org) or call 704-405-5600.