

Take Control



A Newsletter to
Promote Healthy
Living for High Blood
Pressure Control

DON'T LET HIGH BLOOD PRESSURE CONTROL YOU—TAKE CONTROL • Fall 2018

The Facts About PROSTATE Cancer

Did you know prostate cancer is the most common cancer among men? About one in five men will be diagnosed with prostate cancer. The good news is that prostate cancer can be treated if it is found.

The prostate is a gland just below the bladder that makes some of the fluid in semen. When the prostate has cancer cells, men may have trouble urinating, find blood in their urine or semen, not be able to get an erection, have pain in their back or chest, or their legs may feel weak or numb. Many men who have prostate cancer don't have any symptoms at all, so it's important to talk with your doctor about screening.

Prostate cancer can happen at any age, but it is not as common in men younger than age 50. There are some men who are considered to be at a higher risk for prostate cancer. Risk factors include men with a family history of prostate cancer and African-Americans. Anyone who may be at a high risk may need to start getting screened or tested for prostate cancer before age 50. If you are considered high risk, screening may be recommended by your doctor as early as age 40. Men between the ages of 55 and 70 may be screened more regularly. Men ages 70 and older should get routine screening. Screening may include a blood test or a physical exam. It's important to talk with your doctor about screening.

There are important steps you can take to lower the risk of getting it. Don't use tobacco or nicotine, stay physically active, stay at a healthy weight, and eat many different types of fruits and vegetables. For more information about prevention, risks and treatment for prostate cancer, check out the American Cancer Society's pages at: www.cancer.org.

The Facts About BREAST Cancer

Did you know that one in eight women will get breast cancer? Fortunately, early screening to detect cancer, and getting the right treatment, can save lives.

Breast cancer can occur in men, though it is more common in women. It is important to know how your breasts normally look and feel. Cancer may cause new lumps or masses; swelling; dimpling; breast or nipple pain; a nipple turning inward or leaking fluid; and redness or roughness of your skin. If your breasts change, talk to a doctor.



Screening can help find cancer, even before symptoms appear. By age 45, women need to get a mammogram, or an x-ray of their breasts, each year. This may be needed even earlier if they are at a higher risk. Those women who are at a higher risk for breast cancer, are those who started their period at an earlier age, went through menopause after age 55, or have a family history of breast cancer. It's important for you and your doctor to determine if you are at a higher risk for breast cancer.

You can lower your risk of developing breast cancer by being a healthy weight, staying physically active and not drinking too much alcohol. The risk of getting breast cancer is 20 percent higher for women who drink two or three alcoholic drinks than those who do not drink alcohol. Breastfeeding also can help to lower your risk.

BREAST CANCER SCREENING AND TREATMENT RESOURCES

The UAMS MammoVan provides breast cancer screenings starting at 9 a.m. until the last patient leaves. Individuals can call to make an appointment 1-800-259-8794, also walk-ins will be accepted. More information is on the MammoVan website: <https://cancer.uams.edu/patients-family/prevention/mammovan/>. Upcoming dates for the MammoVan are:

Oct. 2, 2018

Mainline Health System
579 East Beoff St.
Eudora, AR 71640

Oct. 9, 2018

Mainline Health
System
300 South School St.
Dermott, AR 71638

Oct. 11, 2018

UAMS East
1393 Hwy 242 South
Helena, AR 72342

Oct. 18, 2018

De Paul Health Center
145 West Waterman St.
Dumas, AR 71639

The Arkansas Department of Health BreastCare Program provides breast and cervical cancer screening and diagnostic services for Arkansas women who are underinsured or not insured. For eligibility, call 870-382-2377 or visit the website ARBreastCare.com.

The 2018 Komen Arkansas Race for the Cure is scheduled for Saturday, November 3. The link to register is: http://www.info-komen.org/site/TR?fr_id=7386&pg=entry

Fall 2018

TIPS to help your blood pressure.

Action Items to Help Lower Your Blood Pressure
(from the NIH and NHLBI, "Your Guide to Lowering Blood Pressure")

- 1. Maintain a healthy weight**
 - Check with your health care provider to see if you need to lose weight.
 - If you do, lose weight slowly using a healthy eating plan and engaging in physical activity.
- 2. Be physically active**
 - Engage in physical activity for a total of 30 minutes on most days of the week.
 - Combine everyday chores with moderate-level sporting activities, such as walking, to achieve your physical activity goals.
- 3. Follow a healthy eating plan**
 - Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods such as the DASH eating plan.
 - Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement.
 - If you are trying to lose weight, choose an eating plan that is lower in calories.
- 4. Reduce sodium in your diet**
 - Choose foods that are low in salt and other forms of sodium.
 - Use spices, garlic, and onions to add flavor to your meals without adding more sodium.
- 5. Drink alcohol only in moderation**
 - In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.
 - If you drink alcoholic beverages, have only a moderate amount—one drink a day for women, two drinks a day for men.
- 6. Take prescribed drugs as directed**
 - If you need drugs to help lower your blood pressure, you still must follow the lifestyle changes mentioned above.
 - Use notes and other reminders to help you remember to take your drugs. Ask your family to help you with reminder phone calls and messages.

There are many places where you can get your blood pressure checked, such as the Arkansas Department of Health Local Health Units and at local fire stations. In addition, blood pressure monitors are located at the following locations: Dumas Library, McGehee Library, Piggly Wiggly Grocery Store - Dumas, Save Mart Pharmacy - McGehee and Watson City Hall.



THANK YOU TO THE COMMUNITY

Thank you to all the community members from DESHA and CHICOT counties who have participated in the PRC Take Control project. There were 612 people who participated. The results of the project will be available soon.