





# Health Events @ BHI

## February - April 2010

BHI Health Events continued from page 1

### Prostate Cancer Awareness Month March 1st-31st 2010

Calling all men! Come to BHI for a free health MOT, you will receive a diabetes, cholesterol, blood pressure, weight and other health screenings, have an opportunity to talk to someone about any health concerns, and for the first 10 ten men to contact the office, receive free complementary therapy and a goodie bag of information and resources!



Listen to our prostate awareness advert on Fresh FM throughout the month of March and contribute to our radio phone in discussion. You can read our article on [page 4](#) for up to date facts about the prostate and Black men.

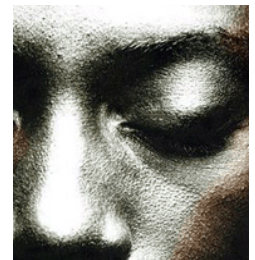
### International Women's Day, A Million Women March, Saturday 6<sup>th</sup> March 2010 Hyde Park London



Interested in supporting the Million Women March against sexual violence against women event in London? BHI is organising a minibus to support the event. If you are interested in supporting this herstoric event, making our voices heard, and our presence felt, contact BHI on 0113 3070300 for more information, or read more about the demonstration on [page 3](#).

### Glaucoma Awareness Day March 12<sup>th</sup> 2010

BHI in partnership with NHS Leeds will be promoting Glaucoma Awareness Day in various settings in Harehills and Chapeltown. Glaucoma is a group of diseases that damage the optic nerve. If left, the nerve becomes so damaged that blindness occurs.

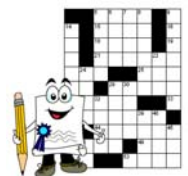


This blindness is usually irreversible and therefore it is essential to receive screening and treatment in the early stages. African and Caribbean communities are five more times more likely to develop Glaucoma than white communities so its important that we are tested regularly to prevent sight loss. If you would like to talk to a eye specialist and make an appointment for a eye test, contact the BHI office to arrange a convenient time.

## BHI Crossword Answers

ACROSS: 1 Chapeltown. 4 Counselling. 5 GUM DVD.

DOWN: 2 Testing Times. 3 Condoms.



# INTERNATIONAL WOMEN'S DAY

## London's Million Women Rise Saturday March 6th 2010

**Million Women Rise** is a coalition of individual women and representatives from the Women's Voluntary and Community Sector, who have come together to organise an annual national demonstration against male violence, which coincides with **International Women's Day** in March each year.

On the demonstration, we celebrate and honour women's activism, courage and achievements and continued struggle against global male violence in all its forms. Million Women Rise is an expression of women's continued resistance and struggle against global male violence.

The first demonstration in 2008 saw 5000 women and children take to the streets of London. It was the largest, recent demonstration of women in UK history and the most diverse demonstration many of us had ever attended. Because male violence continues, so too does Million Women Rise and women and children will march again in 2010.

**Sista's are you interested in attending this herstorical event?**

**As part of BHI's celebration of International Women's Day, we would like to invite you to acknowledge and support this day with us by showing your solidarity, ensuring our voices are heard and our presence felt.**

**A minibus will be leaving Leeds at 7am and returning late Saturday night. Employed women and students will be requested to make a contribution towards the cost of hiring the bus.**

For further information please contact Heather on 3070300.





**Calling all Black Men... Calling all Black Men... Calling all Black Men...**

# Prostate Cancer Awareness Month: March 1st – 31st

Despite being three times more likely to be diagnosed with prostate cancer, African, African-Caribbean men sometimes have a hard time accepting they could have the disease. Read the following facts about prostate cancer and Black men .....

## ***What is the prostate gland?***



The prostate gland is a gland the size of two walnuts that seat on either side of the neck of the urinary bladder.

## ***What is the function of the prostate gland?***

The Prostate gland secrete a liquid that helps to liquefy semen that ejaculated by men during sexual intercourse, which allows the sperm to swim easier towards female eggs.



That is the only useful function that the prostate is known to have.

The prostate gland can cause a lot of miseries for men. In fact all men if live long enough, will have one form of prostate problem or an other.

## ***Which black men should worry about the development of prostate cancer?***

All black men have a high probability of developing prostate cancer because the incidence of prostate cancer is higher in black men than it is in men of other ethnic back ground.

For example, Black men of West African ancestry in the Caribbean islands, UK and West Africa have a higher incidence of prostate cancer than their white counterparts. This higher incidence of prostate cancer observed in populations of African descent may be attributed to the fact that these populations share ancestral genetic factors.

## ***What are the different things that predispose black men to prostate cancer?***

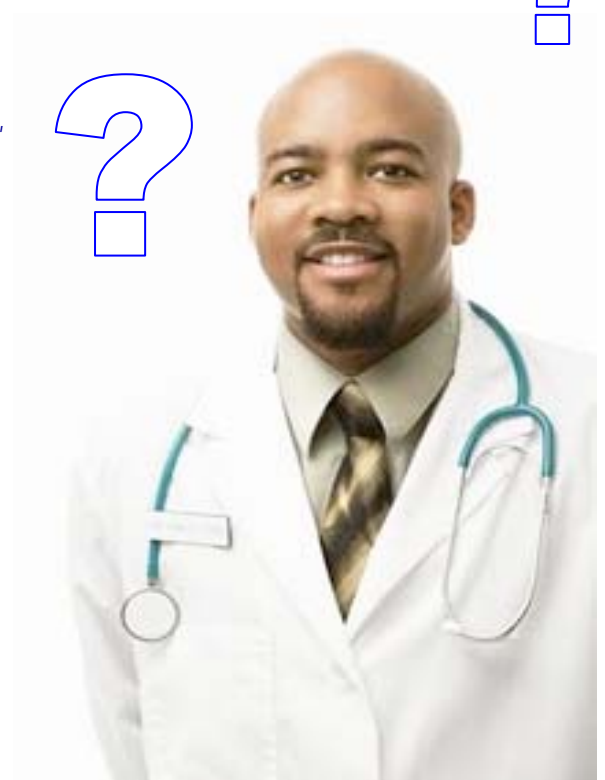


Heredity – that is if a man's father has prostate cancer; if his brother has prostate, colon, or breast cancer; if his uncle has prostate, colon, or breast cancer; if his mother has breast, colon, or ovarian cancer; if his aunt has breast, colon, or ovarian cancer. There is a 10% genetic cross-over between prostate cancer, colon cancer, and ovarian cancer. A mother is capable of transferring the gene for prostate cancer to her son. Once there is a cluster of cancer in the immediate family, any member of that immediate family has a higher likelihood of developing cancer of one kind or another, more so that the general population.



Obesity – Obesity is associated of development of prostate cancer because the obese men have too much fat in their bodies, and therefore are able to use the cholesterol ring associated with fat to overproduce the male hormone-Androgen. The more male hormone a man produces, the more he is able to stimulate the prostate gland, and the more the prostate gland is stimulated by the male hormone, the higher the incidence of developing prostate cancer.

Eating fat-reach diets – Eating too much fat leads to the production of too much male hormone-Androgen, which in turn results in over-stimulation of the prostate gland, resulting in a higher incidence of prostate cancer.



## ***At what age should black men have themselves medically assessed for prostate cancer?***

Prostate cancer usually appears in black men at age 40. Though there are few cases known to have occurred as early as age 35. Prostate cancer usually appear in white males at age 50, there are few cases known to have occurred as early as age 45.

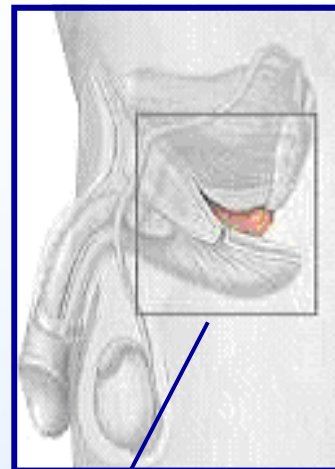
### ***What are the early symptoms of prostate cancer?***

Usually no symptoms.



### ***What are the late symptoms of prostate cancer?***

1. Blood in the urine.
2. Burning in urination.
3. Urinary frequency.
4. Hesitancy in urination.
5. Poor urinary stream.
6. Nocturia – getting up too many times at night to urinate.
7. Urinary retention.
8. Weakness.
9. Bone pain.
10. Constipation.
11. Paralysis from the waist down, due to spinal cord compression by the prostate cancer.



Location of the Prostate Gland

### ***How can black men find out if they have prostate cancer?***

To find out if a man has prostate cancer he must go to the doctor to have:

A digital rectal examination.

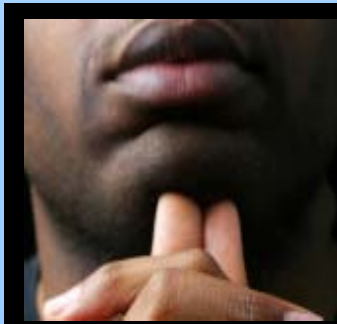
He must have a blood test done to examine the prostatic specific antigen (PSA).

The rectal exam allows the Dr to feel the prostate gland to determine whether it is smooth, hard, or has a bulge/swelling.

The PSA is a blood test when elevated can mean that the man has prostate cancer.

By the age of 35 it is a good idea for Black men to begin the process of having yearly digital examination and yearly PSA done. This is even more so if prostate cancer is known to exist in his immediate family.

If you would like more information about Prostate Cancer or want to talk in confidence about accessing health services, then contact BHI and we can accompany, support and/or provide you with additional information. Contact BHI on 0113 3070300 or email [admin@bhileeds.org.uk](mailto:admin@bhileeds.org.uk).



Do you want a copy of 'Listen Up' produced by BHI and The Prostate Cancer Charity?  
See our website for more information:

**[www.blackhealthinitiative.org/ListenUp](http://www.blackhealthinitiative.org/ListenUp)**

# Ansell's' Shout Out

BHI would like thank readers for the positive comments we received about our World AIDS Day issue and for supporting our effort to inform our communities about its issues. We distributed over 150 information/resources packs to organizations, schools and colleges and attended the Vigil at the Carriageworks to remember all those who have been affected or have died of HIV/AIDS.



## Leeds Young Authors

**Haiku Poems for World AIDS Day** 

Haiku is a form of Japanese poetry writing that uses words to paint a picture. I had read about the form and also heard some Haiku performed and thought it could be an interesting way of painting a picture of issues surrounding HIV/AIDS in our community.

So with "WORLD AIDS DAY" coming up, BHI decided to commandeer the expertise of "Leeds Young Authors" a talented group of poets that have been thrilling people with spoken word for some time now both here and in the US. Most recently they came second place in the 12th annual international **Brave New Voices** Youth Poetry slam competition in Chicago U.S. They were willing and most certainly up to the task and agreed to participate in a workshop, where after learning about Haiku form they would use it to create, perform and lay down some tracks for airing on local radio.

One of our local DJ's "DJ Mistri" from "Fresh, Community Radio" agreed to host a show where after playing the Haiku poems with a few of my own personal music track choices (in an informal "Desert Island Disc" Styly), listeners were encouraged to phone/text/mail in or make on-line comments about the poems they heard, as well as ask any questions about issues that have arisen for them.



We had numerous responses from people who contacted to say that it was a refreshing change to be able to hear constructive banter about issues that concern us, to people who just loved the mix and blend style of the show. One person said the poems brought to mind the situation of a colleague of his that had contracted HIV in the late 80's, and just because he still kept her as a friend other friends, family and colleagues shunned him, some even refusing to take his calls. The succinct no frills yet picturesque nature of the Haiku's presented took him right back and he was able to share. We are working to break down barriers and prejudice based purely on myths and hope the Haiku project has gone some way to advancing that work in our community. We've posted some here for you to read. Let us know what you think.

*Ansell Broderick*

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# Haiku Poems by

## Leeds Young Authors WORLD AIDS DAY

### Tavela Robinson

Infectious invisible disease approaching  
Misunderstood virus creeping  
Grabbing blind oblivious people

### Tireesha Richards

Love inflicted temptation sexual contact reminiscing  
Disgust viral misunderstandings  
Now unprotected body corrupted

### Ali Broderick

Loving nurturing invisible  
Virally caught bodily fluid passing  
Breastfeeding child

### Tireesha Richards

Sabotage deceit secrecy Isolated by identity  
Bacteria secluded growth Chinese whispers invisible  
Shame lies myths AIDS caused this

### Tila Robinson

Invisible deadly  
Shameful hearts beat Rapidly  
Deceitful expressions show

### Jamal Gerald

Fun infectious misunderstanding myths  
Fear invisible disease dangerous pleasure  
Ill existence unseen protection no fear

### New girl

Unprotected sex to viral infections  
People isolated people pass infections  
Sex unprotected all misunderstood

### Tila Robinson

Secluded bodies  
Fearful for life  
Regretful face

### Azailia Ansko

Sweetly seductive body  
Aging constantly for love  
Wanting and crying  
Contact of repeated medication far away

### Azailia Ansko

Crying woman fearful lady  
Watching weirdly infant trying  
Sucking milk hands push push  
Waiting scared baby

### Jodi Fearing

Indecisive unprotected boots knocking  
Stupidity door opens and closes  
Educated individual persuaded

### Jodi Fearing

Cry cry baby feeling  
Distressed infant shouting and screaming  
For the creamy infectious food

### Zodwa Nyoni

Comfort warm curdled love embraces  
new blossomed lips  
milk suckle baby drink

### Tavela Robinson

Antiviral  
uninfected  
fear  
myths  
disease  
rejected

*BHI would like to thank all the young authors who have submitted their poetry inspired by World AIDS Day*



CLICK



Check out our new website today for information on our projects, health resources, current vacancies and more!

www.blackhealthinitiative.org



## Who's Who @ BHI...

Service Manager

Office Administrator

Teenage Pregnancy Worker

Kusikia Counselling Service

MASH (Men and Sexual Health)

Women's Health Project

Finance Worker

Mayisha (Substance Misuse)

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Lorraine Charlton

Patricia Grant

Ansell Broderick

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