

Community Health Coalition, Inc.

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Healthy Sunday Topic: Brain Health & HIV/AIDS

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Brain Health:

There is evidence that people can reduce their risk of memory, reasoning decline and maintain good brain health by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, eating healthy and maintaining good heart health.



Alzheimer's Associated with Declining Brain Health: What is Alzheimer's:

According to the Alzheimer's Association, Alzheimer's is a type of dementia that causes memory loss, problems with thinking and behavior. Symptoms usually develop slowly and get worse over time. It is a progressive disease that destroys memory and other mental functions. The rate of new and existing cases of Alzheimer's is high in Blacks compared to Whites.

Alzheimer's and the Brain:

Brain cells receive supplies, generate energy, construct equipment and get rid of waste. Cells also process and store information and communicate with other cells. It's the destruction and death of nerve cells that causes memory failure, personality changes, problems carrying out daily activities and other symptoms of Alzheimer's.

Warning Signs for Alzheimer's and other Dementias.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Mood and personality changes

**Alzheimer's is not
the only cause of
memory loss. Early
diagnosis gives you a
chance to seek
treatment and plan
for your future!**

HIV/AIDS:

Blacks/African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those ever diagnosed with AIDS, compared to other races/ethnicities. Durham County has the third highest rate of HIV in NC. Many people are still unaware that they are infected. The only way to know for sure whether you have HIV is to get tested. The CDC and U.S. Preventive Services Task Force recommend that everyone between the ages of 15 and 65 be screened for HIV at least once and get tested again depending on their risk for becoming infected.

Veronica Ray, MD. Internal medicine at Lincoln Health Community, says “for those at high risk of becoming infected with HIV due to their lifestyle, there is a medication that can be prescribed by a health care professional. It is one pill to be taken once a day, every day. This medication is called PrEP (pre-exposure prophylaxis). PrEP is prescribed by Durham County health care providers to adults (over age 19), of any race, gender, sexual orientation and income level.”



Veronica Ray, MD

Remember the ABC's

Abstinence is the only 100% effective way to prevent HIV, other STD's, and pregnancy

Be tested for HIV and memory loss.

Condoms save lives

For More Information

- www.Durhamknows.org
- Call 24/7 Helpline: 800-272-3900 – The Alzheimer's Association
- 1-800-438-4380 (toll-free) www.nia.nih.gov/alzheimers

Please Donate: Community Health Coalition provides free health tips, free blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.



Click below to make a payment ↓

<http://www.chealthc.org/makeadonation.html>

Thank you.



Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



Public Health



Duke Energy encourages you to enjoy the summer activities, remain vigilant and put safety first.

ADOPT Healthy People 2030!