



Take a Loved One for a Checkup Day Make Good Health A Priority!

Extensive research has proven that the African American population has higher risk factors for many of the major chronic diseases such as AIDS, diabetes, hypertension and Breast Cancer.

In an effort to eliminate racial and ethnic health disparities, **September 19, 2006** has been designated a day in which we will promote a greater understanding of the importance of regular health screenings and target those populations that have minimum if any access to health care.

Diseases such as diabetes or hypertension do not necessarily have symptoms. The earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. Managing a disease especially early in its course, may lessen its impact on your life or prevent or delay serious complications. Medical professionals recommend that persons between the ages of 6 and 28 years, get checkups every other year. Persons beyond this age range should schedule annual examinations.

For those persons who do not have a treating physician or health insurance contact the Office of Minority Health resource Center at 1 800 444-6472 or contact your local community health center. You might also search on the internet using the title

"Finding low-cost healthcare."

Although the statistics are high regarding the state of African American health, there is still good news. Many of the conditions that impact the health of minorities can be reduced by making changes in our life style. We can begin by exercising **ROUTINE MEDICAL CARE!**

Take charge of your health by making an appointment to see a health provider, participate in a health activity in your community or encourage and assist someone in doing the same.

Don't wait until it's an emergency! Let's make our health a greater priority.

"Take a Loved One for a Checkup Day" is a life project of the
National Black Catholic Apostolate for Life.
www.blackcatholicsforlife.org