



# March

## Minority Health Newsletter



## Endometriosis Awareness Month

Endometriosis is a disorder where tissue that normally lines the inside of the uterus grows outside of the uterus and around other reproductive organs in the pelvis or abdomen. The buildup of abnormal tissue can lead to inflammation, scarring, and painful cysts. It can also lead to buildup of fibrous tissues that can cause reproductive organs to “stick” together. Typically, it seems that endometriosis is more commonly diagnosed in White individuals, this is due to the fact that Black and Hispanic individuals and people of color are less likely to be diagnosed with endometriosis in a timely manner. This is due to social factors like implicit bias and institutional racism that make it difficult for these individuals to get the treatment they need—even when they have the same symptoms as White individuals. Endometriosis isn’t preventable, but there are ways to reduce your chances of developing it by lowering the levels of estrogen in your body. Engaging in regular exercise, reducing caffeine intake, and utilizing birth control methods with low doses of estrogen are all ways to help decrease the risk of developing endometriosis.

# WHAT IS ENDOMETRIOSIS?



Endometriosis occurs when tissue resembling the lining of the uterus grows outside the uterus, attaching itself to other pelvic and abdominal organs, causing scarring, lesions, adhesions, and cysts.

## COMMON SYMPTOMS

- painful periods
- severe pelvic cramping
- heavy bleeding
- infertility
- pain during sex
- painful ovulation
- urination and bowel pain
- constant fatigue
- bleeding/pain btwn periods
- digestive problems
- periods lasting 7+ days
- ovarian cysts

## MORE THAN 1 IN 10 WOMEN



Experts believe the number is **significantly higher** due to underreporting, misdiagnosis, and lack of a nonsurgical and non-invasive diagnostic method



## LARGEST WOMEN'S HEALTH CRISIS OF OUR TIME



## STAGES

- STAGE 1** minimal
- STAGE 2** mild
- STAGE 3** moderate
- STAGE 4** severe

## TREATMENT

### BIRTH CONTROL



### SURGERY



## MYTHS & FACTS

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Hysterectomy or childbirth is a cure                  | <input checked="" type="checkbox"/> <b>There is no cure</b>  |
| <input checked="" type="checkbox"/> Missing school/work due to pain is normal             | <input checked="" type="checkbox"/> <b>This is not normal - see a doctor immediately</b>               |
| <input checked="" type="checkbox"/> The level of pain relates to the stage of the disease | <input checked="" type="checkbox"/> <b>Pain does not always correlate with severity of the disease</b> |

## SOCIETAL STIGMA

- Severe **LACK OF FUNDING, RESEARCH, AWARENESS, & DIAGNOSTIC METHODS**
- Women are forced into a **CULTURE OF SILENCE** about their bodies and menstrual cycles
- Many doctors are **MISINFORMED**
- Women's health is considered **TABOO**
- **INEFFICIENT SEX EDUCATION** does not provide women with the information they need


Sources: The Endometriosis Foundation of America, CNBC, womenshealth.gov, endometriosis.org

endo\_graphics  
endographics.org

## National Kidney Month

March is National Kidney Month. Kidney disease affects your body's ability to clean your blood, filter out extra water, and help keep your blood pressure under control. It can also affect red blood cell production and vitamin D metabolism. When your kidneys are damaged, waste products and fluids build up in your body and can cause swelling in areas like your ankles. It can also cause nausea, poor sleep, and shortness of breath. Unfortunately, kidney disease is referred to as a "silent disease," because there are usually no symptoms during its early stages. In fact, over 80% of Americans who have chronic kidney disease didn't know until the disease was very advanced. Even more unfortunate is that kidney disease disproportionately affects communities of color at a higher rate. Black individuals are more than 3 times as likely to have kidney failure compared to White individuals. Even if you feel healthy, there are steps you can take to help protect your kidneys from disease. Maintaining a healthy weight and normal physical activity help to decrease your chances.

*Keeping the*  
**KIDNEYS HAPPY**



**KIDNEYS CONTROL THE BODY'S FLUID LEVELS. THEY FILTER WASTES AND TOXINS FROM THE BLOOD.**

**EACH KIDNEY IS ABOUT 4-5 INCHES LONG** — ABOUT THE SIZE OF A FIST.

**HIGH BLOOD PRESSURE AND HIGH BLOOD SUGAR (DIABETES) ARE TWO LEADING CAUSES OF KIDNEY DISEASE.**

**1 IN 10** AMERICANS WILL HAVE A KIDNEY STONE AT SOME POINT IN THEIR LIFE.

**WAYS TO KEEP THE KIDNEYS HEALTHY**

- 1 Drink plenty of fluids (48 to 64 ounces of water daily) to help the kidneys work well. This is also the best way to prevent kidney stones.
- 2 Don't smoke. Smoking slows the flow of blood to the kidneys, which may reduce their function. Smoking also raises the risk of kidney cancer by about 50 percent.
- 3 Eat healthy, low fat foods to cut your risk of high blood sugar and high blood pressure. Exercise can also help keep your blood pressure and sugar levels under control.
- 4 If you take over-the-counter painkillers, like ibuprofen and naproxen, daily for everyday pain or joint swelling, then talk to your doctor about checking your kidney function. These drugs can cause harm to the kidneys if taken too often over a long period.
- 5 If you have high blood pressure or high blood sugar, then have your kidney function monitored on a regular basis.

**26 MILLION** AMERICAN ADULTS HAVE KIDNEY DISEASE, BUT MOST **DON'T EVEN KNOW IT.**

**MOST PEOPLE HAVE TWO KIDNEYS, BUT YOU CAN LIVE WITH ONE (OR LESS).**

**COMMON HEALTH PROBLEMS THAT IMPACT THE KIDNEYS ARE KIDNEY STONES, KIDNEY CANCER AND KIDNEY FAILURE.**

**MARCH IS NATIONAL KIDNEY MONTH.**

*Urology Care*  
FOUNDATION™  
The Official Foundation of the American Urological Association

For more information about kidney health, visit the Urology Care Foundation's website: [UrologyHealth.org](http://UrologyHealth.org)

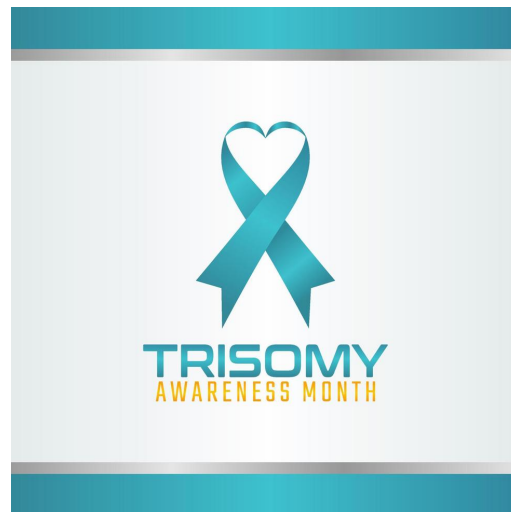
## Trisomy Awareness Month

While most people have 23 pairs of chromosomes, some have a condition that causes extra partial or full chromosomes in their cells. Those extra chromosomes can cause a range of health problems, learning difficulties as well as delays in physical development.

Different types of Trisomy include:

1. Trisomy 13 which causes Patau syndrome
2. Trisomy 18 which causes Edward syndrome
3. Trisomy 21 which causes Down syndrome.

Trisomy can occur randomly in any pregnancy and doesn't discriminate based on race. However, Black infants, especially those with Trisomy 21 (Down syndrome), have



While you can't prevent genetic conditions like trisomy, you can reduce your risk of having a child with genetic conditions by:

- Knowing your risks/family history of genetic disorders. Especially if having children when you're 35 years and older.
- Getting genetic screenings done before becoming pregnant.
- Avoiding drinking and smoking before and during pregnancy.

lower chances of survival beyond the first year of life compared to White infants.

- Engaging in healthy activities like regular exercise, eating a well-balanced diet, and getting routine check-ups.

## Upcoming Local Events



Ohio Commission  
on Minority Health



SUMMIT COUNTY  
PUBLIC HEALTH  
Office of Minority Health

# Health & Wellness Fairs

**April 10, 11am - 2pm**  
**Student Union**  
**University of Akron**  
302 E. Buchtel Ave, Akron, OH 44325

**April 26, 10am - 2pm**  
**METRO Transit Center**  
631 S. Broadway Street, Akron, OH 44311

◆ RAFFLE PRIZES ◆ FREE BUS FARE ◆ VENDORS ◆ DJ ◆ FREE HAIRCUTS ◆

Show this flyer to the bus operator for a **FREE RIDE** on any regular METRO fixed-route bus from 8am-5pm during the day of the METRO health fair (April 26). The free fare does not apply to METRO Demand response services (SCAT, Call- A-Bus, FlexRide), or NorthCoast Express Services

[WWW.SCPH.ORG](http://WWW.SCPH.ORG)

# HUMAN TRAFFICKING TRAINING

Friday, April 7, 2023

1:30pm-3:30pm

1867 W. Market St. Akron, Ohio

Summit County Public  
Health Auditorium

Get informed, learn the signs, and hear  
from a survivor



Register at:

[www.tinyurl.com/HumanTraffickingTraining23](http://www.tinyurl.com/HumanTraffickingTraining23)



Training by:



# WAVES

Prenatal & Postpartum  
Space for Parents

## Cooking Class

March 28, 2023  
12:00pm-1:30pm

Summa Health Equity Center  
1493 S. Hawkins Ave, OH 44320

Please Register with QR  
code below



Did you know eating a  
well balanced diet has a  
large affect on your  
mental and emotional  
health?

Join us as we discuss  
nutrition, mental health,  
and learn how to  
incorporate healthy meals  
into your daily diet.



# COMMUNITY GARDEN LEADER TRAINING

A four week training for anyone interested in  
leading a community garden food project

**TUESDAYS  
MARCH 2023**

**6:00 PM TO 8:00 PM**

**SUMMIT LAKE NATURE CENTER  
411 IRA AVE. AKRON, OH 44301**

All light dinner will be served.  
Feel free to bring your own & a refillable water bottle.

**#WE GROW IN COMMUNITY**



This is a **FREE** training but space is limited  
and registration is required.

**Use the button below to register.**



For more information  
or assistance with registration  
visit [letsgrowakron.org](https://letsgrowakron.org) or call (330) 745-9700

# TOBACCO CLEAN UP DAY




*Keep Summit Lake Beautiful*

## SUMMIT LAKE YOUTH CLEAN UP DAY MARCH 31, 2023

### About the Project

Summit County Public Health will be hosting a Youth Cleanup day for volunteers to help rid Summit Lake property from tobacco waste (cigarettes, vapes, lighters etc). A Kick-off meeting (1 month prior to event) will share the importance of keeping the environment and community clean from tobacco products. Further details will be communicated through sign-up. Cleaning supplies and snacks will be provided.

 330-212-6985

 [srusso@schd.org](mailto:srusso@schd.org)

 [www.scph.org](http://www.scph.org)



\*RSVP by text or email



# LATE? DON'T WAIT.

PREGNANT? THINK YOU MAY BE PREGNANT?  
A COMMUNITY NAVIGATOR IS READY  
TO SUPPORT YOU THROUGH YOUR JOURNEY AND  
LINK YOU TO RESOURCES LIKE:

- FREE CRIB AND BABY ITEMS
- SMOKING CESSATION
- PRENATAL CARE
- HOME VISITING PROGRAMS
- NUTRITION AND FOOD ASSISTANCE
- HOUSING AND UTILITY SUPPORT

**CONTACT US TODAY**

**330-926-5700**

**NAVIGATORS@SCPH.ORG**



# ARE YOU A PARENT LOOKING FOR A JOB OR INTERESTED IN GROWING YOUR CAREER?

Join one of The Well CDC's  
upcoming Career Training  
Programs.

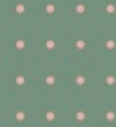
New classes start every 7 weeks!

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**Free childcare,  
transportation, and meals  
are provided.**



For more information contact:  
[Marta@thewellakron.com](mailto:Marta@thewellakron.com)



## Join Akron Children's Army of Moms

Akron Children's Hospital is recruiting Black mothers, aunts, grandmothers, sisters, cousins, and friends to create an Army of Moms. We want to join forces to address the unsafe sleep deaths of babies in the Black community and save lives by teaching and practicing safe sleep.

Who can join our Army of Moms?

- Black mothers, aunts, grandmothers, godmothers, sisters, cousins, and friends
- Must be 18 years old or older
- Passionate about community and keeping babies safe
- Able to participate in all three interactive virtual sessions
- Able to train two people per month in safe sleep including the completion of the safe sleep academy (1/2 hour time commitment)
- Able to attend monthly safe sleep skills check-in

Contact Aries Brown at 330-543-6322 or [abrown6@akronchildrens.org](mailto:abrown6@akronchildrens.org) to join the Army of Moms.

Incentives

Connection

Activities



Scan this QR  
code to sign up



# The Opiate Abatement Advisory Council

*Wants to hear from you!*

## Virtual Meeting

FEB 8th | MAY 10th | AUG 9th  
@ 10:00am



**Register at:**

<https://forms.gle/RGfCJBs1PoQBseP5A>

**Food Distribution**



The Akron-Canton Regional Foodbank Pop up Pantry distributions at the following locations and times:

**March 8, 2023, 12pm-2pm**

Stark Metropolitan Housing Authority  
1315 Gonder Ave. SE, Canton OH

**March 9, 2023, 11am-1pm**

University of Akron  
301 E Buchtel Ave. Lot 24, Akron, OH

**March 10, 2023, 11am-1pm**

Wadsworth Salvation Army  
1825 Reimer Rd., Wadsworth, OH

**March 14, 2023, 11am-1pm**

McKinley Eagles  
5024 Monticello Ave. NW, Canton, OH

**March 15, 2023, 1pm-3pm**

Kent State University DIX Stadium  
DIX Stadium 2213 Summit St., Kent, OH

**March 16, 2023, 7:45am-9:45am**

Mason CLC  
700 E Exchange St., Akron, OH

**March 23, 2023, 11am-1pm**

Stark State College Akron  
360 Perkins St, Akron, OH

**March 25, 2023, 10am-12pm**

ASW Global  
3375 Gilchrist Rd., Mogadore, OH

## Events in Akron

# March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2023

March 4-6  
Inclusion Day(s) at the Zoo  
Akron Zoo (Wear **ORANGE** for free  
admission)

March 15, 11am-12pm  
Child Mental Health Seminar  
Asian Services in Akron

March 19, 10am-11pm  
Yoga Series: Mindful Art  
Akron Art Museum

March 22, 6pm  
Depression - It's Not a Weakness  
Cuyahoga Falls Library



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