

Newsletter 25
November 2006

Things to Look for in this Issue!

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HAAP Evolves!



HAAP Staff at 9.10.06 Health Fair at KACCM Center.

Using new funding sources within the Michigan Department of Community Health, HAAP continues its mission to improve the health status of Asian Americans. This year, we will emphasize early detection of colorectal cancer. After each health fair, we will identify men and women who had test values (e.g., blood pressure, glucose, bone density, etc) that show they are at high risk, and invite them to participate in special seminars to help take Personal Action Toward Health (PATH). These small groups will be exciting and open to all, regardless of insurance status.

We are extremely proud of HAAP participants for getting their annual mammograms! Please continue getting your mammograms every year, and do not hesitate to contact us with any questions. Also, let your Coordinator know if you need help making or keeping an appointment. If you identify a breast problem but have NO health insurance, be SURE to contact your Coordinator or the HAAP office at 1-800-936-8913 or, if you are within the (734) calling area, 936-8913.

THE HAAP MOTTO: TAKE CARE OF YOURSELF AND HELP OTHERS!

GOOD NEWS!

Beginning January 1, 2007, Tsu-Yin Wu will be HAAP's new director. Dr. Wu earned her Bachelor's Degree in Nursing from Yang-Ming Medical University in 1992; her Master's degree in 1995, and PhD in 1999, both from the University of Michigan. She worked with HAAP in its early years and co-published 3 articles with HAAP's founding director. Dr. Wu is a specialist on cancer among Asian Americans, with current research grants from the U.S. Department of Defense and the Susan G. Komen Foundation. In addition to taking this position, she will continue as tenured Associate Professor of Nursing at Eastern Michigan, showing that two great educational institutions can collaborate on helping to reduce health disparities.

WELCOME, Dr. Wu!!!

**Recognizing Former Coordinator Free Hepatitis B Tests Offered for
 1st Time at Health Fair**



Cuijuan speaks to health fair participants

Cuijuan Cai worked many years as HAAP's Coordinator for the Japanese community and Co-Coordinator for the Chinese community. She put in countless hours, and displayed a commitment that has been integral in helping Dr. Yu and Professor Oakley make HAAP a success. A speaker of the Chinese and Japanese languages, Cuijuan directed the Japanese component of the Lay Health Advisor Program (funded by Blue Cross Blue Shield of Michigan Foundation), and contributed all of the statistical analysis in the LHA program report.

Cuijuan, your work is much, much appreciated!
 HAAP sincerely thanks you!



Janilla Lee & Tess Tchou at 9.10.06 Health Fair

In collaboration with the Korean American Cultural Center of Michigan (KACCM), HAAP provided a highly successful Health Fair on September 10, 2006 for more than 300 Asian Americans. The Health Fair consisted of free screening services, such as testing for Hepatitis B infection, bone density, cholesterol, glucose, blood pressure, glucose, body mass index, physical therapy problems; and education about breast, cervical, and colorectal cancer. Thanks to the Health Fair participants, HAAP continues to learn about the health status of community residents in Michigan.

Health Fair Continued...



Medical Student screens health fair participant



Participants line up to register

Hepatitis B results have been mailed to all of those tested, with appropriate follow-up recommendations. Other results were provided immediately to the participants, and the summary data will be available in the next newsletter!

our Dedicated Specialists

Expert speakers included Anna Lok, M.D. and Hari Conjeevaram, M.D. from UM School of Medicine on Hepatitis B; Frank Yelian, M.D. from Wayne State University School of Medicine; John Y. Kao, M.D. from UM School of Medicine; and David Bauer, M.D. from Bone Density Specialists and Crittenton Hospital.



Star-studded thanks!!!



Financial support for the Health Fair was provided by the Michigan Department of Community Health, Cancer Control and Prevention Section, the Gilead Foundation, and the University of Michigan Health System Community Outreach Program. Magnificent contributions through direct service and/or equipment were made by: KACCM; David Bauer, M.D.; the University of Michigan Health System's M-Fit Program and Office of Multicultural Health; the UM United Medical Student Association of Asian Americans; Sharon Liang, R.N.; Nah-Mee Shin, PhD, R.N.; and many volunteers from the Korean, Chinese, Filipino, Vietnamese, and Asian Indian communities.



...And a Special Thank-You to all Health Fair Participants!

Cancer: Leading Cause of Death among Asian Americans

Did you know that breast and cervical cancer is the number one cause of death among Asian American women? However, contrary to this statistic, it is commonly assumed that Asian women are not at the same risk of developing cancer as women of other ethnic groups. Even more distressing is that Asian women themselves internalize these misconceptions and do not believe it is necessary to go to the physician's office for regular examinations. Additionally, with regard to Asian American men, the leading cause of death is lung cancer.

Dr. Moon S. Chen, Jr., of the Asian American Network for Cancer Awareness, Research and Training (AANCART), described cancer in Asian Americans as "unique, unusual, and unnecessary." "Unique" because Asian Americans are the only ethnic group to experience cancer as the leading cause of death in both the age categories of 25-44 years and 45-64 years. "Unusual" because they tend to experience cancers of infectious origins. "Unnecessary" because early detection can greatly reduce the risk of death from cancer.

Factors that have contributed to these disparities may include financial and physical barriers, unequal access to information and education, and cross-cultural differences and biases. However, the important thing is that we realize the need for greater understanding and knowledge, and to gradually take steps to ameliorate these disparities.

Above article cited from "First-ever Summit Stressing Preventing Cancer among Asian Americans" by Stella Choi,
http://www.asianfortunenews.com/site/article_0906.php?article_id=43.

Lay Health Advisor Program Becomes Self-Sustaining



Supported by the Blue Cross Blue Shield of Michigan Foundation, this program has been an integral part of HAAP since 2004 (it is modeled on an earlier LHA project in the Chinese community, which was funded by the Susan G. Komen Foundation). The overall goal of this research project is to develop and evaluate a community-based, Lay Health Advisor (LHA) intervention, in order to improve access and utilization of breast and cervical health screenings among medically underserved Japanese and Vietnamese women. Generally speaking, the majority of past LHAs were around 40 years of age; resided in the Washtenaw, Oakland, and Wayne counties; and were homemakers or employed.

LHAs are the ambassadors between HAAP, the Chinese, Japanese, and Vietnamese communities, and the medical field. Furthermore, they strive to educate and increase the public's awareness about health-related issues especially prevalent in Asian populations.

In the last two years, a total of 328 Japanese and Vietnamese LHAs have participated in educating



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Lay Health Advisor Continued...

3,248 women about breast and cervical cancer. They helped 287 women get Pap smears and/or mammograms. After participating in the project for two years, 50 Japanese and 74 Vietnamese LHAs said they will continue their role in HAAP.

On April 30, Dr. Janilla Lee held a "rejuvenation" seminar for more than 30 of the LHAs who decided to continue to help HAAP.

As HAAP begins a new project year (October 1, 2006 to September 30, 2007), we will need assistance from all continuing LHAs. Please keep checking the HAAP website for updates on activities and call the HAAP office to let us know any ways we can better help Asian American communities promote healthy behavior and early screening for disease prevention.

Support HAAP through University Banking!



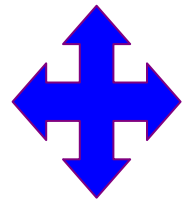
Selected as the "Community Bankers of the Year" by U.S. Banker Magazine, University Bank is focused on providing service to local residents. Just mention HAAP when you open an account at University Bank, and the bank will donate a percentage of the deposit to our organization! In the past, through the active participation of HAAP members, employees, friends, and family members, University Bank has donated a great deal

to HAAP's mission to promote health awareness in the Asian community.

To open an account, you need a minimum of \$500. Furthermore, University Bank is now adding CDs to this program! For CDs, the current rate is 5.10%. With competitive rates for the whole year, University Bank is the way to go! Take advantage of this opportunity to help both HAAP and yourself!

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New Directions for HAAP



HAAP will be funded by the Michigan Department of Community Health to continue and expand our program. We will also continue to hold health fairs, in collaboration with other organizations, Asian American medical and nursing students, and committed volunteers. For the year 2006 to 2007, there will be greater emphasis on colorectal cancer (details in our next newsletter). Additionally, we will start helping high-risk people increase their ability to deal with chronic health problems. Stay tuned!!!

Acknowledgments

Interim Director: Dr. Deborah Oakley
Acting Director: Dr. Janilla Lee
Coordinators: Judy Chen (Chinese), Yer Kue (Hmong), Tina Thinh Lam (Vietnamese), Susan Lee (Korean), Rekha Raizada (Asian Indian), Teresita (Tess) Tchou (Filipino)
Student Coordinator: Mei Shan
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