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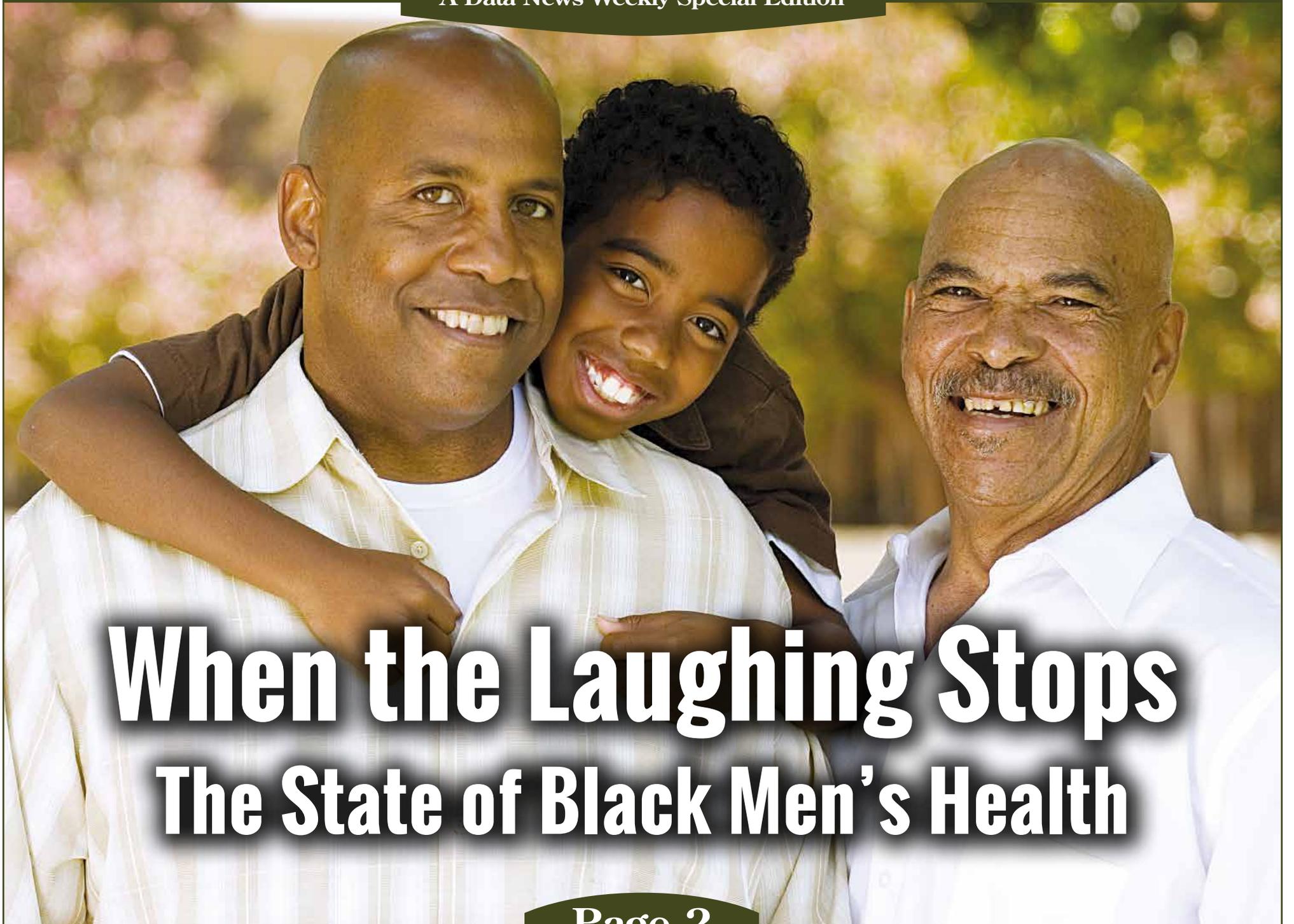


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A Data News Weekly Special Edition



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When the Laughing Stops

The State of Black Men's Health

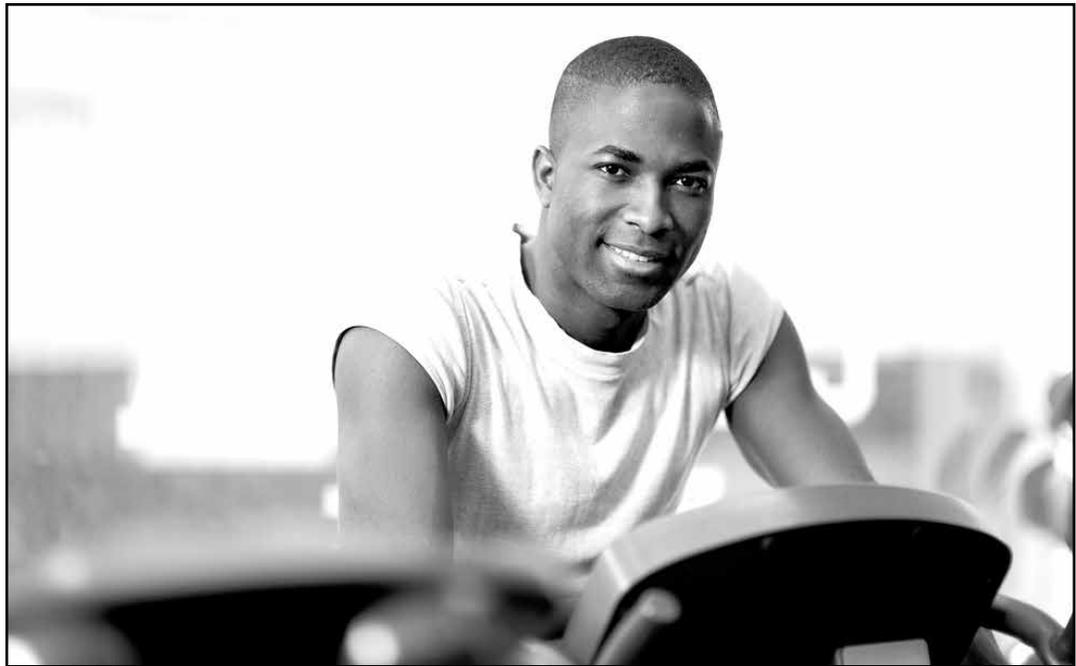
By Eric Griggs M.D.
Data News Weekly Contributor

Often times when I find myself in barber shops, restaurants, sporting events, or just walking the streets, I engage in the banter taking place and enjoy the laughter that fills the room. Whether the conversation is about a game, a relationship, a comical event that happened to someone's "friend" or family member, the mood is always light and jovial. Smiles abound, and it usually stays this way until someone brings up the topic of Health. At this point, the room usually goes silent, and everyone usually turns to me, hanging on my every word, waiting for a joke or a smile. It's all fun and games until I say "When was the last time you saw your doctor?" First come silence, then stutters and stammers. It's like pouring cold water on a campfire. I am the consummate buzz kill to their once fun conversation.

In honor of the Annual Convention for the 100 Black Men of America in New Orleans this week, I can think of no better time to address a silent tragedy taking place in our community right under our noses. The sad reality is there is no one to blame but ourselves. Here are the facts:

"Black Male Health Statistics:

- Black men live 7.1 years less than other racial groups
- They have higher death rates than women for all leading causes of death
- They experience disproportionately higher death rates in all the leading causes of death



Its now time for Black men to examine the steps to change the trend so they can live longer, happier, healthier and productive lives.

- 40% of Black men die prematurely from cardiovascular disease as compared to 21% of White men
- Black men have a higher incidence and a higher rate of death from oral cancer
- Black men are 5 times more likely to die of HIV/AIDS

Other Health Statistics:

- 44% of Black men are considered overweight
- 24% are obese
- Black men suffer more preventable oral diseases that are treatable

- Black men have a higher incidence of diabetes and prostate cancer
- They have a high suicide rate. It is the 3rd leading cause of death in 15 to 24 year olds" (http://menshealth.about.com/od/blackhealth/a/Af_amer_stats.htm?r=et:From Jerry Kennard, former About.com Guide Updated November 09, 2006)

So, there's the bad news. Its objective and plain as day, as Black men, we are not taking care of ourselves the way we should and worse, we are afraid to admit that we are afraid. The most common reasons encountered for avoid-

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DATA NEWS WEEKLY

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LeFevre, Co-chair of the U.S. Preventive Services Task Force, a volunteer panel that advises the government (on Health), recommends the following:

Age 18

Family history discussion with parents

Vaccinations

- A meningitis shot, required at many colleges.
- HPV shot, to prevent infection with the human papillomavirus, which causes a variety of cancers and genital warts, if men haven't been vaccinated already. This vaccine is most effective if given before men become sexually active.
- Tetanus-diphtheria-pertussis (Tdap) booster. Everyone needs a tetanus booster every 10 years. And recent outbreaks of pertussis, or whooping cough, have led the Centers for Disease Control and Prevention to recommend this vaccine for everyone.

Weight check

- Men don't need to go to the doctor to track their weight, but they should monitor it to make sure they don't put on too many extra pounds after they graduate high school, LeFevre says. Online sites and apps can help guys calculate their BMI, or body mass index.

Blood pressure

- Guys should get their blood pressure checked at age 18, too, although this can also be done by a nurse or even the trainer at the gym, LeFevre says. The American Heart Association recommends men check their blood pressure at least every two years. A blood pressure of 120/80 or less is considered healthy.

Your 20s and 30s**Cholesterol**

- Men should take a fasting cholesterol test every five years, beginning at age 20, according to the Heart Association. Men with unhealthy cholesterol may need more frequent tests.

Your 40s**Hepatitis C**

- The Centers for Disease Control and Prevention recommends that Baby Boomers, or those born between 1945 and 1965, get a one-time test for hepatitis C, which can destroy the liver. Many people with the disease don't know they have it.

Diabetes

By age 45, the American Heart Association recommends that men have a fasting blood sugar test, which can tell if men are diabetic or pre-diabetic. Men should repeat the test at least every three years. Many men don't realize they have diabetes or are on their way to developing it. Making early lifestyle changes can prevent the disease from developing, or keep it under control to avoid long-term complications, says Raul Seballos, Vice Chair of Preventive Medicine at the Cleveland Clinic.

Your 50s**Colon cancer**

- The task force recommends men at average risk get screened for colorectal cancer beginning at age 50. Men at higher risk should get screened earlier, LeFevre says. Men who choose screening colonoscopies should be checked every 10 years, while those screened with fecal occult blood tests — a non-invasive test — need to be tested annually.

Prostate cancer

- Experts disagree about the benefits of routine screening for prostate cancer. The preventive services task force has concluded that PSA testing typically does more harm than good. Other groups, such as the American Cancer Society, say men should discuss the risks and benefits with their doctors and make an informed decision.

Lung cancer

- For the first time, major medical groups such as the American Society of Clinical Oncology this year began recommending lung cancer screening for certain older smokers and former smokers: those ages 55 to 74 who smoked the equivalent of a pack of cigarettes a day for 30 years. The society recommends the screenings only be performed at Academic Medical Centers, such as universities, with specialized surgeons and radiologists on staff. Lung cancer screening is not recommended for other people, because the risks of invasive follow-up tests outweigh the potential benefits.

Aspirin therapy

- While doctors don't recommend that everyone take aspirin, a daily low-dose pill can help reduce the risk of heart attack in men with certain risk factors, LeFevre says. By age 50, it's worth talking to the doctor about whether a daily baby aspirin could be beneficial. LeFevre cautions that no one begins taking aspirin on their own, without medical advice, because the pills can cause severe bleeding and ulcers in some people.

Your 60s and 70s**Peripheral artery disease**

- The American Heart Association suggests having an ankle-brachial index test every year or two, starting in your 60s. The test measures the pulses in your feet to detect plaque build-up in the arteries of the legs, which can lead to blood clots.

Abdominal aortic aneurysm

- Men who have ever smoked should get a one-time ultrasound test for this type of aneurysm, in which the blood vessel balloons out and threatens to burst, between ages 65 and 75. Non-smokers don't need it, the preventive task force says." (<http://usatoday30.usatoday.com/news/health/spotlight/story/2012-08-27/men-health-tests/57289804/1>)

ing routine checkups, screenings and physicals are "Doc, I don't want to hear any bad news...Man, I don't want that finger...There's nothing wrong with me...You know where they put that tube, right?..." and the list goes on. The reality is that all of these reasons amount to nothing more than mere excuses to hasten the inevitable - an early death. Morbid, isn't it? Sad but true. As much as we enjoy making light of this serious situation, we are killing ourselves with laughter. Well now the joke is over. It's now time to examine the steps to change the trend so we can live longer, happier, healthier and productive lives.

The first step is to understand that we are not alone. Men, in general, do not go to the doctor. "A recent survey by the American Academy of Family Physicians reveals that 55 percent of U.S. men haven't seen their M.D. in the past year. They'll ignore blood in their urine and watch testicular tumors grow to the size of grapefruits because they're afraid to come in," says urologist Sheldon Marks, M.D., Author of Prostate and Cancer: A Family Guide to Diagnosis, Treatment, and Survival." (<http://www.menshealth.com/health/5-reasons-you-dont-see-doctor-should#>)

Once we accept the fact that we don't go to the doctor as we should, we can then take the steps to correct it. We must realize that the decision to properly take care of ourselves is not just about us - it's about our families. Our ability to provide for our families and be productive is directly linked to our physical/mental well-being. For this reason, many companies and insurance plans provide for "wellness policies." Take advantage.

The next step is to identify a primary care physician with whom we feel comfortable. Medicine is a team sport, with the patients being the star players and the doctors (team of medical professionals) being the coaches. It takes 100% effort on both sides to keep the players (you) performing at optimal levels during the game (LIFE). After making the decision to go to the doctor, choosing the "right" doctor is most important. As with any player/coach relationship, trust is paramount. Here are a few tips:

1. Ask friends and relatives who they see, and how long they have seen their doctors. Friends and relatives have our ultimate trust. Their judgments serve as a great gauge. They

Cover Story, Continued on page 11.

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100 Black Men Annual Convention Comes to New Orleans

Data News Talks to 100 Black Men New Orleans Chapter President Kevin Hill

By Edwin Buggage

As we look at the mainstream media and its portrayals of Black Men, we see a lot of negative images. And the touting of statistics is stark to say the least. But conversely, what is rarely seen are images of men who are successful and are giving their fellow brothers not simply a hand-out, but a hand up, giving the map and helping them navigate their way to not only survive but thrive. From June 5th thru 9th 100 Black MEN will converge on New Orleans for their 27th Annual Convention. The theme for this year's conference is Optimizing Health & Wellness: Mind, Body and Spirit.

The history of 100 Black Men starts in New York City with its founding in 1963. Over the years the organization grew into a national force with nine chapters in 1986 as a national alliance of leading African-American men of business, industry, public affairs and government with a mission to improve the quality of life for African-Americans, particularly African-American youth. Today the organization has 110 chapters in the United States, England and the Caribbean. Members represent



Pictured is Kevin Hill, President of the New Orleans Chapter of 100 Black Men.

a myriad of professions including corporate executives, physicians, attorneys, entrepreneurs, entertainers, elected officials, professional athletes, educators, and men from numerous other professions. These dedicated men created an international coalition focused on creating educational opportunities, promoting economic empowerment, addressing health disparities, and creating positive, nurturing men-

toring relationships that extend across a lifetime.

Kevin Hill is the President of the New Orleans chapter and is excited about the Crescent City hosting this year's national conference. "Bringing the conference to New Orleans to take on the issues that face Black men I feel is significant, because our City is plagued with many problems, but I feel if we can get out information to our community we can

begin to solve the problems that effect young men and boys."

When many people think of health and wellness they simply think of it as a medical concern, but it is also a public health concern where lack of education, economic opportunities and access to ladders out of poverty effects the physical and fiscal health of men in the African-American community; taking years off their lives and in many instances causing

some of the youth to give up on life before giving themselves a chance to succeed.

100 Black Men realizes this and has taken a holistic approach to dealing with these problems, "When we work with people in communities we work in the areas of education, financial literacy, understanding credit, issues of health and building families, I feel these things are key to rebuilding our communities and we at 100 Black Men are dedicated to this mission," says Hill.

The organization realizes that you do not build a community from the top down, but from the bottom up and every year they award college scholarships to young people. "We have worked with countless youth from around the City and nation, and when we are awarding scholarships we are not always interested in students with the best Grade Point Averages, we are looking for kids who have the drive to succeed and need a chance and those are the types of kids we look to help."

Today, Hill is a successful Attorney, but he talks about himself as a young man growing up in Holygrove in New Orleans and reflects on working hard to become

successful which is a message he always imparts when mentoring kids. "What we at 100 Black Men try to do is let kids know that although they see us and see what we have "made it" that it took a lot of struggle and sacrifice for us to get where we are and that if they work hard they can get there too and we are there to help them."

And as 100 Black Men chapters from other cities come to New Orleans, they are coming to a place that has an unbreakable spirit of resilience. Kevin Hill talks about his native City and his organization that continues to fight to save the lives of young men by giving them hope. "There is no place like New Orleans, we have come a long way since the storm and we will not only come back to pre-Katrina greatness but better than before. And the most important thing we need to rebuild is our young people and give them the skills to build a better tomorrow for themselves and this will benefit the entire community and I feel we at 100 Black Men are working hard in helping them achieve that. I believe we can get it done and we will not give up until our goals are accomplished."



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Doctor of the People

Corey Hebert M.D. Gives Community Health Information via Internet with Black Health TV

By Edwin Buggage

He is a physician who has become synonymous with health in New Orleans. Over the years he's been featured on countless national broadcasts including The Oprah Winfrey Show, The Early Show with Harry Smith on CBS, NBC Nightly News with Brian Williams and on Black Entertainment Television's Meet the Faith. He was also featured in the Spike Lee feature film, When the Levees Broke. He hosts a weekly radio show on Citadel Broadcasting Network titled "Doctor for the People." He is also a contributor to the Discovery Channel television show, How Stuff Works and has been a frequent contributor to the "Dr. Oz" show. Dr. Hebert also does motivational speaking



Dr. Corey Hebert, CEO of Black Health TV

for many companies including Chevron and Essence Magazine. In addition to his being the Medical Editor on WDSU TV-6, a local NBC affiliate, Hebert continues to be on the front-line of health issues affecting the African American community.

Seeing that there was a dearth of information regarding African Americans and health, Hebert and his business part-

ners created Blackhealthtv.com, a groundbreaking, online video and social media website focused on the health issues of African-American consumers and physicians. Co-founded by Dr. Corey Hebert, an award-winning medical journalist and frequent contributor to the Dr. Oz. Show, Black Health TV plans to establish its website as a global brand amongst people of African descent.

With the convergence of media where the Internet and television merging into one medium, Hebert felt a one stop shop to get health information was essential for the African American community. He feels that historically African Americans have not have access to information that was tailored specifically with them in mind, and Black

Health TV addresses this issue.

"I'm so proud to be at the helm of Black Health TV. We offer the African-American community, for the first time ever, culturally relevant on demand health information," says Dr. Corey Hebert, CEO of Black Health TV.

While there are many myths surrounding the African-American community in their desire to improve their health. There is a body of evidence that Dr. Hebert cites that he feels that justifies the need for Black Health TV. According to the U.S. Office of Minority Health, African-Americans have the highest mortality rate of any racial and ethnic group in several major disease categories from

Doctor, Continued on page 10.

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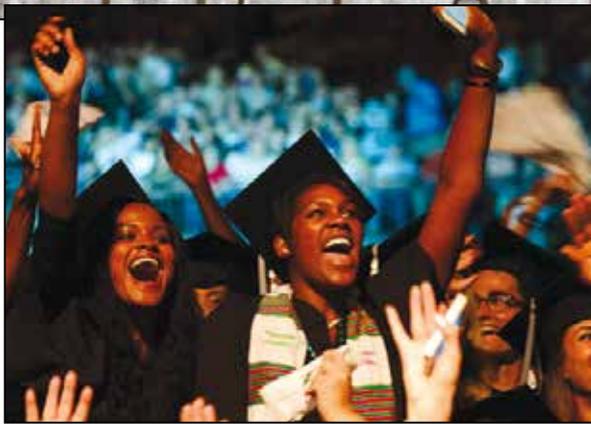
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Shoot Ya Best Shot!

Tulane University 2013 Commencement Exercises

Photos provided by Tulane University

Congratulations to the Class of 2013 at Tulane University and to Allen Toussaint, Dr. John and The Dalai Lama who were awarded Honorary Doctorate Degrees.



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30 Years Of Rebirth

Photos by Glenn Summers

Rebirth Brass Band Celebrated Their 30th Year Anniversary at the Howlin Wolf



Supreme Court Must Keep Affirmative Action Alive



Marc Morial
President and CEO
National Urban League

To Be Equal

"The enduring hope is that race should not matter; the reality is that too often it does." Anthony Kennedy, Associate Justice of the Supreme Court

As early as next week, in *Fisher v. University of Texas at Austin*, the United States Supreme Court may issue a ruling that could seriously limit or altogether elimi-

nate the use of affirmative action in university admissions. While much of the current debate about the continued need for affirmative action has been distorted by the use of coded buzz-words like "preferences," "entitlements," and "quotas," we should remember that the original intent of the policy when it was first introduced in 1961 by President John F. Kennedy, was to foster non-discrimination and fairness.

That remains its central goal today. We hope a majority of the Justices uphold those core American values in deciding whether – like legacy, athletic ability and veteran status – race can be used to ensure that all students receive the educational benefits of diversity.

In *Fisher v. University of Texas*, Abigail Fisher, a white student denied admission to the University

of Texas in 2008, has resurrected a specious claim of "reverse discrimination." This argument has been discredited in similar cases, most recently in the landmark 2003 *University of Michigan Gutter v. Bollinger* case. There the Supreme Court ruled "student body diversity is a compelling state interest that can justify using race in university admissions."

It is fairness, not preference, that demands the continued use of affirmative action to level an educational playing field that for centuries excluded Blacks and other minorities from the nation's mainstream and elite universities. It is equal opportunity, not reverse discrimination, that seeks to offer a way up and out for millions of students relegated to segregated and substandard high schools. It is inclusion, not entitle-

ment, that calls us to recognize that a diverse college experience is good for students of all races, ethnicities and genders, and that diversity is essential to America's ability to compete and win in the global economy.

The National Urban League is among 70 organizations and individuals to file Supreme Court Amicus Briefs in support of fairness in the *University of Texas* case. It should be remembered that until 1950, African Americans were barred from attending the *University of Texas Law School*. In its 1950 Supreme Court victory, *Sweatt v. Painter*, The NAACP Legal Defense Fund (LDF) made it possible for Heman Sweatt to be the Law School's first Black student.

Despite claims to the contrary, race-neutral solutions are not an adequate answer. In its

Fisher v. University of Texas Amicus Brief, the LDF states, "From 1997 through 2004, UT did not consider race in admissions. The impact was devastating." Despite the fact that 13% of Texas high school graduates were African American, "at no point between 1997 and 2004 did African American students comprise more than 4.5% of the entering year class. Nearly four out of every five UT undergraduate classes had zero or one African American students."

A similar "race-neutral" admissions policy at the *University of California* has also resulted in reducing the number of incoming minority freshmen. Clearly, affirmative action based on the principle of fairness and the undeniable benefits of diversity must be kept alive.

Pipeline to the People The Black Man

Question: How do you feel about the state of the Black man?

By **Corey Anderson**
Data News Weekly Columnist

My mother once asked me if I knew what the most hunted being in the world is. Of course, as a young boy, I responded with a simple "no." However, the answer was nothing short of complicated for me to comprehend. She told me the Black man was the most hunted being on Earth. Now, unless you are like me, one can't fathom being a young Black boy and being told this information, but I thank her for that. Turning on the news and seeing another one of your kind being incarcerated or being stuffed into the back of an officer's black and white Ford vehicle is nothing short of a heartbreak. However, it seems as if we offer ourselves on a silver platter at times with the decisions that we make. Some feel the state of the Black man is in shambles. Do you feel it's getting better or worse in our area? What may be some contributing factors? Can we change it? If so how? Data Weekly decided to ask your point of view.



Christina Simmons

"In my opinion, the state of Black males in New Orleans is deteriorating due to an increase in gun violence and other crimes. However, I do believe things can turn around for the better. We can change the future of our Black men so they don't resort to drugs and violence. I believe during the summer months when they have a lot of idle time (no school/work), the chance of getting into trouble increases. If we give our Black males something to look forward to, for example, opportunities to join mentorship programs, earn extra money by getting a part-time job, etc., Black males will realize their full potential and will be less likely to become another statistic."



Amira Mustaf

"I feel that the state of the Black man is improving, but it has a lot of pitfalls. I believe that It is slowly getting better, but it has potential for downturn if the progress doesn't stay consistent. Each generation must work to keep up with or exceed the last generation. We can contribute our time, efforts, positive role models, and presence. The Black community, as a whole, must become unified in purpose and action if the state of the Black man is expected to improve."



Brèon Anderson

"Currently, the state of the Black Male is in a transition from nebulosity to a form of trivial sustainability. For the longest they were viewed as freeloaders, thugs, baby-daddies and not fathers, hustlers and illegitimate businessmen. Now there's a change going on because the level of equality is the closest to equal it has ever been. We can fix the problem by getting Black men to see that we have the same opportunities others races have when we work just as hard; encourage our sons to be fathers, and lead by example. Remove the notion that success equates to a six figure-salaried athlete or entertainer, to a well-educated stock broker, or college professor, doctor, or even an ethical political leader. We must change the perception that the media has painted for so long."

Protecting our Sons (and Daughters) from the HPV Virus

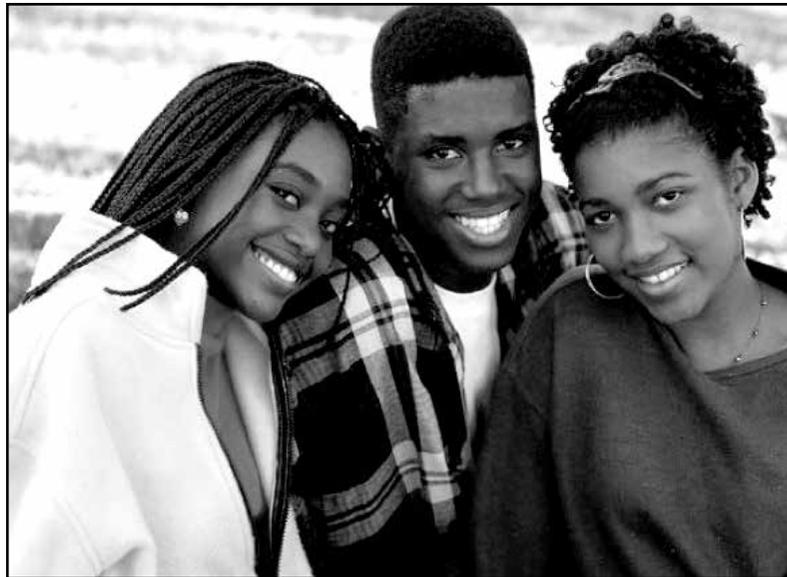
By Marion Hercyl
Data News Weekly
Contributor

Headlines were abuzz on the heels of actor Michael Douglas' admission that his throat cancer may have been caused by the human papillomavirus (HPV), which can be transmitted by oral and genital sex.

In an interview with The Guardian published Sunday, the actor appeared to suggest that the stage-four throat cancer, with which he was diagnosed in August 2010, was caused by HPV that stemmed from oral sex.

About 63 percent of the estimated 11,726 cases of oropharyngeal cancers diagnosed each year in the United States may be caused by HPV, according to the Centers for Disease Control and Prevention. Other causes include drinking and smoking.

Although a representative for the actor issued a statement on Monday denying that HPV definitely led to Douglas' diagnosis, the topic is an important one and needs to be discussed with your children, male or female, and as a parent you need to make an informed decision on



how to best protect them against the HPV virus.

Preteens and teens need the HPV vaccine now to prevent HPV-associated cancers later.

HPV is short for human papillomavirus. According to the Centers for Disease Control (CDC), about 20 million people in the United States, most in their teens and early 20s, are infected with HPV. Each year in the United States, about 21,000 women are affected by cancer linked with HPV, and cervical cancer is the most common.

Around 12,000 HPV-associated cancers occur in men, and oropharyngeal cancers (back of the throat, including the base of the tongue and tonsils) are the most common. Both men and women

can get anal cancer caused by HPV. The HPV infections that cause most of these cancers could be prevented with vaccination.

HPV vaccines are given in a series of 3 shots over a six-month period. For the best protection, it is very important for your child to get all 3 shots. The HPV vaccine has a very good safety record. More than 46 million doses have been distributed, and vaccine safety studies continue to show that HPV vaccines are safe.

Who should get HPV vaccine?

If your son or daughter is 11 or 12 years of age, the American Academy of Pediatrics, the American Academy of Family Physicians, and the Society for Adolescent Health and Medicine recommend you vaccinate now to protect your child against HPV-associated cancer.

If your son or daughter is older than 11 or 12 and has not started these shots, it's not too late to schedule an appointment to begin the series.

Ask about HPV vaccine during any doctor's visit.

Take advantage of any visit to the doctor—checkups, sick visits, even physicals for sports or college—to ask the doctor about what shots your preteens and teens need.

Families who need help paying for vaccines should ask their health care provider about Vaccines for Children. The program provides vaccines at no cost to uninsured and under-insured children younger than 19 years. For help in finding a local health care provider who participates in the program, parents can call 800-CDC-INFO (800-232-4636) or go to www.cdc.gov/vaccines.

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Louisiana Citizens Policyholders Should Prepare As Hurricane Season Begins

Louisiana Citizens Property Insurance Corporation advises its policyholders to follow some easy steps in advance of hurricane season to better protect their families and property and recover more quickly after a storm.

“Louisiana homeowners hear about the importance of being prepared frequently this time of year, but it cannot be emphasized enough,” said Quin Netzel, Louisiana Citizens Property Insurance Chief Claims Officer. “Policyholders should not wait until the hectic hours before an evacuation to find their insurance policy. Now is the time for a homeowner to locate their policy and store our new toll free claims number 1-877-815-5005 in their mobile phone contacts.”

Louisiana Citizens has made significant enhancements by establishing a toll free claims filing number, engaging a catastrophe response firm with the ability to expeditiously handle more than 50,000 claims and utilizing software to track insurance adjusters work in real-time. Louisiana Citizens encourages policyholders to take their own steps to prepare



for the 2013 hurricane season:

1. Review your homeowner policy to ensure that you have the right policy coverage and limits. Locate your policy and determine applicable coverage and limits for your home. Contact your agent if you need to make adjustments.

2. Get flood insurance. Flooding is not covered by standard homeowner insurance policies.

3. Store the toll free claims number in your phone contacts. By saving 1-877-815-5005 in your contacts, you can immediately

file a claim 24/7.

4. Capture the information on the declaration page (the policy’s first page). Your policy number, the toll free, 24/7 claims number and the amount of your deductible are on the declaration page. Take a clear picture of the page on your phone or camera and save the photo, write down the information and store it in your wallet or simply keep the declaration page with you.

5. Photograph your belongings. This will assist you and your adjuster in identifying lost contents if your home is damaged.

Go room-by-room, including closets and storage bins, save photos to your phone and computer.

In the event of a storm or other natural disaster, policyholders are advised to report any claims immediately by calling 1-877-815-5005. Policyholders are also encouraged to visit the company website at www.lacitizens.com and follow @LAcitizens on Twitter for more information on hurricane preparedness and insurance policies.

2014 NBA All-Star To Bring Vendor Diversity Program To The Big Easy

Program Gives Local Minority-Owned Businesses Opportunity to Provide Goods and Services for 2014 NBA All-Star Events

NBA All-Star is bringing more than just basketball to the Crescent City in February 2014. Through the longstanding NBA All-Star Vendor Diversity Program, the NBA and the New Orleans All-Star Host Committee will give local minority, women-owned and other diverse businesses the chance to provide goods and services for All-Star events.

“Bringing large-scale events to New Orleans is about more than entertainment—it’s about bettering our community and putting our best foot forward to the world,” said Jay Cicero, Greater New Orleans Sports Foundation President and CEO and Executive Director of the 2014 New Orleans All-Star Host Committee. “The NBA All-Star Vendor Diversity Program does just that; the program provides the opportunity for

local minority-owned businesses to get in the game and benefit directly from such a major event, creating a lasting impact for our community.”

Qualified applicants will be included in the program’s Vendor Guide, which will be posted on NBA.com. This guide will serve as the central resource for the NBA and its partners in procuring locally supplied goods and services.

To become an approved vendor, businesses must register and be certified by one of the following agencies: City of New Orleans-State & Local Disadvantaged Business Enterprise Program (SLDBE); Louisiana Minority Supplier Development Council (LAMSDC); or the Women’s Business Enterprise Council South (WBEC South).

For the 2014 NBA All-Star Vendor Diversity Program registration, visit www.nba.com/allstar-vendordiversity.

Doctor, Continued from page 5.

Stroke, Infant Mortality, Heart Disease, Diabetes, Cancer and HIV/AIDS. Moreover, according to previous research reports from Pew Internet Report, as a percent of Internet Users within each demographic group, African-Americans search for Health Insurance, Fitness and How to Lose or Control their Weight more than other groups. African-Americans also download more health applications or “apps” on their phone to help them track or manage their health more than any other group and are the second most active users of the mobile Internet including activities such as creating or posting own or group blogs, listening to Podcasts, downloading or streaming online video.

Since its launch it has become a primary source for people searching for health information. By integrating the internet and television Black Health TV is at the forefront in changing how African-Americans receive their health information. Since its inception Black Health TV has become a market leader establishing content relationships with Morehouse Medical School, Harvard Health Publications (division of Harvard Medical School), American Council on Exercise and a host of other prestigious health providers. Blackhealthtv.com provides a consumer-focused interactive health and wellness website that delivers integrated and dynamic health information and videos on a wide variety of subjects. The website also offer areas for interactive support communities, health and wellness tools, and answers to frequently asked medical questions.

Dr. Hebert says that Black Health TV is not just a source for information, but can help add to the quality of life of African-Americans. And as he is called the Doctor of the People, he has found another way to reach out to them by opening the floodgates of information that may save many lives in the days to come.

For more information visit: www.blackhealthtv.com

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For walk-in, location is at the corner of Banks and S. Dorgenois 504-827-0001

Recognizing the Signs of Problem Drinking

By the American Counseling Association

There has been increased attention in recent years to the problems associated with excesses in alcohol consumption. From college binge drinking to the often-tragic results of drunk-driving incidents, the media, courts and general public have begun to recognize the serious implications that drinking to excess can have.

But as important as these stories are, for most of us, the real issues are usually much more personal and closer to home. Statistics show that across the country, alcohol consumption has increased in recent years, yet most people have little understanding of the signs that point to a drinking problem, or they don't know what to do when such signs appear.

A simple and easy way to test yourself for a potential drinking problem is to answer a few questions. Ask yourself if you've ever felt annoyed about criticism of your drinking, or do you feel



guilty about your drinking? Have you ever felt that you ought to cut down on your drinking? Do you find that you need an early morning drink to get going? Experts say answering "yes" to even two of these questions indicates a possible drinking problem.

A professional counselor working with someone facing possible alcohol abuse problems would conduct a much deeper

evaluation. He or she would look for drinking-related issues, such as the client being unable to remember a previous evening's drinking, a history of alcohol-related violent arguments or physical fights, evidence of neglecting family life or work-related problems. When alcohol has led to losing a job, arrests for drunken driving or the loss of friends, help is clearly needed.

For anyone even suspecting that there is a drinking problem, professional help should be sought quickly. A local hospital or mental health center can provide a list of professional counselors who specialize in substance abuse issues. You can also find professional counselors listed in your local yellow pages or through the American Counseling Association website. A professional counselor can provide both an in-depth evaluation of possible issues as well as assistance in combating the problem.

Taking that first step of admitting there might be a problem may be both difficult and painful, but it's an important one. Only by beginning the process of seeking help can someone avoid the very serious and often tragic consequences that come with excessive drinking.

The Counseling Corner is provided by the American Counseling Association. Send comments and questions to acacorner@counseling.org or visit <http://www.counseling.org>.

Cover Story, Continued from page 3.

- know with whom, what and where we work best.
- Which hospital(s) does the doctor use?
- How long is the wait for an appointment after you call?
- Can you be seen on the same day if you have an urgent need?
- Is the office staff friendly and courteous?
- If you call with a question about your care, does a doctor or nurse return the call promptly?
- Who covers for the physician when he/she is away? Whom should you call if you have a problem after-hours? If the doctor works in a group, are you comfortable with being seen by

- one of the practice partners?
- Does the physician frequently refer patients to specialists or does he/she manage the majority of patient care himself/herself?

- What types of insurance does the office accept? Do they accept Medicare/Medicaid? Do they have a sliding-scale fee scale for patients without insurance?

It is important to know the nature of your doctor's support staff and how they operate. Remember, you are the star player and in order to "win," you have to be comfortable with all aspects of your "team." If you are still un-

certain about your choice, make an "interview" appointment to speak with the doctor about your concerns. (<http://www.webmd.com/>)

And this is just the beginning, identifying the "head coach" of your medical team is the first step in the right direction. Once done, talk with your physician candidly about your health concerns and trust that they are on your side. Through the decades, Michael The 100 Black Men of America, through programs such as their Youth Movement, Aetna Health Power, Strengthening Dental Health, Act Against AIDS Leadership

Initiative, Nutrition and Physical Activity The 100 Way, and The Healthy Weight Commitment Foundation (HWCF) are actively working in our communities to reverse the frightening trends of pathology. The onus is now on Black men to educate ourselves and take actions to work with our "teams" to build longer, happier, healthier and successful lives. It's time to silence the laughter in the room.

Prescription for the Week: Schedule an appointment for a check-up. Start building your team. Your family will thank you in the end. Get checked. Get Fit. Get Moving!

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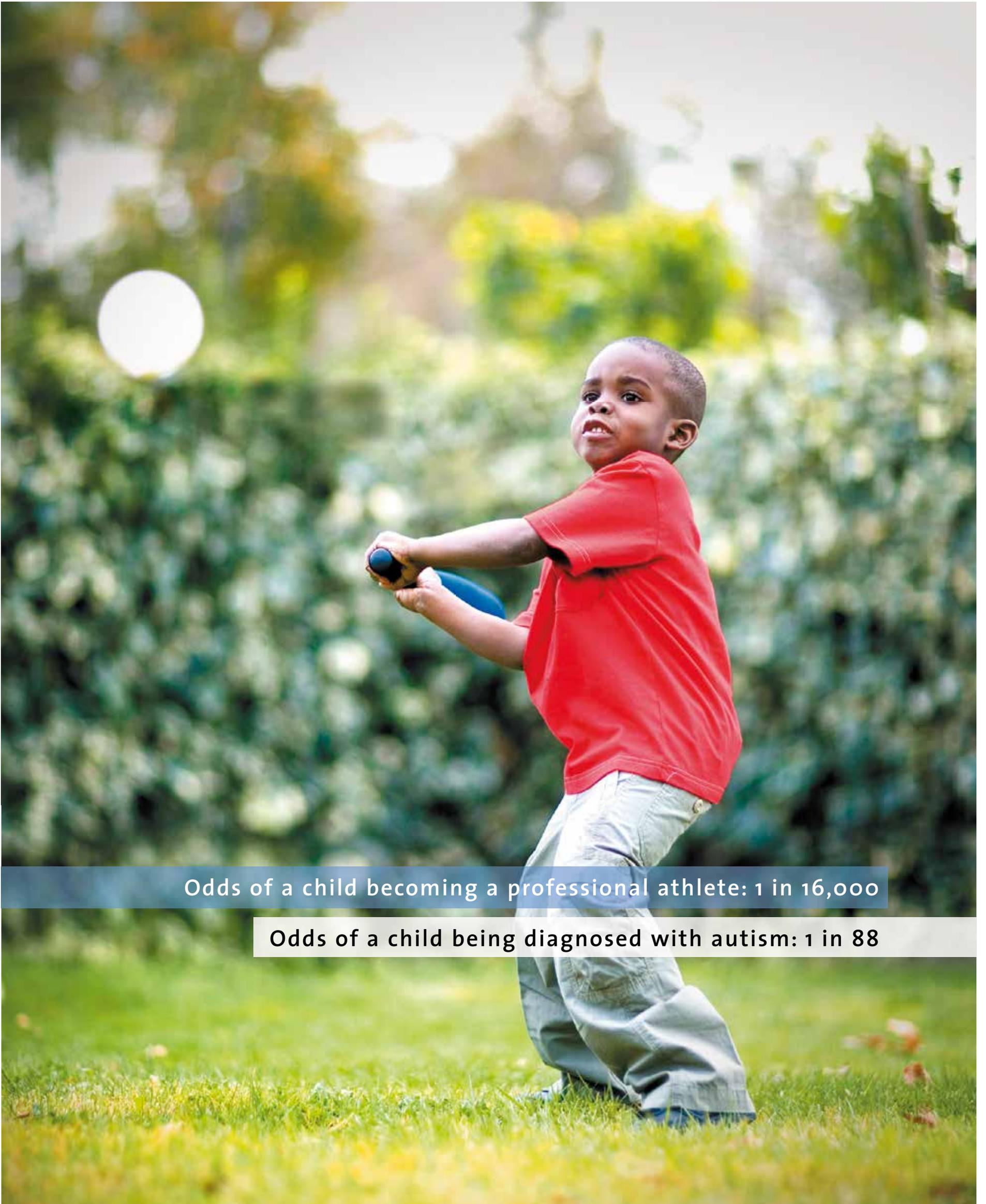
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Odds of a child becoming a professional athlete: 1 in 16,000

Odds of a child being diagnosed with autism: 1 in 88



Some signs to look for:

No big smiles or other joyful expressions by 6 months.

No babbling by 12 months.

No words by 16 months.

To learn more of the signs of autism, visit autismspeaks.org



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