

Organization: Service Center for Latinos, Inc**County:** Mitchell**Address:** 31 Cross St., Ste. 92
Spruce Pine, N.C. 28777**Phone:** 828-765-9980**Website:** None available**Project:** Event/ Latina Women's Health Workshops**Additional counties served:** Yancey*****Below are excerpts from their final report*****

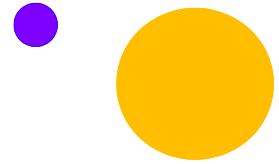
About the Project: We hosted two workshops to raise awareness on the importance to have a yearly physical and to provide access to the healthcare system. One of these workshops was in Mitchell County and the other one in Yancey County (to have more accessibility for Hispanic women). The medical provider was bilingual and the workshops were conducted in Spanish with a small intervention of an interpreter when the communication flow was difficult (due to the fact that some of our ladies speak an Indian dialect Purepecha from Michoacan, Mexico and have sometimes difficulties finding the right word in Spanish).

The ladies attending the workshops were provided with educational material to take home and a t-shirt bearing the logo in Spanish, "Por que las mujeres somos importantes en el mundo" (because the women are important in the world). This was our way to remind them that they are indeed important and that every time that they see the t-shirt they need to remember to get their annual checkups in order to be healthy in the future.

Successes: We believe that the impact was clearly made as the ladies decided that they wanted for us to make an appointment for them to get their physical exams. In addition, they went out and spread the word to their own family members and friends. As a result, we have had an amazing number of phone calls for physical exams! We are very pleased that by getting the women to realized how important preventive care is, they may have fewer transmitted diseases and may prevent long-term diseases.

The medical provider decided to integrate an additional part into the project and talk about men's health. It was a surprise to learn that none of the project participants were aware that men can also have cancers. They were very eager to share this information with their partners, and now we are being asked to have a similar project for men!

Our constituents were happy, eager to learn, and to share their knowledge on these sensitive issues. Many ladies had bright questions such as:



“After giving birth, how can I prevent incontinency from happening?” “How can I check my breasts for lumps and when is the best time to do it?”

We want to thank you for providing us with the opportunity to serve our community and to empower it with the knowledge of how to prevent diseases and how to take responsible care of ourselves. We had a lot of questions about breast and cervical cancer, and it really helped to have a health provider that could answer all of our questions without being judged for our heritage and the fact that everything is done differently in our culture. We did learn a lot and we are more aware now of health issues that we did not know existed.

