

PINOY PCOR BALITA

A quarterly publication of the "Mag-PCOR Muna Tayo" and Filipino American Research (FAR) Hub projects



LEADERSHIP TEAM

National Collaborating Team

Project Leader

Dr. M. Danet Lapiz-Bluhm

Research Assistants

Deanna Garcia

Consultants

Dr. Melinda Bender

Dr. Leo-Felix Jurado

Dr. Mary Joy Garcia-Dia

Dr. Emerson Ea

Spotlight on Filipino American Women's Health

M. Danet Lapiz-Bluhm, PhD, RN, MSCI, ANEF, FAAN

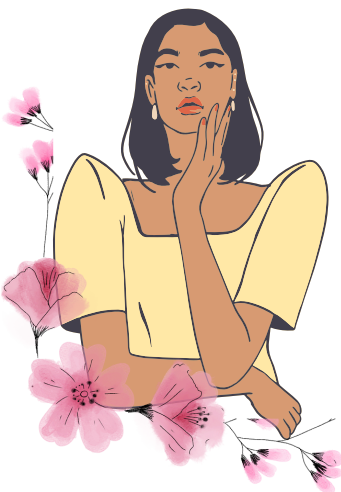
To mark the celebration of Women's History Month in March and the Celebrate Diversity Month in April, we chose to spotlight the health of Filipino American women.

Filipino American women (FAW) have unique health challenges. These include a higher prevalence of certain chronic diseases and disparities in healthcare access. Through our Filipino American Patient-Centered Outcomes Research "Nayon" (FAPCORN) networks, Filipino communities have shared prioritized health and healthcare issues related to hypertension, cardiovascular disease, diabetes, and cancer, among others. We have identified that cultural beliefs, attitudes, and barriers to accessing services can influence health practices. The literature especially highlights the need for cancer screening and reproductive health education.

Wu and Bancroft (2006) reported that among FAW, avoidance is the primary strategy for dealing with a cancer diagnosis, which includes noncompliance with recommended breast screening. Breast screening practices are facilitated by support from family members, recommendations from familiar physicians (preferably female), health insurance reinforcement, and personal attributes of physical symptoms, family history, past diagnosis, and health literacy. Hence, there is a need for culturally sensitive education to promote awareness of breast cancer screening modalities among Filipino women in the US, especially those who are newly arrived immigrants. Providing low-cost and accessible mammogram service will also facilitate screening.

Among young adult FAW, Nagtalon-Ramos and colleagues (2022) reported the need among parents to provide information not just about puberty and sex, but also guidance and support for the psychosocial and emotional aspects of becoming a young adult. Reportedly, young adult FAWs struggle with negotiating two cultures between being born and raised in a country where topics like sex and contraception are more acceptable than in their homes.

The identification of these FAW issues spurs the need for community-based, culturally congruent interventions to promote breast cancer screening and sexual and reproductive health among Filipino American communities. Are any of the FAPCORNs interested? Let us know, and we can work with you. Together, we can advance Filipino American women's health!





VOICES FROM THE FAPCORN COMMUNITY

Thanks for all that you do for the Filipino community..
- Cora Munoz

Key to the work of the Patient-Centered Outcomes Research “Nayon” (FAPCORN) is to give voice to the community, our full partner in the research endeavor to improve health outcomes. Many voices express thanks, while others offer a glimpse of what is happening in the community, as shared by one of our stakeholders, Lena Leveriza.

*Dr. Bluhm,
Thank you for your great work in our aging Filipino group. I am happy that your group is studying our health problems and putting out fillers towards ways and means to alleviate most of the problems.*

Thank you for the information Dr. Danet.
-Merie Penalber

This is great!!
Thank you for sharing!
- Nildz Henson

This week we are burying a friend who suffered from diabetes most of her retirement life. Some of my group here in Benicia aren't enjoying their retirement due to chronic ailments such as hypertension, knee and hip fractures, obesity etc. Our ages ranged from 69 to 89. At 85, I am the only one still traveling as the others have dire mobility problems.

It seems that most of the problem involve poor nutrition and no exercising. Hence obesity prevails. This is followed by weak knees and hips which break when they fall. Falling is the most common reason my friends are hospitalized.

Nice article!
-Leo-Felix Jurado

The younger group seems to be doing fine. But I have also seen early deaths in recent years.

Thank you for sharing your PCOR newsletter.
-Bob Gahol

Kudos and orchids to you and your organization for reaching out to our aging population. Our community center here is reaching out to us too. Yoga, Pilates, Aerobics, Dancing are in the daily sessions. A lot of Filipinos take advantage of these. The Senior Center offers get togethers, games, computer and language classes, crafts etc. It is up to us to use what is available to us. And a lot of us do.

Good luck to all your endeavors. God bless.

Lena Leveriza

Thank you for sharing Dr. Bluhm!
We will continue to share this great project to our community here in Ohio.
-Cristina Garinger

Thank you, Tita Lena, for sharing and giving us a glimpse of your circle—sincere condolences on the loss of your friend. You aptly pointed out that there are local resources (i.e., senior centers) that can assist older adults in achieving optimal health. Other older Filipinos probably do not use or are unaware of their local senior centers. As you shared, senior centers offer numerous benefits such as social interaction, access to resources and support services, and opportunities for physical (i.e., Zumba, aerobics) and mental stimulation (i.e., bingo, skills training). They are a community hub for older adults to help combat isolation and promote well-being through their programs and activities. I am highlighting your message to encourage all FAPCORNs to promote the use of senior centers among our older adults to help them maintain their health and quality of life.

To all other FAPCORN stakeholders, we love to hear from you. Email us at fil.am.pcor@gmail.com or connect with us through our social media platforms. Hope to hear from you soon!

I am honored to be working with you, MJ and our research partners.
-Jennifer Orbeso



CONTACT US:

- Dr. M. Danet Lapiz-Bluhm - Editor
- Deanna Garcia - Lay-out Artist
- Email: fil.am.pcor@gmail.com



Website: www.filamhealth.org
Twitter: @FilPCOR
FB: Center for Filipino American Health