Pregnant While Black in America
Illuminating the black maternal health care crisis

Your Diabetic Eye Exam: How getting an eye exam is an integral part of your diabetes management

Speak Up: How to advocate confidently for your medical needs

Give Stress a Knock-Out Punch: Stress relieving tips amid COVID-19

Saving LIVES while my BLACK Community DIES
Mission
The DFW Black Healthcare Professionals are a community of forward thinking, motivated minority professionals making an impact on the future of Healthcare in Dallas.

Our Vision
We envision a more prepared minority healthcare workforce, driven by the need to achieve workplace diversity and equity, and reduce health disparities in the community.

Demographics
1 We are comprised of over 700 African American Professionals in the Healthcare Industry From the Dallas Fort Worth Area Ages 21-55 years old
2 Members include clinicians such as Doctors, Nurses, Physician Assistants, Chiropractors, Pharmacist, Psychiatrist and Non clinical members such as Administrators, HR, Recruiters, Healthcare IT, Counselors, therapist and health coaches.
3 We have a growing online presence on Facebook as The DFW Black Healthcare Professionals Instagram @DFWBHP With a mailing list of over 700 members!
Dear Community,

2020 has been a time of unprecedented changes and demands in healthcare. Leaning on one another is essential, now more than ever, to remain resilient in our current demands and the unknown future.

The DFW Black healthcare professional was created for minority healthcare professionals to service their community and to support one another.

Our goal is to build a bridge to quality healthcare for communities of color. Here you will find listings for minority specialties all over the metroplex, including family medicine, pediatrics, dentistry, counseling, holistic care and more!

Our premier healthcare provider directory improves access to healthcare for minority communities, while supporting black owned healthcare companies.

Our listings are people like you and me that have put in the work to grow their education, build their practices, and rely on our support to stay strong.

COVID-19 has revealed a painful truth for our communities. How well we care for ourselves directly impacts our survival.

Make the choice today to commit to caring for yourself and let our directory support you.

*Please start by looking for the icon that represents your living area. Throughout the magazine you will be able to identify services available to you based on this icon. We also have some informative articles written by your very own local healthcare providers who are focused on your wellness.*

Community, Healthcare 360 represents the full spectrum of care we are dedicated to providing for you. Each dollar amount donated or used to purchase this magazine goes toward building a mobile app that will bring quality care... even closer.

Thank you for your support,

Colea Owens
DFWBHP Founder

Visit Us Online to Get Listed
https://www.dfwblackhealthcareprofessionals.org/healthcare-360
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972-846-0448

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IV Hydration
Lymphatic Wellness

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Sat- 10a-4p
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<table>
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<tr>
<th>Provider Name</th>
<th>Provider Type</th>
<th>Location</th>
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<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Dr. Monica Nobles</td>
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<td><a href="https://www.uptownndentalstudio.com/">https://www.uptownndentalstudio.com/</a></td>
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<tr>
<td>Dr. Louis Ross</td>
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</tr>
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<td>Dr. Bethany Sharpe</td>
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</tr>
<tr>
<td>Dr. Lisa F. Sibley</td>
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<td><a href="https://www.simplydentistrytx.com/">https://www.simplydentistrytx.com/</a></td>
</tr>
<tr>
<td>Dr. James Slaughter</td>
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<td>11700 Teel Pkwy Ste 300 Frisco, TX 75033</td>
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<td>taylormadesmilesdentistry.com</td>
</tr>
<tr>
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</tbody>
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The healthcare education field is full of older, white males and a few white females. As a minority woman with an advanced career in healthcare education, it is important to articulate my thoughts and ideas clearly to give voice to the underrepresented populations in our field.

It is time for minorities to rise through the ranks of administrators and perform the more strategic, administrative duties. We must have confidence in our skills and abilities, and not miss an opportunity to apply for a Leadership role. If we are not confident in ourselves, why should an employer have confidence in us? If you need help building your confidence, here are a few things you can try.

1. Speak Up
It is important to articulate well, both orally and in prose. Being able to articulate your thoughts and ideas via email, one-on-one meetings, and other internal avenues is important. Speak up when given the chance, and even when you’re not asked directly. If you do not, no one will know what is going on, or what skills you have to offer. In my own experience, I’ve used my voice to advocate for my students. If I do not, then their voices go unheard. Students should receive the funding and resources they need to be successful in the classroom.

2. Lean on Data
This topic is important to me because it relates to my quantitative research study for my doctorate degree. When my studies focused on job satisfaction among community college deans, I sought to discover if female minority deans had satisfaction over their male counterparts. Overall, general job satisfaction was satisfactory among all groups.

The data gave me hope that our future leaders, particularly minority females, can find satisfaction through advancement, taking on the challenges of a leadership role. Job satisfaction impacts everything from physical and mental well-being to our general attitude toward life. Established research confirms our work experiences even affect our family relationships and self-perception. High levels of job satisfaction produce positive behaviors while dissatisfaction generates negative, disruptive behaviors that can eventually become detrimental to the organization. Similarly, job satisfaction tends to be higher when employees are engaged in work they enjoy, while mismatches are linked to lower job satisfaction.

3. If Applicable, Plan to Be at Home
Sometimes, women are looked down upon if we are mothers, or put our family first. But getting your family involved in your career goals can help everyone feel a part of your advancement and professional success. There should not be a hard-dividing line between your ambitions to grow at home and at work. Instead, just as employers are doing now, embrace the idea you’re not the only mom in the office. There are more working mothers participating in the workforce these days and companies are increasingly becoming more flexible and understanding of children rearing-duties and missing work due to life situations. Just be sure to share your home responsibilities with your direct Leader to devise a plan with your manager before an incident happens. Having a plan in place will make it less difficult when you cannot come to work. This also lets the company know that you are serious about your job and have a plan for any excused absences.

4. Set a Stepping-Stone Goal
It is vital to have career goals and want to move up in your career ladder. Each person’s career ladder will look different, but you should have a stepping-stone goal to help you get where you want to go. To define your end-destination, you should assess what is important to you. What are the key items that you cannot negotiate? Are those work hours? Flexibility to work from home. What are some negotiable factors? Perhaps one factor is the workspace, especially if you can work from home.

Be Confident
I hope these few action items can give you more confidence than before. Always be willing to speak up! Do not be afraid to stick up for yourself and your beliefs. Speak for those whose voices are not heard. Be an advocate for them. We all work in higher education for one primary reason: the students. May all the choices and decisions you make be for a greater good and for the best outcome of the students you serve.

Make your voice heard. Do not be afraid of what others will think or say. If you do not speak up, then no one will know how you feel. Job satisfaction can be earned at any level and in any organization. It is important to have open communication with your supervisor. May you be satisfied in all of your career endeavors.

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If you have Type I or Type II diabetes, your primary care physician should have referred you to an optometrist or ophthalmologist for a comprehensive eye exam. If you have already been referred, you're already ahead of the curve. But if you have not been referred, it is strongly advised that you do.

Diabetes Mellitus and gestational diabetes can have severe impacts in our bodies, but many are unaware that it can greatly affect your eyes too. Diabetes has a direct effect on the small vessels of your body (i.e., kidneys, fingertips, toes), and you guessed it, eyes! Your eyes are home to one of the smallest group of vessels in your bodies which is why many patients with uncontrolled diabetes tend to have problems with their vision in addition to kidney and foot issues.

The term we use to describe and diagnose eyes that have complications directly from diabetes in their retina and macula is diabetic retinopathy. Diabetes retinopathy is separated into two categories: non-proliferative and proliferative. In each category, doctors will categorize even further by indicating whether a case is mild, moderate, and severe. Non-proliferative diabetic retinopathy indicates there is some bleeding and some swelling, but no abnormal blood vessel growth.

Proliferative means there is abnormal blood vessel growth, bleeding, and maybe even swelling. Of the two, proliferative diabetic retinopathy is worse and is treated as an eye emergency.

Treatment for diabetes retinopathy depends on the severity and whether it is proliferative or non-proliferative. Treatment can range from monitoring every 6 to 12 months for mild cases or anti-VEGF injections in more severe cases. Anti-VEGF injections are injections of medications that are used to stop the active bleeds and abnormal blood vessel growths in your eye.

Your eye doctor will determine which is the appropriate treatment after your eye exam and will schedule your follow up as needed.

While treatment and diagnosis seems simple, many times individuals will not show symptoms of diabetic retinopathy until it is too late. The symptoms are blurry vision, sudden loss of vision, and in some cases, severe eye pain with headache. If you are experiencing these symptoms, chances are that you already have severe diabetic retinopathy and need to see a doctor right away. This makes yearly eye exams extremely important, especially for those with diabetes.

If there is any bleeding of the eye blood vessels, your eye doctor will be able to find it and advise you on the most appropriate treatment. Many times to control the diabetic retinopathy, doctors will advise you to continue to control your blood sugar/blood pressure and try to keep your A1C below 7.0%. A1C measurements greater than 7.0% have a higher risk of developing proliferative diabetic retinopathy. Following this advisement is critical as uncontrolled blood sugar readings coupled with poor compliance with medications as well as not following your eye doctor’s recommendations can cause you go blind.

The best and most important ways to protect your eye health is to get yearly comprehensive eye exams, control your blood sugar by being compliant with medications, maintain a healthy diet, and keep all follow-ups with your primary care physician and eye doctor. You can recover from diabetic retinopathy as long as you follow those recommendations. If you have not had your yearly eye exam and you are diabetic, do not be afraid to bring it up with your primary care physician. Ask for a referral and ask to be seen by eye doctor as soon as possible.
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The black community is faced with many different health issues that are important, but one that I feel most passionate about is sickle cell anemia. In the United States, sickle cell anemia is the most common genetic disorder, with higher prevalence seen in African-Americans in comparison to other ethnicities. Statistics show that 1 out of every 365 African-American infants are born with sickle cell anemia and 1 in 12 African-Americans carry the gene for this disease (Mandal, Mishra, & Mandal, 2015).

Sickle cell anemia is a blood disease that alters the shape of red blood cells. Normally, our red blood cells are round. However, those with sickle cell anemia have sickled or crescent, moon-shaped red blood cells that can lead to many complications. These sickle shaped blood cells can clog blood vessels which lead to episodes of severe pain and disrupt the flow of oxygen to tissues and organs. At times, the misshapen cells can get trapped in the spleen and destroyed. When this happens, the body cannot replace the destroyed cells fast enough. This results in a decrease of red blood cells in circulation, which leads to anemia.

Studies have shown that there is a significant lack of knowledge and education on sickle cell anemia in the Black community. There are many misconceptions surrounding how this disease can be inherited, how it is treated, and understanding the difference between a disease and trait carrier (Gettig et al., 2011). Genetic testing can be done to test for the presence of the hemoglobin S, which can diagnose sickle cell anemia or identify people with the sickle cell trait. In a 2011 study, minority participants showed no prior knowledge of genetic testing capabilities (Getting et al.).

It is imperative that African-Americans are educated on this disease. As a nurse, I personally take the endeavor of bringing greater awareness of sickle cell anemia and how it impacts our community seriously. I believe the community looks to nurses as servant leaders, and they trust us to provide any necessary education about health issues. As a healthcare provider, volunteering my time and clinical skills at philanthropic events is a great way to be a servant leader for my community.
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The COVID19 pandemic has left the world spinning out of control. As a result, a surplus of questions regarding the economy, employment, education, and health remain, yet few answers are available. The uncertainty of it all has led to increased levels of stress.

Stress is an external and internal response to a stimulus. It is often referred to as the “fight or flight” response. In and of itself, stress is not bad. It is vital in threatening situations such as being chased by a wild animal, escaping a fire, taking an exam, or preparing for a big presentation. However, increased levels of stress over extended periods can negatively impact the mind, body, and soul of an individual.

The overwhelming power of stress can get the best of us when we try to manage uncertainty using ineffective resources. Many of the strategies used during stressful situations worked well before the new stressor entered; before the children came, or the husband got a new job, or the company expressed plans to downsize, or your relationship went sour. Stress is really the baby screaming that something is wrong and new strategies need to be implemented to reduce the fear experienced due to the situation. Implementing one or two of these strategies may prove beneficial to reducing stress:

- **Laughing Yoga**
  When I was a kid, my uncle brought us a gift called a Laughing Bag. Once opened, the voice would begin laughing hysterically and so would everyone that heard the laughter. Laughing yoga is similar. Each person in the household (kids included) sits in a circle and takes a turn telling a short story or phrase. Everyone in the group laughs for 10 seconds, even if what is said is not funny.

- **Exercise**
  So often, when tackling things on a to-do list, self is frequently pushed to the back burner. However, research touts the importance of self-care activities like exercise. In fact, 75 minutes of vigorous workout or 150 minutes of moderate workout each week can reduce stress and help with weight management. The goal is achievable when broken down into bite-size chunks of 20 minutes or 30 minutes a day. Remember, giving to others is difficult when you are running on fumes yourself.

- **Time Management Techniques**
  Make a menu for the week to aid in preparing healthy meals. It is easier to snack on grapes or carrots when they are readily available than to give in to the sweets or junk food cravings when things are not going as planned. By the way, the body craves unhealthy foods when stress levels are elevated.

- **Journaling**
  Some people shy away from this strategy; however, journaling can be very therapeutic, an effective stress reliever. It is a way of letting go of the many unwanted worries that have become part of your psyche throughout the day. Through journaling, the body can release negativity and worries in a positive way, a way that reduces the possibility of using words that might hurt others. Shred it if you prefer to prevent it from being read by others.

Change is a natural part of life. Therefore, we have to learn to allow change to work in our favor. What happens to us may be out of our control, but how we respond in times of uncertainty is within our control. Add a new tool to your toolkit to help manage stress, build calm, and eliminate frustration. Making the necessary adjustments will give stress a one-two knockout punch.

---

**GIVE STRESS A ONE-TWO KNOCKOUT PUNCH**

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THE BLACK MATERNAL HEALTH CRISIS: WHAT YOU NEED TO KNOW

By Daihnia Dunkley, PhD, RN

The U.S. is simultaneously battling two health crises: the Coronavirus (COVID-19) pandemic and devastating effects of systemic racism. Several states are experiencing overwhelming spikes in COVID-19 cases; others are desperately trying to avoid a similar spike by cautiously crafting delayed reopening plans. In the midst of rising cases and increasing loss of life, the virus also highlights startling evidence of flaws within the US healthcare system. The Centers for Disease Control and other local authorities reported that several racial and ethnic minorities are disproportionately affected by COVID-19.

Non-Hispanic Black, Hispanic, and American Indian are at increased risk of experiencing severe illness from COVID-19. These populations have higher rates of hospitalization or death from COVID-19 than non-Hispanic Whites. It is not an individual’s race—a social construct with no biological basis—that places them at risk for the virus and other comorbid illnesses. According to Ohio Commissioner Marylyn Brown, these inequities are a direct result of centuries of systemic and individual racism, “from slavery to segregation, redlining to Jim Crow, and discrimination in housing, finance, and education, some of which persists today.”

One of the most disheartening effects of systemic racism in the U.S. are the disparities in healthcare, especially in the field of severe maternal morbidity (SMM). In a 2019 press release, New York Governor Andrew Cuomo stated, “The United States has one of the highest maternal mortality rates in the developed world—and racial disparities continue to persist, as Black women are nationally almost four times more likely to die in childbirth than white women.” According to the World Health Organization, from 2000-2017, the global maternal mortality ratio declined by 38 percent, while the number of reported pregnancy-related deaths in the U.S. steadily increased. Between 2011–2016, the national pregnancy-related mortality ratios were 42.4 deaths per 100,000 live births for non-Hispanic Black women compared to 13.0 deaths for non-Hispanic white women. In New York City, for every 10,000 live births, 397 cases of maternal morbidity affected Black women compared to their White counterparts who reported 127 cases (NYC SMM Surveillance Findings, 2008-2012).

While the data might suggest socio-economic status may play a role in SMM rates, studies have shown that the disparity is not driven by economic or educational status. In fact, college-educated Black women had higher SMM rates than all other women with less than a high school diploma (NYC Department of Health and Mental Hygiene, 2016; Severe Maternal Morbidity in NYC, 2008-2012).

The literature is clear that nationally, racism—enabled by both systems and individuals—plays a major role in the dismal birthing outcomes for Black women. Recent studies show Black women are neither believed in nor listened to when they report symptoms as Black women are perceived to have a higher threshold for pain. The stress caused by racism has had proven biological effects on the mental and physical health of Blacks, including blood pressure and cardiovascular events. Thus, Black women are at higher risk for, and experience higher mortality from cardiomyopathy, hypertensive disorders of pregnancy, and hemorrhage.

To change this harrowing narrative, there needs to be an increase in education and awareness among patients, providers, and politicians. At the patient level, expectant families should research and become knowledgeable about the disparities and strategies for self-advocacy. Several electronic and community-based resources provide prenatal education and access to doula and lactation support services, which have been proven to improve birthing outcomes. In addition, expectant mothers should preemptively verify the reputations of their obstetric providers (OBGYN, midwife) and their preferred birthing environments (home birth, birthing center, hospital).

At the provider and healthcare organization level, adapting and consistently implementing evidence-based best practices, providing implicit bias trainings and ensuring provider accountability, incorporating data from the communities served, and increasing diversity in the workforce are some strategies for consideration.

Finally, at the political level, lawmakers must prioritize the inequities through sustainable and impactful policies. Recent passage of the Preventing Maternal Deaths Act established a state-supported Maternal Mortality Review Committee, which reviews pregnancy-related or pregnancy-associated deaths and recommends mitigation strategies to local practices. While other states should follow suit, on its own, this single piece of legislature is not enough to make significant change. The newly proposed Black Maternal Health Momnibus, a collection of nine individual bills sponsored by Black Maternal Health Caucus, promises a more comprehensive approach, and may be the political catalyst needed to help eradicate the Black maternal health crisis in America.

Read more about the Black Maternal Health Momnibus: https://blackmaternalhealthcaucus-underwood.house.gov/Momnibus
Ovarian cancer (OC) is the fifth most deadly cancer among women. It causes more deaths than any other cancer of the reproductive system (2018).

By Ugochi Uhiara, RN

There are currently no effective methods for early detection and the symptoms of OC are fairly vague and can appear to be in relation to gastrointestinal issues (Stewart, 2012). About 70 percent of the women that are diagnosed with OC have a poor prognosis due to the advanced staging, even after aggressive treatments (Srivastava, et al., 2017). The chances of a woman dying from ovarian cancer are 1 in 108 and it is more prevalent in White women than in Black women (2018). However, in another study conducted, it showed that Black women are more likely to be diagnosed with OC (Srivastava, et al., 2017).

According to the global data, the incidence of OC is significantly less in African countries than any other region in the world (Reid, Permuth, & Sellers, 2017).

While there tends to be discrepancies when it comes to studying and collecting data on ovarian cancer, it’s clear environmental and cultural factors play a role in the increased risk of developing ovarian cancer (Stewart, 2012). A study in Egypt showed an increased incidence in ovarian cancer in those that lived in urban areas than in rural area (Stewart, 2012). In the United States, those who live on the east coast are more susceptible to developing ovarian cancer than those who live in the South (Stewart, 2012). The age group most affected by OC is older adults; more than 50 percent of the women in the U.S. that have ovarian cancer are between the ages of 80-84 (Stewart, 2012). In developing countries, ovarian cancer occurs more in younger women; in Ghana, a majority of Ghanaian women diagnosed with OC are an average of 46.4 years old (Stewart, 2012).

To align with child protection laws, some studies limit age-specific analyses of ovarian cancer in adolescents. But some reports bypass this restriction by analyzing ovarian germ cell growth which has a higher incidence rate amongst children (Stewart, 2012). The highest germ cell rates found in adolescent’s age 15-19 years of age were in the United States (Stewart, 2012).

Ovarian cancer has a decreased incidence in developing countries than in developed countries, but this can be in relation to the lack of data collection in less developed regions (Stewart, 2012). Even though wealthier countries have an increased incidence of OC, data shows a gradual increase in OC in developing nations due to the adoption of the Western diet, lack of physical activity and an increase in tobacco use (Stewart, 2012). Genetic factors are more strongly consistent with the association of OC and according to studies, over the course of several years, nulliparous women are at an increased rate of developing ovarian cancer (Stewart, 2012).

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<td><a href="http://goaltherapyspecialists.com/">http://goaltherapyspecialists.com/</a></td>
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<tr>
<td>Isaac Nabors</td>
<td>PT, DPT, MS, OCS, CERT DN, COMT, FAAOMPT</td>
<td>Dallas Midtown Physican Therapy &amp; Rehabilitation 4101 McEwn Dr, Ste 100 Dallas, Texas 75244</td>
<td>(972) 701-0366</td>
<td><a href="http://dmptr.net/">http://dmptr.net/</a></td>
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<tr>
<td>Dr. Keston Robertson</td>
<td>MD</td>
<td>Baylor Scott &amp; White Sports Concussion Program at The Star 3800 Gaylord Pkwy, Ste 830 Frisco, TX 75034</td>
<td>(469)800-5720</td>
<td><a href="https://www.bswhealth.com/physician/dwain-robertson">https://www.bswhealth.com/physician/dwain-robertson</a></td>
</tr>
<tr>
<td>Dr. Benecia Williams</td>
<td>DO</td>
<td>800 8th Ave #506 Fort Worth, Tx 76104</td>
<td>(817) 336-7188</td>
<td><a href="https://www.pmrfortworth.com/">https://www.pmrfortworth.com/</a></td>
</tr>
</tbody>
</table>
Dr. Helen Gipson
Provider Type: DPM
Location 1: Advantage Foot Care Center 5787 S Hampton Rd Ste 350 Dallas, TX 75232
Location 2: 217 E Camp Wisdom Rd, Duncanville, TX 75116
Phone: (972) 740-2957 | (214) 331-3700

Dr. Tonyka James
Provider Type: DPM, PLLC
Location: 1325 Pennsylvania Ave, Harris Professional Center, Suite 290 | Fort Worth, TX 76104
Phone: (817) 878-2604
Website www.innovativepodiatry.com

Dr. Dan Jones
Provider Type: MD
Location: Cedar Hill, Texas
Phone: (972) 298-7500

Apryl Moore
Provider Type: MNT
Location: FreshSteps Medical Foot and Nail Spa 7651 Eldorado Pkwy, Suite 100-E McKinney, TX 75070
Phone: (469) 850-1520
Website https://www.freshstepsmedispa.com

Dr. Nere Onosode
Provider Type: MD
Location: 3140 Legacy Drive, Bldg 300 Ste 330 Frisco, TX 75034
Phone: (972) 864-7353
Website https://www.anadelcenter.com/

Dr. Micaela V. Dartson
Provider Type: DPM
Location: 2500 Maywood Ln, McKinney, TX 75070
Phone: (214) 219-1116

Dr. Charlton Woodly
Provider Type: DPM
Location: Woodly Foot & Ankle 7208 Glenview Dr, Richland Hills, TX 76180
Phone: (817) 203-8101
Website https://www.woodlyfootankle.com/

Visit Us Online to Get Listed
https://www.dfwblackhealthcareprofessionals.org/healthcare-360
Dear Community,

It is my hope that you have fallen in love with the premier black provider directory, Healthcare 360°. An idea that was conceptualized two years ago in a growing instant message group chat has grown to be an interactive and intuitive directory that will solve one of the most coveted questions in black healthcare, “Does anyone know a black doctor?”. Thank you for raising questions that force healthcare professionals, like myself, to create useful solutions.

By delivering the premier healthcare provider directory for the Dallas Fort-Worth community, we aim to provide one destination for the full spectrum of your healthcare needs. There has been an invigorating pride in the Black community to support, uphold, and maintain black businesses. As a millennial healthcare professional, I would be remiss to not shed light on the impeccable black healthcare businesses that exist in our backyard today. During this time of amplifying black voices, we see the importance of magnifying the presence of our black health professionals through the avenue of Healthcare 360°.

As a pediatric nurse, who is passionate about bridging the gap between health care leadership, minority men and women, and health disparities, it has been an honor to help create a directory that can stand alone or be built upon with reverence to America’s need for an improved healthcare delivery system. In my role, as the Community Outreach and Project Coordinator for the DFW Black Healthcare Professionals, it is important that I emphasize on the ability to service the people that deserve a formidable quality of care.

Healthcare 360° was created to help you discover equitable, culturally-sensitive healthcare locally. By emailing this directory to a friend, telling a family member how to access the link, or sharing how you found your provider in a post on social media, you are helping us fulfill our goal. We can not thank you enough for standing with us, as we stand behind our DFW Black healthcare providers.

With gratitude,

Alexandria Traylor
MSN, RN
Community Outreach and Project Coordinator
DFW Black Healthcare Professionals
alexandria.traylor@gmail.com

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https://www.dfwblackhealthcareprofessionals.org/healthcare-360

Alexandria Traylor, MSN, RN