

ACCELERATING THE MARCH TOWARD HEALTH EQUITY

**BHM**  
**BLACK HEALTH**  
**MATTERS.COM**®

WINTER 2025

**HEALTH**  
**SUMMIT**  
**& EXPO**

**A HYBRID** EVENT



**SAT.**

**LOUDERMILK  
CONFERENCE  
CENTER**

**8:00 AM -  
3:00 PM**

**40 COURTLAND  
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# BLACK HEALTH MATTERS IS ACCELERATING THE MARCH TOWARD HEALTH EQUITY!!!

Thank you for joining Black Health Matters (BHM) for our annual Health Summit & Expo! BHM is committed to raising awareness of chronic diseases that plague our community. We want you to know, and understand, the risk factors and treatment options so you can feel empowered on your health journey. BHM does this by bringing educational programs like the Winter 2025 Health Summit & Expo directly to you because, the truth is, information is power!

The United States has the most advanced medical technology in the world and spends more on health care than any other country. Yet the health outcomes of Black Americans are, by several measures, on par with those of people living in far poorer nations. The good news is that we have the Affordable Care Act which provides an institutional path that gives us access to better care and puts us more in charge of our own health. We are now entitled to preventive services such as mammograms, Pap tests and more. If we get sick, we'll no longer need to worry about our policies being cancelled - it is our right to be covered.

You are here today because you are inspired. You are taking steps that will separate you from so many who are being defeated by the healthcare system in the United States. You can break it down to three things:

**1.** The clarity of the vision that you desire and deserve to be healthy. **2.** The courage of your conviction to seek the best care possible. **3.** The ability to effectively work toward these goals.

Taking care of ourselves, over a lifetime, requires that we adopt a holistic approach with healthy eating habits and preventative care. Starting early can ensure a healthier life, but, it's never too late to start! Use the BHM Summits & Expos to help celebrate your journey to wellness. Dance and dine with us, speak with healthcare professionals and health navigators, listen to informative presentations, and be screened for the chronic conditions that impact us most.

You've made a commitment to living your best life. Continue to be the change that you want to see, because #blackhealthmatters.



**ROSLYN YOUNG-DANIELS**  
FOUNDER & CEO



**LESLIE GARCIA-FONTENOT**  
VP, MANAGING DIRECTOR



**DEDRA N. TATE**  
EXECUTIVE PRODUCER &  
VP, EVENT PRODUCTION



**LINETTE ROACH**  
EXTERNAL RELATIONS  
DIRECTOR

### TIP #1

#### Get Regular Medical and Dental Screenings

Adopt the habit of visiting your healthcare provider for preventative health visits. They should include physical examinations, tests for disease or other health problems, and dental screenings.

### TIP #2

#### Keep Track of Your Health Numbers

It is vital to know your health numbers and the ranges considered healthy, whether you have been diagnosed with a chronic disease or not. The most important things to know are:

- **Blood Pressure:** A normal reading is 120/80 or less. If you have been diagnosed with hypertension, aim for a number lower than 130/80.
- **Hemoglobin A1C:** If you do not have diabetes, it should be less than 5.7%. If you have diabetes, it should be less than 7%.
- **Cholesterol:** Your total cholesterol should be below 200, with your HDL, aka your good cholesterol, above 60, and your LDL, aka bad cholesterol, below 100.
- **BMI (Body Mass Index):** Anything under 25 is considered healthy; 25-30 is overweight, and over 30 would be obese. (While this number alone cannot give you a complete picture of your weight, it should be looked at alongside waistline and body fat for a more accurate picture.)

### TIP #3

#### Know Your Family Health History

Do you know the diseases and health conditions that run in your family? There are some chronic diseases where genetics increase the likelihood of you developing the condition. Interview elders on both sides of the family who are still alive to gather any details they can share. Make a list of family members, any major medical conditions, when they were diagnosed, and their cause of death.

### TIP #4

#### Stay Active

Get moving to improve your health with a combination of cardio, aka activity that gets your heart pumping—walking, biking, or dancing—and muscle-strengthening exercises with weights, bands, or moves like squats or push-ups.

### TIP #5

#### Eat a More Colorful Diet

Incorporate more vegetables into your diet, including dark, leafy choices including broccoli, collard and mustard greens, kale, spinach, and dark lettuce; orange and red veggies like acorn and butternut squash, carrots, red bell peppers, sweet potatoes, and tomatoes.



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**Learn more at [vrtx.com](https://vrtx.com)**

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*Connecting through  
conversations that  
spark change*



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As Black women navigate life, we are tasked with balancing work, family, wellness, and many other responsibilities.

While managing these things, we often develop invisible capes. They symbolize our innate and inherent trait, the ability to be superwomen. Although this role is multifaceted and notably impressive, over time, it puts a lot of wear and tear on the physical, mental, and emotional health of Black women collectively.

This conceptual framework is commonly referred to as **The Superwoman Schema (SWS)**; it explores the experiences of women, with an emphasis on Black women, as we attempt to exceed societal expectations and defy stereotypes, and is characterized by a few things, including the following:

- Feeling obligated to present an image of strength
- Suppressing one's emotions.
- An intense drive to succeed.
- Feeling a strong obligation to help others.
- Resistance to being vulnerable.

## You Feel the Need to Challenge Stereotypes About **Black Women**

**SWS** is a result of the united effort of Black women as we strive to be dependable and admirable members of our communities while simultaneously exuding excellence to defy false stereotypes of aggression, laziness, and loudness that have historically and unjustly been associated with us. Together, we can deconstruct SWS and evolve into the habit of acknowledging our feelings and the necessity for our wellness holistically.

## Here Are Some Signs You Need to **Put Down Your Cape**:

### You Are Denying How You Really Feel.

You are playing the strong Black woman but that holding unresolved pain and hurt you haven't dealt with, or have had traumatic experiences you which no one knows about.

### You Put Everyone Needs Above Your Own.

Being a martyr is stressing you out.

### You Engage in Unhealthy Coping Strategies:

- eating unhealthy foods,
- drinking alcohol,
- using illicit drugs,
- being sedentary
- or becoming a workaholic

## Here are some things we can do:

- **Evaluate and prioritize** your feelings and be kind to yourself.
- **Seek support.** Finding a therapist and talking with friends and family are healthy ways to discuss your feelings and to feel understood.
- **Set boundaries** try to refrain from stressing yourself out with tasks, and sometimes you have to say no.

## **AGENDA & EVENT PROGRAM**

BLACK HEALTH MATTERS is a leading communications company that provides inclusive health and wellness information that is rooted in medical expertise to the Black community. How do we do it? We partner and collaborate directly with top physicians, community advocates and health companies to host free virtual events and share articles to help raise awareness on risk factors and chronic diseases that disproportionately impact Black Americans. Our ultimate goal is to help Black Americans cut through the confusion and feel empowered on their health journey.

Now more than ever, it's important to bring topics of Black healthcare that have been historically disregarded to the forefront. That's why we're so excited to invite you to our Winter 2025 Health Summit & Expo (it's in person and streamed live!) with the aim of helping you take better care of yourself, your loved ones, and your community.

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## **SUMMIT OBJECTIVES**

- 1** Feature informative yet dynamic presentations and conversations on relevant health conditions and diseases, with world class healthcare professionals that focus specifically on the medical disparities that affect Black Americans.
- 2** Provide a safe space for medically underserved individuals to voice their opinions, concerns, experiences and act as a catalyst for radical change within health focused spaces.
- 3** Empower patients, advocates and caregivers by providing them with the most up-to-date information on various chronic conditions - including treatment options and clinical trials - so they will better understand how to identify risk factors that directly impact them and their community.
- 4** Amplify the reach of this rich educational information by providing access to the content (videos, articles, etc.) on all platforms post-Summit.



## OUR HOSTS



**RASHAD RICHEY, PHD, JD, EDD, MSC**  
NATIONAL TV BROADCASTER & PROFESSOR OF PHYSICS



**DR. MARIA BOYNTON**  
NEWS BRAND MANAGER & PUBLIC AFFAIRS DIRECTOR  
AUDACY ATLANTA



**GREGORY LUNCEFORD, MD**  
MENTAL HEALTH SPOKESPERSON & PHILANTHROPIST



**DASHAUN JOHNSON**  
THE GURU OF ABS, FITNESS EXPERT

8:00 AM  **Registration, Check-In & Breakfast Distribution**

9:00 AM  **Welcome Messages**

Black Health Matters' Founder & CEO offers insight on BHM's mission and powerful call-to-action for the day, and Councilwoman Eshé Collins brings welcoming remarks from the Atlanta City Council.



**ROSLYN YOUNG-DANIELS**



**COUNCILWOMAN ESHE' COLLINS, J.D.**

9:15 AM  **Workout with The Guru of Abs**

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**THE GURU OF ABS**

Incorporating regular exercise into your routine can lead to a happier and healthier life. Let's get our fitness on with the Guru of Abs.



**DASHAUN JOHNSON**  
AKA THE GURU OF ABS



9:35 AM



## Breathe Easy: Understanding Lung Cancer Risks in The Black Community

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**GILEAD**

The five-year survival rate for Black individuals with lung cancer is 21%, which is lower than the overall survival rate. Dr. Flenaugh has treated hundreds of cases and will provide his perspective on this disparity.



**ERIC FLENAUGH, M.D., F.C.C.P**

10:10 AM



## Multiple Myeloma in the Community

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Black Americans have a higher likelihood of multiple myeloma than white Americans, but face disparities in treatment. New treatment advances are available, and the results are promising as Dr. Keruakous will explain what you need to know. Vaccines are a safe and effective way to protect yourself and others from preventable diseases.



**AMANY KERUAKOUS, MD**

10:45 AM



## Understanding Genetic Kidney Disease: Insights Into The APOL-1 Gene

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**VERTEX**

What do you know about APOL-1? Black Americans have a higher prevalence of this gene variant. Dr. Petersen will share more about APOL-1 Mediated Kidney Disease.



**JOSIAH PETERSEN, MD, PHD**



Total health includes our mental well-being. When we ignore that we pay a price. Dr. Lunceford and panelists explore how stress, grief, and other factors impact us and how we can heal.

**GREGORY LUNCEFORD, MD****JOANNE PATTERSON,  
DNP, APRN, PMHNP-BC****MONET FARR COLE**

The lack of diversity in clinical trials means that the effectiveness and safety of treatments may not be fully understood for patients of color. Learn more from our partners, CISCRP.

**HOPE VENTICELLI  
(MODERATOR)****MEL MANN, MBA, M.ED****MEL HARDMAN, DRPH,  
MPH, MS****ASHLEY NEALY**

Incorporating short bursts of movement throughout your day is beneficial. The Guru of Abs also makes it fun!



Black individuals are significantly underrepresented in clinical trials, which has important implications for our health. Our brothers and sisters with SCD require comprehensive and ongoing medical care. There is good news for these warriors, as moderated by Victoria DiBiao, MPH.

**VICTORIA DIBIASO MPH  
BSCN (MODERATOR)****PRISCILLA PEMU, MD,  
MS, FACP****KASEY BOYNTON****CONSTANCE D. BENSON****CHRIS LUNDY**

1:15 PM



**Men's Health: Let's Talk About Prostate Cancer, Erectile Dysfunction & BPH**  
**Breakout Session: Anne Cramer Room – 2nd Floor**

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**BHM**

Understanding prostate health, erectile dysfunction and benign prostatic hyperplasia (BPH) is essential for men of color. Join Dr. George Johnson for this interactive discussion.



**GEORGE A. JOHNSON, MD**

1:20 PM



**The Power of Prevention: Black Women Against HIV**

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**GILEAD**

Unique partner dynamics can increase the risk of HIV transmission within our community. This panel discussion encourages us to get smarter and elevate the conversation.



**GRAZELL R. HOWARD, JD**  
**(MODERATOR)**



**FREDA JONES**



**ANDREA JEFFERSON-SABOOR,**  
**MSN, FNP-C**



**GAEA DANIEL, PHD, RN**

1:55 PM



**Exploring the Impact of Nutrition & Exercise on Your Health**

THIS PANEL WAS MADE POSSIBLE  
THROUGH AN INDEPENDENT GRANT  
FROM **MERCK & CO., INC.**

A dynamic conversation on how balanced nutrition, fitness, and overall movement can transform your health, prevent disease, and optimize well-being in the Black community.



**CORYNNE L. CORBETT**  
**(MODERATOR)**



**DASHAUN JOHNSON**



**DHANA BLISSETT, MS,**  
**RD, LD**



**CEE NICOLE,**  
**MD, MSW**



**MAGAN ESTER, RDN**

2:25 PM



**Vendors, Screenings, Raffles, Prizes, Giveaways,  
Leaderboard Winners, Closing Remarks & Thank You's**

# 10 EASY WAYS TO DRINK MORE WATER



**If you had a nickel for every time someone told you to drink more water, you might have enough for a downpayment on a house.**

Still, you're willing to give it a try. You can make sipping water less of a chore with these 10 tips: Take a sip before every meal. Drinking a full glass of water before each meal makes you feel full and helps curb calorie intake. Go for flavor. Liven up the flavor by adding basil, celery, cucumber, ginger, grapefruit, lavender, lemon, lime, mint, oranges or strawberries to your carafe.

Cut sugary drinks with water and ice. If juice, iced tea or lemonade are more your speed, water down your drinks with H<sub>2</sub>O and a heaping helping of ice (shoot for a one-to-one ratio). You'll tamp down your craving for sweetness while giving your body the water it needs.

Mark your water bottle. Reach your personal goal by marking your water bottle by ounces or hours. Down a glass after common activities. Took a bathroom break? Chug a glass of water on the way back to your desk. Cleared 20 emails from your inbox? Drink. Passed the water cooler? Get in eight ounces.

Invest in a high-tech water bottle. Stay on top of your water intake with a high-tech bottle that records how much you drink and sends the information to an app on your smartphone. Choose sparkling water. If it's the bubbles you need, sparkling water, a zero-calorie drink, is just as good for you as still water. Keep a reminder handy. Put a gallon jug or large carafe on the kitchen counter, by your desk or beside your bed as a reminder to drink up.

Eat water-rich foods. About 20 percent of the water we consume each day is in our foods. So stock up on fruits and vegetables with a high water content. Some to try: baby carrots, bell peppers, blackberries, cauliflower, iceberg lettuce, spinach, watermelon and zucchini. Try the one-to-one rule when drinking alcohol. Match each cocktail with one glass of water. Avoid a hangover in the morning and balance out sugar-packed mixers and syrups. So much winning!



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ANDREA COSGROVE / CORPORATE FINANCE  
JAMES FIDDMONT / VP, HUMAN RESOURCES  
JOYCE KENT / CORPORATE ADMINISTRATION

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TERRIAN FREEMAN / PRODUCER & MANAGER OF EVENT PRODUCTION  
NIKIA DAVIS-GREEN / ASSOCIATE PRODUCER  
TAJ AARON / PROJECT MANAGER  
A.B. HARRIS / PRODUCTION MANAGER  
JEANINE E. TATE / EVENTS TEAM COORDINATOR

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CHARLES JAMISON / STRATEGY, RESEARCH & MARKETING  
JILLIAN WRIGHT / MARKETING AND EDITORIAL INTERN

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FAJR EUTSEY / EDITORIAL ASSISTANT  
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**BHM WOULD LIKE TO THANK MICHELLE CARTER AND THE LOUDERMILK CONFERENCE CENTER FAMILY, AND OUR WINTER 2025 HEALTH SUMMIT & EXPO SUPPORT TEAM INCLUDING GREG PAYNE, FREDDIE "O" ANDERSON, AVERI HARRIS, AVIAN HARRIS, HONOUR EDOUK, AND ALL THE VOLUNTEERS THAT HELPED MAKE THIS EVENT A SUCCESS!**



At Sanofi, we're dedicated to **saving lives**, **protecting public health**, and **enhancing your wellbeing**. Our science brings hope to patients, families, and communities worldwide.



Sanofi is proud to support the Black Health Matters Winter Health Summit & Expo and the Atlanta community. To learn more about Sanofi studies, scan the QR code or visit [SanofiStudies.com](https://SanofiStudies.com)

