

BLACK HEALTH MATTERS BRINGS THE ROYAL TREATMENT TO THE QUEEN CITY!

FREE HEALTH SCREENINGS, PRIZES, BREAKFAST & LUNCH

BHM
BLACK HEALTH
MATTERS.COM®

FALL 2024
**HEALTH
SUMMIT
& EXPO**

A HYBRID EVENT

CHARLOTTE

SATURDAY
NOV. 16

**FRIENDSHIP MISSIONARY
BAPTIST CHURCH**

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CHARLOTTE, NC 28216

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That is where we
redefine immunology

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BLACK HEALTH MATTERS BRINGS THE ROYAL TREATMENT TO THE QUEEN CITY!

Thank you for joining Black Health Matters (BHM) for our first ever Health Summit & Expo in The Queen City!!! 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 Fall 2024 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. When you break it down, it comes down to three things. One: the clarity of your vision that you desire, and deserve, to be healthy. Two: the courage of your conviction to seek the best care possible. Three: 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, and 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 &
DIRECTOR OF SPECIAL
EVENTS



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.



OFFICE *of* MAYOR VI LYLES

600 East Fourth Street
Charlotte, NC 28202
Charlottenc.gov



October 1, 2024

Greetings!

As Mayor of Charlotte, I would like to welcome the Black Health Matters Fall Health Summit & Expo to Charlotte on November 16, 2024.

This event will be packed with educational presentations, free health screenings and activities that will have a positive impact on the health of our community. We are glad Charlotte was chosen as one of the cities to hold this event.

Thank you for bringing awareness and resources to our community and best wishes for a successful and enjoyable event.

Yours truly,

Vi Alexander Lyles
Mayor



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.



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We're proud to support the
Black Health Matters Summit and Expo.

Learn more at vrtx.com

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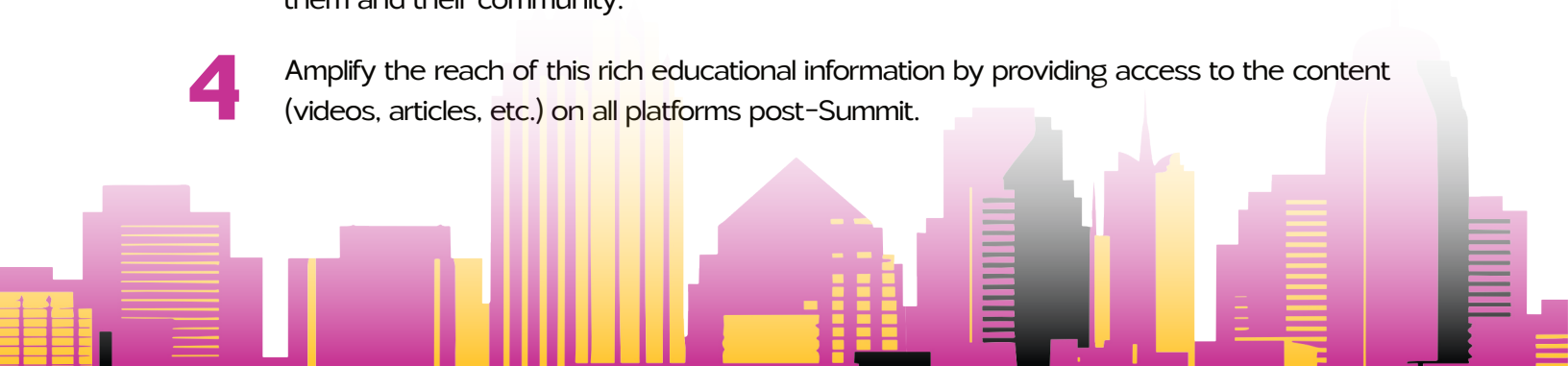
AGENDA & EVENT PROGRAM

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 Fall 2024 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.

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



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SONYA CURRY
ENTREPRENEUR, EDUCATOR,
AUTHOR, SPEAKER AND
CO-HOST OF TV ONE'S "RAISING FAME"



DASHAUN JOHNSON
THE GURU OF ABS,
FITNESS EXPERT

8:00 AM



Registration Check-In & Breakfast Distribution

8:45 AM



Welcome Messages

The Founder & CEO of Black Health Matters, along with our special guests, will start the morning with a greeting and an overview of the day.



ROSLYN YOUNG-DANIELS



**MAYOR
VI ALEXANDER LYLES**



**CONGRESSWOMAN
ALMA S. ADAMS**



**COUNCILMEMBER
MALCOLM GRAHAM**

9:00 AM



Morning Workout with The Guru of Abs

SPONSORED BY
THE GURU OF ABS

Taking fitness classes offers a variety of benefits that can enhance your physical, mental, and social well-being.



DASHAUN JOHNSON

9:20 AM



**Redefining Health for our Community: Let's Talk
Hypertension and Kidney Care**

SPONSORED BY
ASTRAZENECA

This session will raise awareness of options available to those living with hypertension and kidney disease.



**KEMI WILLIAMS
(MODERATOR)**



SANDRA L. WASHINGTON



**MARVIN SINSAKUL,
MD, MBA, FASN**

9:55 AM



Living with COPD: Midge & Lonnie's Story

 SPONSORED BY
SANOFI-REGENERON

You'll breathe easier by understanding resources and options for people with COPD.



LISA SCHMITT



MARY RUTH BREHMER



MIDGE



LONNIE

10:30 AM



Untold Stories: Life with a Severe Autoimmune Condition

 SPONSORED BY
ARGENX

Myasthenia Gravis (MG) can affect any voluntary muscle, including those controlling eye movements, facial expression, speaking and swallowing, and arms and legs. Experts including patient ambassadors will discuss this underdiagnosed condition.



ROREY



MORGAN GREENE


 KELLY SPARACINO, RN, BSN, PACS
 (MODERATOR)

11:05 AM



About Your Heart Health

 SPONSORED BY
WATCHMAN/BOSTON SCIENTIFIC

You can reduce your risk for heart disease through lifestyle changes and by becoming aware of new approaches to management.

11:40 AM



Transforming Multiple Myeloma Treatment: Integrating Car T-Cell Therapy and Patient Care

 SPONSORED BY
KITE PHARMACEUTICALS

CAR T-cell therapy, also known as Chimeric Antigen Receptor T-cell therapy, is a groundbreaking type of immunotherapy used to treat certain cancers. Learn more!


 RAYMOND THERTULIEN,
 MD, PHD


SELENA LEWIS

12:10 PM



Lunch Distribution, Vendors & Screenings

12:40 PM



Afternoon Workout With The Guru Of Abs

 SPONSORED BY
THE GURU OF ABS

1:00 PM



Type 1 Diabetes: What the Black Community Needs to Know

SPONSORED BY
VERTEX

Living with Type 1 diabetes doesn't mean you have to slow down. It's about taking control and living life to the fullest.



PHYLLISA DEROZE, PHD

1:35 PM



Eat to Live: The Impact of Nutrition on Your Health

SPONSORED BY
MERCK

We examine how healthy eating offers benefits, especially when battling a serious medical condition.



JEFF WITHERSPOON



PATRICIA FOGARTY



TONY NEWBERNE

TIFFANY LOWE PAYNE,
DO, DABOM, MHPE
(MODERATOR)

2:35 PM



Multiple Myeloma & Clinical Trials

SPONSORED BY
ATRIUM HEALTH

Learn about the best of what science has to offer through this session on multiple myeloma and clinical trials.



PETER VOORHEES, MD

2:45 PM



Why Your Mental Health Matters

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BLACK HEALTH MATTERS

Improve how you handle stress as we address your total well-being through the lens of mental health.



CHIMERE NEAL, MSW, LCSW

MILTONJHA GRIER, LCSW
(MODERATOR)

3:15 PM



Vendors, Screenings, Raffles Prize 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 H₂O 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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We are proud to support
the Black Health Matters
Fall Health Summit & Expo
and people living with
Asthma and COPD