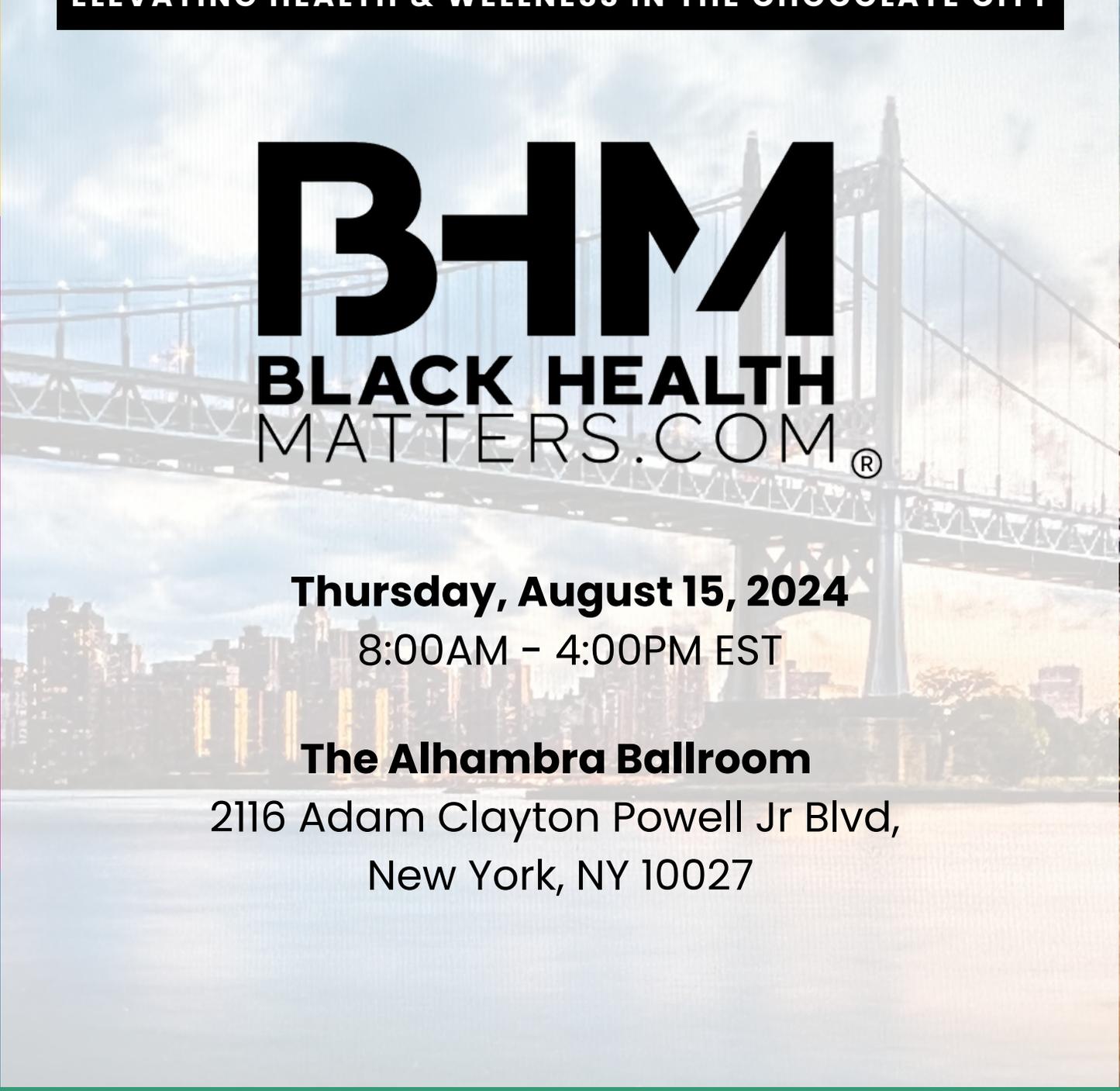


FREE HEALTH SCREENINGS, PRIZES, BREAKFAST & LUNCH

HARLEM WEEK 2024 HEALTH SUMMIT & EXPO

ELEVATING HEALTH & WELLNESS IN THE CHOCOLATE CITY



BHM
BLACK HEALTH
MATTERS.COM®

Thursday, August 15, 2024

8:00AM - 4:00PM EST

The Alhambra Ballroom

**2116 Adam Clayton Powell Jr Blvd,
New York, NY 10027**

www.blackhealthmatters.com

THIS



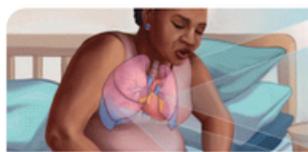
IS WHAT

REPRESENTATION



IN MEDICAL

ILLUSTRATION



LOOKS LIKE



We're building the world's largest library of diverse medical illustrations to help increase representation in healthcare. Illustrate Change is a movement of inspired artists, healthcare providers, and organizations to make a difference in the way we think about and approach medical education, health care services, and delivery.

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PRESENTED BY _____ Johnson & Johnson

WELCOME TO THE BLACK HEALTH MATTERS HARLEM WEEK BLACK MATTERS HEALTH SUMMIT & EXPO

We're delighted to bring our Harlem Week 2024 Black Matters Health Summit & Expo back to the Alhambra Ballroom as The Greater Harlem Chamber of Commerce Commemorates 50 Years of Harlem Week. It is our pleasure to partner with them as they made health part of the critical conversations needed in the community.

Critical Conversations Matter.

New York City has eight of the wealthiest zip codes in the country. Many people living in Central and East Harlem are struggling to make ends meet, one-third of them don't live above the federal poverty line. Financial and life stressors can affect our health, which shows up in our community's health numbers. We have higher rates of diabetes, obesity, and HIV/AIDS than New York City as a whole, as well as high rates of infant mortality and low birth weight.

Stress Takes a Toll.

We know that's why you're here today. You want to make a change, and we're here to arm you with the information and resources that can make a difference in your life. Today, we are inviting you to spend the day with us so we can equip you to become a power agent for your health. Learn more about the majesty of your body and how to best care for it!

Arm Yourself with Information.

We've assembled an impressive lineup of speakers to inform you on how science can benefit you about several conditions. Get free health screenings in a stress-free environment. We will continue to build upon one of the most important movements in this decade: the push for health equity because we all deserve the best health options.

In purpose and power,

Roslyn, Leslie, Dedra & Linette



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



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.



Harlem Week 2024 Health Summit & Expo

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 Spring 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.

There's strength in connecting



Kidney Transplant Connectors (KTCs) are donors and recipients who come together to educate and motivate people in need of a kidney transplant and their loved ones by sharing their own journeys through transplantation.

Learn more about the stories of our kidney transplant recipients and donors.



Reggie Carroll, Kidney donor

“Donating my kidney to my wife was one of the best decisions I ever made—learned a lot about myself, and I was happy to do something that not only helped her but was a gift to the whole family.”



Alana Hunnicutt-Carroll, Kidney recipient

“It is my mission to inspire, support, educate, and find fellowship with my fellow kidney warriors. Being a Kidney Transplant Connector presented me with that opportunity, and I am so grateful.”



Amanda De Leon, Kidney donor

“To see how much my father's life changed was the gift that keeps on giving.”



Scott Little, Kidney recipient

“Some people hear the words 'end stage renal disease,' and focus on the word 'end'. I'm here to tell them that the end can be a new beginning.”



Self-advocating is a vital part of your patient journey.

Connect with your transplant team to discover educational resources and discuss available options to help reduce time spent on the transplant waitlist.



To learn more about the Kidney Transplant Connectors, please scan the QR code

Each patient story reflects real-life experiences. Individual experiences may vary. Please consult your healthcare provider if you have any questions about your health or treatment.

8:00AM - **Doors Open / Check-In / Breakfast**

8:45AM

Welcome Messages

Black Health Matters Founder & CEO starts our morning with her greeting and an overview of the day.

8:45AM -
8:55AM



Roslyn Young-Daniels



Ashwin Vasan, MD, PhD

8:55AM - **The Role of Democracy in Shaping Black Health Outcomes**

9:15AM

SPONSORED BY BLACK HEALTH MATTERS

Join Black Health Matters to discuss why voting is essential in establishing priorities that benefit communities of color.



**Ambassador
Norman Eisen (ret.)**



Allegra Lawrence-Hardy

9:15 AM -
9:30AM

Body Sculpting for All Ages

SPONSORED BY BLACK HEALTH MATTERS

You've heard about the King of senior body sculpting...now meet him in person and online. DaShaun Johnson, AKA the Guru of Abs, brings his intense workout to the BHM Summit & Expo. Join us for a session engineered for all levels of fitness.



DaShaun Johnson

9:35AM -
10:05AM

Early Detection: How We Overcome Barriers to Access and Why It's Important

SPONSORED BY JOHNSON & JOHNSON INNOVATIVE MEDICINE

Equity of access to health services is central to wellness. The timely use of personal health services can help to achieve the best possible health outcomes. Learn more at this powerful session.



Staci Hargraves



Diane Nathaniel



Dr. Davida White

10:10 AM -
10:40AM

Clinical Trial Diversity: Nothing About Us Without Us

SPONSORED BY ASTRAZENECA

Breakthroughs happen everyday! Are you positioning yourself to experience the best of what science has to offer? Join us for a robust discussion on diversity in clinical trials.



**Kemi Williams,
Moderator**



Dr. Sonya Reid, MD, MPH



Denise Lee

10:45AM -
11:15AM

Saving Legs, Changing Lives

SPONSORED BY JOHNSON & JOHNSON HEALTHCARE SYSTEMS

Peripheral Artery Disease is a leading cause of amputations in the U.S. But this serious circulatory condition often goes underdiagnosed and undertreated, so millions of Americans—especially in the Black community—don't know they have it. Janssen's Save Legs. Change Lives.™ aims to change that.



Dr. Davida White

11:20AM -
12:20AM

Addressing Generational Needs: Healthy Aging for our Elders and Behavioral Health for our Youth in Post-Covid NY

SPONSORED BY THE GREATER HARLEM CHAMBER OF COMMERCE

What have we learned from COVID that will keep our seniors healthier? This panel will discuss learnings what New York seniors can look forward to.



Dr. Naomi Dambreville



Dr. Maurice Hinson



Dr. Pamela R. Drullinsky



**Padmore John
(Moderator)**

12:20PM -
12:50PM

Lunch Distribution / Unite for Her / Mini-Workout with The Guru of Abs

The Powerful Impact of Integrative Care for Breast Cancer Patients
Mini-Workout with The Guru of Abs



Sue Weldon



Aubrey Redd, MS, RDN, LDN

12:50PM -
1:20PM

hATTR Amyloidosis: Know Your Genetic Health History

SPONSORED BY ALNYLAM

Hereditary ATTR (hATTR) amyloidosis is an underdiagnosed condition disproportionately affecting African Americans. Learn how to recognize the signs and symptoms of the disease, how it is passed down in the family, and where to find additional educational resources.



Dr. Matthew O. Jones, MD



Chris

1:25PM -
1:55PM

Inequities in Sickle Cell Disease Health, Quality of Life, and Costs: Why Sickle Cell Matters

SPONSORED BY VERTEX

A major challenge for persons with SCD is poor access to appropriate health care. Become informed and empowered by joining BHM for a discussion on Why Sickle Cell Matters!



Travis Stephens

2:00PM –
2:30PM

HIV and Its Impact on The Black Community

THIS SESSION IS SUPPORTED BY A GRANT FROM MERCK

This session will help you recognize and appreciate the unprecedented gift of participation in clinical trials, while enhancing your knowledge of what is possible.



Maria A. Davis



Maurice Franklin, PhD



Elijah Westbrook (Moderator)

with Erika T. Dickerson, MP-C

2:35PM –
3:05PM

Food Allergies in our Community: More Than Just Peanuts

SPONSORED BY GENENTECH

Food allergies affect more than 50 million Americans. About 4% of adults have food allergies. Food allergies affect up to 6% of children. Do Black families know about the triggers of food allergies and possible consequences?



Dr. Nicole Ramsey

3:10PM –
3:40PM

My Kidneys are Failing, Now What? What you should know about dialysis and transplantation

SPONSORED BY SANOFI

While Black people make up about 12 percent of the U.S. population, they comprise 35 percent of Americans with kidney failure. Black patients tend to contract kidney disease at younger ages, and damage to their organs often progresses faster. What are our options? Join us for a panel discussion with a physician expert, kidney transplant recipient, and moderator who will ask critical questions.



Kemi Osundina, Moderator



Dr. Silas Norman



Steve Johnson

3:45PM –
4:15PM

Taking Control of Our Health: Information That Empowers

SPONSORED BY CISCRP

The Center for Information and Study on Clinical Research Participation (CISCRP) raises awareness of the clinical research process.



Pamela Thomas-Harrington



Shanelle Gabriel



Columbus Gaskin

4:15PM –
4:30PM

Raffles & Closing Remarks



Malik Yoba



Cynthia Bailey



Sandra Bookman



Dashaun Johnson

CO-HOSTS



CECE, living with hATTR amyloidosis

Do you or your family have a history of
Numbness in hands and feet?
Carpal tunnel syndrome?
Digestive issues?
Dizziness, shortness of breath?

Hereditary ATTR (hATTR) amyloidosis is a rare, inherited condition. hATTR amyloidosis can cause a range of symptoms that may seem unrelated or similar to those of other conditions.

Discover information and educational resources about hATTR amyloidosis at www.hATTRbridge.com.



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TTR-USA-00141



Vertex creates new possibilities in medicine so people with serious diseases can live better lives.

We work with leading researchers, doctors, public health experts and other collaborators who share our vision for transforming the lives of people with serious diseases, their families and society.

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

Learn more at vrtx.com

**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.

BLACK HEALTH MATTERS TEAM

EXECUTIVE TEAM & ADMINISTRATION

Roslyn Young-Daniels / Founder & CEO
Leslie Garcia-Fontenot / VP, Managing Director
Andrea Cosgrove / Corporate Finance
James Fiddmont / VP, Human Resources
Joyce Kent / Corporate Administration
John Hager / Intern

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Terrian Freeman / Producer & Manager of Special Events
Nikia Davis-Green / Event Specialist
Taj Aaron / Project Manager
A.B. Harris / Production Manager
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Monica Harris / Community Relations Manager
Sydney Mitchell / Social Media Manager
Funmi Onadipe / Digital Campaign Specialist
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Azizi Blissett / Group Account Director
Dana Gileza / Senior Account Director
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Scott Robinson / Senior Project Lead
Nia Thomas / Account Manager
Shantelle Hodges / Account Manager
Dana Hill Robinson / Account Manager
Claudia Lopez / Digital Marketing and Operations Manager

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Fajr Eutsey / Editorial Assistant
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Asten Morgan / Partnership Development
Anne O'Brien / Partnership Development
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Winston Majette, Padmore John, Dr. Maurice D. Hinson, Deric Brown & Tiffanie Burt

BHM would like to thank our BHM Harlem Week 2024 Health Summit & Expo support team, including The Big Image, Jeanine Tate, Sherrie DeAnda, Savior Smith, Avian Harris, Averi Harris, Amir DeAnda, Julissa Wortham, Orville Bernard, Charles Wilkinson, Bruce Moore and all of the volunteers that helped make this special event a success!

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Turning 65 is a time of adjustments and decisions. One critical decision is signing up for Medicare coverage for healthcare and choosing what's suitable for you. You will make your options much more accessible and reduce your stress around enrollment if you start doing your homework at least 3-6 months before enrolling. Medicare enrollment is not optional or automatic and you must sign up, even if you are not retiring until you are 66 or older.

You can enroll three months before your birthday or up to three months after, but there are financial penalties if you don't sign up on time.

How Do You Decide Beyond Enrollment?

Aside from enrolling, you will have many decisions to make that will determine the kind of healthcare coverage you get. Make a list of everything you know about your current health conditions and the medications you are on. It may be an excellent time to visit your doctor to get screened for diabetes, high blood pressure, or other chronic diseases.

Medicare Choices:

Let's start with the Original Medicare, known as Part A. It is the basic and premium-free coverage that the government requires once you turn 65. It covers inpatient, hospitalization, and short-term care in a skilled nursing facility, usually at 80 percent, after a deductible of around \$1,400 for the first day of care.

"Part B addresses doctor visits and preventative care, including screenings and treatment. The standard premium starts at approximately \$147 a month," Edward McFarland, a Medicare specialist, explains. Note that Medicare Part B only pays for medically necessary procedures and does not cover dental care.

The Medicare Advantage plans are the one-stop plans that combine everything into one plan. You must still enroll in Medicare's Parts A and B, but the Advantage plans are run through private insurers. They could include dental and vision care coverage, telemedicine, and other services, depending on what you select and how much you can afford to pay. Some plans do not require extra fees.

Part D is the easiest to remember because this is the much-needed drug coverage. Most Part D plans have an annual deductible, about 25 percent of your annual drug costs, until you hit the \$2,500 cap.

Where to Get the Best Information

Figuring out what makes medical and financial sense for you should start with a **call to Medicare at 800-772-1213**. One of their trained specialists can help you understand your needs for your situation and circumstances. The good news is that specialists are available by phone 24 hours a day. Or go to www.medicare.gov for more information.

Can we make healthcare
more effective?

And more affordable?



Ask bigger questions.

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Who must be included in
clinical research?
Everyone.

Certain diseases and conditions impact people differently depending on their background, including their ethnicity or race. That's why it is important to include *Everyone.*



Advances in medicine are possible when we listen to *Every Voice.*

To learn more visit:
www.ResearchIncludesMe.com