

Health in Color

By Alexis Green

Welcome back to Health in Color, a newsletter that hopes to bring light to stories affecting the black community. From black women's silent struggle with infertility to why fish oil might be your new favorite supplement, here are some of the headlines you may have missed this past month.

“Are you actually an M.D.?”

As Dr. Fatima Cody Stanford attempted to help a distressed woman next to her on a flight, she was constantly asked by Delta attendants to prove she was a real doctor. According to [The New York Times](#), the incident sparked conversation about racial discrimination of black doctors and Delta has since issued an apology.

Infertility remains a silent issue among black women

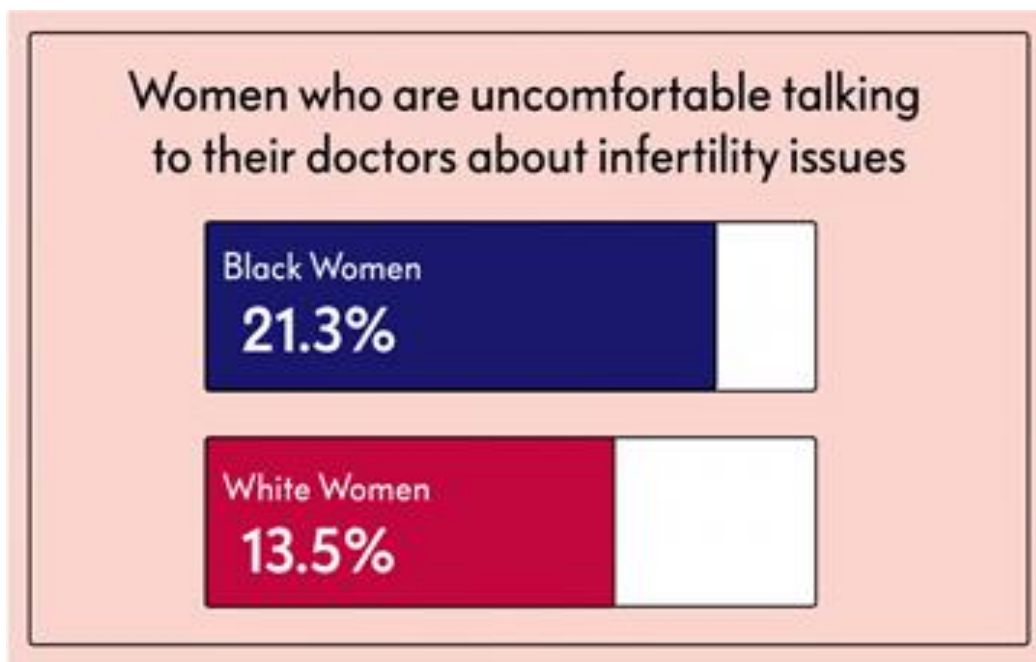


Photo courtesy of Women's Health

Black women are almost twice as likely to experience infertility as white women, yet less than 10 percent are likely to seek medical help. [Women's Health](#) delves into the factors that cause women to remain silent about infertility issues.

Despite increase access to health insurance, many Texan children remain uninsured

According to [Houston Public Media](#), one in five children in Texas lives in poverty, with Hispanic and African Americans affected the most. Additionally, over 600,000 kids don't have health insurance. The Center for Public Policy Priorities is now calling for Texas lawmakers to create legislation that helps improve conditions for children.

Tia Mowry's difficult road to healthcare



Photo courtesy of Jason Kempin/Getty Images Entertainment/Getty Images

Tia Mowry opened up about her personal struggle receiving the proper diagnosis of endometriosis, a disease that affects one in 10 women. According to [Bustle](#), the actress endured multiple years of extreme pain and was brushed off by several doctors, before getting the proper diagnosis from a female, African-American doctor.

The trauma of calling the cops on black children

As described by [NewsOne](#), a black teenager is dealing with anxiety and nightmares after meeting with cops and being suspended from school for disorderly conduct. Chanese Knox's suspension came after she talked about defending herself against the racial slurs of bullies. The school's actions have raised questions about the mental harm caused by calling the authorities on black children.

Is fish oil a cure-all?



[Well and Good](#) highlighted a study showing that African-Americans who took fish oil daily for about five years experienced a 77 percent lower risk of heart attacks. The study also showed that usage of the supplement and vitamin D do not lower chances of developing heart disease or cancer. Before you race to the store, however, check with your medical provider to see if fish oil is the right thing for you.

Texas school receives grant to study cancer disparities in African-American community

In partnership with Langston University, The University of North Texas Health Science Center was awarded \$2.2 million dollars to help reduce cancer health disparities in communities of color. The research will focus on breast and prostate cancer, which African Americans experience at high rates, according to [Star Telegram](#).

Hope you've enjoyed this edition of Health in Color. As Thanksgiving approaches, feel free to avoid awkward family conversations by sharing some important stories at the dinner table. You may end up impressing your relatives with stories that often go untold.