

**NOVEMBER 15 – 21, 2020**



# BLACK MEN'S Health Week

Community roundtables with experts in their fields and the local African American communities. This week is full of highly interactive discussions on health, fitness and nutrition to address real health issues Black Men are at higher risk of and provide tools and resources to help address them.

**[CLICK here for your FREE Registration \(http://tiny.cc/BlackMensHealthWeek\)](http://tiny.cc/BlackMensHealthWeek)**

- Daily reminders of the topics being addressed during Black Men's Health Week will be emailed to you along with resources discussed during the community round table discussions with our community experts.

**November 15: SUNDAY**

*available on demand*

**WSUS The Original Guide to Men's Health Podcast #32: Black Men's Health: The National African American Male Wellness Agency (AAWellness)**

Description:

We know a lot about health disparities: what and where they are. What can we do about them? This organization provides concrete and effective steps toward reducing disparities (in health care knowledge, access, clinical/vaccine trials) for Black men. In this podcast with a dynamic and inspiring team of African American men, hear their stories of what brought them to this successful endeavor, and learn how they provide Black men and communities with trusted information (a big issue these days, always has been a big issue), and a range of free resources and health events.

Guests:

*John H. Gregory.* Founder, National African American Male Wellness Agency.

*Victor Tolbert.* Trainer, Coach, Leader, Pacific Northwest Chapter of National African American Male Wellness Agency.

*Kiwan Lawson M.S.* Executive Director, National African American Male Wellness Agency.

**November 16: MONDAY**

**Prostate Health:** Yaw Nyame MD and Willie Underwood MD

6:00pm PST

- Importance of screening, early detection and treatment options for prostate cancer
- A Patient's Perspective: Becoming a better man after prostate cancer

November 17: TUESDAY

**COVID19:** Louis Shackelford

12:00pm PST

**Colon Health:** Rachel Issaka, MD, MAS

6:00pm PST

- Colon Cancer Prevention – It's Time. Get Screened

November 18: WEDNESDAY

**Nutrition:** Cooking with Dads with local celebrity chef  
Pre-planning for a healthy Thanksgiving meal



6:00pm PST

November 19: THURSDAY

**Heart Health:** Ike Okwuosa, MD

12:00pm PST

**HIV/AIDS:** Louis Shackelford

6:00pm PST

November 20: FRIDAY

**Mental Health:** Kelly Marie Wofford & Ife Oyedokun

12:00pm PST

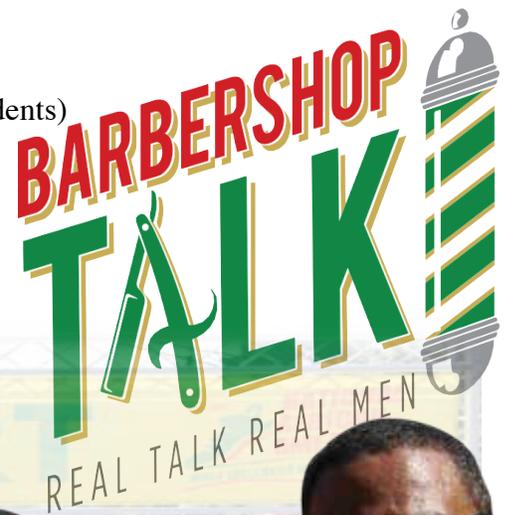
November 21: SATURDAY

**Physical Health:** Bootcamp with Personal Trainer for all fitness levels

9:00am PST

**BONUS: SUNDAY** November 22:

Real Men Real Talk Series (open invitation for the PNW residents)



# MEET OUR EXPERTS OF THE WEEK

(NOVEMBER 15 – 21, 2020)



Facilitator: Victor Tolbert  
National African American Male Wellness Agency – Pacific Northwest



## **Rachel Issaka, MD, MAS**

Assistant Professor, Divisions of Clinical Research & Public Health Sciences  
Fred Hutchinson Cancer Research Center  
Assistant Professor, Division of Gastroenterology & Hepatology  
University of Washington School of Medicine

Dr. Rachel Issaka is a Gastroenterologist and Assistant Professor at the Fred Hutchinson Cancer Research Center and the University of Washington with expertise in colorectal cancer prevention, quality improvement, and health equity. In addition to patient care, Dr. Issaka has contributed to national gastroenterology guidelines as a member of the National Comprehensive Cancer Network (NCCN) colorectal cancer guideline committee, and guidance documents on colon cancer screening for the National Colorectal Cancer Roundtable (NCCRT) and the Centers for Disease Control (CDC). Dr. Issaka's research focuses on decreasing colon cancer mortality through increased screening, especially in minority populations. Her work has been funded by the National Institutes of Health and the Centers for Medicare and Medicaid Services. Dr. Issaka completed her gastroenterology fellowship at the University of California, San Francisco where she also earned a master's degree in clinical research. She completed her internal medicine residency at Northwestern University Feinberg School of Medicine, where she served as chief medical resident and obtained her medical degree from the University of Michigan.



## **Yaw Nyame MD, MS, MBA**

Assistant Professor, Department of Urology  
University of Washington School of Medicine  
Assistant Member, Public Health Sciences Division  
Fred Hutchinson Cancer Research Center

Dr. Nyame is a surgeon, researcher, educator, and patient advocate who specializes in urologic oncology and general urology. His clinical interests include open and minimally invasive kidney, prostate, bladder and testicular cancer surgeries.

Dr. Nyame attended medical school at the Feinberg School of Medicine at Northwestern University and business school at the Kellogg School of Management at Northwestern University, graduating in 2012. Prior to medical school, he completed a master's in health services and administration at the school of public health at the George Washington University. Dr. Nyame completed his general surgery internship and urology residency training at the Glickman Urological and Kidney Institute at the Cleveland Clinic. He came to the northwest to complete a Society of Urologic Oncology accredited fellowship at the University of Washington and joined the faculty upon the completion of his training.

Dr. Nyame has a research interest in healthcare disparities in urologic cancers, with a focus in both the molecular epigenomic and health services aspects of health inequities in prostate cancer and other urologic malignancies.



**Ike S. Okwuosa, MD**

Assistant Dean of Medical Education  
Assistant Professor of Medicine  
Director, Inflammatory and Infiltrative Cardiomyopathy Program  
Advanced Heart Failure & Transplant Cardiology  
Bluhm Cardiovascular Institute of Northwestern Medicine  
Northwestern Feinberg School of Medicine

Ike S. Okwuosa, MD is an advanced heart failure and transplant cardiologist at Northwestern Memorial Hospital. He also serves as an assistant Dean of Medical Education and assistant professor of Medicine at the Northwestern University Feinberg School of Medicine. His clinical focus is in the realm of advanced heart failure and transplant cardiology and his clinical scope encompasses patients with all stages of heart failure. He directs the infiltrative and inflammatory cardiomyopathy program focusing on cardiac amyloidosis and Cardiac Sarcoidosis. And as such has put together a multi-disciplinary team that meets and reviews cases dealing with cardiac sarcoidosis.

His research is focused on post heart transplant and LVAD outcomes, and heart failure disparities. His commitment to science has resulted his research being presented at National meetings such as the American College of Cardiology, the Heart Failure Society of America, The American Heart Association and the International Society of Heart and Lung Transplant conferences.

His commitment to the mission of Northwestern Feinberg school of medicine has been shown in his work as a college mentor. As 1 of the 8 college mentors for the graduating class of 2022 he regularly meets with 20 medical students and reviews their academic performance. He also serves as a research mentor for three students of the class of 2022, and under his guidance, their work has been presented nationally. In alignment with Northwestern’s commitment to promote diversity not only within the school of medicine, but within the field of medicine, he serves as a steering committee Chair for the Daniel Hale Williams society, and the faculty advisor for the Northwestern McGaw Under Represented Minority Residents and Fellows Forum (NMURFF). He also serves as the Northwestern site director for the American Heart Association S.U.R.E program. A program that matches 3-4 minority undergraduate students with AHA funded mentors at the Feinberg School of Medicine to conduct summer research.

He serves as a champion to end inequities in healthcare and this is evident in his service to the city of Chicago. He has partnered with leadership at The Loretto Hospital, and on an annual basis organizes community grand rounds on their campus. A successful program in which residents of the Austin community are provided health screening and receive lectures on cardiovascular disease, nutrition, cancer prevention and communicable diseases. He also is the director of the Heart Smart Program for the I Am Abel Foundation. A program that exposes Chicago minority high school students to the field of medicine.



**Ife Oyedokun**

Mental Health Specialist  
Williamson County (Texas) Mobile Outreach

Ife Oyedokun currently serves as a Mental Health Specialist for Williamson County’s Mobile Outreach Team providing emergency mental health services. Ife received his B.S. degree in Psychology from Central State University in Wilberforce, OH. Ife is also a Licensed Baccalaureate Social Worker. Ife's experience



in the mental health field includes: case management for adults w/ mental illnesses for 3 years at the Mental Health Services of Clark County, 2 years on the Hostage Negotiation Team in Williamson County and another 2 years at ATCIC in Travis County. Ife also provided case management for children and adults

w/ emotional and behavioral problems as well as individuals needing assistance securing housing and economic resources for 2yrs at D.S Connections in Tallahassee, Fl.



**Louis Shackelford**

Project Manager | External Relations  
Fred Hutchinson Cancer Research Center  
COVID-19 Prevention Trials Network (CoVPN) &  
HIV Vaccine Trials Network (HVTN)

Louis Shackelford is an External Relations Project Manager in the HIV Vaccine Trials Network (HVTN) Leadership and Operations Center at Fred Hutchinson Cancer Research Center in Seattle, WA. As External Relations Project Manager, Louis’ primary focus is implementing stakeholder engagement strategies in HIV vaccine clinical trials domestically and globally. These strategies create opportunities for consultation with key stakeholders and communities to inform the design and implementation of HVTN studies. Consultations optimize the inclusion and participation of populations and communities who bear the greatest burden of HIV.



**Victor Tolbert**

Personal Trainer  
NXT Level Fitness

Victor Tolbert is the owner of NXT Level Fitness, a nationally recognized online fitness training business. Also known as “Mr. Motivation”, Victor has invested his life in inspiring people of all color to be engaged in their health and fitness with a focus on both physical and nutritional training. He has spent the last 10 years as a volunteer with the National African American Male Wellness Agency (NAAMWA). After observing the benefits African American men received through the various programs provided by the NAAMWA, Mr. Tolbert decided to bring the programs to the West Coast when he relocated to the Pacific Northwest. He currently heads up the activities of the NAAMWA in the Pacific Northwest which began in 2019. The first events for the Pacific Northwest for NAAMWA included a Run/Walk attracting more than 1000 African Americans and that included free health screenings along with a Cooking with Dads program to help teach men how to cook a healthy meal for families at a cost of \$25.00 or less.



**Willie Underwood III, MD, MS, MPH**

Executive Director, Buffalo Center for Health Equity  
*American Medical Association Board of Trustees*  
*Board of Directors Member, HealthNow New York Inc.*  
*CEO and Founder WILL U Enterprises*  
*Co- Founder KAPS Biotechnology*

Willie Underwood III, MD, MSc, MPH, is a board-certified urologist with nearly 20 years of overall urologic surgery experience, including more than 10 years focused on robotic urologic surgery. He was elected to the American Medical Association Board of Trustees in June 2019, and is Co-Founder of KAPS Biotechnology, a Biotechnology company that is currently validating a new and novel prostate cancer biomarker. He is also a former Associate Professor, Roswell Park Comprehensive Cancer Center, Department of Urologic Oncology.



**Kelly Marie Wofford**

Founder  
The Front Seat of Life, LLC

Kelly Marie Wofford is the founder of Front Seat Life, LLC an organization dedicated to eliminating the barriers and stigma for communities to address mental health. Kelly Marie is a certified master life coach with special interest and commitment to community health and wellness. Her work is founded in her personal journey of healing and recovery from childhood sexual assault, lived suicide experiences and the challenges of Borderline Personality Disorder. A New York State Certified Peer Support Specialist she educates and empowers people to remain consciously aware of their physical, mental and emotional well-being to live healthier, less stressful lives.

A collaborative Pacific Northwest event for the African American Communities:



The mission of The African American Male Wellness Agency is to develop, expand, support, and sustain the education and awareness of the inequalities of access to healthcare, the disparities within the disproportionate impact of African American males and their families who have pre-existing health conditions and further are dying from preventable diseases.



The mission of both the Oregon Urological Society and Washington State Urology Society is to enhance the delivery and quality of urologic care through education and advocacy for patients and health care providers.

