

DOCTORS OF TOMORROW

Quarterly Newsletter of the Black Men in Medicine

NEWS & FEATURES

What is COVID-19?
PAGE 2

Symptoms & Prevention
Tips

PAGE 3

Vaccines Against COVID-
19
PAGE 4

COVID-19 Variants
PAGE 5

Top 10 Questions
PAGE 6

Quick Quiz
PAGE 7

The Future of Medicine
PAGE 8

Student Spotlight
PAGE 9

Physician Spotlight
PAGE 10

Join Our Community
PAGE 11



BMIM MISSION

Our mission is to demonstrate the excellence put forth by Black male physicians and rising students in the medical field, as a means to increase the recruitment of Black males in medicine.

We also aim to provide a secure platform for minority males to openly discuss the difficult topics we face as minorities in medicine.

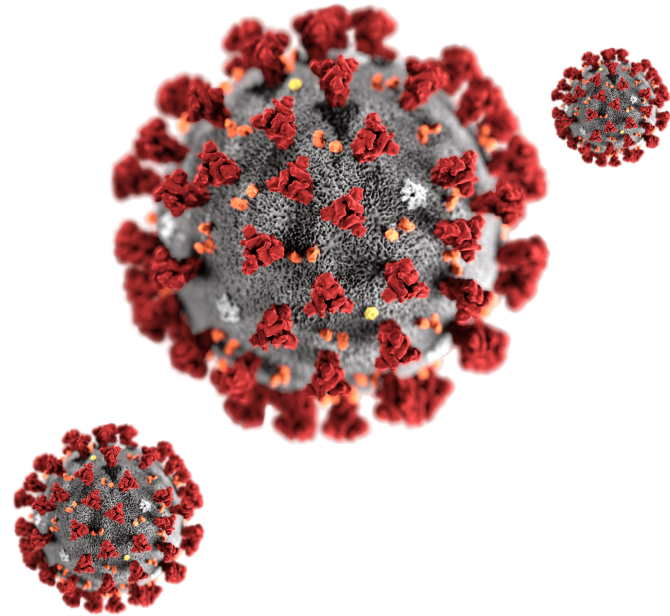


@BMIM_OHIOSTATE

BLACKMENINMED@GMAIL.COM

WHAT IS COVID-19?

Covid-19 is a disease of the respiratory tract caused by the SARS-CoV-2 virus. Coronaviruses get their name from the crown-like projections located on their exterior surfaces. This is a virus that can be transmitted to both humans and animals. Coronaviruses were first identified in humans in the 1960s. Since then, there have been multiple coronavirus outbreaks. Covid-19 has gained notoriety as the most recent and relevant coronavirus.

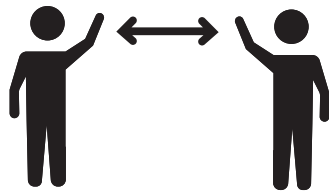


The disease is thought to spread from infectious droplets of people when they cough, sneeze, or talk. It is able to enter the body through the nose, mouth, or eyes. Covid is considered to be a highly transmissible disease. Evidence has shown that social distancing may reduce the risk of transmission by as much as 90%. Additionally, studies have shown that the use of masks may reduce risk by 65%. When used in combination, rates further decrease. These methods help prevent contact with infectious respiratory droplets.



STAY SOCIAL WHILE SOCIAL DISTANCING

- FaceTime
- Zoom Calls
- Outdoor Picnics
- Walks in the Park



Symptoms of COVID-19

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone



PREVENTION TIPS

- Wash your hands with soap and water for at least 20 seconds
- Use hand sanitizer that contains at least 60% alcohol
- Avoid close contact with people outside of your home
- Stay 6 feet away from others
- Wear a mask when in public places (masks help protect others in case you are infected)
- Cover your coughs and sneezes with a tissue or the inside of your elbow
- Clean and disinfect frequently touched surfaces daily.
- If you have symptoms stay home!

CORONAVIRUS SAFETY

Follow these easy steps to help prevent the spread of COVID-19.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.



Disinfect surfaces around your home and work.



If you're sick, stay home.



VACCINES AGAINST COVID-19

According to the CDC, there are currently three vaccines that have been authorized for use in the United States to prevent Covid-19. The vaccine brand names are Pfizer-BioTech, Moderna, and Johnson & Johnson. The vaccine is now free of charge to all people in the US, regardless of immigration or health status.

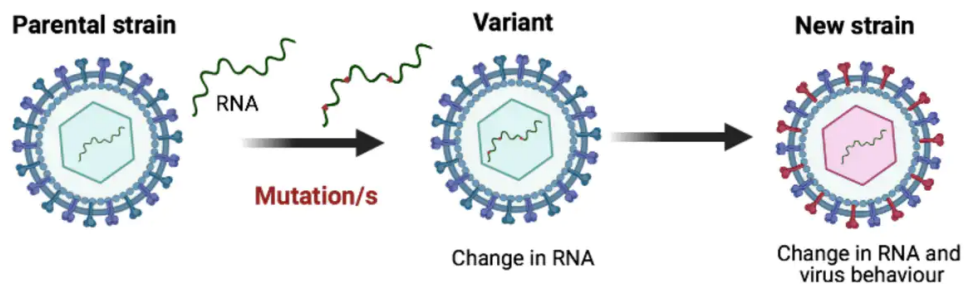
Vaccine Brand Name	Who Can Get this Vaccine ^[1]	How Many Shots You Will Need	When Are You Fully Vaccinated?
Pfizer-BioNTech	People 12 years and older	2 shots Given 3 weeks (21 days) apart ^[2]	2 weeks after your second shot
Moderna	People 18 years and older	2 shots Given 4 weeks (28 days) apart ^[2]	2 weeks after your second shot
Johnson & Johnson's Janssen	People 18 years and older	1 shot	2 weeks after your shot



COVID-19 VARIANTS

As viruses spread, they replicate and produce copies of themselves. However, a perfect copy is not always produced. Over time, the genetic sequence of the virus can begin to look slightly different. This change in the viral genetic sequence after replication is called a mutation and viruses with the new mutation are called variants because they are variations of the original virus.

Most mutations contained in these variants are harmless and do not affect the properties of the virus. However, some mutations give the virus a selective advantage, increasing the likelihood that it will go on to infect another person. This is the case with the Delta variant of the SARS-CoV-2 virus. The Delta variant is currently the predominant variant of the virus in the United States.



The Delta variant is even more dangerous than the novel SARS-CoV-2 virus because it causes more infections and spreads faster than the early forms. Some data even suggest the Delta variant causes more severe illness than previous strains in those who are not vaccinated. According to studies in Scotland and Canada, compared to those infected by the original virus, patients infected with the Delta variant were more likely to be hospitalized.

Unvaccinated people are at the greatest risk of contracting and transmitting the Delta variant. Studies suggest the variant is more than two times more contagious than previous variants. The current authorized COVID-19 vaccines are highly effective at preventing severe disease and death, including against the Delta variant. However, those vaccinated can still get infected and experience illness. Although vaccinated individuals may become infected, the vaccine still offers strong protection against death and serious illness. In order to combat the spread of the Delta variant, combined prevention tactics such as vaccination and masking are recommended.

It's too early for the Omicron variant to affect case numbers or hospitalizations in the U.S. where the delta variant still accounts for more than 99% of all new cases, according to the Centers for Disease Control and Prevention. Of note, we have reported cases in California and Minnesota.

For the most accurate and updated information on COVID-19 and the Covid variants, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

TOP 10 QUESTIONS TO ASK YOUR DOCTOR

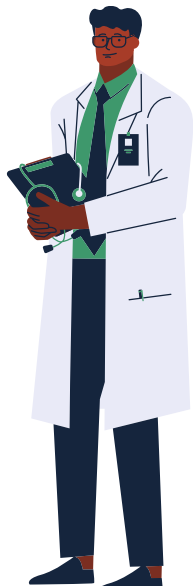
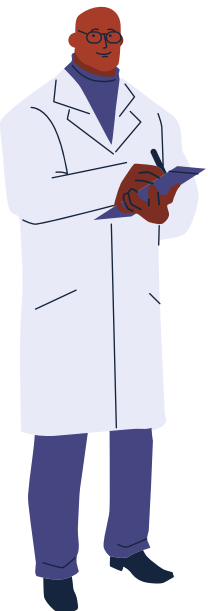
BELOW IS A LIST OF QUESTIONS THAT SHOULD BE KEPT IN MIND WHEN CONSULTING A PHYSICIAN ABOUT COVID-19

1. Where can I get the vaccine?
2. How many doses of the vaccine are needed?
3. What side effects should we anticipate with the COVID-19 vaccine?
4. What can I do to minimize post vaccination effects?
5. If I already had COVID-19, should I get the vaccine? Should I wait to get it?
6. When will immunity to COVID-19 develop?
7. How long will my immunity to COVID-19 last?
8. Can my children be vaccinated?
9. How can I safely receive the COVID-19 vaccine if I've had allergic reactions to other vaccines?
10. Why do I need to continue to mask once I have been vaccinated?



QUICK QUIZ

- Which three vaccine companies are authorized to distribute the covid vaccine in the US?
- What is another name for Covid-19?
- Describe the shot series for each vaccine company.
- How does the Covid-19 Delta variant compare to initial Covid strains?
- Who has access to the vaccine?



NEED HELP? SEE PAGE 11.

THE FUTURE OF MEDICINE

Class Updates

C/O 2024 (M1): We would like to officially welcome the Class of 2025 to The Ohio State College of Medicine family. These newly white coated M1s are beginning their Foundational and Musculoskeletal blocks which focus on biochemistry, immunology, and cancer.



C/O 2023 (M2): The Class of 2024 spent the summer completing research projects, internship programs, and shadowing. They are returning to campus to study Neurology, Gastroenterology, and Nephrology over the next three months. We will be finishing up with Host Defense.



C/O 2022 (M3): The Class of 2023 are currently in their second ring of their clinical rotations



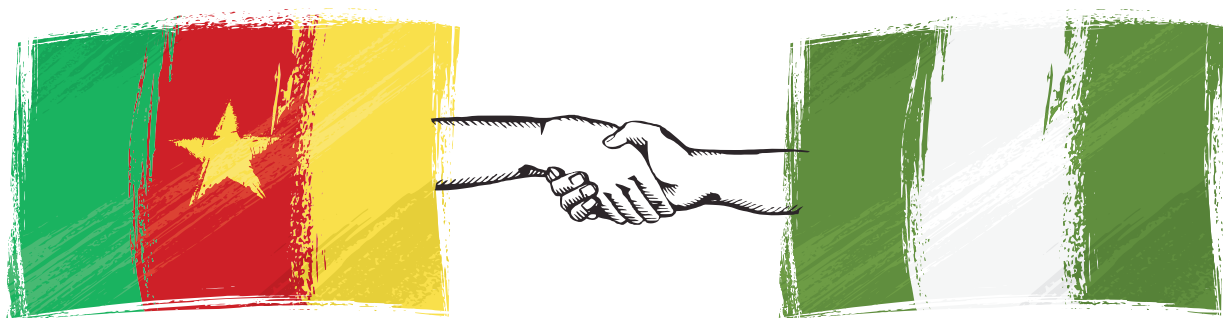
C/O 2021 (M4): The Class of 2022 are completing their sub-internships and have submitted their applications for residency. They are currently on the interview trail in the specialty of choice. We wish them luck as they apply into their respective specialties!



STUDENT HIGHLIGHT: CYRIL MBENG AYUK TAKEM BAIYEE

My name is Cyril Mbeng Ayuk Takem Baiyee, born in Cameroon, lived in Lagos, Nigeria as a kid and our family immigrated to Europe and the USA. A central tenet my grandmother taught me, has centered around helping the vulnerable even if you think you don't have plenty to offer. My Grandmother was my primary caregiver as my mother sought a better life for us overseas.

Our family immigrated to Nigeria lived there for several years then to the USA seeking a better socioeconomic life. Most of my personal life experiences with healthcare in these low-income countries have motivated me to seek a career in medicine and biomedical engineering. Moreover, experiencing firsthand how poor structural healthcare impacts the quality and longevity of human life motivated me to seek a career in medicine.



As of now, I have several interests in neuropathy & upper extremity-related conditions in orthopaedics. In my future practice, I hope to engage the community regarding surgical and nonsurgical preventable orthopaedic related disorders. Furthermore, minorities are sometimes less likely to seek elective procedures due to several barriers that are often multifaceted. As a result of limited resources, access to care, health care literacy, and at times simply just distrust in healthcare professionals, these are some of the factors that can lead to poor outcomes in patients with musculoskeletal conditions.

My long-term goals have been to lessen this burden in my future practice by engaging with the community, building more trust, making biomedical devices readily available in low-income communities.

PHYSICIAN SPOTLIGHT:

O. N. Ray Bignall II, MD, FAAP, FASN



1867
HOWARD
UNIVERSITY

O. N. Ray Bignall II, MD, FAAP, FASN is Assistant Chief Diversity and Health Equity Officer at Nationwide Children's Hospital in Columbus, Ohio. He also serves as Director of Kidney Health Advocacy and Community Engagement for the Division of Nephrology and Hypertension at Nationwide Children's, and an Assistant Professor of Pediatrics at The Ohio State University College of Medicine.

A graduate of Howard University and Meharry Medical College, Dr. Bignall completed his general pediatrics residency, clinical fellowship in nephrology, and NIH post-doctoral research fellowship at Cincinnati Children's Hospital Medical Center.

As a physician-advocate, Dr. Bignall's work addresses the social determinants of child health, kidney disease, and transplantation through community-based scholarship, engagement, and advocacy. He is an appointed Fellow of the American Society of Nephrology (ASN); the Inaugural Chair of the ASN's Health Care Justice Committee; and serves as a member of the Council on Medical Legislation for the National Medical Association. Dr. Bignall is a recipient of the American Academy of Pediatrics Community Access to Child Health (CATCH) Award; a John E Lewy Fund Advocacy Scholar of the American Society of Pediatric Nephrology; and was named a 40 Under 40 Leader in Minority Health by the National Minority Quality Forum and the Congressional Black Caucus Health Braintrust.



Follow Dr. Bignall tell him you found him here!

Twitter: @DrRayMD

JOIN OUR GROWING COMMUNITY



@BMIM_OhioState



@BMIM_OhioState

WANT TO JOIN BMIM?

- **GO TO OUR WEBSITE:**
 - blackmeninmedicine.com
- **CLICK**
 - **"REQUEST TO JOIN"**

ANSWERS TO QUIZ

1. Pfizer-BioTech, moderna, and Johnson & Johnson
2. Sars-CoV-2
3. J&J- 1 shot, Pfizer- 2 shots, three weeks apart, Moderna- 2 shots, four weeks apart
4. It is more virulent and more likely to hospitalize you
5. Everyone in the US has access to the vaccine free of charge



CITATIONS

"Guidance on Management of Coronavirus DISEASE 2019 (COVID-19) in Correctional and Detention Facilities." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. www.cdc.gov/coronavirus/2019-ncov/community/correction-detention/guidance-correctional-detention.html.

"Coronavirus Disease 2019 (COVID-19)." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 25 Feb. 2021. www.cdc.gov/dotw/covid-19/index.html.

"Coronaviruses." National Foundation for Infectious Diseases, 27 July 2021. www.nfid.org/infectious-diseases/coronaviruses/.

"Symptoms of Covid-19." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

"Key Things to Know about Covid-19 Vaccines." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html.

"Different Covid-19 Vaccines." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html.

Gonçalves, AuthorSonia, et al. "What Is a Variant? An Expert Explains News." Wellcome, 11 June 2021. wellcome.org/news/what-variant-expert-explains.

"Delta Variant: What We Know About the Science." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html.

Jones, Dave. "Your Mask Cuts Own Risk by 65 Percent." UC Davis, 28 Oct. 2020. <https://www.ucdavis.edu/coronavirus/news/your-mask-cuts-own-risk-65-percent>.

"Covid-19 Vaccines Patients' Frequently Asked Questions." American Medical Association, www.ama-assn.org/delivering-care/public-health/covid-19-vaccines-patients-frequently-asked-questions.

Author: Susannah Elliott Kistler. "The Top 5 Questions Patients Ask Our Doctors about COVID-19 VACCINES." The Ohio State University Wexner Medical Center, 14 Jan. 2021. wexnermedical.osu.edu/blog/top-5-covid-vaccine-questions.

"Delta Variant: What We Know About the Science." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html#:~:text=%E2%80%A2%20The%20Delta%20variant%20is,contagious%20as%20previous%20variants>.



NEWSLETTER EDITORS

Kenneth Clark & Evans Osuji

[WWW.BLACKMENINMED.COM](https://www.blackmeninmed.com)