

POC2 Episode 6 Shownotes

- Articles on how Vitamin D consumption ignored for POC
 - <https://blogs.biomedcentral.com/bmcseriesblog/2018/05/15/vitamin-d-paradox-black-americans/>
 - <https://www.livescience.com/20910-vitamin-d-black-americans-cancer-disparity.html> - Link between Vit D deficiency and cancer deaths in black populations
 - <https://www.theroot.com/why-black-people-need-more-vitamin-d-1790869502>
- Coronavirus victims seem to be disproportionately POC
 - <https://www.vox.com/2020/4/17/21225610/us-coronavirus-death-rates-blacks-latinos-whites>
 - <https://www.rollingstone.com/politics/political-commentary/coronavirus-black-death-racism-donald-trump-mike-pence-981707/>
 - <https://www.theguardian.com/world/2020/apr/16/inquiry-disproportionate-impact-coronavirus-bame>
 - <https://www.bbc.co.uk/news/uk-england-oxfordshire-52292569>
 - <https://www.bbc.co.uk/news/health-52338101>
 - <https://twitter.com/judeblay/status/1250745557041233920?s=19> – Link to a tweet containing information about how coronavirus symptoms manifest differently in people with dark skin and how this will get ignored
 - <https://economictimes.indiatimes.com/industry/healthcare/biotech/healthcare/trump-backed-drug-to-be-tested-on-thousands-in-mumbai-slums/articleshow/75215947.cms?from=mdr> – Link to India Times article about Trump backing the testing of the coronavirus vaccine in Mumbai slums
- Racism targeting Asian people in the West over coronavirus
 - <https://www.theguardian.com/world/2020/mar/24/coronavirus-us-asian-americans-racism>
 - <https://www.motherjones.com/politics/2020/03/the-coronavirus-is-inflaming-the-uks-racism/>
 - <https://www.newyorker.com/news/letter-from-the-uk/the-rise-of-coronavirus-hate-crimes>
 - <https://theconversation.com/anti-asian-racism-during-coronavirus-how-the-language-of-disease-produces-hate-and-violence-134496>
 - **Racism involving coronavirus testing – French doctors suggest testing coronavirus testing in Africa**
 - <https://www.bbc.co.uk/news/world-europe-52151722>
 - <https://www.aljazeera.com/news/2020/04/racism-row-french-doctors-suggest-virus-vaccine-test-africa-200404054304466.html>
 - <https://www.scmp.com/news/china/article/3078514/coronavirus-who-sports-stars-slam-french-doctors-racist-suggestion-trial>
- Medical school defaults to cis het white bodies, leading to POC more likely to die of illnesses due to lack of training
 - POC more likely to die of skin cancer
 - <https://www.self.com/story/black-people-melanoma-skin-cancer>
- Black women more at risk of dying during childbirth
 - <https://www.bbc.co.uk/news/uk-england-47115305>
 - <https://www.sciencedirect.com/science/article/abs/pii/S0277953617307578>

- <https://www.theguardian.com/sport/2018/feb/20/serena-williams-childbirth-health-daughter-tennis> - Serena Williams' had her health concerns ignored during the birth of her own daughter

- **Ignoring of POC medicine throughout history**

- First successful c-sections were done in Africa in the 19th century
<https://face2faceafrica.com/article/how-this-african-kingdom-performed-its-first-cesarean-section-in-1879>
- Islamic scholar explored the idea of transmission of disease through contagion way before Louis Pasteur did his experiments in Europe
- Malaria treatment known about by indigenous population in the Andes:
 - <https://medium.com/@tcassauwers/the-global-history-of-the-world-s-first-anti-malaria-drug-d1e11f0ba729>
 - Quinine is extracted from the Cinchona tree that is native to the Andean regions of South America. While there is some doubt about whether malaria was already present in the Americas before European colonization, academic consensus suggests that it was not. **The disease seems to have been introduced by seafaring Europeans, after the so-called Columbian Exchange.**
 - By the time Europeans reached and colonized the Andes the indigenous population already used the bark of the Cinchona tree to treat malaria and other types of fever. The disease had spread faster than the European colonizers could. Note that at this stage the bark itself was used as a medicine, the chemical processes to extract the quinine from the bark were only invented later

- South Asian Ayurvedic practices, examples of standard medical practices in ancient South Asian civilisations which are known today to have health benefits, but no credit is given and is mocked as pseudoscience –

- <https://www.webmd.com/food-recipes/features/why-its-turmeric-good-for-me>
- *Anti-inflammatory properties of curcumin, a major constituent of Curcuma longa: a review of preclinical and clinical research -*
<https://www.ncbi.nlm.nih.gov/pubmed/19594223>

- **Hydrogen peroxide and penicillin discoveries co-opted by the best when ancient POC civilisations used them to treat wounds and kill bacteria –**

- <https://amrls.cvm.msu.edu/pharmacology/historical-perspectives>
- Nature article on the antibacterial properties of honey –
 - <https://www.nature.com/articles/news021118-1>
- <https://amrls.cvm.msu.edu/pharmacology/historical-perspectives> - POC civilisation use of moulds to treat infections

- **Ophthalmology in ancient Islam-**

- https://en.wikipedia.org/wiki/Ophthalmology_in_medieval_Islam
- <https://muslimheritage.com/eye-specialists-in-islamic-cultures/>
- <https://www.nationalgeographic.com/history/magazine/2016/11-12/muslim-medicine-scientific-discovery-islam/> - Nat Geo article on cataract surgery and other medical discoveries made in ancient Islam

- **Ebers papyrus – The oldest and most important medical papyri of Ancient Egypt**
 - https://en.wikipedia.org/wiki/Ebers_Papyrus
 - https://www.newworldencyclopedia.org/entry/Ebers_Papyrus
 - <https://www.ancient.eu/article/1015/ancient-egyptian-medical-texts/>
 - <https://wellcomecollection.org/works/u5r9s7ar> - reference to diagnosis of uterine cancer
- **Lack of exploration into the increased risk of type 2 diabetes and insulin resistance in South Asians**
 - <https://www.nhs.uk/news/diabetes/higher-diabetes-risk-in-asians-explored/>
 - <https://www.bbc.co.uk/news/health-11890419>
 - Focus on diet instead of the difference in physiology
 - <https://www.diabetes.co.uk/south-asian/>
 - https://www.diabetes.org.uk/about_us/news/young-south-asian-people-at-higher-risk-of-diabetes-and-associated-heart-disease
 - <https://asiandiabetesprevention.org/what-is-diabetes/why-are-asians-higher-risk>
- **Lack of black doctors: 5.7 percent of U.S. physicians are African American, out of a population that's 13 percent black.**
 - NHS diversity by ethnicity
 - <https://www.ethnicity-facts-figures.service.gov.uk/workforce-and-business/workforce-diversity/nhs-workforce/latest#by-ethnicity>
- **Night shift bias with black women**
 - <https://www.oprahmag.com/life/health/a23100351/racial-bias-in-healthcare-black-women/>
 - <https://www.usnews.com/news/healthiest-communities/articles/2018-08-31/why-america-needs-more-black-doctors>
 - <https://hbr.org/2018/08/research-having-a-black-doctor-led-black-men-to-receive-more-effective-care>
- **Turkey tail offcuts pushed onto poor POC countries by US manufacturers, caused health problems:**
 - <https://theconversation.com/the-strange-story-of-turkey-tails-speaks-volumes-about-our-globalized-food-system-86035>
 - <https://www.independent.co.uk/life-style/food-and-drink/meat-consumption-unwanted-parts-turkey-tails-global-food-system-use-livestock-farming-industry-food-a8052836.html>
 - https://www.earthisland.org/journal/index.php/articles/entry/of_turkey_tails_samoans_and_how_culture_imbuces_food/
 - Video interview with Sena Panapasa on how the consumption of turkey tails contributed to high obesity rates among Pacific Islanders:
 - <https://www.youtube.com/watch?v=1VYxaYOQa-g>
- **Kuwait's obesity skyrocketed due to importation of Western fast food:**
 - https://www.vice.com/en_us/article/bj5z3q/american-fast-food-took-over-kuwait-and-made-its-people-obese
 - <https://qz.com/1504345/americas-other-unhealthy-legacy-in-the-middle-east/>
 - <https://www.bbc.co.uk/news/av/business-19027642/the-cost-of-kuwait-s-growing-obesity-epidemic>

- Lactose, the dairy trade, and white supremacy:
 - <https://www.nytimes.com/2018/10/17/us/white-supremacists-science-dna.html>
 - https://www.huffingtonpost.co.uk/entry/milk-white-supremacy-racism_n_5bffad35e4b0864f4f6a3e28?ri18n=true
 - <https://www.plantbasednews.org/lifestyle/doctor-pro-dairy-usda-dietary-guidelines-racist>
 - <https://www.washingtonexaminer.com/news/surprising-claim-in-food-feedback-dairy-guidelines-are-racist>
- **Tuskegee syphilis experiments: Syphilis was injected into black men and was untreated as an experiment, while they were told that they were receiving free government healthcare. It went on for 40 years.**
 - https://en.wikipedia.org/wiki/Tuskegee_syphilis_experiment
 - <https://www.history.com/news/the-infamous-40-year-tuskegee-study>
 - <https://www.washingtonpost.com/news/retropolis/wp/2017/05/16/youve-got-bad-blood-the-horror-of-the-tuskegee-syphilis-experiment/>
 - <https://www.theatlantic.com/politics/archive/2016/06/tuskegee-study-medical-distrust-research/487439/>
 - <https://www.bbc.co.uk/programmes/p013281q>
 - <https://www.statnews.com/2017/05/10/tuskegee-syphilis-study/>
 - <https://www.mcgill.ca/oss/article/history/40-years-human-experimentation-america-tuskegee-study>
- Caster Semenya – racism, gender and athleticism-
 - <https://www.independent.co.uk/voices/caster-semenya-race-science-guinea-pig-saartjie-baartman-a8971081.html>
 - <https://www.theguardian.com/sport/2018/apr/27/iaaf-accused-blatant-racism-over-new-testosterone-regulations-caster-semenya>
 - <https://www.thenation.com/article/archive/iaaf-cas-ruling-caster-semenya-nonsense/>
 - <https://www.thecut.com/2019/05/the-hypocritical-policing-of-caster-semenyas-body.html>
 - <https://www.huckmag.com/perspectives/opinion-perspectives/the-caster-semenya-ruling-is-a-disgrace-on-the-sports-world/>
- Reluctance of POC (esp MOC) not wanting to go the doctor or reluctance/fear of hospitals
 - MOC needing to reinforce masculinity + esp immigrant MOC who want to save money (in places like the US) - reluctance to go to the doctor
 - <https://www.bbc.co.uk/news/av/uk-england-birmingham-41512831/why-is-cancer-a-taboo-in-black-and-asian-communities>
- **Mental health + POC**
 - POC often have mental health problems that go undiagnosed due to the social+cultural stigma around it
 - <http://gal-dem.com/colours-of-madness-seeking-healthcare-poc/>
 - <https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>
 - https://www.huffingtonpost.co.uk/entry/are-mental-health-services-serving-people-of-colour-in-the-uk_uk_5b34e921e4b0b5e692f56a08

- Native American youth having the highest rate of youth suicide by ethnicity, according to a 2015 report by the CDC's National Center for Health Statistics
 - Also have the largest amount of missing person/murder
- Attribute mental health issues to religious things - i.e. demons
 - Further stigmatises a literal illnesses which leads to deaths
- <https://www.independent.co.uk/news/health/mental-health-act-detained-sectioned-ethnic-minority-bme-report-nhs-a8669246.html>
- Lack of therapists of colour
 - <https://www.theguardian.com/commentisfree/2018/may/21/identity-matters-black-students-black-therapists-cambridge-university>

Solutions

- Need more networks for therapists of colour and need them to be accessible to poc
 - <https://www.theguardian.com/science/2016/may/28/finding-good-therapist-gender-race-cultural-competency>
 - <https://www.baatn.org.uk/>
- Need race specific therapy groups as well
 - <https://samhin.org/>
 - <https://www.teenvogue.com/story/therapists-for-women-of-color-and-queer-people-how-to-find-one>
 - **Teen Vogue published a guide for WOC + LGBT+ people who are not women of colour to be able to find therapists who will help them without being defensive**
- **All therapists need to be trained on dealing with health issues and intersectional people**
 - <https://twitter.com/trishgreenhalgh/status/1000308119115915264?s=0>
 - Patient's lived experiences are valid!
- Asians are much less likely to ask for mental health help:
- https://www.huffingtonpost.co.uk/entry/mental-health-stigma-asian-americans_n_59d4f739e4b0218923e6e8fd?guccounter=1&guce_referrer=aHR0cHM6Ly9jb25zZW50LnhaG9vLmNvbS8&guce_referrer_sig=AQAAIWKHQAz5d-MOBGTbrO7GewUO8MSnCAGfubWDTvuIRUARE6vOK75McG5lu_N6wgayzcX6oviyBX6dFT9FM94OYQ5KTmyWirLVf902AhZ1YXj-wHDsrc9nStRqiaoN70_KnM11dluQe7Z3-RuK3ONatzXgs99KLLUkdcisVAN1Ac
- Train social and mental health departments within universities to connect + hire therapists which understand the specific difficulties faced by students of colour
- No penalisation of students who miss a significant amount lectures due to illness
- Courses need to be more accessible to those who are disabled
 - <https://scientistsarehumans.com/2019/03/03/tips-for-studying-with-a-disability/>
 - Universities need to provide clear guidelines with regards to making mental health facilities available for students + guidelines with regards to work limitations for disabled students
- Make crisis/"safe-space" rooms for students that need them - make sure a social care worker is in them not some random untrained academ

- **A list of mental + physical health services/resources/tips for women of colour**

- <https://samhin.org/>
- <https://www.baatn.org.uk/>
- <https://scientistsarehumans.com/2019/03/03/tips-for-studying-with-a-disability/>
- <https://www.teenvogue.com/story/therapists-for-women-of-color-and-queer-people-how-to-find-one>
- <https://everydayfeminism.com/2017/09/poc-mental-health-stigmas/>
- https://www.therapyforblackgirls.com/gd_therapist/
- <https://www.blacktherapistsrock.com/>
- <https://www.burntroti.com/woc-therapy>

Media Recommendations

- **Karel:**
 - **Book: The Lightbringer Series – Brent Weeks**
 - <https://www.amazon.co.uk/Black-Prism-Book-Lightbringer/dp/1841499048> - Book 1, The Black Prism
- **Pruthvi:**
 - **Podcast: Coffee with Comrades, ep74 “ Eating the Other”**
 - <http://www.coffeewithcomrades.com/>
- **Sehher:**
 - **Book: Noughts and Crosses – Malorie Blackman**
 - <https://www.amazon.co.uk/Noughts-Crosses-Malorie-Blackman/dp/0141378646>