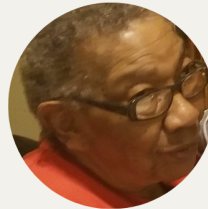




March 2026



Christomer Louise



Mary Pearl

Women of C.H.L.M.S

"If you know whence you
came, there is really no limit to
where you can go."

—James Baldwin, 20th-
century poet, novelist,
playwright and activist

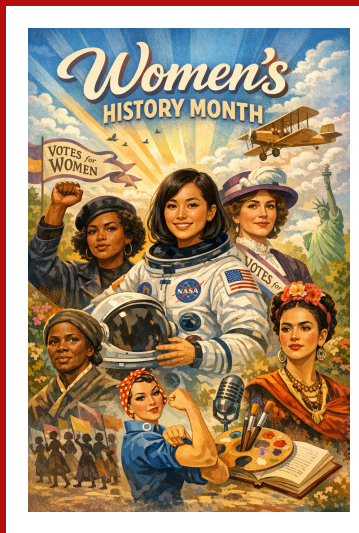


Sandra Louise



Henrietta Louise

**"To be an activist is to speak. To be an advocate is to listen. Society
can't move forward without both." _ Eva Marie Lewis**



This Issue: Women's History Month Through the Lens of Health and Empowerment

This month, we honor the legacy of women who've transformed the way we learn, heal, and lead.

From the classroom to the clinic, from grassroots engagement to global wellness movements, women have always been at the forefront of change. Their contributions to medicine, health education, and community empowerment continue to shape the systems we rely on today.

In this issue, we spotlight:

- Education as a tool for health literacy and generational empowerment
- Engagement that mobilizes families, caregivers, and communities toward wellness
- Empowerment through advocacy, leadership, and self-determination
- Medicine and healthcare as spaces where women have broken barriers and built new pathways
- Wellness as a lifestyle and a legacy, rooted in resilience and care

Women's History Month reminds us that health equity isn't just a goal — it's a story written by women every day.



Before we move into the articles honoring women who have shaped education, empowerment, engagement, medicine, health, and wellness, we'll first take a moment to look at the present. Topic for this Month:

Direct Primary Care

Direct Primary Care: What It Is and Why It Matters

Direct Primary Care (DPC) is a growing healthcare model where patients pay a flat monthly membership fee for comprehensive primary care services. Instead of billing insurance for each visit, DPC practices provide routine care, preventive services, chronic disease management, and direct communication with the physician under one predictable price.

Why Patients and Providers Choose DPC

- **More time with your doctor:** Smaller patient panels allow longer visits and stronger relationships.
- **Better access:** Same-day or next-day appointments, plus phone, text, or email communication.
- **Transparent pricing:** Membership fees reduce surprise bills and simplify budgeting.
- **Less paperwork:** Physicians spend less time on insurance administration and more time on patient care.

Potential Drawbacks

- **Not a replacement for insurance:** Hospital care, specialists, and emergencies still require separate coverage.
- **Monthly fees may be a barrier:** Some patients may struggle to afford both DPC membership and insurance premiums.
- **Limited large-scale research:** More studies are needed to understand long-term outcomes and cost savings.
- **Services vary by practice:** What's included in the membership can differ widely.

Bottom Line

Direct Primary Care offers a more personal, accessible, and simplified approach to primary care. While it improves patient experience and reduces administrative burden, it does not replace insurance and may not be affordable for all families. Continued research will help determine its long-term impact on cost, equity, and community health.

For readers who want to explore the research visit:

<https://jamanetwork.com/journals/jama/article-abstract/2720722>

Women Heart Disease History Makers: Dr. Helen B. Taussig & Dr. Kardie Musa Tobb

Women have played a defining role in advancing heart health, shaping how cardiovascular disease is understood, diagnosed, and treated. This month, we highlight two extraordinary physicians—one a historic

pioneer and the other a modern leader—whose work continues to influence the future of cardiology.

Dr. Helen B. Taussig: Pioneer and Founder of Pediatric Cardiology

Dr. Helen B. Taussig (1898–1986) is widely recognized as the founder of pediatric cardiology. At a time when women faced significant barriers in medicine, she transformed the field through her groundbreaking work in congenital heart disease. Her research led to the development of the Blalock–Taussig shunt, the first successful heart surgery for infants born with “blue baby syndrome,” saving thousands of lives and laying the foundation for modern cardiac surgery.

Dr. Taussig was also a strong advocate for patient safety. Her testimony before Congress helped prevent the approval of thalidomide in the United States, protecting countless children from birth defects. Her legacy continues to inspire clinicians and researchers committed to improving heart health.

Dr. Kardie Musa Tobb: A Modern Leader in Women’s Cardiovascular Health

Dr. Kardie Musa Tobb, DO, MS, FACC, FASPC, is a nationally recognized preventive cardiologist and a leading voice in women’s heart health today. She is board-certified in general cardiology, nuclear cardiology, echocardiography, cardiovascular CT, and internal medicine, bringing a comprehensive and equity-focused approach to cardiovascular care.

Dr. Tobb is the Founder and Medical Director of the Cone Health Heart and Vascular Cardio-Obstetrics/Women’s Heart Health Program, where she leads innovative work to improve cardiovascular outcomes for women, particularly during pregnancy and postpartum. She also serves as Clinical Integration Officer with the Cone Health Center for Equity, developing strategies to reduce disparities and expand access to high-quality care for underserved communities.

Born in Bong Mine, Liberia, Dr. Tobb brings a global and culturally responsive perspective to her work. She is widely respected for her leadership in cardiometabolic disease prevention, maternal

cardiovascular health, and community-centered approaches to chronic disease management.

Why Their Stories Matter

Together, Dr. Taussig and Dr. Tobb represent the past, present, and future of women's leadership in cardiology. Their contributions demonstrate how women continue to drive innovation, expand access to care, and improve heart health outcomes for communities around the world. Their work reminds us that advancing cardiovascular health requires honoring the pioneers who opened doors and supporting the leaders who continue to push the field forward.

Peer-Reviewed Sources

On Dr. Helen B. Taussig

O'Leary, P. W. "Helen Brooke Taussig: Preserver of Babies' Hearts and Limbs." *The Lancet*, 20

On Dr. Kardie Musa Tobb

American Society for Preventive Cardiology. "Fellow Profile: Kardie Musa Tobb, DO, MS, FACC, FASPC."

Women Who Transformed Immunology: Dr. Rosalyn Yalow and Dr. Betty Diamond

Autoimmune diseases affect nearly 80% women, yet much of what we know about the immune system today comes from the groundbreaking work of women scientists who pushed the field forward. This month, we highlight two extraordinary leaders—one historic and one contemporary—whose discoveries continue to shape how autoimmune diseases are diagnosed, understood, and treated.

Dr. Rosalyn S. Yalow: A Nobel Prize–Winning Immunology Pioneer

Dr. Rosalyn Sussman Yalow (1921–2011) was a pioneering medical physicist and immunologist whose work revolutionized modern laboratory medicine. She co-developed radioimmunoassay (RIA), a technique that made it possible to measure hormones, antibodies, and other immune-related substances at extremely low concentrations. Before RIA, clinicians had no reliable way to quantify many biomarkers involved in autoimmune disease.

Dr. Rosalyn S. Yalow's discovery opened the door to understanding autoantibodies—key drivers of conditions such as lupus, rheumatoid arthritis, and autoimmune thyroid disease. In 1977, Dr. Yalow became only the second woman in history to receive the Nobel Prize in Physiology or Medicine, solidifying her legacy as one of the most influential immunologists of the 20th century.

Dr. Betty Diamond: A Leading Voice in Autoimmune Disease Research

Dr. Betty Diamond is one of today's most respected immunologists and a global leader in autoimmune disease research. Her work has been central to understanding systemic lupus erythematosus (SLE), a condition that affects women at nearly nine times the rate of men.

Dr. Diamond's research uncovered how autoantibodies contribute to inflammation throughout the body, including the brain. Her discoveries have shaped modern treatment strategies and improved understanding of neuropsychiatric lupus—an area where symptoms can be difficult to diagnose and manage. Her leadership continues to guide new therapies and advance women's health worldwide.

Why Their Work Matters

Together, Dr. Yalow and Dr. Diamond represent the past and present of immunology's most transformative breakthroughs. Their contributions have:

- Improved diagnostic accuracy for autoimmune diseases
- Advanced understanding of how the immune system misfires
- Informed treatment strategies for millions of women
- Inspired new generations of women scientists

Their stories remind us that women's leadership in science is essential to advancing health equity and improving outcomes for conditions that disproportionately affect women.

Peer-Reviewed Sources

For Dr. Rosalyn Yalow

Yalow, R. S., & Berson, S. A. "Immunoassay of Endogenous Plasma Insulin in Man." *Journal of Clinical Investigation*, 1960.

For Dr. Betty Diamond

Diamond, B., et al. "Pathogenesis of Systemic Lupus Erythematosus."
New England Journal of Medicine.

Two Women Transforming Mental Health Across Generations

Black women have played a powerful role in shaping the fields of psychology, education, and mental health often without the recognition they deserve.

Dr. Inez Beverly Prosser: A Trailblazer in Educational Psychology

Dr. Inez Beverly Prosser (1895–1934) is widely recognized as one of the first Black women in the United States to earn a doctorate in psychology. Her pioneering research examined the emotional and academic experiences of Black children in segregated and integrated schools during the early 20th century.

Her findings challenged prevailing assumptions of the time. Dr. Prosser documented that Black children often experienced greater psychological safety, stronger teacher support, and healthier identity development in all-Black schools. Her work laid early groundwork for understanding how school environments, racial climate, and discrimination shape student well-being.

Although her life was tragically cut short, Dr. Prosser's scholarship continues to influence modern conversations about educational equity, culturally responsive teaching, and the mental health needs of Black youth.

Dr. Joy Harden Bradford: A Modern Leader in Black Women's Mental Health

Dr. Joy Harden Bradford is a contemporary psychologist, author, and the founder of Therapy for Black Girls, one of the most influential mental health platforms dedicated to the emotional well-being of Black women and girls.

Through her nationally recognized podcast, digital community, and therapist directory, Dr. Bradford has helped normalize therapy, reduce stigma, and expand access to culturally responsive mental health care.

Her work blends clinical expertise with culturally grounded storytelling, making mental health education accessible, relatable, and affirming. Dr. Bradford's leadership continues to shape national conversations about identity, trauma, relationships, and the importance of culturally competent care for Black women.

Why Their Work Matters

Together, Dr. Prosser and Dr. Bradford represent the past and present of Black women's leadership in psychology. Their contributions have:

- Expanded understanding of how race, gender, and environment influence mental health
- Elevated the importance of culturally responsive and identity-affirming care
- Created pathways for Black women and girls to access supportive mental health resources
- Inspired new generations of psychologists, educators, and advocates

Their legacies remind us that mental health equity requires both honoring the pioneers who opened doors and uplifting the leaders who continue to build community-centered healing spaces today.

Did You Know? Big Things Are Happening at the C.H.L.M.S Medi-Helpz Foundation

The C.H.L.M.S Medi-Helpz Foundation is entering a powerful new chapter—and we're excited to share several major milestones designed to expand access, strengthen health literacy, and support families across our communities.

Did you know...

- Our new website is officially live?

Visit www.chlmsfoundation.com to explore our refreshed look, expanded resources, and mission-driven programs—all designed to make health information clearer, more accessible, and easier to use.

- The Vashti Learning Lab now offers 14 subscription-based digital health courses?

Launched on February 28, 2026, these courses provide practical, culturally grounded health education for patients, caregivers, and community members. Each course is designed to empower learners with the knowledge they need to navigate their health with confidence.

- We're taking health literacy on the road with the C.H.L.M.S Medi-Helpz Digital Library Tour?

This new initiative brings digital health tools, education, and community engagement directly to libraries meeting people where they are and expanding access to trusted information.

- You can support our mission with just your spare change?

Our ongoing Digital RoundUp Fundraiser allows supporters to “round up” their pennies for a good cause. All donations received will be used to ensure that another patient, caregiver, community member has access to free courses. Every penny helps sustain the Vashti Learning Lab and keeps our health-literacy programs accessible to all.

Together, these initiatives reflect our commitment to equity, empowerment, and community-centered learning. We're building a future where every family has the tools they need to thrive and we're grateful to have you with us on this journey.

Rooted in Her Strength: Celebrating Women's History Month Through the Legacy of Our Four Matriarchs

We're celebrating the launch of our new C.H.L.M.S Medi-Helpz Foundation website, the Vashti Learning Lab subscription courses, and the Digital Library Tour with a fun challenge for our readers.

We've hidden four tiny hearts somewhere in this newsletter. If you spot it, email us the section where you found it for a chance to win a special prize.

Only three winners will be selected, so keep your eyes open and read closely.

Happy searching—and good luck!

Don't forget to visit our website at www.medihelpz.com,
www.chlmsfoundation.com & our YouTube channel at Medi-Helpz

[Click here to Donate](#)

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