

00:00:25 Ama-Robin Lofton

Hujambo, Beautiful people and welcome back to Espresso Talk today, the Black Empowerment podcast show where we dive deep into the real and raw realities of confronting the chaos of living black in predominantly white spaces. Today's predominantly white Space is the healthcare System.

00:00:51 Ama-Robin Lofton

and we're going to talk about something incredibly important and a little bit difficult and disturbing preparing for and managing racial chaos when you seek medical care.

00:01:08 Ama-Robin Lofton

We're talking about medical racism but you have the power in today's episode you will learn ways to use it. Oh we I want to get started.

00:01:20 Ama-Robin Lofton

I am your host, Ama-Robin, and today we're diving into this critical conversation that can help you to calm, control and. Curb the.

00:01:33 Ama-Robin Lofton

Racial chaos in healthcare and I'm sipping my turmeric cinnamon pepper coffee for today's uncommon show. Before we dive into today's.

00:01:44 Ama-Robin Lofton

Topic. Make sure that you hit that subscribe button if you haven't already and share this.

00:01:50 Ama-Robin Lofton

Podcast with your. Fam, your friends, your crew, your community.

00:01:54 Ama-Robin Lofton

Let's spread awareness and build this movement together. For the past few episodes, we have been discussing what racial chaos looks like in the healthcare system and how to recognize the red flags.

00:02:09 Ama-Robin Lofton

Today I'm going to switch gears and we're going to talk about what you can actually do about it, how to protect your health, speak up and confront this chaos in ways that empowers you. And I have a very special segment towards the end for my young black listeners who might feel nervous, afraid, or even intimidated when they go to the doctor.

00:02:33 Ama-Robin Lofton

Trust me, I get it. Absolutely.

00:02:37 Ama-Robin Lofton

We've all had those moments where the medical. System feels cold.

00:02:41 Ama-Robin Lofton

Unwelcoming and even hostile. But I want you to know that your voice matters.

00:02:48 Ama-Robin Lofton

And you? Have the power.

00:02:49 Ama-Robin Lofton

To protect yourself. So today we're gonna break it all down.

00:02:54 Ama-Robin Lofton

Practical steps, mindset shifts and how to use. Your voice to advocate.

00:02:59 Ama-Robin Lofton

For your health now, grab that espresso or tea. Tea drinkers are welcome here.

00:03:05 Ama-Robin Lofton

Too. And close that door behind you.

00:03:08 Ama-Robin Lofton

We're gonna get deep and we're gonna get real, and I hope that y'all are ready

for this Aquaba, My dear brothers and sisters and beloved gender neutral and gender nonconforming folks, I am so glad that we're all here together to discuss this topic. So let's start.

00:03:44 Ama-Robin Lofton

With why it's so important to speak up in health care settings, especially when you're dealing with racial chaos, honestly, this is not. Obvious.

00:03:54 Ama-Robin Lofton

But first, know this. Your health is your priority.

00:03:59 Ama-Robin Lofton

No one knows your body better than you. If something feels off, trust your instincts.

00:04:06 Ama-Robin Lofton

Health care providers, doctors, nurses, specialist practitioners, everyone are there to help you, but they can only do so when you communicate openly. Speaking up isn't about being difficult, it's about taking care of your health.

00:04:24 Ama-Robin Lofton

And let's be real, the health care system doesn't always have your best interests. At heart, so it's.

00:04:31 Ama-Robin Lofton

Crucial to be your own advocate. Now I know that many of us, many of us worry about being.

00:04:40 Ama-Robin Lofton

Labeled as difficult or. Pushy for asking questions, you know, especially when you're a young person.

00:04:47 Ama-Robin Lofton

But anytime we don't want to be labeled as difficult or pushy and honestly, I've

taken a peek in my file and I have been labeled as that, but that's not me. That's them and listen a good.

00:05:00 Ama-Robin Lofton

Health care provider. Will welcome your questions.

00:05:03 Ama-Robin Lofton

If a doctor. Or nurses misses you.

00:05:06 Ama-Robin Lofton

Simply from wanting. To understand what's happening.

00:05:08 Ama-Robin Lofton

That's a red flag. And that's their problem, not yours.

00:05:12 Ama-Robin Lofton

Let's just do a quick example. OK, let's say you go to the doctor with severe chest pain.

00:05:20 Ama-Robin Lofton

You know something's not right, but the doctor brushes it off saying, oh, it's probably just stress now. Meanwhile, a white patient.

00:05:28 Ama-Robin Lofton

With similar symptoms, is immediately sent for an EKG. That's not OK.

00:05:34 Ama-Robin Lofton

You're you have every right to demand further investigation. That doesn't make you difficult.

00:05:39 Ama-Robin Lofton

That doesn't make you hostile. If they're.

00:05:41 Ama-Robin Lofton

Not open to that. That makes them difficult and possibly hostile.

00:05:47 Ama-Robin Lofton

So how do you prepare for these situations? How do you confront this racial chaos in real time?

00:05:58 Ama-Robin Lofton

Step one. Find a culturally competent.

00:06:02 Ama-Robin Lofton

Doctor first up, Yeah. That's right, find A.

00:06:06 Ama-Robin Lofton

Culturally competent Dr. I know this isn't always easy, especially when you're depending, you know, on where you live or, or your health care network, but it's worth the effort.

00:06:18 Ama-Robin Lofton

Look. For doctors who have.

00:06:19 Ama-Robin Lofton

Experience with with black? Patients who are black.

00:06:24 Ama-Robin Lofton

Who are trained in cultural competence and definitely if you find one that says. Oh, you know.

00:06:31 Ama-Robin Lofton

All black people have. High blood pressure.

00:06:34 Ama-Robin Lofton

Then you know you haven't found that one. OK, that's a red flag that you are not dealing with a culturally competent doctor, but many hospital websites now list doctor specializations.

00:06:45 Ama-Robin Lofton

And areas. Of cultural competence, and especially too, in other ways, the network, you know, I mean, when I lived in Hawaii, there was the Aloha Network, you know?

00:06:55 Ama-Robin Lofton

Talk to your. Friends and your family and people.

00:06:57 Ama-Robin Lofton

Who have dealt with? Doctors who or other practitioners or hospitals and you found them very sensitive and listening and caring and culturally competent.

00:07:09 Ama-Robin Lofton

It's worth the effort. This can make a big difference in how you're treated and how you're heard during your appointments.

00:07:17 Ama-Robin Lofton

And if if you can't find one, don't worry. OK, I know it is hard to find one, but if you can't, don't worry.

00:07:26 Ama-Robin Lofton

The other steps that I'm about to share will help you to navigate the system even if you cannot handpick your provider. Now before we get to these next steps, these next empowering steps, do you know what it's time for?

00:07:42 Ama-Robin Lofton

That's right. You guys know me.

00:07:43 Ama-Robin Lofton

Our first breather break. This gives us a chance to breathe for a minute.

00:07:48 Ama-Robin Lofton

When things get intense, I like to breathe. I hope you do too.

00:07:53 Ama-Robin Lofton

I will see you in a moment and y'all know I love this song so I'm going to enjoy my coffee while I listen to this music I'll see you in a minute show.

00:08:03 SPK_2

Me up in the headphone, Yeah Ronic get a lot of dough and dirt, the water obstacles cause anything is possible. Oh man, I got a lot of gold.

00:08:17 SPK_2

Stack that bread and vomit nose. Anything is possible.

00:08:27 Ama-Robin Lofton

I'll quabble back, dear community, and thanks for staying in the building with me. Let's get straight to the next thing that you can do 'cause yes, you have the power #2 use the brain system.

00:08:43 Ama-Robin Lofton

Use your brain. That's right, BRAIN.

00:08:48 Ama-Robin Lofton

Now, this is not one of those things where your mom or daddy saying, hey, use your brain, think no, this is something that's much more empowering and it's much more straightforward. Let's do it, OK?

00:09:06 Ama-Robin Lofton

The brain. System This is a great tool to help you stay calm and focused when making medical decisions.

00:09:15 Ama-Robin Lofton

Here's the break. Here's how it breaks down.

00:09:18 Ama-Robin Lofton

OK B Benefits Ask the doctor what are the benefits of this treatment or

decision? That's right, and think about that yourself.

00:09:29 Ama-Robin Lofton

What are the benefits of getting this treatment? R Risks.

00:09:35 Ama-Robin Lofton

What are the risks involved? You know, I found that many times doctors will talk about the benefits, but they won't.

00:09:44 Ama-Robin Lofton

Talk about the risks. And the risks have to be balanced.

00:09:48 Ama-Robin Lofton

And let's face it, every procedure, every medicine it, they all have a risk. You want to know?

00:09:55 Ama-Robin Lofton

What they are OK? You want to know what they are before you do it.

00:10:00 Ama-Robin Lofton

Third, alternatives. Are there any alternative treatments?

00:10:08 Ama-Robin Lofton

Actually, in general, the answer is going to be yes. But often we're not presented with the alternatives.

00:10:17 Ama-Robin Lofton

And this can range anything from, you know, surgery, a different kind of medicine, an alternative kind of non allopathic medicine or treatment. And those are those can be very useful too.

00:10:30 Ama-Robin Lofton

You want to know what your alternatives are. And sometimes your health care practitioner, they'll tell you what the alternatives are.

00:10:39 Ama-Robin Lofton

They'll tell you, but they may have a limited range. So sometimes this is a chance when you have to do your own research and do your own work.

00:10:46 Ama-Robin Lofton

And talk to other people. Wow, that's right.

00:10:50 Ama-Robin Lofton

I remember when I was supposed to get, you know, meniscus surgery, you know, my knee, of course, meniscus. And I thought, wow, I shouldn't want to get surgery.

00:10:59 Ama-Robin Lofton

And I talked to a friend who's also a jogger and she told me about PRP therapy. And this was a non surgical intervention therapy, but it would involved injecting, you know, platelets into my knee.

00:11:16 Ama-Robin Lofton

And guess what? My knee is doing so well.

00:11:19 Ama-Robin Lofton

And it was less. Painful.

00:11:21 Ama-Robin Lofton

There was no recovery time, but my doctor did not initially tell me about this. So I needed to know the alternatives.

00:11:27 Ama-Robin Lofton

And that alternative was told to me by friend I intuition. What does my guts tell me about this option?

00:11:39 Ama-Robin Lofton

And you gotta listen to your inner wisdom and only that comes from, from you

from within, from your spiritual, your spirituality, your, your ancestors, your, your angels, what, what, whatever. But you know, you know that feeling.

00:11:54 Ama-Robin Lofton

If something ain't feeling right, that means maybe you need to dig a little deeper. Back to my meniscus surgery or that I didn't have.

00:12:02 Ama-Robin Lofton

I wasn't feeling good about it, you know, I didn't feel comfortable with it. I tried to make myself think that.

00:12:08 Ama-Robin Lofton

This is the best. Way I'll just get through it.

00:12:11 Ama-Robin Lofton

But inside I knew it wasn't right and that's what led me to look for alternatives. So trust your intuition, listen to it.

00:12:20 Ama-Robin Lofton

And then the last one in nothing. What happens if I do nothing?

00:12:27 Ama-Robin Lofton

What happens if I just decide to wait and see? Now some doctors, well, every doctor will talk about that.

00:12:35 Ama-Robin Lofton

Many are not comfortable with it because when they know upon a plan of action, they want to implement it right away. You know, others will say, well, yeah, why don't you wait and see what happens?

00:12:46 Ama-Robin Lofton

And you gotta listen to your intuition on this too. But I gotta say, you cannot let fear make this decision for you 'cause sometimes it's easier to say, well, I'll just wait and do nothing.

00:12:59 Ama-Robin Lofton

And time goes, you know, goes on and on and on. And then you do.

00:13:02 Ama-Robin Lofton

Have fewer options though nothing is. It gives you a chance to take a breath, to step back and to make a non hurry decision.

00:13:14 Ama-Robin Lofton

And it's a very powerful tool. Tool too.

00:13:16 Ama-Robin Lofton

Sometimes doing nothing is doing a whole lot. OK, so the brain system using your brain now, if you didn't get all this down, that's OK.

00:13:27 Ama-Robin Lofton

It's on my website and you can go there and look it up. Or if you want to sign up for my newsletter, it's there too.

00:13:34 Ama-Robin Lofton

And this brain system really does work. And I gotta say, it works in other non medical situations too.

00:13:43 Ama-Robin Lofton

You know we can always use our brain, right? This method does empower you to make an informed decision and it shows your health care provider that you're engaged and that you expect answers.

00:13:56 Ama-Robin Lofton

You're not just passively accepting what they say, you're an active participant in your health. Now doesn't really matter what they think, but you have to know that you are actively participating in your health and in the decisions that are being made about your health.

00:14:14 Ama-Robin Lofton

The next one. Now this may seem obvious, but sometimes it isn't.

00:14:21 Ama-Robin Lofton

Speak up and ask questions. Yes, that's right.

00:14:26 Ama-Robin Lofton

This one is critical. But when you encounter dismissive or biased behavior from healthcare providers, you have to speak up.

00:14:39 Ama-Robin Lofton

I know it can feel intimidating, especially when you're young, but this is your health on the line. So be assertive, but you know, respectful in communications, you know, speak but also listen.

00:14:53 Ama-Robin Lofton

For example, you can say, look, I'm concerned about this symptom and I would like to explore it further. Or can you explain why this treatment is being recommended over others?

00:15:04 Ama-Robin Lofton

You know, those are all legitimate ways to to approach, but try not to think so much about care so much about what they're thinking. Because as we said earlier, people are going to enter this with biases and stereotypes and, and sometimes medical professionals do not want to be questioned, but their job is to answer your questions, OK.

00:15:27 Ama-Robin Lofton

And if you're not getting the, the answers that you want to hear or that that you need, you're not getting your questions answered, then you didn't need to speak up. And this is another great opportunity to, you know, have a, a support person there with you or a patient advocate.

00:15:45 Ama-Robin Lofton

So tips are speaking up, you know, prepare this in advance when you are prepared. And I need to prepare like practice it, practice this out loud, practice having these conversations, practice them out loud, picture them, visualize them, even have a friend go through it with you.

00:16:01 Ama-Robin Lofton

Have the friend be the health care provider. And you are of course, you and you practice out this whole scenario.

00:16:08 Ama-Robin Lofton

But also it helps to write down your symptoms, your questions, your concerns before your appointment. Write down, you know, the brain system, the BRAIN system, and this will help to keep you focused and ensure that you don't forget important points when emotions run high.

00:16:26 Ama-Robin Lofton

And that is a very common thing to happen. And many healthcare professionals kind of use that vulnerability to take control of the situation when in fact, the control should be yours.

00:16:41 Ama-Robin Lofton

OK, another one. Let's see.

00:16:44 Ama-Robin Lofton

We have a whole list here, but I don't want to bore you with a lot of them because I'm gonna put this list onto the website anyway. But I want to briefly mention document everything.

00:16:56 Ama-Robin Lofton

Yes, here's the lawyer roommate coming out. Document, document, document everything that happens.

00:17:02 Ama-Robin Lofton

You know, and don't think if it's too small to write it down, write it down anyway

because sometimes it may make it be become it may end up being a really big deal. So always keep a record of your health care interactions.

00:17:16 Ama-Robin Lofton

Write down what was said, what was recommended and what was denied. This documentation can serve as a as valuable evidence if you need to report discriminatory treatment later on, but it also helps you to track your symptoms and care over time.

00:17:33 Ama-Robin Lofton

Now you guys know that I get migraines and I'm told to document, you know, when I get the migraine. How did it come up and how did it come on?

00:17:41 Ama-Robin Lofton

You know, how long did it last? What were my symptoms?

00:17:44 Ama-Robin Lofton

You know, how was I feeling emotionally, physically? And how did the medicine work?

00:17:50 Ama-Robin Lofton

Did the medicine work for me or did it not? You know, and if I had any, any interactions with my doctor, I would write that down too.

00:18:00 Ama-Robin Lofton

I know it's tempting to say, oh, I'm never gonna forget this. No way.

00:18:03 Ama-Robin Lofton

I'm not gonna forget that, that this happened or how I felt. You will.

00:18:07 Ama-Robin Lofton

You will. So you have to write it down, and it's great to have this kind of record.

00:18:12 Ama-Robin Lofton

I say this, you know, my legal background. But I say this also as a person with a chronic health condition.

00:18:19 Ama-Robin Lofton

And I say this as a person who's dealt with, you know, health care providers and health care providers who were biased and, you know, discriminatory. Oh, this calm racist.

00:18:32 Ama-Robin Lofton

OK, this is sad. OK, I've mentioned this next one before.

00:18:36 Ama-Robin Lofton

Bring a support person. Don't ever go through this alone.

00:18:41 Ama-Robin Lofton

Don't. Not any step of it.

00:18:42 Ama-Robin Lofton

If you're able, you know, and it doesn't have to be. Well, OK, I'm gonna back up.

00:18:47 Ama-Robin Lofton

You can use a professional, a patient advocate. Hospitals provide those.

00:18:53 Ama-Robin Lofton

I found them to be variable. Some have been great.

00:18:57 Ama-Robin Lofton

Others have been completely useless. And I didn't know they were useless until after the interaction, after the situation.

00:19:04 Ama-Robin Lofton

And I found that, well, that didn't really help at all, but you can use a patient advocate, a professional, one that's connected with the hospital. There are organizations that have patient advocates, you know, and they can go with

you.

00:19:18 Ama-Robin Lofton

Or you can bring a support person to be your advocate. That person can be a friend, a family member, you know, just someone that you just know, not, not casually.

00:19:30 Ama-Robin Lofton

It has to be someone that you really trust and someone who's going to speak up for you, who's gonna ask the difficult questions and listen to the answers and push if they need to and be there for, you know, they'll be there for you to know. Recognize with these maybe getting a little bit overwhelming for you or a little bit difficult for you and they can be a support for you.

00:19:55 Ama-Robin Lofton

It's so important to never be in this, you know, health care journey alone, if that's possible. You know, whether it's a friend or family member, a patient advocate, you know, having someone by your side really can't make that world of difference.

00:20:13 Ama-Robin Lofton

They can't ask questions and and keep track of information. And I know that my parents always told me never go to the doctor alone.

00:20:21 Ama-Robin Lofton

I didn't understand it until I did. And after that, I always go and everyone in my family goes with someone.

00:20:33 Ama-Robin Lofton

OK, let's see. And, and another obvious one, but it doesn't always happen.

00:20:39 Ama-Robin Lofton

Report discriminatory behavior. You know, often when we face bias or discrimination.

00:20:47 Ama-Robin Lofton

And I've done this myself, you know, I'm angry, I'm upset. But then I leave, I go home and I tell other people.

00:20:53 Ama-Robin Lofton

I tell my tell you know my friend or family member or tell, tell someone you know what I don't do? I don't report it to the proper authorities.

00:21:02 Ama-Robin Lofton

That's someone at the hospital that could be someone at the that could be at a profess to a professional organization like the AMA, American Medical Association or the NMA, the National Medical Association, which is a the association for Black healthcare professionals. Shall we report the discriminatory behavior?

00:21:26 Ama-Robin Lofton

If you encounter racism, overt racism, or bias treatment, report it. It's all important to have that data.

00:21:35 Ama-Robin Lofton

This can lead to accountability and potential changes within the healthcare system. Contact the healthcare providers, patient advocate, the state medical board, or the Office of Civil Rights to file a complaint.

00:21:50 Ama-Robin Lofton

Maybe it won't change anything with with your case, but it adds to the data and it goes in the doctor's file and we want that in the doctor's file. OK, Remember, no more silence, no more going away and just holding it in or just, or grouching to a friend, which by the way, no, no problem with that.

00:22:12 Ama-Robin Lofton

Do that too if you need to, but also file an official complaint. Oh, wow, that was a lot of stuff there.

00:22:21 Ama-Robin Lofton

So, and I think all of this is so important, but it also shows that we have a lot of power. We often feel that, you know, feel very disempowered and unempowered in healthcare system.

00:22:35 Ama-Robin Lofton

But there's a lot that we can do to support ourselves, to support our mental and physical health health and to support each other. Let's take another break.

00:22:47 Ama-Robin Lofton

Here. Let's take a minute to breathe, to think, to stretch, to do some push ups, to grab some coffee or tea, whatever speaks to your soul.

00:22:57 Ama-Robin Lofton

This is important stuff here, but it can be a little overwhelming. And so I'm going to take a minute to breathe and then we return.

00:23:05 Ama-Robin Lofton

I have a special message from a young black audience. I'll see you in a minute.

00:23:36 Ama-Robin Lofton

Welcome back, dear community. I'm so glad that we're still here together.

00:23:42 Ama-Robin Lofton

That's also empowering, isn't it? OK, I want to get right to it, but but you can take another minute to breathe while I just mention this.

00:23:53 Ama-Robin Lofton

Before we continue, I wanna take a moment to remind everyone about my new hashtag. Believe Black people.

00:24:03 Ama-Robin Lofton

Our stories and experiences of racial chaos in the health care system are real, valid, and worthy of being heard. Too often, our pain and concerns are dismissed, minimized, or ignored.

00:24:15 Ama-Robin Lofton

But our voices matter. Hashtag believe Black people.

00:24:20 Ama-Robin Lofton

When we share our stories, whether it's about medical neglect, bias, or outright discrimination, we're not just speaking out for ourselves, we're speaking out for our entire community. So I'm asking you, whether you're listening as someone who's had these experiences or as an ally, to hashtag believe Black people trust in our words, acknowledge our truths, and support our right to be seen, heard, and treated with respect in every healthcare setting.

00:24:52 Ama-Robin Lofton

We deserve the best care, and that begins with believing in our stories. So share our stories.

00:24:58 Ama-Robin Lofton

And use the believe black people hashtag. We hear you.

00:25:03 Ama-Robin Lofton

OK, back to this episode and Asante Sana for staying with me. OK, now I want to speak directly to my young audience here.

00:25:14 Ama-Robin Lofton

I know that going to the doctor can feel intimidating, especially when the health care system doesn't always feel safe. But your feelings are valid, and it's not easy to navigate a system that often dismisses or stereotypes you.

00:25:30 Ama-Robin Lofton

I know that first hand. But you have a voice, and that voice can be your

greatest tool for getting the care and respect you deserve.

00:25:40 Ama-Robin Lofton

I've experienced with that too. Here's what I want you to know.

00:25:44 Ama-Robin Lofton

Yes, you have a right to ask questions. You're not being difficult.

00:25:49 Ama-Robin Lofton

You're taking charge of your health. Your intuition and your instincts matter.

00:25:54 Ama-Robin Lofton

As I said back in using the brain system, that's the I part. Intuition or instincts.

00:26:00 Ama-Robin Lofton

If something doesn't feel right, trust yourself. No one knows your body or what's right for you better than you do.

00:26:09 Ama-Robin Lofton

Practice your voice. If it feels overwhelming, prepare before your appointment.

00:26:15 Ama-Robin Lofton

Write down your symptoms, concerns, and questions. This keeps you focused and confident.

00:26:20 Ama-Robin Lofton

And practice it out loud, not just in your head. You gotta hear yourself saying the words out loud.

00:26:28 Ama-Robin Lofton

Also, you are worthy of respect. You deserve excellent care regardless of your age.

00:26:34 Ama-Robin Lofton

Racer Background. If your health care provider makes you feel otherwise, get another.

00:26:39 Ama-Robin Lofton

Get another person and remember to report it. Document and report.

00:26:46 Ama-Robin Lofton

And here is a big one. It's the last one.

00:26:48 Ama-Robin Lofton

It's the big one. You can say no.

00:26:52 Ama-Robin Lofton

You can say no. You got the right to say no.

00:26:55 Ama-Robin Lofton

If a doctor or nurse isn't treating you with respect, you know it's OK to request another provider or seek care elsewhere. If you're not comfortable with the treatment that's recommended or the medications that they wanna give you or you know what, whatever that's being offered, you can say no.

00:27:16 Ama-Robin Lofton

You know you don't have They can't force anything on you or just in a very narrow situation, but we're not gonna worry about that. But you have the right to say no.

00:27:27 Ama-Robin Lofton

It can even be something as little as well, you know something the doctor says, OK, so it's time for you to go get on the scale and you're feeling like you're having a fat day. You know it.

00:27:37 Ama-Robin Lofton

Instead of saying, oh, I'll write, I'll do it. Oh, if you're really not feeling it, just say no.

00:27:43 Ama-Robin Lofton

That's that's a very small one. But it just shows that at every step you have the right, you have control over your body and you have the right to say no.

00:27:53 Ama-Robin Lofton

And you don't have to explain why. No is a complete sentence.

00:28:00 Ama-Robin Lofton

Well, I hope that that part was helpful. And I don't mean to be pejorative or talk down to my to my young black audience.

00:28:09 Ama-Robin Lofton

I know how it's felt as a young black person being at the doctor or being in the healthcare system and that you don't always get the respect that you deserve. You know, I know I didn't, I didn't get taken seriously, I didn't know what my power was.

00:28:25 Ama-Robin Lofton

I didn't know about documenting and reporting, and I for darn sure didn't know about saying no. So that's why I wanted to do that special section that focused on the needs of of my young black audience.

00:28:39 Ama-Robin Lofton

And if you ever want to ask me a question, feel free to DM me. I'm here for you.

00:28:44 Ama-Robin Lofton

You know, this is a community and no one goes it alone. Well, I have finished my espresso and that is a reminder to me that it's time to wrap this up.

00:28:58 Ama-Robin Lofton

Remember, I'm gonna wrap this up with at the end what I did at the beginning. At the beginning was maybe two or three episodes ago.

00:29:07 Ama-Robin Lofton

Black health is black empowerment. Your health is your empowerment.

00:29:13 Ama-Robin Lofton

Speaking up for yourself in the healthcare system is an act of reclaiming your power. The healthcare system may not.

00:29:20 Ama-Robin Lofton

It's not perfect, that's just said, far from it. But you have the right and the power to demand the care and respect that you deserve.

00:29:28 Ama-Robin Lofton

And often that care and respect is handed over on a silver platter to some. And it's a struggle and a fight for others to get it.

00:29:37 Ama-Robin Lofton

So I'm sorry if you have to do that struggle. If you have to fight for it, please make the effort.

00:29:45 Ama-Robin Lofton

But don't do it alone. Have a support person with you in this next.

00:29:54 Ama-Robin Lofton

This is actually kind of the end of my Black health is Black empowerment section. I wanted to focus focus on that for just that one month.

00:30:05 Ama-Robin Lofton

But you know, I talked about Black health and Black empowerment all through the year. And so Asantesana for joining me on this is on a special talk today on this journey where we've talked about some really difficult things about the racial chaos that we experience in predominantly wide spaces and in the.

00:30:26 Ama-Robin Lofton

Healthcare Space. In particular, if you found this episode helpful, please share

it with your family and your friends, your community, your tribe, your crew, anyone.

00:30:39 Ama-Robin Lofton

Let's keep building this circle of knowledge, empowerment, and support together. And remember, racial chaos in the healthcare system is not just about individual doctors or nurses.

00:30:50 Ama-Robin Lofton

It is part of a larger systemic issue. But by recognizing it and confronting it, we can take back control of our healthcare and our power.

00:31:02 Ama-Robin Lofton

And please share your stories and experiences about racial chaos in the healthcare system using the Believe Black People hashtag. Remember, Hashtag Believe.

00:31:14 Ama-Robin Lofton

Black people no more. Silence.

00:31:18 Ama-Robin Lofton

If you wanna keep discussing or reading about these issues, then please subscribe to my weekly Black empowerment newsletter, The No More Beat. We discuss lots of different issues here.

00:31:30 Ama-Robin Lofton

Get your dose of Black empowerment and liberation every single week. There's never a dull moment, but there are lots of powerful, uplifting, and liberating moments.

00:31:42 Ama-Robin Lofton

You can't subscribe at the Espresso Talk Today website at espressotalktoday.com or on Instagram at [@ama_robin_L](https://www.instagram.com/ama_robin_L). That's AMA-AMA_Robin ROBIN_the letter L.

00:32:01 Ama-Robin Lofton

You can also find us on Facebook at the Espresso Talk Today Black Liberation Lounge. This group is a safe space for us to hold discussions, share thoughts and ideas, feel joy, express sadness, or just be.

00:32:16 Ama-Robin Lofton

And you can join us on Instagram, where I hold a live discussion every week. DM me to get the weekly schedule.

00:32:23 Ama-Robin Lofton

So join me on Instagram at @ama_robin_L I'm AMA Robin for espresso talk today and remember now more than ever strength, soul and reparations Ashay community.