

NEWS

29-Year Old Becomes 1st Black Woman to Win Gold Medal in Olympic Speed Skating

NATIONWIDE — Erin Jackson has made history as the first Black woman ever to win a speedskating medal after bagging the gold medal in the 500-meter speedskating event at the Winter Olympics in Beijing.

The 29-year old skater won the women's 500 meters at the National Speed Skating Oval with a time of 37.04 seconds, earning the first speedskating medal for the USA in the Beijing Olympics.

"I wish I could describe how I feel, it is amazing," she said after the race, according to NPR. "This medal means so much. It has been a tough couple of years and a tough beginning for this year. For this to come around like this, I am so happy."

Jackson was born and raised in Ocala, Florida. She only started her career on ice in 2016, formerly competing in inline speed skating and roller derby.



Jackson is now only one of the two Black athletes to win speedskating medals at the Olympics, with Shani Davis winning the gold in men's 1,000 meters and silver in the 1,500 meters in the Olympics in Turin in 2006.



Controversy Over Sex *cont.*

What it's like to be intersex. Binary designations can be damaging

Those with intersex traits who are assigned at birth to be female or male can experience medical care that harms them, both physically and psychologically.

Sometimes physicians perform surgeries to align bodies into binary categories. For example, those born with a larger than typical clitoris may have it reduced in size. But some who have this childhood surgery suffer as adults from pain and difficulty having sex.

Additionally, governments sometimes limit those with intersex traits from fully participating in society. For instance, in Australia, marriages have been annulled because governments have previously ruled that an intersex person — someone not seen to be "100% man" or "100% woman" — cannot be legally married.

Private entities often do the same. The International Olympics Committee uses cutoffs of hormone levels to determine who plays in women's sports. As a result, some athletes have been barred from participation.

And for those with a gender identity that differs from the sex designation on a government document, discrimination, harassment or violence can result.

State governments have begun to acknowledge sex diversity. Some let gender-diverse people change their designation on birth certificates, although there are restrictions. Medicine too is changing. For example, some pediatric centers have stopped performing surgeries on newborns with differences in sex development. Still, society at large has been much slower to move beyond the use of strictly binary categories.

As clinicians, we strive to be accurate. The evidence shows that using male and female as the only options on birth certificates is not consistent with scientific reality. Evidence shows that removing this designation will tell new parents that it's not sex assignment that's most important at birth but rather

the celebration of a healthy and happy baby. (The CONVERSATION)

Heart Issues *cont.*

(54%) among millennials.

And one-third of respondents said that even if they have a family history of heart disease, there is nothing they can do to reduce their risk. But doctors say early screening and treatment can save lives.

How to prevent heart issues

The first step in preventing any potential heart-related issues is finding out your risk. Finding out your risk will help you understand the state of your heart and the best way to keep it healthy.

Your doctor can help aid you in determining your risk factors and setting goals to lower your risk. If you are unsure of where to start the conversation, the following questions can give you some important insight into your heart's health:

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?

3. What are my cholesterol numbers? (These include total cholesterol, low-density lipoprotein (LDL) "bad" cholesterol, high-density lipoprotein (HDL) "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?

4. What are my body mass index (BMI) and waist measurement? Do they indicate that I need to lose weight for my health?

5. What is my blood sugar level? Does it mean I'm at risk for diabetes?

6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?

7. For smokers: What can you do to help me quit smoking?

8. How much physical activity do I need to help protect my heart? What kinds of activities are helpful?

9. What is a heart healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?

10. How can I tell if I'm having a heart attack? (BlackDoctor.org)

Health Department Closes Tennessee Riverpark Vaccination site and Moves COVID-19 Vaccines to East 3rd Street

HAMILTON COUNTY, TN — The Hamilton County Health Department will begin administering all COVID vaccines at the East 3rd Street campus, beginning Tuesday, February 15 and will subsequently be closing the Tennessee Riverpark vaccination site.

"We want to thank Hamilton County Parks and Recreation for working with us during our time at

the Riverpark. Moving our vaccine site to our East 3rd Street campus provides our staff shelter from the elements and eliminates potential cancellations due to inclement weather," says Hamilton County Health Department Administrator Sabrina Novak. "It also allows us to be able to consolidate all of our vaccine efforts into one building so that individuals of all age groups

can come to one location."

Vaccine Site:

East 3rd Street Campus, 921 East 3rd St Chattanooga, TN 37403.

□ Tuesday-Saturday from 9:00 a.m. to 5:00 p.m.

□ Clinic located on the second floor of the west wing of the building.

□ Walk-in clinic; no appointment is necessary.

□ Masks must be worn while inside the building.

□ Pfizer primary series for ages 5

and up and boosters for ages 12 and up.

□ Moderna boosters for ages 18 and up.

Parking is in the parking garage located off Hampton Street. Please enter the Health Department through the rear entrance and follow the signs to the vaccine clinic. Bring your parking ticket inside with you so that we may validate it at the vaccine registration desk.

Predict Heart Failure *cont.*

detected once in the body, but what's amazing is how technology can predict your potential of getting heart failure off of a small piece of information in your body.

In October of 2021, it was noted that Mount Sinai researchers Akhil Vaid, MD, and Girish N. Nadkarni, MD had done the unthinkable, they created an artificial-intelligence-based computer algorithm that could predict heart failure in someone based on small changes in the person's body. Not only will this be more beneficial to the many that suffer from heart failure and disease, it will also be more beneficial to the doctors who are licensed to treat them.

When detecting heart failure in the body, doctors and patients go through a series of tests that are time-consuming, intense, complicated, and sometimes unavailable.

How This Artificial-Intelligence Based Algorithm Predicts Heart Failure

Now, this algorithm is probably extremely complicated and even more difficult to understand than the regular test right? Well no, it's actually quite the opposite. This artificial intelligence works by helping the electrocardiogram detect weakness in the heart's left ventricle and its right ventricle.

Though many doctors try to use ECGs to detect heart failure, they usually have no luck and cannot diagnose

heart failure with this type of test due to it not giving an accurate diagnosis of any problems that may be occurring. If any changes in the heart occur in the test when it's being given, most of them cannot be seen by the human eye.

The artificial-intelligence-based algorithm will help that. It basically fixes what can be seen by detecting patterns and subtle changes in one's heart.

A computer was designed to take data from a patient's electrocardiogram and data from written reports. The computer used the written data to compare it to the electrocardiogram data. It recognizes blood pumping problems on both sides of the heart from waveform data of an ECG test. The goal of this new algorithm is to reduce the cost and amount of time it takes when detecting and diagnosing heart failure.

Is It Safe And Will It Even Work?

Since artificial intelligence is just a more thorough analysis of what is already being used, there is no need to worry if it is safe. It's simply the same test just picking up and using more data.

Though it has not been fully tested on a wider variety of people, it did show 94% accuracy when tested out in the early stages. These two researchers believe that this algorithm will be a useful tool to help doctors all over, diagnose heart failure easier and faster. (BlackDoctor.org by Jalessa Robinson/Feb 2022)

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