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Dr. Breathett is committed to achieving national health equity among populations with the highest prevalence of heart failure, racial/ethnic minorities, and women.

THE UNIVERSITY OF ARIZONA HEALTH SCIENCES



Helping Your Doctor Overcome Medical Bias of Minority Patients

By: Khadijah Breathett

Very few physicians or patients enter an exam or hospital room with the intent of racially alienating the other person in the room, but research demonstrates that minority populations, particularly African American and Hispanic patients, receive unequal care compared to white patients. How does race or ethnicity influence clinical decision-making?



Let's Increase Awareness of Health Disparities in Heart Failure

By: Khadijah Breathett

Heart failure disproportionately affects racial/ethnic minorities and women. Heart failure is a result of weakened heart muscle, usually caused by injury to the heart from a heart attack, high blood pressure, or abnormalities in a heart valve, for example. A multi-targeted approach may reduce racial/ethnic and sex disparities in heart failure.



Since You Can't Select Your Family, Choose a Risk-reducing Lifestyle

By: Khadijah Breathett

As an African American woman, I am aware that I'm in one of the highest risk groups of dying from heart disease and that my non-inherited risk factors are manageable. As a member of the University of Arizona Sarver Heart Center Women's Heart Health Education Committee for many years, I was blessed to be able to say with a humble heart that, "I do not have heart disease and I have not had a heart attack."