



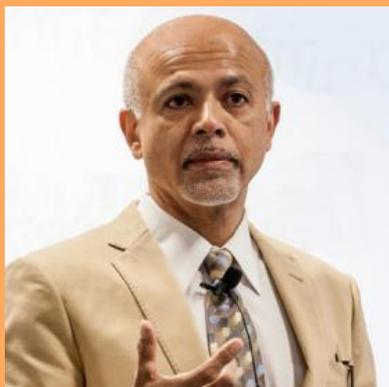
ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

In May we observe and celebrate National Asian Pacific Islander American Heritage Month. This was first observed in 1979 as Asian/Pacific American Heritage Week under President Jimmy Carter who noted the “enormous contributions to the sciences, arts, industry, government and commerce” made by Asian-Americans and Pacific Islanders. This was expanded in 1990 by President George H.W. Bush to cover the whole month of May. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the completion of the transcontinental railroad on May 10, 1869 which would not have been possible without the contributions of Chinese-Americans. It should be noted that “Asian American and Pacific Islander” encompasses many ethnic groups with diverse backgrounds, histories, and cultures. This month celebrates the collective accomplishments of these communities.

Asian-Americans and Pacific Islanders have made tremendous contributions to medical science and innovation. Of note, Asians comprise the largest percentage of racial and ethnic minority physicians in the United States.

Some of the many notable individuals who have contributed include:

Katherine Luzuriaga, MD: a board certified Filipino American physician and pediatric immunologist who is known for her work at the forefront of pediatric HIV/AIDS research throughout her career. She has received numerous accolades for her research, including being named one of the Time 100’s most influential people in the world in 2013 for being a member of a team of researchers who orchestrated the first “functional cure” in an HIV-infected infant.



Abraham Verghese, MD: a board-certified Indian American physician, author, and Professor, and Vice Chair for the Theory and Practice of Medicine at the School of Medicine at Stanford University. He is the author of three best-selling books, two memoirs, and a novel. In 2011, he was elected to be a member of the Institute of Medicine. On September 22, 2016, he received a National Humanities Medal at the White House from President Barack Obama.



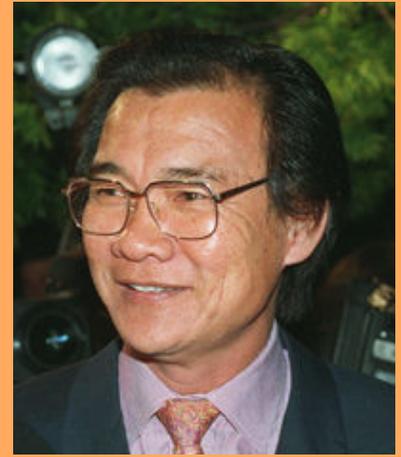
Chi-Cheng Huang, MD: a board-certified hospitalist and pediatrician who founded the Bolivian Street Children Project, a non-profit dedicated to sheltering homeless children. He wrote the book *When Invisible Children Sing*, detailing his experiences with the children he treated. He has earned awards such as the Taiwanese American Foundation-Asian Pacific Public Affairs Division's Civil Servant of the Year Award (2001), Harvard's Gold Stethoscope Award for Teaching (2003), and Boston University School of Medicine's Association of American Medical Colleges Humanism Award (2004).

Siddhartha Mukherjee, MD, DPhil: an Indian-American physician, biologist, hematologist & oncologist, and author of multiple award-winning books including *The Emperor of All Maladies: A Biography of Cancer* and *Gene: An Intimate History*. He was featured in the TIME 100 list of most influential people. He is an Associate Professor of Medicine in the Division of Hematology and Oncology and Columbia University Medical Center in New York City. His research lab studies the physiology of cancer cells, biology of blood development (in particular malignant and pre-malignant diseases such as myelodysplasia and acute myelogenous leukemia) with the eventual goal to develop novel drugs against these diseases.



Atul Gawande, MD, MPH: an American (born to Indian parents) surgeon, public health researcher, and writer who practices general and endocrine surgery at Brigham and Women's Hospital in Boston, MA. He has written extensively on medicine and public health. He is the author of the books *Complications: A Surgeon's Notes on an Imperfect Science*; *Better: A Surgeon's Notes on Performance*; *The Checklist Manifesto*; and *Being Mortal: Medicine and What Matters in the End*. He is the executive director of Ariadne Labs, a joint center for health systems innovation, and the chairman of Lifebox, a nonprofit that works on reducing deaths in surgery globally.

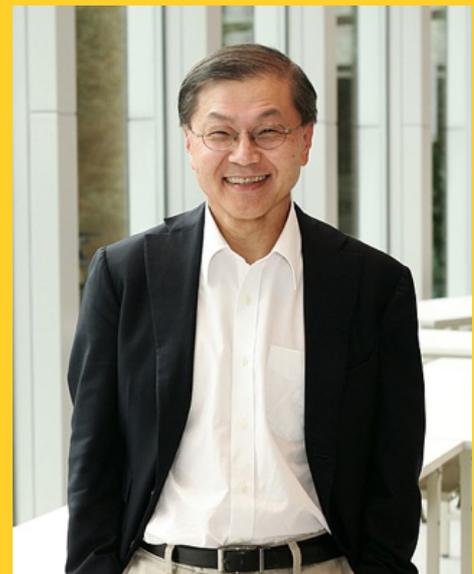
Haing S. Ngor, MD: a Cambodian American gynecologist, obstetrician, actor and author. He is best remembered for winning the Academy Award for Best Supporting Actor in 1985 for his debut performance in the film *The Killing Fields*, in which he portrayed Cambodian journalist and refugee Dith Pran. The Dr. Haing S. Ngor Foundation was founded in his honor in 1997 to assist in raising funds for Cambodian aid.



Dr. Margaret “Mom” Chung: the first Chinese American woman to become a physician. In the 1920’s, she founded one of the first Western medical clinics in San Francisco’s Chinatown. During World War II, she and her network of “adopted sons” mostly consisting of American soldiers, sailors, and airmen became famous. She used her influence to support the Allied war effort, as well as to lobby for the creation of the WAVES (Women Accepted for Volunteer Emergency Service).



David Ho, MD – a Taiwanese- American physician who who has made many scientific contributions to the understanding and treatment of HIV infection. He developed foundational research for the modern “cocktail” antiretroviral therapy. He is the founding scientific director of the Aaron Diamond AIDS Research Center and the Clyde and Helen Wu Professor of Medicine at Columbia University.



Kevin Thomas, MD: an American (born to Indian parents) 4th year Physical Medicine & Rehabilitation resident physician at University of Missouri...just kidding.

In addition to celebrating the rich culture of APIAs during this month, we also seek to address barriers to healthcare and promote overall health by encouraging an active and healthy lifestyle, regular doctor visits, and better eating habits. Common barriers to healthcare for APIA patients include infrequent medical visits, language and cultural barriers, and lack of health insurance. Increased testing along with daily physical activity can help reduce health risks impacting the AAPI community such as heart disease, hepatitis B, high blood pressure, and other chronic diseases like diabetes and stroke.

Health Disparities

Asian Americans and Pacific Islanders compared to Non-Hispanic Whites

OBESITY

Native Hawaiians & Pacific Islanders are **76% more likely** to be obese

TUBERCULOSIS

US-Born Asian Americans are **5x more likely** to contract tuberculosis

Native Hawaiians & Pacific Islanders are **16x more likely** to contract tuberculosis

LIVER CANCER

API women are **72% more likely** to develop liver and IBD cancer

API women are **47% more likely** to die from liver and IBD cancer

API men are **66% more likely** to develop liver and IBD cancer

API men are **58% more likely** to die from liver and IBD cancer

*IBD = Intrahepatic Bile Duct Cancer

HEPATITIS

APIs are **68% more likely** to contract hepatitis A

APIs are **18x more likely** to contract chronic hepatitis B

DIABETES

Native Hawaiians & Pacific Islanders are **76% more likely** to be diabetic

South Asians are **51% more likely** to be diabetic

Asian Americans are **50% more likely** to develop end-stage renal disease

STOMACH CANCER

API women are **76% more likely** to develop stomach cancer

API women are **2.6x as likely** to die from stomach cancer

API men are **53% more likely** to develop stomach cancer

API men are **2x as likely** to die from stomach cancer

PRE-NATAL CARE

Chinese Americans are **47% more likely** to receive late or no prenatal care

Hawaiians are **2x as likely** to receive late or no prenatal care

By working together to address these health disparities we can help communities become healthier and improve overall quality of life.

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