HOME • NEWS

# Thank #BlkWomenSyllabus for the Ultimate Reading List to Empower Black Women

Dr. Daina Ramey Berry, a history professor at the University of Texas at Austin, created the #BlkWomenSyllabus hashtag to provide a list of resources and books every Black woman should read.

GETTY IMAGES

BY IMANI BRAMMER · UPDATED OCTOBER 27, 2020

the #BlkWomenSyllabus hashtag on Twitter to provide a list of resources and books every Black woman should read. Berry, a scholar of American slavery, history professor at the University of Texas at Austin, and author of *The Price for their Pound of Flesh*, invited scholars, historians, writers and editors to weigh in. Book recommendations ranged from *If They Come in the Morning* by Angela Davis to *When Chickenheads Come Home to Roost* by Joan Morgan, and many more documentaries and writings. This hashtag serves as a reference for Black women to remember that there are numeorous resources to remind us of just how tenacious, electrifying and radiant we really are. Here's a look at our favorite tweets and recommendations from the trending hashtag below.

> Every #blkwomensyllabus absolutely must include the groundbreaking book of its time: "The Black Woman: An Anthology." pic.twitter.com/LqHDI6xCjw
>
> — Renita Weems (@somethingwithin) August 11, 2015

> #blkwomensyllabus because black women's scholarship should not be relegated to a one-day lecture in the name of "diversity"
>
> — Jen Bailey (@revjenbailey) August 12, 2015

> #blkwomensyllabus Documentaries: Out in the Night, Free Angela and All Political Prisoners, Black Power Mixtape & Black August Hip Hop
>
> — Jasmin H (@jhsting32) August 11, 2015

What books, films or writings would you add to every Black woman's syllabus?

BY ESSENCE · UPDATED NOVEMBER 22, 2024

Discover more about this rare and underdiagnosed condition that affects our community, and how you and your loved one can start a proactive conversation with your doctor.

What Is It?

ATTR-CM is a rare, serious, and underdiagnosed type of amyloidosis that affects the heart and is associated with heart failure.[2] Amyloidosis is a group of diseases in which certain proteins change shape, or "misfold," and can build up in different parts of the body.[3] When these misfolded proteins build up in your heart, it may lead to ATTR-CM.[2]

There are two different types.[2] Wild-type ATTR-CM is the most common form and is associated with aging.[2,4] There is also hereditary ATTR-CM, which is caused by a gene change, also known as a mutation.[2] In the U.S., the most common type (V122I) is found almost exclusively in African Americans.[5,6] Approximately 3% to 4% of African Americans in the U.S. are thought to be carriers of the mutation.[5] However, not all individuals with the V122I mutation develop symptoms of hereditary ATTR-CM.[6]

Who is Affected?

You are more likely to find hereditary ATTR-CM in our own communities, as it is primarily seen in people with Black, African American, and Afro-Caribbean heritage.[7] It is a hereditary condition that affects both men and women.[1] People can start to see and experience symptoms as early as their 50s or 60s.[1]

What Can You Do?

Advocating for yourself or your loved one begins with a simple conversation with your doctor. Here are some sample questions to get you started:

- Based on my symptoms, medical history, and family history, do you think ATTR-CM could be the cause of my heart failure?
- Do you have experience diagnosing ATTR-CM, or can you recommend a local specialist?
- I understand this condition can affect different parts of the body. Should I seek additional specialists to be a part of my care team?
- Are there any patient support or advocacy groups you recommend for emotional and

Click here to get more great questions like these, or to customize your own series of questions based on your personal symptoms.

If you or a loved one have been diagnosed with ATTR-CM, or would like to know more about it, click here to learn more and hear from real patients and caregivers about their journey to diagnosis and living with ATTR-CM.

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[1] Jain, A., & Zahra, F. (2023, April 27). Transthyretin amyloid cardiomyopathy (ATTR-CM). In *StatPearls* [Internet]. StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK574531/

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[5] Goyal, A., Lahan, S., et al. (2022). Clinical comparison of V122I genotypic variant of transthyretin amyloid cardiomyopathy with wild-type and other hereditary variants: A systematic review. *Heart Failure Reviews, 27*(3), 849–856. https://doi.org/10.1007/s10741-021-10098-6

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[7] Spencer-Bonilla, G., Njoroge, J. N., et al. (2021). Racial and ethnic disparities in transthyretin cardiac amyloidosis. *Current Cardiovascular Risk Reports, 15*(6), 8. https://doi.org/10.1007/s12170-021-00670-y





# No Ordinary Love: Sean "Diddy" Combs and Kim Porter

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