

## Ebere Azumah, MD, MPH, FACOG, ACC, an Obstetrician-Gynecologist with Healthy and Uplifted

Get to know Obstetrician-Gynecologist Dr. Ebere Azumah, who serves patients in Utica, New York.



**New York City, New York Mar 15, 2022 ([Issuewire.com](https://www.issuewire.com))** - A board-certified obstetrician-gynecologist and trained DONA Doula, Dr. Azumah is the Founder of Healthy and Uplifted in Utica, New York. Her clinical interests include high-risk obstetrics, perinatal anxiety, mood disorders, and providing holistic care to female patients to decrease birth trauma.

Healthy and Uplifted is a platform for women, especially busy mothers to support each other as they balance motherhood, career, and self-growth. The doctor organizes and hosts webinars and events for women to learn from subject matter experts about best practices in parenting, balancing career and family, especially during COVID-19.

Throughout her academic career, Dr. Azumah received her Bachelor of Science with a dual degree in General Biology and African American Studies from the University of Michigan, Ann Arbor. She attended the Wayne State School of Medicine for her medical degree and completed her residency in obstetrics and gynecology at the Long Island Jewish Hospital. She also completed her Master of Public Health degree from Harvard TH Chan School of Public Health.

Recognized as a Fellow of the American College of Obstetricians and Gynecologists (ACOG), the doctor is board-certified in obstetrics & gynecology by the American Board of Obstetrics and

Gynecology (ABOG). The mission of the ABOG is to define specialty standards, certify obstetricians and gynecologists, and facilitate continuous learning to advance knowledge, practice, and professionalism in women's health.

Among her other roles, she is also the Co-founder of Love your Menses®, an organization that provides educational resources about the peri-pubertal period for girls of color. It also empowers young girls and their parents to love their menses and their bodies during this important transitional period in their lives.

Furthermore, Dr. Azumah is a Certified ICF Life Coach, Organizational Consultant, Professional Speaker, Author, and Blogger. She recently launched her first children's book: *Jonathan and the Hole in his Shoes*, and is currently working on three other books that will be released soon. She has many interests but one mission, to empower and to motivate people (including herself ) to flourish and to live their best lives.

Obstetrics and gynecology (OB-GYN) is the medical specialty that encompasses the two subspecialties of obstetrics (covering pregnancy, childbirth, and the postpartum period) and gynecology (covering the health of the female reproductive system – vagina, uterus, ovaries, and breasts).

Among her various accolades, Dr. Azumah has been the recipient of the Patients' Choice Award (2020, 2018, 2017), Compassionate Doctor Recognition (2020, 2018, 2017), and On-Time Doctor Award (2020).

#### **Learn More about Dr. Ebere Azumah:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2888620-Ebere-Azumah-OB-GYN-Obstetrician-Gynecologist> or through Healthy and Uplifted, <https://www.healthyanduplifted.com/about>

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#### **Media Contact**

Your Health Contact

[clientservice@yourhealthcontact.com](mailto:clientservice@yourhealthcontact.com)

Source : Ebere Azumah, MD, MPH, FACOG, ACC

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