

Dr. Nosal NMHM video 2025

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I think about how family doctors are really the full scope and breadth of our care and how we bring those services to the community are really about addressing the needs and asks of that community.

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And are minoritized and racialized communities have so many inequities and unmet needs that family physicians are really the right physicians at the right time to provide care in those communities.

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I went to my medical school, which had founded the first student run free clinic in New York State and knew that's where I wanted to volunteer right away and go to school there and learn there.

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And I started working at that free clinic in 2000 and I now help run that free clinic in the South Bronx as well as another free clinic in Manhattan.

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And no experience has shown me inequities that are disproportionately affecting minoritized communities more than seeing the struggle with insurance and people who are uninsured and trying to engage in wellness and healthcare.

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And so those, the, even the idea that I am working at the same free clinic that I started working at in my first year of medical school tells you how deeply profound injustice and medicine is.

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And our mission and, and focus was that Healthcare is a social justice issue.

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That was in 2001, that free clinic was founded.

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And every day now, when we're providing care and community to Black and brown communities, to people who speak Spanish and other languages, who are trying to seek wellness in a deeply inequitable system.

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I really think that we need to shift how we think about what it means to provide a community the resources that they need and to step back and realize we are not depriving another community of those resources.

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But where I work in the South Bronx, we are 62 of 62 counties in our state for health outcomes.

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The need is much more profound in my county.

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There need to be more resources.

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And that we always are thinking what we're going to get by with whatever little amount we can we get.

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But that's not enough.

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And that isn't going to get us to social justice.

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That isn't going to get us to, you know, resolution of inequities.

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And that we have to move from that scarcity mindset to really that we have the resources to do this work.

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We know how to do this work and that family physicians are ready to do this work in our exam rooms and in our communities.

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When I'm really, first instinct, when I hear better health through better understanding, I think about like the vast amount of research we've done on health disparities and that the urgent need for intervention is clear and has been persistent.

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And then when I hear it again as a family physician and I think about how I imagine being a family doctor in the exam room and the importance of bringing information on disease and understanding your body to my patients.

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And that that for so much of my early career and our and our training is thinking that it's so important I'm bringing this information.

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And then I really think about the last decade of working in the South Bronx and how much my listening and learning from by patients and having a deeper understanding of all of the impact that their life and community are having on my patients.

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That that really is when I think of that theme about better health through understanding where I need to be able to get to and we need to be able to get to in healthcare for our minoritized patients and communities.