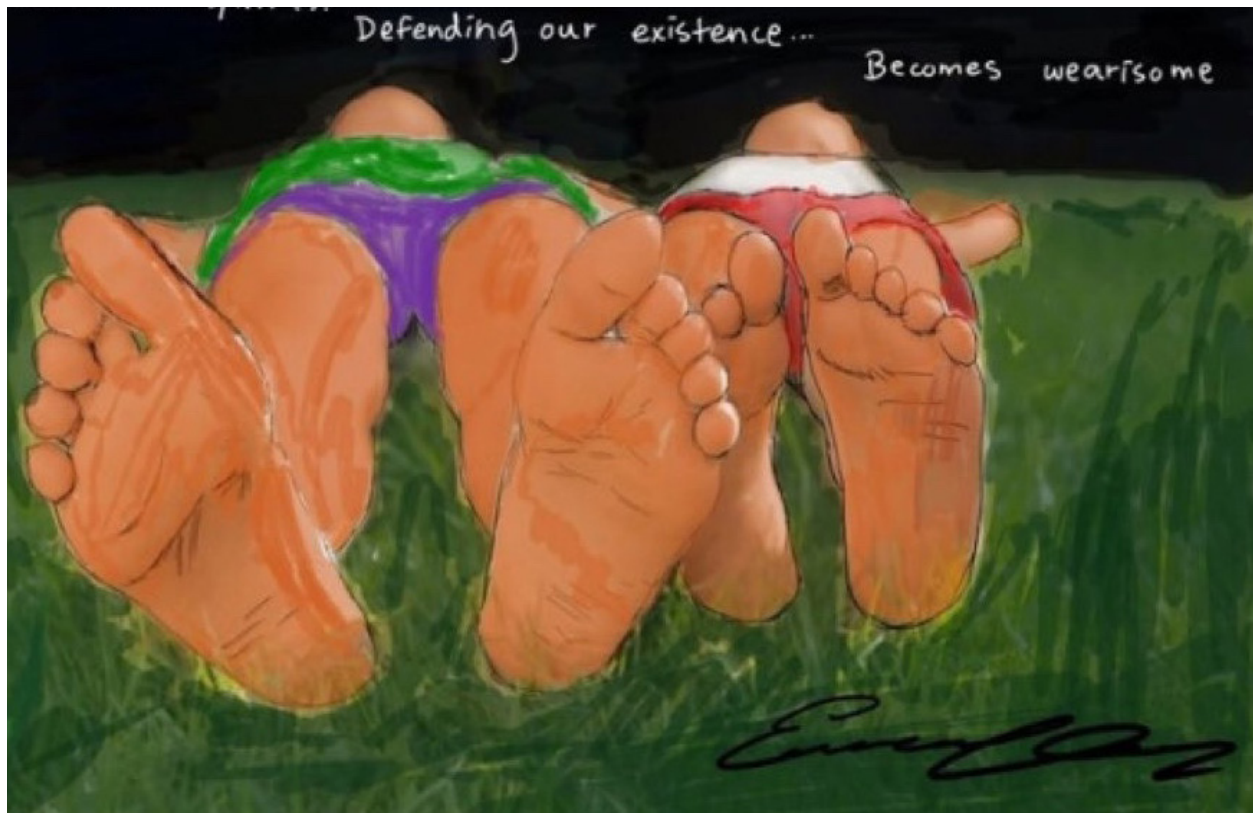


Exhausted spirit

Eman Khan



This painting and poem depict the fatigue of being a marginalized person. The stress of being marginalized contributes to health problems. Healthcare professionals need to understand systemic issues, such as racism, sexism, cisheterosexism, and ableism, and how they affect the patient's health.

By understanding these layers to a patient, healthcare professionals can do the work in becoming conscious of their biases so they may provide the best care to patients.