



**DO BETTER, BE BETTER, EXPECT BETTER.**

I am a first-generation African-American who was born to two amazing Nigerian parents who are the reason I am who I am today. I was born and raised in the Bay Area, California and have lived in Las Vegas since 2015. I have a passion for helping youth find their voice as they begin to take charge of their health. I am a firm believer that all adolescents should be heard. My work in Adolescent Medicine since 2012 has been challenging, but nothing less than a blessing.

**I am unique because there are only a few people in the country who do what I do.** Adolescents and young adults (AYA) are a vulnerable population that often get tossed in the wind. I choose to embrace them, applaud them for trying, and ensuring that they are supported on this long road called life. I come from humble beginnings, so I choose to give back to the underserved. I am most passionate about the advancement of underrepresented minorities and their ability to be resilient and achieve their dreams. If I can do it, so can they!

**SPEAKING TOPICS**

**My Journey to Medicine**

Being a Black woman in medicine is like being a unicorn, but I hope to pave the way for others. Going into medicine isn't easy, but it's worth it. Here I touch on my struggles, my successes, and what I do now to encourage others to pursue this same dream.

**Reproductive Health in Adolescents & Young Adults**

As adolescents and young adults are developing, it's normal for them to be curious about sex and sexuality. As adolescents age, many will become sexually active, and if they do, they should use contraception. To help young people navigate this stage and avoid negative health outcomes, I touch on the need to discuss these issues, why finding proper care is important, and what options currently exist.

**Teens & Parents: Communication is Key**

Communication with your teen can be extremely challenging. Sometimes, it's like talking to a brick wall. Don't be discouraged! No one is perfect, but it's important to learn these skills. In this setting, we walk through how important it is to talk to your teen about adolescent development, practicing communication in different settings, and discussing current challenges in the world we live in today.

**Adolescents & Young Adult Health Care: Physical & Mental Health**

Adolescents and young adults don't always feel connected to their physician, but it's important they do. When they do, they open up and disclose things they may not always feel safe telling others, like physical and mental health changes. In this setting, I allow parents, adolescents, and young adults to play "Ask Dr. Kas," and get the answers they need. I also discuss several relatable topics, such as depression, anxiety, social media, bullying/cyberbullying, and sexually transmitted infections

**SPEAKING SERVICES**

- Motivational Speaker
- Mentorship & Guidance
- Medical Conference Panelist
- Youth Conference Speaker

**PHYSICIAN SERVICES**

- ADHD
- Eating Disorders
- Reproductive Health
- Transgender Healthcare
- Anxiety, Depression and Anger
- General Well-being and Health

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