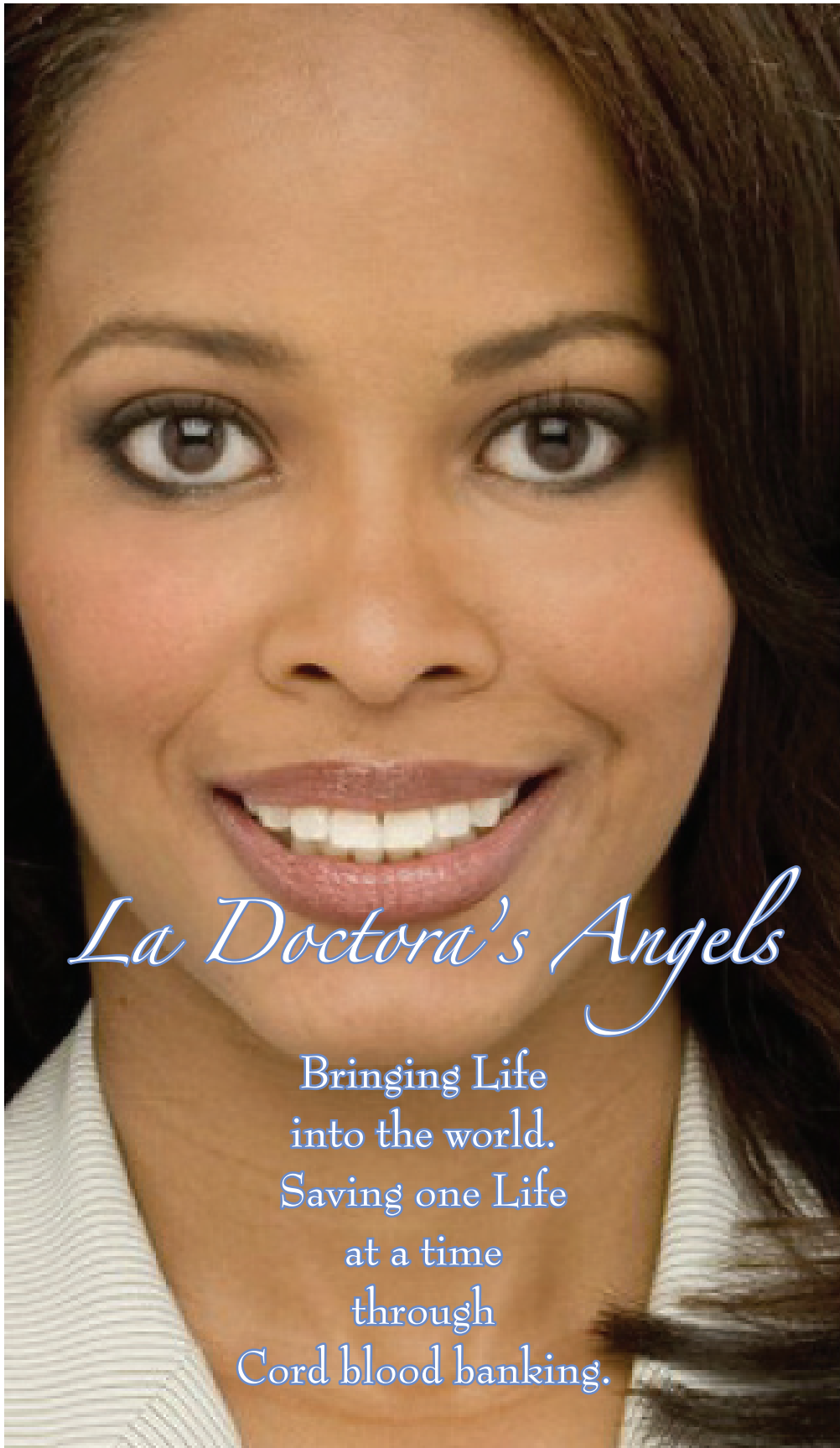


Doctor Do Right



La Doctora's Angels

Bringing Life
into the world.
Saving one Life
at a time
through
Cord blood banking.

It's A Livin'

If a picture could speak a thousand words, then walking into Dr. Afriye Amerson's Hackensack, New Jersey office will offer you more, two thousands actually, which is the ball-park range of babies that she has delivered in her medical career. And the count is still rising.

Inside the Ob/Gyn office that Amerson shares with two other doctors is an assortment of collages, picture frames, and photo albums of babies delivered by the doctor and her partners. The aspect of her career that she is the most proud of is her intimate relationship with her patients.

Amerson, whose West African name (Afriye) means "child born at the right time," would have been better named "child born ahead of time." At five years old, when most girls are playing with dolls or playing doctor, Amerson already knew she wanted to actually be a doctor. At 12 she entered high school and attended Duke University in North Carolina at 16. By the time she was 29, she had finished her residency and entered a practice that she still shares to this day with two other doctors in New Jersey. "I wanted to come to New York, but it was there I realized New York is a little bit more of a rat race, more of a cattle drive when it comes to the practice of medicine. I didn't like that, you don't really get to know patients, it's a very adversarial doctor/patient relationship. I wanted a practice where you have a very intimate relationship with patients."

If intimate is what she has set out to accomplish, indeed that is what she has achieved. Stepping foot into the waiting room of Amerson's practice, one cannot help but notice the infinite amount of pictures that align the wall and photo albums with the doctor and newborn babies that she has delivered. Cards from patients flood bulletin boards in the hallway and inside her office thanking her for

the love, support, and care she offered. At Hackensack Hospital, where Amerson has her privileges, walking through the maternity ward everyone from the security desk to the patients, and nurses greet Amerson with warm smiles and kind words. Amerson makes it clear that the love, respect and gratitude she receive from her patients and co-workers does not go unnoticed or unappreciated. "There's a reciprocal relationship. That's the other part that's so gratifying about being a doctor. You get back. Each person that you are doing something for, each person that you are making a difference for. I have some patients that pray for me. That's huge. I have patients that share recipes, who share wisdom about men, who share wisdom about motherhood, shared secrets, about beauty, all kinds of things. They've just been blessings in my life in many, many ways."

Although Amerson has touched so many lives already, she does not plan on just stopping there. "I would like to shift at this point in my career. Practicing medicine in the office and getting to know families...I think that's one part of it, and another part of it is trying to reach a broader audience, reaching women and impacting women on an even broader scale." Hence, the release of her own website, www.afriye.com, which offers personal and professional information about Amerson as well as talks of co-authoring a book geared toward meditation and pregnant women. "It's really a book for women about

people, then it's like you have so much more energy, You focus on yourself for motivation, for relaxation, then I think you don't fatigue".

The average income for an Ob/Gyn living in the state of New Jersey is roughly [redacted] And as Amerson drives off in BMW



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something that they are practicing...Each day the woman would be meditating, just sitting down and reading through that page or particular chapter for that week of



Z4 with her 15 week-old miniature Yorkie Cally Seated besides her, she stresses that money and fame are not what drives her each and every day.

FYI - This article from magazine "Rich & Famous" 2007 and no longer in circulation

her pregnancy. It would help her align herself more with being calm centered; it would be mental and physical. It is more how to think and how to feel as a pregnant woman."

A regular day at the office for Amerson includes seeing about 30-35 patients, excluding her trips to the hospital. When asked if the pressure

ever becomes too unbearable or the tolls of the day's events becomes to much, Amerson flashes a blinding smile and states: "What I'm slowly starting to realize is that you just don't think about it. Because that's when you get into the pity party. 'Oh my god, I've been up too many hours, oh, I never get to rest.' But if you focus on what needs to get done, or you focus on other

"I did not choose to just go into medicine for egotistical reasons. I went into medicine to change people's lives, to help people to see things and understand things that they don't. To feel calm about things that worry or bother them. To help them live longer and healthier."