



UCHENNA L. UMEH, MD, MBA

PEDIATRICIAN, TEDXSPEAKER, EDUCATOR, LIFE COACH, MOM

BRIEF BIOGRAPHY

A former Lieutenant Colonel in the United States Air Force and disabled veteran, Uchenna L. Umeh MD, MBA (Dr. Lulu aka The Momatricia) is a Nigerian-born board-certified pediatrician, 3-time TEDx speaker, 5-time bestselling author, and mother of three.

She is a certified life coach who works specifically in LGBTQ+ advocacy and activism. Her primary focus is educating about acceptance, affirmation, support and understanding of LGBTQ+ persons, particularly the #transgender community.

She is the CEO of Dr. Lulu's Coaching & Consulting Lounge, and Dr. Lulu's Angels Foundation, both dedicated service of at-risk LGBTQ+ youth and their families, with a focus on suicide prevention.

Her public speaking career was launched following the suicides of her patient and a fellow physician in the LGBTQ+ community. She is a podcaster, TV personality and freelance writer.

Her work has been recognized by the "Nigerians in the Diaspora Commission" of Nigeria, the Texas State House of Representatives, the San Antonio LGBTQ+ Chamber of Commerce, San Antonio Business Journal, and The Trans Resistance, and Transgender Foundation of Texas.

She is a multi-award-winning LGBTQ+ advocate who has been featured in multiple media outlets including an interview by CBS This Morning, and Oprah Winfrey.

Recently, Dr. Lulu has expanded her repertoire to include the title of "Gender Educator," facilitating workshops and education of employers and employees on how to create safe spaces for parents of LGBTQ+ children.

EDUCATION

AHMADU BELLO UNIVERSITY TEACHING HOSPITAL

Medical School
1985 - 1991

HOWARD UNIIVERSITY HOSPITAL

Pediatric Residency
1995 - 1998

WORK EXPERIENCE

Pediatrician and Clinical Supervisor for Loyal Source and Border Patrol

June 2020 to date
Supervising mid-level practitioners.

Coastal Bend Kid's Clinic, Kingsville, Texas

Pediatrics Locums Coverage (1-3 weeks at a time)
December 2021, May 2022, January 2023

NP Children's Healthcare Clinic, Port Arthur, Texas

Pediatrics Locums Coverage (1- week)
March 2023

Pediatrician and Clinical Supervisor for Loyal Source and Border Patrol, Pecos, Texas

April 2021 to June 2021
Seeing immigrant children and supervision midlevel providers.

Teladoc Telemedicine

11/2018 to 3/2021 (Virtual)
Seeing patients from birth through 21yrs

Little Spurs Pediatric Urgent Care (Part time)

11/2017 to 08/2019 (San Antonio, Texas)
Seeing children ages 0-21 presenting with urgent medical ailments ranging from Asthma to lacerations, to syncope, etc.

Communicare Health PLC, Staff Pediatrician

2016-2018 (San Antonio, TX)
Clinical duties, seeing patients from birth through 21.

United States Air Force, Pediatrician, Medical Director, Commander

2012-2016 (JBASA Lackland)
Commanded my officer training class, saw patients from 0-21, and oversaw the welfare of staff, medical students, and medical residents.

Children First Medical Center, Owner, Medical Director

1999-2012 (Lancaster, SC)
Founder and owner of the 13-man practice.
Largest minority-owned pediatric practice in Lancaster South Carolina.
Seeing patients ages zero through 21.
Overseer of processes.

Pediatric Residency (See above)

Process of Travelling to United States for Pediatric Residency

1994 to 1995
Howard University Hospital
2041 GA Avenue
Washington, DC 20060

CONTACT

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WEBSITE:
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EMAIL:
coach@dr-lulu.com

HOBBIES

In her spare time, enjoys gardening, acting, reading, hiking, and mentoring parents, immigrant women and youth.

Medical Officer

1993 to 1994
First Consultants Medical Center
Obalende, Lagos State, Nigeria

National Youth Service Corps

1992 to 1993
The Nigerian National Petroleum Corporation
Awolowo Road,
Ikoyi, Lagos State, Nigeria

Housemanship

1991 to 1992
The EKO Hospital, Mobolaji Bank Anthony Way, Ikeja, Lagos State, Nigeria

Medical School Education (See above)

Certifications

AHA Certification: BLS, PALS
American Board of Pediatrics: Recert due December 2025

Awards

2021 Advocate of the Year: By the San Antonio LGBT Chamber of Commerce

2022 DEIB Award winner by the San Antonio Business Journal

Named one of the top influential women of color in Texas by Spectrum News, 2023

2023 Finalist: Rising Star Award by the National Association of Women Business Owners, San Antonio, TX

OTHER

University of Texas in San Antonio
Executive MBA
2017—2019

Coach Training Alliance
Life Coach Certification
October 2020 to April 2021

Dr. Lulu's Youth Health Center
Owner
Seeing at-risk patients aged 8 year to 23 year.
2019 to 2020

Dr. Lulu's Coaching & Consulting Lounge
Owner and CEO and Life Coach
2021, May to date.

Dr. Lulu's PRIDE Corner
A family coaching and consulting gender-affirming practice
(Coming Early 2024)

Dr. Lulu's Angels Foundation
A Nonprofit/501c3 Organization
Building homes across America for homeless LGBTQ+ youth
Coming soon to a city near you!

TEDxAlief Speaker September 2020
TEDxFaurotPark Speaker October, 2022
TEDxSUNY Syracuse New York, April 2023

Books by Dr. Lulu

1. How to Raise Well Rounded Children
 2. A Teen's Life
 3. How to Teach Your Children About Racism
 4. Dr. Lulu's Self Love Journal
 5. The Warrior Women Project (Collaboration)
 6. A Mom's Truth (Collaboration)
 7. The Doctor's Book (Collaboration)
 8. How to Become the Parent Your LGBTQ+ Child Needs (Out Summer 2024)
 9. About Your Black Transgender Child (Out Spring 2025)
 10. Allies in White Coats (Out Fall 2025)
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