

Elizabeth Naylor: Passion and purpose

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Elizabeth Naylor, third-year [DrPH](#) student, is one of many students at Tulane's [Celia Scott Weatherhead School of Public Health and Tropical Medicine](#) who has an inspiring story to tell.

Naylor's approach to her career and life has been heavily influenced by the plight of her four children, who all carry the same genetic disorder called Myotonic Dystrophy, which has no cure and no approved treatments.

Two of her children have passed due to complications from the genetic disorder.

But Naylor has been inspired to help families and individuals going through similar experiences, starting her own nonprofit organization, My-Vida, to assist people battling chronic conditions. She has since been inspired to start a business called Symbiotic Health with similar aims.

Drawing from her experience as a birth doula, Naylor sees the need for support structures for doctors and patients in stressful situations.

"What we're thinking of being is a health doula to help people with their mental and physical health," she says. "That will support families, will support patients, children living with chronic illness or a child at onset -- as well as medical professionals, so doctors, nurses who really experience a ton of burnout, who often don't get the mental health support that they need."

Watch the video to hear more from Naylor about her story and how Tulane has helped her clarify her goals and ambitions.

Find out more about Tulane's online programs, including its DrPH programs [here](#).