

Dr. Courtney A. Washington, DO | “Dr. Co”

Board-Certified Family Medicine Physician • Medical Analyst • Health Educator • Speaker



Short Media Bio

Dr. Courtney A. Washington, DO, known as Dr. Co, is a board-certified family medicine physician, medical analyst for WDSU News, and founder of Ask Dr. Co, an evidence-based health education platform. A New Orleans native, she makes complex medical topics accessible through television commentary, public speaking, and digital media. She served as a medical consultant for the Emmy Award-winning Disney+ series *The Crossover* and is an adjunct faculty member at Tulane University School of Medicine. Her work champions preventive care, health literacy, and informed decision-making.

Extended Official Biography

Dr. Courtney A. Washington, DO—widely known as Dr. Co—is a board-certified family medicine physician, health educator, medical analyst, and media consultant whose mission is to make medicine understandable, accessible, and relevant to everyday life.

A New Orleans native, Dr. Washington serves as the Medical Analyst for WDSU News, delivering timely, evidence-based commentary on public health, preventive medicine, emerging research, and the health issues affecting families and communities. Her approach combines clinical expertise with engaging, practical communication that helps audiences separate scientific evidence from health misinformation.

Dr. Washington’s expertise also extends to entertainment and scripted television. She served as a medical consultant for the Emmy Award-winning Disney+ series *The Crossover*, contributing medical insight to support authentic storytelling and bring greater awareness to important health issues.

She is the founder of Ask Dr. Co, a physician-led education and media platform featuring *The Doctor’s Dose*, *Behind the Science*, and *Cooking with Dr. Co*. Through articles, research commentary, lifestyle content, and her podcast *All About the Medicine with Dr. Co*, she connects the science of medicine to the choices people make every day—from nutrition and metabolic health to prevention and long-term wellness.

Beyond her media work, Dr. Washington is the owner and medical director of Fleur-De-Lis Aesthetics and is involved in expanding access to personalized primary care through Fleur-De-Lis Whole Healthcare. She also serves as adjunct faculty at Tulane University School of Medicine, where she contributes to the education and mentorship of future physicians.

A graduate of Xavier University of Louisiana and Philadelphia College of Osteopathic Medicine's Georgia campus, Dr. Washington brings a foundation in clinical medicine, scientific inquiry, and community service to every platform. Whether in the exam room, on television, or on stage, she believes people deserve credible information they can understand and use to advocate for their health.

Her guiding philosophy is simple: "Evidence over opinions." And when you don't know... Ask Dr. Co.

Approved On-Air Introduction

Joining us is Dr. Courtney Washington, better known as Dr. Co. She is a board-certified family medicine physician, medical analyst for WDSU News, and founder of the health education platform Ask Dr. Co. She joins us to break down what the science says—and what it means for your health.

Media Expertise & Speaking Topics

- Preventive medicine and health screenings
- Health literacy and medical misinformation
- Women's health and menopause
- Metabolic health, obesity, and GLP-1 therapies
- Nutrition and lifestyle medicine
- Emerging medical research
- Community health and access to care

Press & Booking

Website: www.askdrco.com/press-kit/

Speaking, interviews, and media inquiries: www.askdrco.com/book-dr-co/