

afternoon, with a vasectomy, a runny nose and uncontrolled hypertension mixed in. I am actually a recovering EM physician. I matched into EM and about six months in, I discovered my soul wouldn't survive a career in the ER. I loved the acuity and the procedures, but ultimately, I needed a career where connecting in a meaningful way with my patients would be part of my life. I just saw a patient I had delivered 6 years ago as a patient and I fairly beamed as the mother described to me the child I had helped bring into her world. Moments like that are priceless to me.

*What is unique about your practice of family medicine?*

I work with an underserved and economically disadvantaged populations which is strongly Hispanic. Learning Spanish has really been a great thing in my life. I doubted I would ever be able to do it, but I almost never need help with translation these days. I also serve as the Medical Director at the clinic where we are trying to implement Patient Centered Medical Home, which made me wonder if I had chosen wisely in selecting Family Medicine instead of staying in the ER. However, every week we make changes to our clinic to make processes more patient focused, I see how our patient's lives are better. When we succeed, the hard parts don't seem so big.

*Are you ever able/willing to have students shadow you?*

I have pre-med and medical students work with me, as well as PA and FNP students. We limit the students to every other month to keep the balance somewhat in force, but we love our students and have several that want to return to work with us in the clinic when they are done with their training.

*What travel have you done related to family medicine?*

My most memorable medicine related travel was to Haiti a week after the big earthquake in 2010. I was able to help with triage of the injured, would care and prep for the OR of the orthopedists doing surgery and, amazingly, perform a C-Section on a pre-eclamptic patient. Not surprisingly, the medication I distributed the most was an antacid since everyone had an upset stomach from the enormous stress they were experiencing. There were miracles that I observed and I was grateful for the chance to go.

*What is the best way to stay balanced as a family doctor?*

I am so far from balanced that I don't give this response from a position of experience, but for me, I aspire to get more exercise in my life, get up earlier to get my paperwork/messages done, get home from work on time and be with my family more.