

FAFP APRIL MEMBER SPOTLIGHT

Courtney Mangum, MD
Daytona Beach, FL

I am currently a Family Medicine Resident at Halifax Health Medical Center in Daytona Beach. After graduating from University at Buffalo Jacob's School of Medicine, I traveled to Florida for my residency training - which, I think, may have been one of the best decisions of my life. I will be serving as Chief Resident for the upcoming year as well as Florida Academy of Family Physician's Resident President. I am delighted to serve my colleagues as well as the medical students in the state. My passion for community service and mentorship is what drives my interest for pursuing these positions.

As someone who has benefited greatly from the guidance and support of mentors throughout my life, I know firsthand how transformative these relationships can be. Personally, I have been fortunate enough to have had several mentors who played instrumental roles in my life. They have offered invaluable advice, helped me build my confidence, and challenged me to think

in new and different ways. Without their support, I would not be where I am today.

Recently, I've started a collaboration program with students at a local Historically Black College and the Family Medicine residents at my institution. Our partnership with Bethune Cookman University will aid in educating a diverse community of leaders and scholars with aspirations of pursuing a career in medicine. The underrepresentation of minorities in medicine is a critical issue that needs to be addressed in order to ensure equitable healthcare access and outcomes for all patients. While some progress has been made in recent years, there is still much work to be done to increase diversity in the medical profession.

While I am away from work, I hold closely the exploration of my non-medical related hobbies. My hobbies include a variety of interests that keep me busy and fulfilled. First and foremost, I'm passionate about mental health and I love to read

about and explore different techniques and practices that can help people improve their wellbeing. Another hobby of mine is podcasting. I enjoy listening to podcasts and creating my own content, whether it's discussing mental health topics or just chatting with friends about current events. I also enjoy spending time with my family and friends. We love trying different foods and exploring new restaurants in my city.

As a family medicine practitioner, it is important to bring the family back into family medicine both professionally and personally. This means incorporating a family-centered approach into patient care, as well as making changes in your personal life, to ensure that you prioritize your own family's health and well-being. It can be easy to get caught up in the demands of your job and neglect your personal life. However, taking care of yourself and your family is just as important as taking care of your patients.