

FAFP OCTOBER MEMBER SPOTLIGHT

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A profession in family medicine did not arise as the result of a single occurrence in my life, but rather a progressive learning experience throughout. The experiences I have had have not only given me a fiery drive to pursue medicine, they have also allowed me to work toward the specific direction of becoming a family practitioner. Becoming a family physician is to embody someone my patients can trust to be there for them in more instances than just their physical health. To be a family medicine doctor is to wear many hats in roles such as scientist, teacher, and friend in the communities you serve, so you can ultimately support your patients in all aspects of health and wellbeing.

I grew up in a typical immigrant family in a quintessential American suburb outside of Austin, TX. My parents, like most Indian immigrant parents, were big advocates of natural remedies, wellness, and physical health. When we were sick, we were given the

classic blend of turmeric, teas, spices, and various other natural remedies that my parents swore by. We were taught the importance of home cooked meals and, to my dismay at the time, fresh juices were forced on us daily. Looking back though, I attribute my passion for health and wellness to my upbringing. I have seen firsthand the benefits of preventative medicine and it has inspired me in my practice as a physician today.

From Texas to Florida for medical education, to starting residency in the great city of Jacksonville at St. Vincent's Medical Center, I have carried my love for health and wellness into my career. I strive to be there for my patients in more ways than just one. I have also found a love of mentorship for students finding their path to medicine, as well as those finding out that maybe this career isn't exactly what they expected. Serving as Secretary for the FAFP Board of Directors has given me more inspiration to advocate for family medicine, and to

share with others the joys of advocacy in the state of Florida. I hope to continue this path throughout my career and work toward advocacy at the national level. I encourage my colleagues, both ahead of me and behind me, to join the community that the FAFP provides.

Outside of the clinic, hospital, or conferences, you can find me out in Jacksonville venturing into new experiences, like the latest foodie spot down the street, or water activities, such as kiteboarding or scuba diving around Florida. During residency, it is important to enjoy your breaks fully. I have made time to continue my love for solo backpacking and traveling, but also hope to incorporate this passion for adventure by serving in medical fields abroad. Now more than ever, we have the duty to serve in not only the rural areas of our own communities, but also those with limited healthcare abroad.