



Chapter Member Spotlight

Name: Anagha Suresh, M.D.

Practice location: Oxnard, Ventura County, CA

Number of years in practice: 10

I was born and raised in Bengaluru, south India. I always wanted to practice medicine and naturally navigated towards pediatrics in medical school. I completed my pediatric residency at White Memorial Medical Center in Los Angeles and have been practicing in an FQHC (Clinicas del Camino Real, Inc), a busy practice serving a large underserved population. I live in Camarillo with my husband and 2 beautiful, lively daughters who keep me on my toes. My focus in recent years has been improving breastfeeding rates and nutrition in the community. I am certified as an IBCLC (International Board of Lactation Consultant Examiners) and am currently pursuing a functional medicine education. I finally fulfilled my childhood dream of becoming a black belt in karate 2 years ago.

What do you do before work that sets the tone for your day?

I practice meditation and pranayama breathing (an ancient yogic practice of breath control to reduce stress and improve mental clarity) every morning and listen to motivational audiobooks on my drive to work.

What are some challenges or struggles that you face at work?

I get deeply impacted by the emotional and social aspects of patient care. Addressing patient's stressful domestic situations, cases of child abuse/neglect, and the increasing incidence of depression, anxiety, and eating disorders in teenagers with the limitations of time and resources, make me feel helpless and discouraged.

How do you work through or overcome your challenges or struggles?

I remind myself to shift my perspective from being a problem solver to a compassionate listener and guide. Many cases require patience, team effort, and frequent follow-ups to see results. I actively seek help and advice from social workers, mental health providers, and fellow colleagues to steer through these tough situations. I am grateful that our AAP chapter provides a forum to discuss our issues and resources / initiatives that support us.

After work, what do you do for your own wellness?

I try to stay off the screen and dabble in painting/gardening. I love playing board games with my kids. Learning new skills keeps me excited – this month, I am trying out calligraphy.

From what/whom does your inspiration or motivation stem?

Often at work, I get to meet families who have faced immeasurable hardships but continue to dream and work hard to provide a better life for their children. They make me realize the opportunities I have been blessed with and motivate me to be better.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

Give yourself a prescription of a good hearty laugh several times a day. Find or create situations that are amusing and laugh without restraint. Worries can wait.

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