

Chapter Member Spotlight



Name: Brian Santacrose, MD

Practice location: Children’s Medical Clinic of Santa Barbara

Number of years in practice: 9 years

I am from upstate New York (Albany). I majored in Human Development at Cornell University, went to Medical School at SUNY Upstate Medical University in Syracuse. And then I realized you don't have to deal with 6 months of winter every year, and did my residency at CHLA. I am a general pediatrician and I work in a private practice in Santa Barbara. I have been the Santa Barbara Area Representative for 8 years. I live with my wife and our daughter (almost 4) and son (almost 2).

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

I try to ebike to work when I can.

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

The main struggle is the pace. Trying to see all my patients and deliver excellent care while staying on schedule is difficult but I try my best.

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

I always try to make sure that my families have all their questions answered before we are finished with the visit.

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

I love playing sports. Currently, beach volleyball is my main hobby and I try to play twice a week. I also play the drums in a local band.

From what/whom does your inspiration or motivation stem?

I derive motivation from many sources, my parents, my wife, my children, my patients. Trying to help families stay healthy and thrive is my goal.

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

Make sure to make some time for yourself. As busy as we are as physicians, it is so important that you still take the time to enjoy your hobbies and relationships.

