

Chapter Member Spotlight



Name: Christina Casas

Practice location: Daisy Pediatrics

Number of years in practice: 13 years in general pediatrics, 11 months in private solo practice

I was born in San Diego CA and lived there until I was 12 years old. Then, I moved to Tacoma WA and went to University of Washington in Seattle for my undergraduate education. I earned a Bachelor of Science in cell and molecular biology and public health. I worked for a year as a research scientist in a microbiology lab before being accepted into the post-baccalaureate program, Direct Pathways to Medicine, at Drexel University in Philadelphia, PA. I did that for a year and then was

accepted into the medical school there. I enrolled into the Army's HPS Program which paid for my medical education. As a medical student, I was involved with the student-run clinic seeing patients at the homeless women and children's center there. I met my future husband at school and was married my first year of pediatric residency in Fort Sam Houston in San Antonio, TX. After residency, I wanted to specialize and was accepted to the pediatric neurology program at Walter Reed Medical Center in Bethesda, MD. However, I had my first child at that time. Balancing home and work life was not working for me, so, I returned to my first passion: general pediatrics. My last duty station was at Fort Irwin in California. While there, I was the program director for their Pediatric Advanced Life Support program and head of their immunization clinic. I was involved in the vaccination campaign with the AAP as well. My second child was born during this time. After I paid off my active duty time I entered the civilian world. I spent 3 years in a private practice group in Lancaster, CA with some light call duties at the local hospital. During my time there my eyes were opened to what civilian healthcare had become. I started looking for something better and I came across the notion of direct primary care. With my family's support, I opened a pediatric direct primary care office in September 2022, Daisy Pediatrics. While growth has been slow, I feel that I am helping more now than I did in civilian practice. My hope is to help change the healthcare process in America

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

My day is flexible so the night before, I check the next day's calendar and make sure I am ready. I start by spending the morning with my children. I get them ready for school and we discuss the day. I love this as before I opened my practice, I would have to have a nanny drop them off. After I drop them off, I work in my clinic.

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

As I am a micro-practice right now with no support staff, it is usually making sure I complete administrative responsibilities.

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

I am learning to manage my time efficiently which is the most important. My husband, thankfully, has been helping make ends meet while my practice is growing. There is a steep learning curve to run a business, figure out marketing, etc.

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

I walk the dog 20 minutes every night. When I am in my space, I will chant at night also.

From what/whom does your inspiration or motivation stem?

I find my passion stems from helping my families, knowing that I am working hard to make a change. I feel that lasting change often starts small with an idea that spreads. I am hoping to show my patients what a doctor-patient relationship can be.

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

The biggest thing is managing your time. It is so easy to let caring for yourself become the last priority when there is so much to be done.