

Chapter Member Spotlight



Name: Yasuko Fukuda, MD FAAP

Practice location: San Francisco, CA

Number of years in practice: 32 years

Dr. Yasuko Fukuda is a general pediatrician in her hometown of San Francisco. She grew up the firstborn child of immigrants from Japan. Many times she's had to help maneuver life for her family and younger brother. There were many lessons learned which helped her to understand the challenges of others. After graduating from UC Berkeley with degrees in Immunology and Microbiology, and the Japanese language, Dr. Fukuda attended the Mayo Medical School in Rochester, Minnesota. During her 3rd year of medical school, she spent 6 months in Hiroshima, Japan, conducting research on atomic bomb survivors.

Upon completion of her pediatric residency at Children's Hospital Oakland in 1994, Dr. Fukuda joined the office of her own pediatrician, where she is still in private practice, a member of the Clinical Faculty with UCSF and volunteers in the community.

Dr. Fukuda is the immediate Past Chair of the American Academy of Pediatrics (AAP) District IX California and was a member of the National AAP Board. Prior to this position, she held many California Chapter 1 offices, and ultimately President, before becoming the District IX Vice Chair. She is currently on the AAP National Nominating committee. As the liaison on immunization and advocacy projects between the AAP and Japan Pediatric Society, she maintains international collaboration efforts. She belongs to the AAP Sections on Infectious Diseases, Administration and Practice Management, as well as the Councils on Community Health and Immigrant Health. In addition, Dr. Fukuda is on the board of the California Immunization Coalition, active with Pediatric Federation/Practice Well and was recognized as an Immunization Champion in 2010.

Dr. Fukuda enjoys music, knitting, and her 3 puppy children. Yoshio, a 15 year old Shiba Inu national agility champion, teamed with her husband, Peter. Energetic 6 year old border collie, Nozomi, was an agility novice in training. Miya was a therapy Shiba dog for consoling children in the office until she was 10 years old. Miya passed away in 2024, but now sassy Kiyomi, who is 2 years old and has taken over. Dr. Fukuda is an avid Golden State Warriors and Valkyries fan.

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

Take care of my 3 puppies - make them breakfast (berries, bananas, cheese, yogurt).
Let them outside and potty. Give them all a hug. Hopefully they behave.

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

Not enough time to take care of multiple issues and the cumbersome process (insurance, EMRs, paperwork...) from traditional illnesses, mental health, school issues, and the many challenges during this time.

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

I realize that many colleagues are faced with similar challenges and we need to lean on each other. I also enjoy longtime relationships with the families who come to my office and I enjoy seeing the children grow up and achieve their life's dream.

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

Focus on friends, family, and hobbies that I enjoy. Walk the dogs! Watch a basketball game! I just started a Tai Chi class.

From what/whom does your inspiration or motivation stem?

The resilience and strength of the members of the AAP – in our State and Nationally. They have an amazing ability to handle COVID, impact optimum children's healthcare, and uphold our profession with the current state of our nation. We can stay together and get through so much. It is like a sports team - we stay strong together, especially when things are tough when we are "losing." We must support each other and strive for a common goal no matter what.

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

Take a moment in your day and pause. Remember to cherish your family, friends, and colleagues. Those who are dear to you and will be there for you no matter what happens in life.