Chapter Member Spotlight



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Number of Years in Practice: 37 years

I was born in Argentina, where my father was a physics professor at the University of Buenos Aires. In 1966, the military government intervened in the universities, ending their autonomy and transferring authority from university governing bodies to the Ministry of Education. During La Noche de los Bastones Largos, police violently removed and attacked students and faculty who resisted the intervention. Many professors resigned in protest against the repression, censorship, and loss of independent university governance. My father was among them; he would not continue teaching and conducting research under military control.

Our family immigrated to the United States and settled in South Carolina, where he became a university professor and taught physics for 40 years, and where I completed my pediatric training. Growing up with a physicist as a father helped spark my interest in science and taught me to value curiosity, evidence, and careful inquiry.

What do you do before work that sets the tone for your day?
For the last 32 years, my husband has made me a cup of coffee every morning, and we sit together on the couch and talk. We discuss the challenges we are facing, consider different perspectives, and try to reach the best understanding together. Those conversations remind me how deeply I respect his opinion and value the life we have built together. Around us are traces of the people that shaped us: a painting by my daughter, another by my mother-in-law, a sculpture by my mother, a photograph of my children, a proud display of my father's books. The room holds our family's history: joy and loss, presence and absence, ordinary days and moments that changed us.

What are some challenges or struggles that you face at work?
One of my greatest challenges is the pressure to offer a quick medical solution. Patients are often more satisfied when they receive a prescription. Physicians enter medicine because we want to solve problems. It can be difficult to hold space for uncertainty when patients and families want an immediate answer. When a patient is likely to improve without medication or when we know

a particular treatment is unlikely to help and may expose the patient to unnecessary risk, choosing not to prescribe means setting aside our understandable desire to provide an immediate solution. In those situations, restraint is not inaction; it is responsible care.

How do you work through or overcome your challenges or struggles?
I recognize the pressure to prescribe, and that awareness helps me resist it. I can then step back and consider what is truly in the patient's best interest rather than what might be easiest or most expedient.

After work, what do you do for your own wellness?
My understanding of wellness has been shaped by loving people who live with severe chronic illness. Those experiences have made me cautious about messages that suggest good health is something we can all achieve through enough effort or the right attitude. Such messages can place too much responsibility on individuals while overlooking unequal access to care, poverty, harmful working conditions, and the need for strong social safety nets. They also overlook a simple truth: living with chronic illness is not a failure of discipline, and effort alone cannot always restore health. I am similarly wary of turning ordinary emotions into problems we are expected to overcome. The Argentine culture in which I was raised taught me to make room for the full range of emotion—to debate, complain, laugh, cry, celebrate, show affection, and speak openly about what is right or wrong. Emotions are what make us human. After work, I make room for whatever comes up. Or, as Bad Bunny says, "En la mañana café, en la tarde ron." I'm joking, of course.

From what/whom does your inspiration or motivation stem?
Recently, I have been inspired by patients who share their experiences, especially when those experiences challenge what we think we understand. Their voices remind me that good medicine requires us to listen carefully, remain open to new scientific evidence, and reconsider established practices when necessary. I am motivated by the opportunity to minimize harm, place patient safety at the center of care, and approach medical decisions with curiosity and humility.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?
Every day, do something simply because you enjoy it, not because it is another box to check on your list of ways to become a better person. I also think of a quote by José Ingenieros from El hombre mediocre: "Prendiendo lucecitas de voluntad, se termina por iluminar toda una vida" ("By lighting small sparks of determination, you can eventually illuminate an entire life"). These ideas may pull in opposite directions, but both feel true to me: enjoy life without turning everything into a goal, while trusting that small, intentional acts can add up to something meaningful over time.