

Chapter Member Spotlight



Name: Mia M. Lagunda

Practice location: Comprehensive Care Center at Clinica Sierra Vista, Bakersfield, CA

Number of years in practice: 25

I was born in Davao City, Philippines. I finished my undergraduate degree at the University of the Philippines. I graduated from medical school at the University of East Ramon Magsaysay Memorial Medical Center, also in the Philippines. I completed my internship and residency at Wake Forest University Baptist Medical Center in North Carolina.

I am currently affiliated with Clinica Sierra Vista as a Medical Director in Pediatrics, which serves Kern and Fresno Counties. I feel blessed to be a pediatrician and work with our underinsured in these areas.

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

I always make sure that at the start of the day, I know my purpose, and that is to do my best to serve our pediatric population and be ready to meet the challenges for the day.

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

My greatest challenge is balancing time between my administrative work as a medical director and meeting the needs of my patients.

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

I am blessed to have a supportive husband who is also a pediatrician. He reminds me of the importance of allocating time to family and work equally.

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

I am an avid tennis player. I play tennis at least 2-3 times a week. I either play with my son and husband or with my team at a local tennis club.

From what/whom does your inspiration or motivation stem?

Our Pediatric Chairman from my pediatric residency training inspires and motivates me to do my best at work. I have learned to listen to patients and their parents and address issues pertaining to their care.

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

I always try to find balance every day. I know that no matter how busy the day is, I must spend time with family. I also make it a point to play my favorite sport, tennis, with friends at least twice a week. I am an early riser and try to review charts of patients scheduled for the day. In my experience, the day runs smoother when I get myself ready that way.

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