

## 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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