

MEDICAL MATTERS

From Baller To Doctor

Dr. Keith Balderston goes from a University of Oregon basketball player to a fulfilled maternal-fetal medicine specialist.



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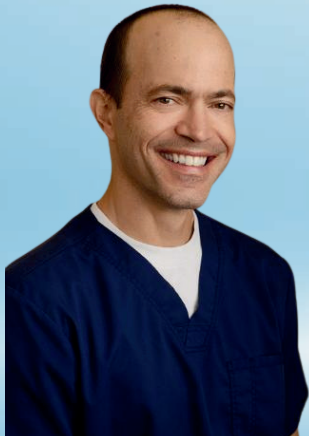
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Sporting Memories

Shondra—It’s safe to say my junior year at UO was memorable, busy, and full of adventure. Not only because of my part-time job and full class schedule, but because a friend talked me into trying out for cheerleading. I enjoyed the sport and had been on a State Championship winning team in high school, so I decided to try. I successfully made it through the grueling tryouts, and that’s when the major time commitment began.

At the start of home games, we’d run out before the team, performing a series of dizzying back-handsprings down the length of the field. One treasured memory was a trip to Japan for a basketball tournament. Because it was during finals week, our exams were proctored on the plane. Another was accompanying the stadium’s namesake, Mr. Thomas Autzen, to and from his seat in a golf cart.

I decided not to continue the next year, but instead joined a group called “Teamwork” where we would show prospective football recruits around campus. One of my recruits was Dino Philyaw, who coincidentally, will be catering for our upcoming PWP Gala. What a year!



Angel—My senior year of high school, one of my favorite memories happened when our goalie was put on academic probation and couldn’t play. We were left scrambling to fill the position. Despite being a mid fielder with no goalie experience, I took the spot out of team spirit.

During a game against West Salem, every save I had was a rush of pure adrenaline, and I could hear the cheers from my teammates who were shocked by each save. I had only practiced for five minutes prior to the game, but I somehow managed to make eleven saves by the end. Even though we lost horrendously, the entire team was thrilled, which I credit to my survival instincts kicking in to avoid getting bruised by a rubber ball going 75 mph because no one wants to get hit by a ball going that fast.

Kianna—When I discovered sprints in track and field, I was sold. I always loved running fast and would constantly compete with the boys growing up. I remember being a high school freshman and telling my coach, “I want to run varsity.” His response, “Yeah, maybe.” By the end of the first practice, I was set to run varsity—and I did all four years.

Originally, I ran the 4x100m, 100m, 200m, and 4x400m; and eventually adding in the 100m hurdles and long jump as alternate events as needed. Most seasons, I had also qualified for the California Interscholastic Federation Track and Field Championships. One of my favorite memories is being told that I “pack snacks like a thrower.” My meet bag would be mainly filled with frozen Gatorades; various snacks—sweet, savory, healthy, and not so healthy; a Subway sandwich; and then, just barely enough room for my actual running gear. It’s safe to say I never went hungry on a meet day.



Cassie—In high school, I discovered a deep love for sports, cherishing not only the thrill of the games, but also the camaraderie and bonding with my teammates. The experience taught me the immense value of teamwork and how a group can achieve great things when everyone is dedicated and puts their best foot forward. These lessons have had a lasting impact, and I am fortunate to still maintain some of the friendships formed during those memorable years.

The Holistic Approach to Fitness

BY AMY TREZONA, RN
PHYSICIAN WELLNESS
PROGRAM PROVIDER

To prioritize patients' health and serve as role models, physicians must cultivate a broader definition of fitness across multiple dimensions: physical, emotional, mental, and spiritual. Embracing a holistic approach to fitness can enhance personal well-being, professional performance, and overall quality of life.

It can also lead to acceptance of change as our bodies' physical capacity wanes, personal interests evolve, time constraints lessen, and what is most important comes into focus as we age.

Physical Fitness: Building the Foundation

Regular exercise is the bedrock of preventing chronic diseases, but also for maintaining energy levels and resilience needed in any demanding profession.

Perhaps when you were younger you ran marathons or played on a rugby team, which required time, training, commitment, and grit. As you age, you adjust your fitness accordingly. Now, instead of training for a marathon, you enjoy group running. If team sports were your passion, what was once year-round is now seasonal. All of this requires adaptability and acceptance of your life as it is now.

Emotional Stability: Enhancing Resilience

Emotional intelligence is crucial for managing the high-stress environment of healthcare. Developing this trait can lead to better patient interactions, improved teamwork, and satisfying relationships.

We all face challenges every day. It's important to have accurate information about ourselves and understand how we respond to and feel about these challenges. This requires emotional

awareness, which is foundational for any leading professional. Daniel Goleman, author of *Emotional Intelligence, Why It Can Matter More Than IQ* identifies emotional intelligence as self-awareness, self-management, social awareness, and relationship management.

Self-awareness is understanding what makes us tick. Can you recognize your feelings in the moment and be aware of your emotional triggers? It's important to see the habitual patterns of reactivity and storylines that often come from earlier conditioning that you use to justify such behaviors.

Self management is strengthened with greater self-awareness. The good news is you can learn specific skills for regulating your physiology, emotions, and behavior, which allows you to exercise good judgment and make smart decisions even when distressed.

Social awareness is focused on developing competencies related to others: empathy and caring, organizational awareness, and having a service orientation. Empathy involves the ability to feel what others are feeling. Because we live and work within various systems—family, professional, social, and spiritual—having organizational awareness means understanding what the rules are, how decisions are made, how to influence decisions, and how to effect change. Service orientation simply puts a focus on providing service and offering valuable experiences to others.

Relationship management is strengthened by your social awareness. It asks you to bring your best intentions, and wisest most emotionally intelligent self to daily interactions. It requires effective communication skills, the ability to influence and inspire others in positive ways, team-oriented mindset, and an aptitude for navigating conflicts with grace.

Mental Clarity: Maintain Cognition

Mental clarity is essential for making sound decisions, solving complex problems, and sustaining a positive mindset. A clear, focused mind is a critical asset in any field. Cognitive health is closely related to physical and emotional fitness. Good physical fitness promotes healthy aging of the brain. Cultivating emotional intelligence is a building block to learning how the mind works. By mindfully paying attention to how you perceive the world, you strengthen the ability to make changes and make connections.

Spiritual Development: Seeking Purpose

Spiritual development involves finding deeper meaning and connection in life, which can be a source of profound peace and resilience. It doesn't necessarily involve religion, but includes any practice that fosters a sense of purpose and connectedness. Engage in reflective practices such as meditation, journaling, and spending time in nature. Be curious about your inner world and ask introspective questions such as, "What is the meaning of my life?" or "Who or what am I?" Contemplate what gives your life energy and keeps your dreams alive.

Conclusion: Embracing Holistic Fitness

Developing fitness in physical, emotional, mental, and spiritual realms is essential for personal and professional well-being. Balancing these aspects of fitness requires commitment and mindful effort, but the rewards are profound. Enhanced well-being, increased resilience, and a deeper sense of fulfillment can transform how you live and work. Achieving holistic fitness empowers physicians to navigate professional challenges more effectively and lead more enriching lives. ♦

Chart Notes

“Sports teach you hard work and teamwork. All those things that make you a better person.”

– DR. KEITH BALDERSTON
ON HOW HIS ATHLETIC EXPERIENCES HAVE SHAPED HIM AS A PHYSICIAN. SEE MEMBER PROFILE ON PAGE 12.

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Dust off your best Western attire and prepare for an unforgettable evening on Saturday, September 21st! Doors open at 4:30 pm, with dinner at 6 p.m.

Enjoy a country line dance lesson, get competitive for the dessert dash, and spin the wheel

at our wine and prize wall. Your participation will directly support your fellow physicians, helping to combat burnout and promote wellness.

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Registration is open! Join us in making this the most successful gala yet!



Get ready with a Pre-Gala Event!

Kick off the festivities early at our “PRE-GALA” event on August 29th at 5:30 p.m at Hayworth Vineyards. Enjoy a refreshing drink and craft your own custom western hat for the gala. It’s the perfect opportunity to mingle and get into the

spirit of the event—everyone is welcome! *Hat costs range from \$75-\$195 based on style and customizations. A percentage of these proceeds will be donated to benefit the Physician Wellness Program.

RESOURCES

Oregon Healthcare Reform Listening Sessions. Thank you to everyone who joined our previous sessions. These discussions empower members to engage in legislative efforts, voice their opinions, and identify areas for revision of HB4130. If you attended any of these sessions, please email info@lcmedsociety.com to RSVP for our final in-person discussion on August 21st. Email us for more resources on legislative advocacy.

The Physician Wellness Program Accessible to all active Lane County Physicians, offering free counseling without a diagnosis. For appointments, contact Cascade Health at 541-345-2800 or call the national 24/7 support line at 888-409-0141 to connect with certified counselors.



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An Olympian's Spirit

BY BEV SMITH
EXECUTIVE DIRECTOR, KIDSPORTS

I have been involved with teams all my life. Teamwork is “we” work, and there is nothing more satisfying than working as a team to strive together and achieve a goal.

My first team was my family of six. The formative years of childhood are critical to forming a foundation in the value of teamwork. Mom and Dad were our first coaches, teaching us how to work hard, intelligently, and in unison.

Parents influence our involvement in co-curricular activities, but never decide for us. We were personally accountable for such decisions, but most importantly, we were responsible for our commitment to our team, band, or chess club with a positive attitude, honest effort, and engagement.

It was up to us to clearly communicate,

which was the secret sauce to individual and team success—by “saying what you mean and meaning what you say, while watching how you say it,” as my parents used to say.

In high school, I discovered my passion for basketball. The love of the game took me to heights beyond the rim that I never thought possible: a scholarship to the University of Oregon (UO); two Olympic Games; and a thirteen-year professional basketball career in Europe.

After my playing career, I took on coaching as I couldn't imagine a life without teamwork. My new challenge was to work together not just to win a game, but to win the day every day.

I began coaching in Europe after my playing career in 1996, and then coached at the University of Oregon from 2001 to 2009, as well as coaching in the Sydney Olympics in 2000 and Rio in 2016 where

the tenets of teamwork from childhood remained vital.

On top of this, role acceptance and role fulfillment are key in one's ability to socially and emotionally connect and communicate with teammates, as well as self-regulate through the ups and downs of sports.

Now, as the Executive Director of Kidsports, I am on another great team that has a goal aimed toward getting as many kids as possible to learn about the fundamentals of teamwork and life through an early, positive, youth sport experience.

After winning the day, participating and contributing to a team is not only about what you might get out of it—physical fitness, scholarships, or medals—but more importantly, who you become and who we become as a community because together everyone achieves more. ♦



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Touchdowns & Treatments

BY ALAN SYLVESTRE
FOR LANE COUNTY MEDICAL SOCIETY

Autzen Stadium is touted across the sports nation as the loudest collegiate stadium in the country. If you've ever watched a football game in the stadium, you'll know the noise levels and energy are through the roof from fans who bleed green and yellow.

For Gregory Phillips, a triple board-certified specialist in sports medicine, physical medicine and rehabilitation, and interventional pain management with Pacific Sports and Spine, running out of the tunnel for the first time was an experience he will never forget.

"I still remember the first time I put the uniform on and ran out to the sea of fans that were there," Phillips says. "It was an unbelievable experience. And then you add in the kids who want your sweatbands and autographs. It was unforgettable," he adds.

While on the team, Phillips competed in two bowl games, and was an instrumental starting offensive lineman for the Ducks, but he says his priority was not just football, it was tackling a degree and a lab coat.

"There was one semester in my senior year when I had to take organic chemistry, and the only lab time was a Wednesday afternoon, which conflicted with practices," Phillips says.

"I went to Coach [Rich] Brooks and said that I had to take this class to graduate. He never once questioned it. I would miss half the practice on a Wednesday, but I would go out to practice, throw my gear on, and Coach

Brooks would get me up to speed."

Phillips was a scholar-athlete and the recipient of numerous academic and athletic awards during his tenure on the Oregon Football team, which included the Ray Farmer Family Scholar Athlete Award, Oregon Club Student Athlete Award, State of Oregon Scholar Athlete Award, and the Sports Fever Student Athlete Scholarship Achievement Award.

But outside of all his achievements on the field, his passion was always to transition from an offensive lineman to a physician.

"I still remember the first time I put the uniform on and ran out to the sea of fans that were there... [and] the kids who want your sweatbands and autographs. It was unforgettable."

"I had originally thought I wanted to be a dentist because my uncle was," Phillip says. "He was my role model because he was the first person in my family to ever graduate college and go on to an advanced degree," he adds.

During practices on the football

team, Phillips says he became intrigued by the orthopedic surgeon Dr. Kenneth Singer, who is now an Emeritus Doctor with Slocum Orthopedics.

"I enjoyed watching him and seeing how he interacted with the players. He even operated on my knee," Phillips says. "We always kept in contact through the years and once I went through residency, I called him and said this is the career path I'm taking now. At the time, I was down in California, and he said I should come up for an interview. Two weeks later, they offered me a job," he adds.

Currently focused mostly on patients with spinal injuries, Phillips provides an array of services to Oregon Athletics. Something he believes he brings a unique perspective to because of his former involvement with the institution that was once his school and home.

"As far as sports medicine, I do a lot of spinal injections, many of those being on Oregon athletes," Phillips says. "I think I can bring a unique perspective to my patients because I've been where they are. I had my knee worked on when I played football, so I can relate what they're going through."

With heavy involvement in Oregon Athletics, Phillips says his ability to provide interventional spine and sports medicine in Lane County was the reason he moved back.

"When I first moved back to Oregon, I worked at Slocum with Dr. Singer," Phillips says. "It's definitely been a long dream come true to work with the current athletes at Oregon." ♦

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From Baller To Doctor

Dr. Balderston describes transitioning from the court to a fulfilling career in maternal-fetal medicine.

BY VANESSA SALVIA
FOR LANE COUNTY MEDICAL SOCIETY

For Dr. Keith Balderston, a former University of Oregon basketball player turned maternal-fetal medicine (MFM) specialist, the journey from the court to the delivery room was as unexpected as it has been fulfilling.

At a towering 6'8", a more likely career for Balderston might have seemed to be orthopedics or sports medicine. When he told his wife that he wanted to enter the field of women's care, his wife playfully described him as having "meat-cleaver hands." Yet, he wasn't persuaded away from his path and now finds his career choice to be as rewarding as he imagined it would be.

"I knew after my first-year internship that I wanted to do MFM fellowships, so I've been on that path from day one," Balderston says.





Dr. Balderston proudly stands in front of his University of Oregon jersey, displayed outside his office as a nod to his athletic past and medical journey.

MEMBER PROFILE

While he has held steadfast to that path, getting there was a bit more circuitous. Growing up in Portland as the youngest of four with a father who retired from the military and then became a minister, Balderston was initially drawn to veterinary medicine. His older brother, a pediatric cardiologist, had already paved the way into the medical field, but a series of unexpected events steered Balderston towards human medicine and eventually, obstetrics and gynecology.

Balderston's journey began with a twist of fate in his senior year of high school. That year, Balderston played basketball for Coach Crandall at Wilson High School. During that time, he also took a tour of Oregon State University's (OSU) campus and had hoped to be recruited there to play for Coach Ralph Miller.

However, he didn't get recruited to OSU, but did get recruited to the University of Oregon (UO) and a small school in California. His father had died suddenly that year and his mother was alone.

With his mother newly widowed, the opportunity to stay closer to home at UO and play for Coach Don Munson was a blessing in disguise. It was here that Balderston's dual path as an athlete and pre-med student began to take shape.

From day one, Balderston made his intentions clear to Munson. "I told him, 'I want to go to medical school.'" To his relief, Munson was fully supportive, promising to protect Balderston's academic pursuits alongside his athletic commitments.

However, not everyone shared Munson's enthusiasm. His pre-med advisor, upon learning of Balderston's basketball commitments, attempted to dissuade him from pursuing medicine.

"You can't do pre-med. It won't work," she told him, but Balderston was undeterred. His response was,

"That's what I'm doing. That's my plan," and set the tone for his determined journey ahead.

In fact, Balderston excelled as a student and athlete and got good grades –which he shared with this not-so-supportive advisor by occasionally dropping off copies of his grades on her desk.

It wasn't until his junior year of college that Balderston learned the real reason why he wasn't recruited for OSU. It was because the high school coach Crandall and OSU coach Miller had a feud and Miller wouldn't have recruited anyone who played for Crandall.

"But Oregon ended up just being the perfect place," he said. "It's where I started dating my wife, which wouldn't have happened if I had gone somewhere else."

Balderston credits his success in balancing athletics and academics to a close-knit group of med school friends who helped him catch up on classes he missed due to road trips.

Today, three of these friends practice medicine in Eugene and Portland: Matt Lonergan is a medical oncologist, John Gundry is a cardiologist, and Mitch Brinks is an ophthalmologist.

Despite the challenges, Balderston excelled both on the court and in the classroom. His competitive spirit, honed through years of sports, served him well in the rigorous pre-med curriculum. "I'm an out-of-control competitor," Balderston admits. "Sports teach you hard work and teamwork. All those things that make you a better person."

In his third year of medical school, Balderston's true calling revealed itself. During his obstetrics rotation, he delivered his first baby—an experience that changed everything. "I went home and told my wife, 'I have to become an OB-GYN. This is why I was put on this planet,'" Balderston recounts his wife's initial skepticism gave way to support for his newfound passion.

Today, Balderston specializes in

maternal-fetal medicine, focusing on high-risk pregnancies and complex obstetrical cases. His chosen field allows him to be present during some of the most joyous and challenging moments in his patients' lives. "I have the best job in the world," he says. "I have absolutely gut-wrenching days...yet that's the time when you get to have a real influence in people's lives."

Outside of his medical practice, Balderston's passion for sports and competition hasn't waned. He's coached various sports, including basketball, football, water polo, and softball.

He created and led his daughter's Marist High School softball team to state championships. When he's not in the hospital or on the sidelines, Balderston's favorite thing to do is fly fish. He and his wife also enjoy gardening at their country home where they grow their own produce and experiment with making their own cheese, charcuterie, and kombucha.

Reflecting on his journey, Balderston acknowledges the changing landscape of medicine. "Medicine is a lot different than it was when I went into it," he observes. He's concerned about the increasing burnout and dissatisfaction among medical professionals. However, his own experience serves as a beacon of hope and a reminder of medicine's true purpose.

"I do medicine because I get to be involved in people's lives in an amazing way," Balderston explains. "It's not about making me happy. It's about really fulfilling this calling that I have." He believes that reconnecting with this sense of purpose could help alleviate much of the burnout plaguing the medical field today.

Balderston remains grateful for the twists of fate that led him to his current role, his hands, once destined for slam dunks, now expertly guiding new life into the world. "I have been incredibly blessed by medicine, and I still love what I do," he says. ♦

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◀ Edward Lew, MD, FACEP



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CONSULTANTS MEDICAL DIRECTOR,
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I proudly declare myself a Girl Dad and an unapologetic “Lax Dad.” Unlike the more distinguished “Soccer Mom,” Lax Dads are found around lacrosse fields in rash guard shirts, wide-brimmed hats, khaki or camo shorts, sandals, sun-kissed cheeks, and either 1980s Aviators or 1990s Oakley sunglasses. We’re an enthusiastic bunch, often pacing the sidelines and cracking dad jokes. When our girls are stressing, we might say, “Re-Laaaaxxx!” See what I did there? Of course you did. You’re smart!

Now, let me give you a glimpse into my standard GI/lacrosse day. Plenty of folks are already living rent-free in my world, but there is always room for more. So, what’s on the docket today?

7:00 am: Tumor board—present cases, chime in when relevant, and try not to say anything stupid, well, 2/3 isn’t bad. Do your best.

7:30 am: Start endoscopy cases. Well, maybe 7:45, if you scoot out of the meeting early. You’re double-booked with an urgent dysphagia patient, so anesthesia and the nurse manager are already fired up. Cases until noon.

12:15 pm: Schedulers said no openings for months. How is that possible? Ok, book an urgent clinic through lunch. More clinic in the afternoon. Inpatient ERCP at 4:30? No problem.

5:00 pm: Late call at the hospital: You forgot about the telemedicine appointment requested by Nurse Sara. Mr. Johnson has a Crohn’s flare. Wrap up the appointment.

5:15 pm: Shoot! You’re supposed to be at the high school already. Big lax game tonight. The girls need motivation. 6A opponent. So you change into sports gear and hustle to meet the team. Aimee, your

wife, your Queen—and your assistant coach (you married well), is tapping her watch from the open bus doors as you run from the parking lot to the bus, fully loaded with team spirit (smelly cleats) and teenage angst on the way north for a Friday night fight.

As you make last-minute changes to the lineup (someone left school sick), you look around the bus and see eye black being placed, hair being braided, happy conversation, and even some studying going on (obviously the pre-med track). Acapella renditions of Lin-Manuel Miranda’s Hamilton and even Mamma Mia, mixed in with some Kendrick Lamar ricocheting around the cabin.



Dr. De Lee with his three daughters after a Marist lacrosse game.

6:30 pm: Unload, warm up, give a motivational speech, captains/coaches/referee meeting, equipment check, and National Anthem. Pump up the goalie: “You’ve got this!” Hands in for a cheer: “1-2-3—Dominate!”

7:30 pm: Take the field. Draw, pass, shoot, score, score again, defend, win! Shake hands with opponents. Post-game chat, back on the bus, victorious, and hungry.

9:40 pm: Bribe the bus driver to stop at Keizer Station for In-N-Out. Enjoy the spoils, full bellies, and more singing.

11:00 pm: Roll into campus. Sprinklers and crickets are your victory roars, broken only by yawns of sleepy-eyed pajama-wearing parents picking up their kids.

11:15 pm: Equipment in the shed, then off to home.

Midnight: Sleptime with a smile, a day well lived and loved.

12:02 am: Wake up in a panic, set the alarm you forgot to set, and recall the weekend ERCP call, and those charts to complete. Now back to some real sleep.

Like many of you married to medicine, I am a tireless workaholic, a Type-A mover, driven, motivated, and never satisfied. I’m high-energy, and some might find me a bit too ADHD or animated. I’ve never tried coffee; my wife says it would be like giving sugar to a honey badger. So, my decaffeinated self stays devoted to my three passions: family, work, and coaching lacrosse.

The sweetness in my life comes from my high school sweetheart, now my wife, and our three daughters: McKenna (2006) and twins Rowan and Kegan (2008). Taking after their mom, they’re stubborn, athletic, confident, intelligent, and pathologically competitive.

My wife and I were both college athletes, so sports were always part of the equation. Like us, after playing many sports, our girls have “narrowed it down” to basketball, volleyball, soccer, and their favorite, lacrosse.

You may wonder, lacrosse in Oregon? Yes, and Oregon is getting very good. Historically, the game has been strongest in the eastern US and Canada. This stems from the fact that Indigenous Peoples of eastern North America have been playing this game for nearly 1500 years! Known as the Creator’s game, it weaves culture, history, religion, and sport into a fast, exciting spectacle. The women’s game may even be more

Photo provided by Dr. Ryan De Lee

beautiful with an emphasis on speed, tactics, great stickwork, and agility, over the brute force and size that can dominate the men’s game, but that is a debate for another day.

When we moved to Oregon a decade ago, there were no opportunities for the girl’s game beyond the introductory level. When our girls pained for more lax, we joined Portland-based club teams. Our kids endured four-hour round trips, not including the two hours of practice, often on school nights. Homework done by flashlight. This was not sustainable.

My wife nurtured my dream of starting a local girls’ club here in Eugene to help not only our daughters, but our entire community enjoy this amazing game. We partnered with USA Lacrosse, purchased equipment, hired coaches, and rented field space. Now established and pandemic-hardened, we offer free lacrosse clinics for girls in grades 5

through 12 during the summer and fall naming ourselves the Eugene Dragons.

I have also been fortunate enough to coach the high school team at Marist Catholic for the past three years as well. My wife has also been “volunteered” to coach with me, and is the logistical force that keeps our teams and our family moving.

As any parent knows, the years fly by. The harder you squeeze the hourglass, the faster the grains of sand slip through. Medicine demands sacrifices where so much family time is “lost” to our education, training, patients, and offices.

Soon, my baby girls will all have graduated from high school and moved on to their next chapters. I have no idea how this happened so fast, but I am so incredibly grateful for the hours I have been able to spend every season with my family, their friends and teammates, and even their parents, and to share the

game that we all love. These moments with my girls are some of the best of my life.

Coaching is part of me, making me a better person and physician through the patience and skills it requires. The game has brought me closer to my family and I have been able to help bring moments of happiness and accomplishment to dozens of future women leaders.

Each high school season feels like gaining 23 new daughters. Many in medicine share this calling, and I’ve met some of you on the field. Physicians and coaches have been and should be community leaders.

As busy as we are, these roles are congruent. Life is complicated, busy, and stressful, but it is beautiful. No matter how hectic and busy our days are, I hope everyone has the opportunity to pause once in a while, take a deep breath, enjoy our loved ones, and Re-Lax! ♦



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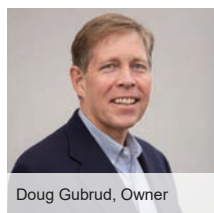
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LCMS Events

Visit the **LCMS website to sign up for future events** or email us at info@lcmesociety.com for any inquiries.

Register now for the PWP fundraising Gala on September 21st! Join us for dinner, dancing, and dessert as we raise money to sustain the vital resources available through the Physician Wellness Program. Please reach out if you're interested in connecting LCMS with potential donors. The previous gala raised over \$50,000 for the Physician Wellness Program, and this year, we're aiming to top that. Tickets sold out to the last event, so be sure to RSVP early! See you there!

Community

Get ready for the gala with a pre-gala hat bar event at Hayworth Estate Vineyard on August 29th at 5:30 pm. Enjoy an evening out, mingle, and check out options to build a custom hat (A portion of the proceeds from any hats made will be donated to the PWP).

Eugene Symphony presents Windborne's Music of Queen! The event will be held on August 8th.

LCMS is delighted to endorse and support the Eugene Parks Foundation's new recreational scholarship program, which aims to expand access to youth sports programs. As part of this initiative, EPF is launching a "Scholarship Sign-up Campaign," where they will raffle off ten youth sports scholarships to individuals who subscribe to their mailing list. These scholarships are redeemable at The Y, Eugene REC, and Kidsports. To sign up, please visit www.eugeneparksfoundation.org.

Clinical Community Conversation CME Series Lane County Public Health holds a weekly virtual meeting

for community clinicians every Monday at 4:00 pm, focusing on public health response efforts in Lane County. This meeting is eligible for 1.0 AMA PRA Category 1 credit. To attend, please contact Danielle Keller at 541-682-8763 or danielle.keller@lanecountyor.gov.

Join an OMA Committee to help enhance the practice of medicine in Oregon. Physicians are invited to share their insights on key issues such as healthcare finance, public health, and legislation. Committees include policy, governance, legislative, justice, equity, diversity and inclusion, and finance and audit. Submit your interest by September 15, 2024, by visiting the OMA's Committee webpage. Your perspective is crucial to Oregon's healthcare future, and we welcome your participation.

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