# Alumni – Dies Gastroenterology

| Audio | Video |
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| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text in center of screen: Gastroenterology |
| **[Dr. Dies]**<br>My name is David Frank Dies. I graduated at this medical school in 1987. I'm triple board certified in internal medicine, gastroenterology and Transplant hepatology. I'm in private practice here in Shreveport, but I am the medical director of hepatology and liver transplantation here at the John C McDonald Transplant Center. | Tanned older man with spiky gray hair and a receding hairline. He has a close cropped, graying goatee and mustache and is wearing round frameless glasses and a white doctor's coat over a white shirt and brown print tie. He is seated in front of a dark blue washed background<br><br>Text:<br>David F. Dies, M D<br>Gastroenterology<br>Gastro Intestinal Specialists |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Why did you chose Gastroenterology? |
| **[Dr. Dies]**<br>You know, you'll be influenced by somebody, a mentor, a parent, somebody. And of course, I was influenced. I had no idea I was going to do that. If you'd asked me, I was going to do ophthalmology the whole way. But at the end I changed my mind. And during internal medicine I met someone that I admired very much and he encouraged me to go into the field. I'm so thankful that I did. | Dr.  Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you enjoy most about Gastroenterology? |

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| **[Dr. Dies]**<br>We help a lot of people. We cure a lot of diseases. I mean, look at Hep C, we cure everyone now. In GI medicine, there's a lot of happy outcomes to what I do. So we there's an outpatient clinic where we do screening colonoscopies. We save people from colon cancer. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What is the hardest thing about Gastroenterology? |
| **[Dr. Dies]**<br>The hardest thing of any field of medicine is after hours work, and that's call. GI is the most consulted specialty in the hospital. It's a huge hospital burden. We've adapted. We have GI hospitalists now, so we all take turns and we hire people that just do that. That's something to think about. When you choose a specialty, how much will I have to go to the hospital? Do you have a mechanism to cope with that? | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Are there certain personality traits that fit your specialty? |
| **[Dr. Dies]**<br>You need to be levelheaded. Most of GI medicine is boring. It's there's not a lot of excitement, but there are times when you'll bite your nails - an acute upper GI bleed. We don't have many emergencies, but there are some. You have to be cool and collected, but you have to also be a thinker. It's way more than passing a scope. You have this. There's a lot of thought behind it. In particularly in my other field hepatology, it's all thought it's it's a mental specialty. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How is your work life balance? |

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| **[Dr. Dies]**<br>Not enough if you ask my wife, unfortunately. That's most doctors. I'm blessed to be in a big group so that I'm not on call too much and I can I can have that balance. But I think the days of solo practitioners are over. You don't want to do that at all. I keep emphasizing join a big group in whatever you do. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How do you handle work stress? |
| **[Dr. Dies]**<br>I have a healthy marriage that helps. I have a strong faith that helps. The key word here is balance. You have to find balance. You have to know when to go home. Don't take on too many jobs. You need time off. You need vacations. Some doctors don't ever want to take vacation. A huge mistake. You have to take that vacation. Even if you have to go home and bring some of the work home. Just get out of the office at a certain time every day. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What attracted you to Hepatology? |
| **[Dr. Dies]**<br>I was influenced by Bruce Bacon. I'm so thankful that I did. He was my mentor here when I was at LSU and I followed him to Saint Louis.<br>Hepatology is a small field. There's less than 200 of me in the entire country. Shreveport desperately needs another hepatologist. Anyone who would study that would have a practice tomorrow, There's just so much to do and so few of us. You need to - when you think of a specialty, you need to think of what niches are there within the special specialties.<br>So hepatology is now a niche of GI. It's a separate thing, so to speak. Just because you're a GI doctor doesn't mean you're a hepatologist. Not at all. We're too specialized. And when you find yourself in a niche and there's not many of you, then your practice becomes huge quickly. You don't have that much competition. | Dr. Dies on camera |

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| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you wish you had known before choosing your specialty? |
| **[Dr. Dies]**<br>You'll be trained very well on how to become a good doctor when you graduate. The problem is you'll get no training in business, you'll get no training in practice management. You won't know how to read a P and L statement, a balance sheet, any of those things. Medicine is a business. You take in money, you pay expenses and you have to learn these things. I'm very blessed in my field. Mine is one of the few that has tremendous practice support.<br>There's through our national societies, they teach you how to run an endo center. They teach you about business, they they have knowledge support. We have multiple societies within my- within GI itself that you can sign up for meetings and they will teach you all these things and they'll provide consultants if you just want them to come in and set it all up for you. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What advice do you have for medical students interested in Gastroenterology? |
| **[Dr. Dies]**<br>A medical student needs to know how much do I need to go to the hospital and how much call will this have? If you're going to go into any specialty that goes to the hospital a lot, has a lot of calls then you want to join a big group to kind of mitigate that to where you're not on too much. And I'm thankful that I'm in a big group. | Dr. Dies on camera |
| **[Silence]** | Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the top center of the screen. Text in gold and white font reads: Special thanks to Doctor David F. Dies, Gastroenterology, Gastro Intestinal Specialists 32 17 Mabel Street, Shreveport Louisiana 7 1 1 0 3 |