Alumni – Brakta Surgery

Audio	Video
[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: Surgery
[Dr. Brakta] My name is Kamel Brakta. I'm one of the general surgeons here in town at Willis-Knighton. And I went to medical school here in Shreveport from '04 to '08. And I went on to do residency in Washington, D.C., and then decided to come back here.	Man with dark, wavy hair cut short on the sides. He is wearing a gray suit with a blue shirt and is seated in front of a dark blue washed background Text: Kamel Brakta, M D General and Bariatric Surgery Willis-Knighton Health System
[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: Where did you complete your training?
[Dr. Brakta] I obviously matched in D.C., so that's why I did my residency at MedStar Hospital Center, along with Georgetown. And once I finished there, since I'm from Louisiana, my family's down south, New Orleans decided to come back here to Shreveport. Obviously, I had connections here from medical school and I had some mentors that were already here in the community. And in talking to them, I decided to come back and work here.	Dr. Brakta 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: Why did you choose Surgery?

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[Dr. Brakta] As we evolve as students, you know, as you're doing your rotations during the third year, as I went through the rotations, I quickly realized that I was more of the surgical sort of field than your traditional medicine. And just being in the O.R. and working through some some of the rotations, some surgical rotations that reinforced my interest. And from there, I decided to do general surgery.	Dr. Brakta 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 Surgery?
[Dr. Brakta] There's a lot of things to enjoy by general surgery. Contrary to the common belief that you're not going to have a life, it's actually not true. It really, for us as surgeons, I think the most the most rewarding aspect of it is being able to make a difference in patient's lives and and specifically being able to make a difference that is quick and fast. In other words, you see a problem, you're able to fix it and address it in a timely manner and you're able to see the results fairly quickly. So there's a there's an instant gratification, if you will, with that comes with the specialty. And it also makes you appreciate and be grateful when the patients come back and they're doing better, they're feeling better and their problem is solved.	Dr. Brakta 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 Surgery?

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[Dr. Brakta] I think as with any any field in medicine is the challenges that come with it and specifically with general surgery. I think there's a level of adaptation that has to be met on the job because there's there's a level of - it's not as predictable as some of the other specialties. You have to be...you have to be ready to be challenged constantly because this is a job that is very dynamic and things change from day to day. You don't necessarily have the same schedule or a predictable schedule every day.	Dr. Brakta 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. Brakta] I'd say most surgeons or most surgeons are probably more on the assertive style of personality. If you look at the Myers-Briggs personality test, I think most surgeons fall in the exrtraverters, sensors, judgors and I can't think of the - and thinkers. I think most of the surgeons fall in that category.	Dr. Brakta 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?
[Dr. Brakta] I think a great deal, really the most challenging aspects of general surgery or the is the really training. The training is pretty challenging. But once you're done with the training, I think you can make what you want to of the of the specialty. There are a variety of subspecialties that you can choose that can be tailored to whatever lifestyle you really want. And and, you know, there's also a level of autonomy that comes with the job. So you're really in charge of your schedule. And so that's usually pretty nice that you can just schedule your vacation when you want to and you're in control. In other words, of in some aspect, you're in control of your own sort of job and personal lives.	Dr. Brakta 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: How do you handle work stress?
[Dr. Brakta] Physical activity, I think is for me, is the greater is the best destressor there is. I play soccer, I swim when I can, try to do some running. So I think physical activity is key to maintaining a level of sanity.	Dr. Brakta 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 wish you had known before choosing your specialty?
[Dr. Brakta] Try to shadow somebody that's a community surgeon as opposed to an academic surgeon because it really broadens your awareness and it gives you more information as to what that particular specialty is, is about, or what are the pitfalls, what are the advantages and disadvantages. So as opposed to just doing academics, because most academic specialties give you a specialty in the surgery side, give you a negative connotation initially. So it's important to not shy away and try to keep an open mind and get all the information you need before you make a decision.	Dr. Brakta 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 Surgery?

Audio	Video
[Dr. Brakta] I think just, you know, keep an open mind. If you consider surgery, make sure you probably go out in the community and try to shadow shadow some of the community surgeons, because one of the common misconceptions is that we as a student, you tend the only thing that you really see is, you know, academic specialties. And academic medicine is very different from community practice medicine. And so if you want a really good, well-rounded experience and have all that information, it's probably a good idea to do a shadowing, a brief shadowing rotation with a physician in the community.	Dr. Brakta 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 Kamel Brakta General and Bariatric Surgery, L S U Health Shreveport Class of 2008. Willis Knighton Health Robotic and Laparoscopic Surgery, 25 51 Greenwood Road, Shreveport Louisiana 7 1 1 0 3