Alumni – Baker Dermatology

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: Dermatology
[Dr. Baker] Sarah Baker. I graduated in 2008. I am a dermatologist. I'm in private practice at Ark-la-tex Dermatology.	Tanned woman with shoulder length straight blonde hair wearing a doctor's coat in front of a dark blue washed background Text: Sarah Baker, M D Dermatologist Ark La Tex Dermatology
[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 Dermatology?
[Dr. Baker] Well, I really wanted a career where I was able to see a wide range of patients, from children to the elderly. And I also enjoy doing procedures and office procedures, that's surgical and cosmetic, and seeing medical cases too. So dermatology really gave me the option to do all of those things.	Dr. Sarah Baker 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 Dermatology?
[Dr. Baker] The patients, and also just the diversity of the field. You know, you can go into one room and the next patient is totally different. So it constantly keeps you on your toes. And there are a lot of great new medications coming out for dermatologic conditions all the time. So it's just a really it is a field that just keeps growing and expanding. So it's very interesting.	Dr. Sarah Baker 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 is the hardest thing about Dermatology?
[Dr. Baker] I think not being able to fix people right away, you know, a lot of these skin conditions are chronic. And you know, it's not just one miracle cure that makes people better. So that can be a little frustrating for both the physician and the patient.	Dr. Sarah Baker 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. Baker] I think someone who is a people person, who enjoys talking to people, relating to people, someone who is really efficient, which sometimes I'm not. So I struggle with that occasionally. But, you know, can see a lot of people effectively, quickly, but without making them feel like they're being rushed.	Dr. Sarah Baker 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?

Audio	Video
[Dr. Baker] I would say that's tricky. So just a little bit about my personal life. I've got four kids, from one and a half to nine. Three of them are in school all day, thankfully. And we have a wonderful, wonderful angel who keeps my my daughter. And we couldn't survive without her. My husband's also a physician, and, so he's an anesthesiologist, so works kind of some different hours. You know, the good thing about us is I'm able to my jobs from 8 to 5. So I'm able to drop the kids off in the morning, be present for that, which is super important. And then he's able to pick them up in the afternoon when he gets off early. So, you know, we make it work. It's never perfect. Or seldom, you know, there are always hiccups. And I think you just have to kind of learn to roll with the punches. You know, work is, is is busy and, but it's it's rewarding. And I think, you know, the one thing is just, you know, try to try to make time for yourself, try to stay active, stay healthy, do things you enjoy at least once a week. That's kind of what I try to do, whether it's, you know, playing tennis, horseback riding, going to the grocery store alone, you know, just something. But, just to stay, stay you and and so I think it's just a, it's a juggling act that everyone has to figure out.	Dr. Sarah Baker 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. Baker] Spending time with my family. Spending time with my friends, getting occasional me time. I like to take my Friday afternoons off to just do me, And I think, you know, that's really important. So you don't lose yourself and everything else.	Dr. Sarah Baker 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?

Audio	Video
[Dr. Baker] It's just really important. I knew from the get go that I didn't necessarily know what I wanted to do, and then I needed to keep all of those windows open and keep those options open. So I studied really hard from the get go. Again, I knew it was better to be able to do lots of things and narrow it down based on my rotations, than start out behind and always play catch up. So I would definitely say just really apply yourself, you know, get involved and you know, not only research although that's really important, but volunteer, you know, make yourself very diverse and you know, and again, just make yourself very marketable from the get go. So that you've got the options when it comes down to, you know, your fourth year and you're really trying to decide.	Dr. Sarah Baker 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 Dermatology?
[Dr. Baker] I mean, it is a wonderful field. I would highly recommend it as a choice. I think it's really given me an option to have a large family have a pretty good work life balance most of the time. And just again, do something really interesting. So I think if you are, if you are interested in being in a clinical setting, and you like to do some procedure procedures, you know, it's, it's a great choice for you.	Dr. Sarah Baker 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 Sarah G Baker, Dermatology, L S U Health Shreveport Class of 2008. Ark-La-Tex Dermatology 23 hundred Hospital Drive, Suite 400, Bossier City, Louisiana 7 1 1 1 1