Alumni – Guy Ophthalmology

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: Ophthalmology
[Dr. Guy] My name is Holly Guy. I graduated in 2010 from LSU Health Shreveport, and I'm an ophthalmologist in Shreveport, in a private practice. I also help part time with the residents in the ophthalmology department.	Fair woman with long dark hair brushing her shoulders. She is wearing a white lab coat over a black blouse and is seated in front of a dark blue washed background Text: Holly Guy, M D Ophthalmology Highland Clinic Ophthalmology
[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 Ophthalmology?
[Dr. Guy] I really enjoyed all of my third year rotations, but I was especially drawn to surgery when I was actually deciding what to choose as a specialty, I realized I did not want to spend the next 20 to 30 years standing up in long cases for 90% of my day. So I narrowed it down to urology and ophthalmology. Ultimately, I decided for ophthalmology because it fits my personality a little bit better and I did not want to wear lead vests all day.	Dr. Guy 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 Ophthalmology?

Audio	Video
[Dr. Guy] I enjoy the variety of patients that I see in clinic. I can see anything from routine eye exams to cataract and glaucoma surgery referrals to patients presenting with eye changes that are the first sign of a stroke or melanoma or multiple sclerosis. I also like as a glaucoma specialist, the continuity of the patients that I see. I hear about my patients vacations and their family. And I spend most of my day just chatting with my friends is what it feels like. So that's what I like about clinic.	Dr. Guy 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 Ophthalmology?
[Dr. Guy] The hardest thing for me is that some of my patients, when they're referred to me, have already lost a significant amount of vision from glaucoma. And there's nothing I can do to bring that back. So helping them navigate their new normal of living with low vision is challenging, but it's also very rewarding.	Dr. Guy 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 traits that fit your specialty?

Audio	Video
[Dr. Guy] I think to be a good ophthalmologist, you need to have attention to detail, but also be willing to change with changing technology. As a surgical subspecialty, we are coming out with new devices every year that can really impact the way that we operate and the way that we practice. And so people need to be willing to learn about those new things. It's also very important because ophthalmology is a micro surgical subspecialty to have good stereotypes or 3D vision and steady hands. As most medical students probably feel, everybody's a high achiever and you want to do work hard to do whatever you want to do, but there are certain things that you can't study enough to be good at. And I think now is the best time to really figure out what parts of your personality you can depend on in the future and choose a specialty that will help you live your best life.	Dr. Guy 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. Guy] Fortunately, ophthalmology is typically a Monday to Friday 8 to 5 job. I am able to drop my kids off at preschool before I go to clinic and usually get home at a reasonable hour most days. We share a call with about 12 other doctors in town, and so I only have to take weekend calls four or five times a year. So ophthalmology definitely offers a good balance for being a working mom and still having a life outside of work.	Dr. Guy 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?

Audio	Video
[Dr. Guy] One thing that one of my partners told me when I was first starting is you never have to do anything you're not comfortable doing. So I have had a number of patients who, for whatever reason, I did not want to operate on, and I've referred those patients to other people in my group. Not that I technically couldn't do their surgery, but I didn't want to lose sleep over someone who was already missing one eye and was deaf. I didn't want to be the reason that they couldn't see as well as they were seeing right now. And I think that has helped me avoid burnout, just because I only do the things that I feel comfortable doing. And over time that that has changed. But especially starting out, it's very important to know what you're comfortable doing and to ask for help from others. I also enjoy being in a group practice where we can talk about patients and complicated surgeries and hear that other people have been through the exact same things that I'm going through.	Dr. Guy 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. Guy] I don't think I would have picked a different specialty. I honestly think ophthalmology was the perfect fit for me. But one thing that I wish I had known, and this is not specialty dependent, I wish that I had more training either in medical school or residency about the financial aspect of becoming a physician. I would never choose a specialty based on how much you think you're going to make in the future. Reimbursements change constantly, and there's no guarantee that physicians are going to make any more money than anyone else in the future. But knowing how to live during residency and get disability insurance, especially own occupation disability insurance and understanding the financial aspects of loans and taxes and things like that would have been helpful as I started off my practice in the future.	Dr. Guy 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 Ophthalmology?
[Dr. Guy] I think medical students should explore ophthalmology if they are interested in both a clinical and a surgical specialty and they are calm under pressure. In ophthalmology, a significant portion of training is operating on patients' eyes and little things can turn into big problems. And it's important to be calm under pressure.	Dr. Guy 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 Holly Guy, Ophthalmology, L S U Health Shreveport Class of 20 10. Highland Clinic Ophthalmology, 4 7 1 Ashley Ridge Boulevard, Shreveport Louisiana 7 1 1 0 6