Alumni – Sockrider OB/GYN

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: Obstetrics and Gynecology
[Dr. Sockrider] I'm Dr. Stephanie Sockrider. I graduated medical school here at L S U Medical Center in Shreveport in 2001, and I finished my O B G Y N residency in 2005. I've been in private practice for a little over 15 years at Willis-Knighton Pierremont and will be moving my practice to the Ochsner L S U St Mary Place campus.	Woman with fair complexion and thick dark hair brushing her shoulers. She is wearing a blue scrub top and is seated in front of a dark blue washed background Text: Stephanie Sockrider, M D Obstetrics and Gynecology Ochsner L S U Health Shreveport – Saint Mary Place Medical Center
[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 Obstetrics and Gynecology
[Dr. Sockrider] I get asked that a lot. I am actually an only child. I was raised by a single mother and was really surrounded by by about five generations of female relatives. And I have great bonds with with all of those women. And I always knew I wanted to go to medical school and that was- O B G Y N was just the perfect balance of those two things for me.	Dr. Sockrider 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 Obstetrics and Gynecology

Audio	Video
[Dr. Sockrider] I definitely enjoy the continuity of care and you'll hear that a lot from O B's You get to see girls that are first going through puberty all the way through childbearing and on into later in life when they go through menopause. So you're able to offer a lot of different services to women throughout their lives. So that's probably one of the things that I love the most. Probably the second thing would be surgery. I love being able to see a patient in clinic, diagnose them with a surgical problem, and then being able to offer them that service. And I think that's very unique to O.B.	Dr. Sockrider 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 Obstetrics and Gynecology
[Dr. Sockrider] Pregnancy loss. Hands down. Trying to counsel a woman through a miscarriage or, God forbid, a tragic event that happens later on in pregnancy. I think as physicians, we are so used to having the answers, being able to offer solutions and the majority of the time in those situations, you don't know what the answer is. And so you have to be able to walk them through that not only just physically, but emotionally and mentally as well. And for me, it can be I'm very attached to my patients and seeing them go through a hard time like that is is very difficult.	Dr. Sockrider 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?

Audio	Video
[Dr. Sockrider] I think if you truly love the continuity of care and you do enjoy being in the operating room, I mean, there's just no better way to meld those two things together. I think you have to be very dedicated to lifelong learning things with obstetrics change every year. There's new technologies with different surgical methods. And so staying on top of that is is really, I think, very important. I tell my patients every day I'm wound really tight. So if if they're willing to go with me with that, then we have a good match.	Dr. Sockrider 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. Sockrider] I get asked this question a lot, too. Can you have it all? The answer is yes and no. You you find a way to focus on your family and try to make that one of the main priorities in your in your life. I've been lucky enough to be married to the same man for 27 years. I have four great sons. I had one in medical school. I had two in residency and I had one in private practice. So all those people who told me, as a woman, you'll never be able to have a family and and balance that with a demanding job. I'm here to tell you that you can. And I think using the word blend is better than a balance. I think balance kind of has the connotation of there's some perfection there. So if you can embrace the imperfection, embrace the uncertainty, you're going to miss school plays, you're going to miss time with your friends because you're working. But on the flip side of that, you're going to miss delivering one of your favorite patients because you're out of town with your family. So there's going to be give and take with those things. And it's just a very fluid process. And I think for most O B's, most people probably don't realize that you can kind of tailor your practice to your lifestyle to some degree. I have friends who just focus on G Y N. They don't like the uncertainty of being out in the middle of the night with obstetrics anymore, and O B really lends itself to developing your O B practice if you want to early in your career. And then as you start to look to a more retirement phase, you can phase out the O B part and just concentrate on the G Y N that's that can be a little less demanding.	Dr. Sockrider 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. Sockrider] There's a lot of focus on physician burnout, and I think if you can find a group of people that you feel comfortable with, honesty is probably your best friend. I feel like my partners are my friends. I mean, we text each other all the time with questions. What's the dose of this or what do you think about that? And we're there for each other personally, too. And if you can be honest with your partners, “Hey, I'm having a hard time. I'm just I feel burned out or I'm really stressed about this one patient.” It's nice to have those colleagues that can kind of rally around you and being honest with your family, too. Taking care of yourself mentally as well as physically is is huge for any specialty in medicine.	Dr. Sockrider 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. Sockrider] I think I wish I had been a little more open minded. I love what I do, and I think no matter what, I would have chosen this, you know, with with great certainty. I think people don't realize that you glean a lot of different things from the specialties and the rotations that you do. You know, my husband wanted to do general surgery from the beginning and just dreaded his psychiatry rotation, but he didn't anticipate maybe dealing with families who he had just operated on a trauma patient and it was their son or their daughter or whatever, and learning to be compassionate with them. So there's there's certain things that you will kind of grab on to and that will speak to you from different specialties no matter what you choose to do. I think you absolutely have to find something that you love. There is no amount of money, prestige, time off that is going to make up for being miserable for 8 to 12 hours a day. So that trite saying of, you know, if you love what you do, you'll never work a day in your life. I'm here to tell you that's absolutely the truth.	Dr. Sockrider on camera

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 above it reads: What advice do you have for medical students interested in Obstetrics and Gynecology
[Dr. Sockrider] It's a very demanding job. There are plenty of times when you're out late, you spend time away from family and friends. You're you're you have some sleepless nights, but it's a very happy specialty. There's lots of joy. There's lots of just close relationships that you form with patients. I have a lady I saw my very first week in private practice. I see her every single year without fail, and that has just been I think one of the best things about my job is, is feeling like those patients are really part of my family. And developing those relationships is priceless.	Dr. Sockrider 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 Stephanie Sockrider, Obstetrics and Gynecology, L S U Class of 2001, Ochsner L S U Health Shreveport, Saint Mary Medical Center, One Saint Mary Place, Shreveport Louisiana 7 1 1 0 3