Alumni – Siskron Urology

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: Urology
[Dr. Siskron] My name is Tom Siskron. I'm a urologist. I graduated at LSU Medical School in 1997, did my residency here from 2002 to 2006, and I practice at Willis Knighton, mainly north. But all tthe Willis Knightons here in Shreveport.	Man with fair complexion and thinning gray hair wearing a blue scrub top sitting in front of a dark blue washed background Text: F. Thomas Siskron, M D Urology 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: Why did you choose Urology?
[Dr. Siskron] I get asked that a lot. I never knew about urology before I started med school. Really, for the most part, it's not a specialty that's front and center in most people's minds. I came to it through the at that time mandatory electives. We had one week in each of the surgical subspecialties, which, had we not had that, I never would have found what I love doing. So it's kind of sad that y'all don't get to do that anymore. But what drove me to urology number one was being around it and seeing what it's about. But I always say the first decision you need to make as a med student is, are you a surgeon or you are a medicine doctor? Are you a thinker or a cutter? And I used to get in trouble for tearing apart my computers as a child, seeing what made them work rather than than typing on the keyboard. So I always knew that I was a cutter and a fixer. So that was the first decision. And once I made that decision, I just had to figure out which surgical subspecialty or general surgery made me happy. And it was urology.	Dr. Siskron 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 enjoy most about Urology?
[Dr. Siskron] There's never a day that's exactly the same and there's so much variety. I hate- don't say hate- but one of the most monotonous things about medicine is: Hi, I'm Dr. Siskron. How can I help you? Going from room to room to room. So I do that several times a day. But then I also could do a prostate biopsy. Or then I go to a cysto, or I run across the street to put a catheter in someone, or I have to add on a surgery case. So it's always something different. And your day is never the same. You're very busy during the waking hours while you're practicing, but after that there's very few emergencies. You can almost count them on your on one hand, the number of emergencies that get you out of bed in the middle of the night and or make you come back to work after you leave for the day, which is one of the main things that drove me to urology also is the balance of life and work.	Dr. Siskron 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 Urology?
[Dr. Siskron] Being able to manage your time effectively because and of course, it depends on where you're practicing. I'm in a solo practice, so I have to be very efficient while I'm awake and at work to not waste time and get everything done. It's one of the things I love love anyway. I'm very organized and meticulous, so it fits well with my personality. But, you know, if if for example, this morning I had surgery cases and right after the first surgery case, do the orders, dictate.And I went and saw consults on the floor. And then after that, I ran across and did a procedure in the clinic. And then I came back and did another case in the O.R. So it's always just managing your time really well. There's not a lot in my practice, in my life where I just sit back and kick and drink coffee and and, you know, read.	Dr. Siskron 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: Are there certain personality traits that fit your specialty?
[Dr. Siskron] I think urology, in my experience, attracts real people. I mean, just honest, down to earth people. There's not a lot of egotistical people that I've met. That's one of the things that drew me to urology when I was a student rotating, is that all the guys were fun. At the time, it was all guys. I don't mean to be sexist, but the first girl in our program came after me, but at the time everybody was well-adjusted and happy and had a good family life and had hobbies outside of medicine. And and it's just really down to earth people.	Dr. Siskron 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. Siskron] I feel like I'm very balanced, you know, the the further along I get in my practice, the more it's shifting towards personal life. But I always say my my time is not my own between six and 4:30 to 5, I get pulled whichever way the work day pulls me. So I can't say that at the work day I have a lot of flexibility to stop and go do whatever. But after that, generally in urology, your time is your own. So you know, after after work, it's pretty rare that I get called back to the hospital. Being a solo practitioner also, which means I'm on call from my patients 24 seven pretty much during the week, I would say I get called back to the hospital two or three times a month after I leave the office and maybe going on call just one every eight for the weekend. So weekends are pretty much my own also.	Dr. Siskron 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. Siskron] Nutrition and exercise. And I spoke to y'all at the beginning of the year about how important that is. And I can't state it enough: take care of yourself. No one else will. And eat healthy, avoid processed foods and exercise every day and you will reap the benefits for a long time.	Dr. Siskron 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. Siskron] I don't know that there's much that I would enjoy doing more than what I do now. You know, I have a friend who's a facial plastic surgeon. He seems to have a pretty good life, so maybe plastic surgery would have been nice. But everything's worked out really well for me and I enjoy my life.	Dr. Siskron 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 Urology?

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[Dr. Siskron] Like I said, the beginning, whether they're a surgeon or whether they're more inclined to thinking about problems and prescribing medicines, whether they like to play video games, so to speak, because we have a lot of procedures. We're always working through a scope, looking at cameras. You have to be able to have a very proficient ability to read your own x ray films. No offense to them, but I never trust the radiology report. I always look at your own film. So you got to you got to like radiology. You got to like being in the O.R. You got to like seeing things on the floor. You got to like being in the office. You have to like a little bit of everything, you have to like some primary care type things because you become the primary care provider for a lot of men, mainly men. But you also have to like the higher level of service. And there's such a broad spectrum. I mean, you can get you can get up into your elbows in surgery if you want doing cystectomy and radical nephrectomy and things, or you can pretty much not do any surgery and have an office based practice. There's just such a breadth of of things you can do. And it's never the same. It's not monotonous.	
[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 F. Thomas Siskron, the fourth, Urology, L S U Health Shreveport Class of 19 97. Signature Urology, 25 51 Greenwood Road, Suite 1 40, Shreveport, Louisiana 7 1 1 0 3