

BRYAN NETH, MD, PHD

- Fourth-year neurology resident, Mayo Clinic.
- MMA member since 2018.
- Born in Florida, grew up in Corfu, New York, outside Buffalo. Medical school and graduate school in neuroscience at Wake Forest University in North Carolina. After finishing neurology residency in 2022, will do a fellowship in neuro-oncology and behavioral neurology at Mayo, then plans to enter academic medicine, studying the overlap between cancer and neurodegenerative disorders.
- Wife, Nicole, and daughter, Vera, plus two dogs and two cats.

Became a physician because ...

My interest in medicine stemmed from my passion for science and love of learning. From sixth grade, I knew I wanted to be a physician, with my interest in neuroscience starting largely during high school. As physicians, we have a privileged role in our patient's lives, something I didn't appreciate until medical school and residency. We can make a profound impact by listening, showing empathy and caring for each other as humans.

Greatest challenge facing medicine today ...

I think the costs of healthcare are problematic today and, if not adequately addressed, will lead to significant concerns for the United States with our aging population. Part of this is due to the billing/payment structure at many healthcare practices, which have been based on a fee-for-service model; the vast array of insurance companies that cover costs differently; and complete lack of understanding by patients and even healthcare providers of the price of various diagnostic/therapeutic interventions. Sadly, all too often the costs of healthcare lead to financial turmoil, compounding the stress of medical illness. By focusing on (mostly chronic)

disease prevention and patient outcomes with a value-based care approach, costs could be better managed with improved long-term outcomes.

How I keep life balanced ...

It's a cliché, but you must separate work and life, physically and mentally. I've struggled with this over my years of training—like many of us—but having a daughter is the perfect excuse to change. I carve out family time and don't work in this period. I work from home at times (research mainly), but only when family is sleeping or away. I try to be in nature, engage in the arts (painting/writing), read and learn outside of medicine (history, philosophy, business) as much as possible. Finding a way to be more than your work is paramount.

If I weren't a physician ...

Probably a research scientist, maybe a National Park Ranger. While an undergraduate, I served on my university's conduct board, an experience that put me out of my element. Over three years, I gained a respect for this role and certainly thought a lot about law school and ultimately being a judge.



CAROLINE HAAKENSEN, MD

- OB/GYN with OB/Gyn Specialists, PA, Edina and Burnsville.
- MMA member since 2013.
- Born and raised in Minneapolis. Graduated from the University of Southern California. Medical school at Mayo Clinic College of Medicine. Residency, University of Utah Hospitals and Clinics. Worked at Intermountain Salt Lake Clinic and Park Nicollet Women's Clinic, Burnsville, before joining OB/Gyn Specialists.
- Husband, Colin, is a teacher at Valley Middle School in Apple Valley. Four children, ages 4, 9, 12 and 15—preschool to high school, the oldest born while she was in medical school, the second while she was in residency. (Her mother, Linda Picone, is editor of *Minnesota Medicine*.)



ship in Thailand before starting medical school, at The Perinatal HIV Prevention Trial in Chiang Mai. I worked with OB/GYNs from around the world and realized the difference they were making.

Greatest challenge facing medicine today ...

The greatest challenge facing medicine today is cost-containment and private companies managing access to care. Private insurance companies and venture capital firms purchasing physician groups and healthcare centers puts access to care and human life after profits for shareholders. This increases overall cost and limits patients' access to fair, quality care.

How I keep life balanced ...

I don't know if my life is balanced! I try to exercise regularly (I am a distance runner and completed the Boston Marathon in October) and spend time with my children. We are a very active family! My ideal day away from work is going for a long run (I run with South of The River Endurance Club) followed by watching the kids play soccer, football, basketball, etc. all afternoon. We emphasize family dinners where we can catch up on our days.

If I weren't a physician ...

If I weren't a physician, I would be a contractor/home flipper. My husband and I love home improvement projects. I spend many days refinishing furniture, tiling or doing plumbing/electric projects and hope to learn how to do even more.

Became a physician because ...

I became a physician to improve the lives of women and infants. I studied abroad in Zimbabwe as an undergraduate, where I interned at a rural HIV outreach clinic and saw the need for women's health advocates worldwide. Additionally, I completed a Henry Luce research fellow-