

Dr. Laura Minikel, MD
Program Director Kaiser Permanente Oakland Obstetrics and Gynecology

Dr. Sarah Wilson, MD, MedEd
Associate Program Director Kaiser Permanente Oakland Obstetrics and Gynecology



Welcome! One of the very best parts of my career has been to be the Program Director of the Kaiser Oakland Obstetrics and Gynecology Residency Program. Every aspect of the residency program in the past 6 years has been managed in conjunction with Dr. Sarah Wilson, our Associate Program Director. We often joke that we are one mind running the program in two bodies. So, as is fitting for our program the Program Director letter is from both of us.

Kaiser Permanente in Oakland serves a diverse patient population and offers a broad depth of experience for residency training with specialists including Gynecologic Oncology, Reproductive Endocrinology and Infertility, Perinatology, Urogynecology, Chronic Pelvic Pain, Pediatric and

Adolescent Gynecology, Family Planning and Minimally Invasive Surgery. Our residency program is rigorous, academically and technically challenging. We are forever grateful for our incredible attending physicians and midwives who serve our community and are outstanding educators for our residents. The residency program is run by a team of people and would not be the same without their incredible work and dedication. We are deeply appreciative of all they give to the residents individually and the residency program. Thank you to Dr. Lasha Pierce, Dr. Eve Zaritsky, Dr. Erika Deraleau, Dr. Maria Woods, Dr. Leslie Hardy Hood and Dr. Christie Cooksey. The staff of Kaiser East Bay provides a rich, supportive, diverse and challenging learning environment. We are honored to be able to direct this outstanding obstetrics and gynecology program.

About Dr. Laura Minikel:



I was born in Wisconsin and attended medical school at the Medical College of Wisconsin in Milwaukee. During my fourth year of medical school, I did an externship in Ghana, West Africa for 2 months and was so very lucky to have met and worked with incredible people and to have lived in such a vibrant community. I then came to Children's Hospital in Oakland, California to pursue a residency in Pediatrics, but soon realized that my true calling was obstetrics and gynecology. I completed my obstetrics and gynecology residency at Kaiser San Francisco and was able to return to Ghana as a senior resident working in the same hospital with the same team as when I was a medical student.

I have been working as a general obstetrician and gynecologist at Kaiser Oakland since 2002. During that time, I have been involved with the residency program and in 2006 served as the Assistant Program Director. In 2007, I took over as Program Director and remain very dedicated to teaching and enjoy teaching the medical students who rotate with us from UCSF during their core third year clerkships, the UCSF KLIC Program, fourth year students from throughout the country and our own residents. I enjoy teaching the residents not only the “nuts and bolts” of medicine but also how to “translate” medical issues for patients. I hold a volunteer clinical faculty position at UCSF and was awarded the Outstanding Faculty Award in Medical Student Teaching in 2010, 2012, 2013, 2015, 2016, 2017 and 2018. Our residents have honored me with the ACOG Excellence in Teaching Award in 2005, 2010, 2012 and 2021. In 2015 I was recognized for my teaching with the TPMG Teaching Award for Excellence in Graduate Medical Education which was both humbling and motivating.

My commitment to community has been strong throughout my life. For seven years I was the Gynecologic Surgery Lead for an organization called Operation Access. OA provides free surgery for underinsured patients on Saturdays. Physicians, nurses, scrub techs, cleaning personnel, anesthesia providers and others all volunteer to sustain this amazing program. Pre-pandemic I was an active volunteer at the Boys and Girls Club, various shelters in my local

community and occasionally with Habitat for Humanity. Annually, I participate in Doctors on Board, an intensive day-long program targeted to African-American students interested in becoming physicians or pursuing other careers in medicine. The students have the opportunity to network with physicians, residents and medical students. They attend workshops on the medical school admission process, securing financial aid, and mock clinics in knot tying and suturing. Longevity of experience and commitment is important to me. Nothing makes me more proud than the relationship I still have with my little sister from Big Brothers, Big Sisters. We met when she was 6 years old and we still see each other regularly despite living across the country from each other.

In my free time, I enjoy spending time with friends, family, my husband and his adult children. My nieces and nephews bring me unending joy and laughter. I am passionate about volunteering, reading, teaching, home remodeling (so many fun projects), crafting (etching glass, hand knitting), travel and anything on the water.

About Dr. Sarah Wilson



I'm Sarah Wilson, the Associate Program Director and an OB Hospitalist. I grew up here in the Bay Area and went to undergrad in Southern California at Pomona College. After undergrad, I moved back to San Francisco and worked in educational science theatre at a local science museum. I then pivoted to medical school at UCSF where I stayed for residency training. After residency, I continued my love for medical education and received a Masters in Education at UC Berkeley and did a clinical research fellowship at the San Francisco VA. I worked at UCSF as an OB Hospitalist and the Assistant Residency Program Director for three years until 2015 when I joined Kaiser Permanente Oakland. I am so grateful to participate in and shape our residents' training experience, helping them be the best OB/GYNs they can be.

I have lived in Oakland since 2008 and love being a part of this vibrant city and community. Many weekends, you can find me cheering on my two sons at a baseball game, shopping at the farmers market or enjoying the beautiful California outdoors with family and friends.

Thank you for your interest in our program.

Sincerely,
Dr. Laura Minikel & Dr. Sarah Wilson