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Welcome! It is an incredible privilege to be the Program Director for the Kaiser Oakland Obstetrics & Gynecology Residency Program. Whether it be as a proctor in clinic, as Assistant Program Director for Ambulatory Care, or during late nights on Labor and Delivery, working with residents has been the very best part of my job since I started at Kaiser Oakland in 2013. During my tenure as faculty at Kaiser Oakland, I have watched this residency blossom into a rigorous academic training program with a genuine mission to improve the health of our vibrant and diverse community. It is my honor to further this mission and serve as an advocate for our brilliant, compassionate trainees.

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 and Reconstructive Pelvic Surgery, Chronic Pelvic Pain and Vulvovaginal Disorders, Pediatric and Adolescent Gynecology, Complex Family Planning and Minimally Invasive Surgery. Our residency program is academically and technically challenging and wouldn't be what it is without our incredible attending physicians, midwives and leadership team. The unmatched dedication and brilliance of our Assistant Program Directors--Dr. Eve Zaritsky, Dr. Jill Uyenishi, Dr. Maria Woods, Dr. Leslie Hardy Hood, Dr. Betsy O'Donnell and Dr. Christie Cooksey--make my job possible and ensure the program and residents thrive.

Though California is now my home, I was born in Rhode Island and spent my childhood in Massachusetts and New York. The daughter of teenage parents in a small town, no one in family had a career even close to medicine, yet I don't think I ever considered anything else. I attended undergrad at Smith College with the intention of eventually becoming an Ob/Gyn, which allowed me to both complete the required premedical courses and pursue a major in Women's and Gender Studies with an emphasis on scientific inquiry and a passion for reproductive justice. Post-college, I worked for several years in New York City at a medical nonprofit before moving 99 miles south to Philadelphia for medical school at Drexel University College of Medicine. When match rolled around, I was torn between staying at a large east coast academic center and moving to be closer to my partner's family in the Bay Area and the Bay Area won! I became acquainted with Kaiser Permanente through my own residency at Kaiser San Francisco.

Post-residency, I did a year-long fellowship in Chronic Pelvic Pain and Vulvovaginal Disorders and on graduation started the sub-specialty department here at Kaiser Oakland where we care for patients with chronic pelvic and vulvar pain, dyspareunia, complex vaginitis, and vulvar dermatoses.

Though I love providing direct clinical care, teaching residents quickly became the very best part of my job. Whether it was on labor and delivery, in my OR or sub-specialty clinic, or as a proctor for the residents' own continuity clinic, I enjoyed teaching residents not only the science of the care we provide, but the art as well. My work with residents has been recognized with multiple teaching awards, including Excellence in Resident Teaching, Best Specialist Teacher, and Best Ambulatory Teacher.



I began working with the residency program in a more formal capacity as the lead for clinic proctors in 2017, where I overhauled the office-based practice curriculum. In 2021, I was honored with an appointment as an Assistant Program Director for Ambulatory. Two years later, I stepped into the Associate Program Director role and became the Program Director in 2024.

There is not a day that goes by that I am not grateful for the community of this program, this department, or this city. When I left my undergraduate bubble focused on social and reproductive justice, part of me feared that I would have to give up the activism that is so central to why I wanted to be a physician in the first place. Instead, I get to practice medicine in a community that supports those passions, while I work to support a group of diverse physicians who will go on to change the face of medicine.

In my spare time, I bake a *lot*. Between my three children and partner, there's always a birthday or event to celebrate and creating elaborate cakes has become a bit of a thing. I also enjoy reading, all the NYT games, and a bit of amateur bartending.

