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The East Bay's Top Doctors

66 Physicians Make the List

LAURA NOVAK



PHOTOGRAPHS BY JAN STÜRMANN

Oakland Magazine turns to Castle Connolly Medical Ltd. this year to identify the East Bay's top medical practitioners. A New York City-based research and publishing company, Castle Connolly has carved out a powerful niche conducting extensive physician surveys for national and regional magazines, hospitals and private corporations.

The firm's lengthy evaluation process to identify top doctors begins with a randomly selected pool of board-certified doctors who then nominate other physicians they feel are clinically outstanding and exhibit excellence in patient care. In other words, nominating physicians are identifying doctors to whom they would feel comfortable sending members of their own family.

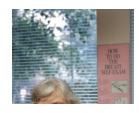
The Castle Connolly physician-led research staff reviews and verifies credentials and conducts extensive phone interviews before compiling the final list.

From that tally, Oakland Magazine highlights five outstanding physicians who graciously share their stories with us. For a change, we get to be the ones asking the personal questions like where does it hurt and how do you feel?

What strikes us most about these physicians is that they uniformly share a true fondness for their patients and express sincere gratitude for being allowed into their patients' personal lives at a time of great vulnerability.

Otherwise, we found these doctors' lives to be just like the rest of ours: busy, engaged and replete with wonderful learning experiences that define who we really are.

Lisa Bailey, M.D. **Surgical Oncologist**



The mere mention of spare time or hobbies makes Lisa Bailey emit a contagious laugh. As a single parent to three children, full-time surgeon and medical director of the soon-to-open comprehensive breast center at Alta Bates Summit Medical Center's Summit Campus, Bailey doesn't wake up wondering what she's going to do every day.



When Bailey arrived in the East Bay in 1982 from Northwestern University, where she did all of her training, she was the only woman surgeon in the area practicing surgical oncology. When 90 percent of her practice became devoted to breast cancer, Bailey decided to shift her focus to this one area of women's health.

"It wasn't right of me to spend 10 percent of my time doing everything else. So I stopped doing other kinds of surgery and concentrated on being as good as I could be doing this."

Bailey sees 30 patients a day with at least six new patients a week. Those first conversations, when fear and anxiety are prevalent, are the hardest for everyone. But for Bailey, the rewards are in the relationships she builds over time.

"I have patients who have been coming in for 17 years, and I know where they've been on vacation and what their kids are doing and what they're reading. To see how well they do and get back to their normal lives, that's the good part."

Robert Eppley, M.D. Orthopedic Surgeon

It's fair to say that Bob Eppley is up to his elbows in knees and shoulders. He operates on 600 such joints every year, effectively restoring function to people whose lives were impacted by injury or disease. Eppley has undergone three surgeries on his own knee. And he has become something of a sub-specialist because he often is called on to correct other surgeon's mistakes.

"I have seen less than ideal care through the years," he says. "And it's made me realize how important good care is. So we try hard to do the best thing."

Eppley sees many patients in their 40s, 50s or 60s who "just want to keep going" despite the normal wear and tear of life. But he also spends a lot of time on the sidelines with the University of California, Berkeley's football team.



As chief orthopedist for the Bears, Eppley attends all home games and at least half of the away games, despite a hectic life with his wife, an emergency room physician, and their three kids.

"Working with elite athletes offers a very particular challenge, because it's hard to restore function at that level after a major knee blowout or shoulder dislocation. To be able to fix them and see them go on to a professional level, that's very rewarding."

Elizabeth Gleghorn, M.D. Pediatric Gastroenterologist



Twenty-five years ago when Beth Gleghorn was training to become a doctor, the push was to become a primary care physician. But upon completing a



fellowship in pediatric gastroenterology at Los Angeles Children's Hospital, Gleghorn realized there were many compelling reasons to park herself in pediatrics instead.

"Pediatricians are prejudiced and think children are more interesting than most adults," she says. "And children are inherently getting better most of the time. There isn't a doctor in the world who doesn't want to have that on their side."

For 18 years, Gleghorn has been working at Children's Hospital and Research Center Oakland, diagnosing and treating disorders of the digestive system on

newborns all the way up to teenagers.

The team approach has been her favorite aspect of the job, not only in terms of working with a wide variety of doctors, but also in her interaction with her patients' families.

"The really gratifying thing is that every time you walk into a room, you are so privileged just to be able to be allowed into the families' lives and help them face their child's illness," she says.

Gleghorn's personal pressures are more down-to-earth. With her long-term partner, she has been reforesting 12 acres of land in New Mexico and farming another 12 in the Central Valley every weekend when she's not on call.

Ursula Guidry, M.D. Cardiologist

Ursula Guidry has a stunning pedigree that would allow her to be any kind of a doctor she wanted. A native of Texas, Guidry studied at Harvard University as an undergraduate before heading to the University of California, San Francisco for medical school before returning to Cambridge for her residency and fellowship in cardiology at the Harvard hospitals.

But she nixed the idea of cardiac surgery for one important reason.

"I knew back then that it was important for me to be able to talk to patients—when they are awake!"

Since 1999, when she returned to the Bay Area, Guidry has been a staff cardiologist at Kaiser Permanente

focusing on preventive medicine, especially for patients who have already suffered a heart attack.

While Guidry, the mother of two small children, has long been known as a warm and fuzzy physician, her patients' fear and pain have resonated deeply since she was treated for breast cancer.



"I feel like I am more in tune," Guidry says. "Now before I walk into a patient's room, I take a deep breath, center myself and listen from my gut. The exam room is a sacred place, and patients are so vulnerable. I just want to make sure I honor that."

Peter Sun, M.D. Pediatric Neurosurgeon

If operating room hours earned airline frequent flier miles, then Peter Sun would be able to fly to the moon. That is because as the only staff neurosurgeon at Children's Hospital and Research Center Oakland, Sun logs about a thousand hours a year operating on children's brains.

Born in Taiwan to Chinese parents, Sun says he's known since he was a child growing up in Los Angeles that the brain and nervous system held a particular allure for him. By the time he had to decide between internal medicine and surgery in medical school at Columbia University, Sun knew that working with his hands and getting immediate results meant neurosurgery was where he was headed.

"I like delicate work," says Sun. "Some of the complex brain tumors that we get require meticulous dissections, and we have to spend time avoiding critical structures. These require very patient dissections that benefit my personality."

While Sun says brain tumors are fairly common, he also does more than 300 operations a year on congenital brain and spinal problems, skull abnormalities, vascular problems, trauma and cancer.

While the vast majority of conditions Sun operates on are dramatically fixed by surgery, the hardest parts of his job is giving bad news to families about things he can't cure. Another taxing part is spending long hours away from his wife and two young sons.

THE EAST BAY'S TOP DOCTORS

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