

DEPARTMENT OF SURGERY IN THE MEDIA



Dr. **Eileen Bulger**, Professor & Chief of Trauma, Division of Trauma, Burn & Critical Care Surgery
UW Medicine | The Huddle | March 14, 2019
A day in the life of a trauma surgeon



Dr. **Mukta Krane**, Associate Professor & Chief of Colorectal Surgery, Division of General Surgery
KIRO7 News | by Deedee Sun | April 18, 2019
Experts see 'alarming' spike in young patients with colon cancer



Dr. **Erin Lange**, Clinical Assistant Professor, Division of General Surgery
UW Medicine | Newsroom | March 4, 2019
Younger adults' colon cancer often found at late stages



Dr. **Michael Mulligan**, Professor & Chief, Division of Cardiothoracic Surgery, Section Chief, Thoracic Surgery
UW Medicine | ACCELERATE | April 24, 2019
Big lungs, huge heart



Dr. **James Park**, Associate Professor, Division of General Surgery
UW Medicine | Newsroom | May 22, 2019
Robotic surgery leads to faster recovery time



Dr. **Frederick Rivara**, Professor, Department of Medicine, Co-founder of Harborview Injury Prevention and Research Center (HIPRC)
UW Medicine | Newsroom | April, 26, 2019
Study: Many older adults don't safely store guns

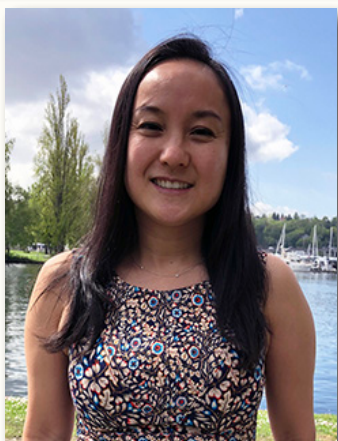


Dr. **Erik Van Eaton**, Associate Professor, Division of Trauma, Burn & Critical Care Surgery
Built in Seattle | May, 7, 2019
EHR rehab: UW spinout raises \$5.8M to improve health record access for doctors

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WISH
UW Medicine | ACCELERATE | April 24, 2019
Help! Is there a doctor here?

#GettingToKnowDOS— Dr. Judy Chen



In this issue, we had the pleasure to interview Dr. **Judy Chen**. Dr. **Chen** joined the department in 2017 and is a bariatric surgeon with the **UW Weight Loss Management Center** as well as an Assistant Professor in the Division of General Surgery.

If you could only eat one thing for the rest of your life, what would it be?

It would be real, whole foods and not processed foods. Processed food is so prevalent in our culture and can be very detrimental to our health. I try to explain to my friends, family and patients that it is hard to eat a whole pineapple, multiple oranges and apples at once, but it is easy to drink the equivalent amount in juice.

#GettingToKnowDOS— Dr. Judy Chen (cont.)



Judy and family enjoying a rare sunny day at Matthew's beach in Seattle

If you could travel anywhere for free, where would you go?

Anywhere in Asia—but if I had to choose one specifically, Vietnam. I have heard of its staggering natural beauty and exotic landscape. The history, the cuisine and cultural complexities make it a very compelling place to visit.

Where's the last place you traveled?

I have family in Sanibel Island, Florida and visit annually.

The furthest I've traveled since starting a family has been London and Northern Europe. It was a great opportunity to show my two kids what history and sights that are available in Europe. They enjoyed the differences in public transport, like trains and the London tube. My oldest daughter especially loved the Viking history we saw in Norway.

What's the next trip you have planned?

Saratoga, NY. My husband's father is turning 70 and we are celebrating his birthday.

Who is your favorite person to follow on Twitter, Instagram or your choice of social media and why?

designerdaddy_ on Instagram. His name is Nephi Garcia and he makes Disney princess gowns. He started making the gowns part-time then left his high-fashion, full-time job and began making the gowns full-time because of their popularity. I follow him due to his story. He's an immigrant. He was struggling as a designer and lost his job in 2015 and so he and his family found themselves close to homelessness. In addition, the fashion industry is also not family friendly. He made the best of a bad situation and used his talent, and with the support of his family he decided to make costumes and Disney inspired gowns for his daughter from their home. In general, the story combines the challenges of real life and he was able to pursue his passion for fashion, the love of his family and Disney to create a success career. There is clearly love and passion in what he creates.

What is your favorite book and why? Is the book's author your favorite? If not, who is your favorite author?

My favorite books are the Harry Potter series, given the ability to lose myself in a completely intriguing world.

Otherwise, I don't really have a favorite author but I do respect Amy Tan who wrote "The Joy Luck Club." I believe it's one of those books that makes you stop and think "Oh,



Judy and her youngest daughter on a recent trip to London

#GettingToKnowDOS— Dr. Judy Chen (cont.)

yeah, that does happen in life.” I read Tan’s books when I was younger and it was one of the first books that every discussed life as an Asian immigrant and explored mother-daughter relationships. Because of this, “The Joy Luck Club” was one of those books that was influential in earlier parts of my adolescence /adulthood.

Who is your favorite musician?

I’m going back to my old-school roots—Cyndi Lauper. Hers was the first music cassette I had. I will always have a happy place in my heart when I listen to her songs. SS: What is your favorite song by her? JC: I like “All Through the Night” or “Time After Time.” I enjoy her ballads quite a bit. Those poor people with me in the OR who are forced to listen to my favorite ballads!

If you weren’t a surgeon, what would you probably be doing?

I’d say event planning would be something I’d like but more specific to smaller or family events that have a lot of personal touches, such as planning a wedding. But smaller events as opposed to larger to keep it as personal as possible.

What surprised you the most about your current job?

The collaboration and collegiality between all the surgeons at UWMC is amazing. It is not at all like this in all institutions. Sometimes you can find it very lonely in medicine but the comradery here is beyond expectations and this role has given me the opportunity to work with fantastic and caring people. I am also very fortunate to have Dr. Saurabh Khandelwal as a direct partner. I’ve never met a more supportive and wonderful colleague in every sense of who he is as a person. He wants his patients, colleagues, and staff to succeed.

What’s the best career advice you’ve ever received?

Pertinent to academic medicine—The best career advice I’ve received is: find a home; find societies where your voice can be heard; find a place that fits well with your values; be mindful of the message you want to portray in regards to your career; be careful not to spread yourself too thin; and find colleagues that you work well with.

What are the unwritten rules of your work?

The Golden Rule: “Do unto others as you would have them do unto you.”

What did you think you were going to be growing up?

I was always interested in science. In high school I won science awards and I even created a new science class. The school allowed me to create a comparative anatomy class. My science teacher was very, very supportive. I created the curriculum and ordered a variety of things for students to dissect. Even back in the day I found anatomy fascinating.



Judy as a child growing up in Hawaii

It’s just very interesting...biology breaking down to life being what it is.

Do you have any hidden talents or surprising hobbies?

I was a Scottish highland dancer at Shorecrest High School in Shoreline, WA. We were the Shoreline Scots and we had our own dancing team in addition to the cheer and flag teams. Our team was so good that we did go on to competition in Scotland. I continued to dance, all the way up until surgical training.

If you could know the absolute and total truth to one question, what question would you ask?

Is there intelligent life out in the cosmos? There’s the newest black hole discovery which brings us closer to answers to these questions. We just took our oldest daughter to the Seattle Pacific Science Center planetarium. I’m not a pro with astronomy but the planetarium did a basic astronomy presentation before the show. It’s amazing when you see the North Star then it can get you to thinking about nearby galaxies to it then galaxies beyond those. It’s very humbling

to think about the expansion and depth of space.

What are you interested in that most people aren't?

Metabolics—the unsung part of physiology that is manifested in many ways as different disease processes—it is hard to treat it due to its complexity. There are so many levels of metabolics that are not well understood. Metabolic surgery is the most successful therapy to treat certain abnormalities, and as a metabolic surgeon I am happy to be able to offer this treatment option.

What is your fondest childhood memory?

I grew up in Hawaii and my grandparents owned a restaurant so the restaurant business has been in my family for generations. The restaurant in Hawaii was in front of a canal and we used to try and catch the little crabs along the stone walls. We would take paperclips, put little pieces of chicken on them and lure the crabs up. It made for a lot of fun afternoons. Otherwise, being in an immigrant family and working in the family business meant the kids are either sitting in the basement reading, in the back of the kitchen on crates of vegetables and eggplant trying to peel them or going outside trying to catch crabs.

What would be your ideal superpower?

Healing powers—I'd love to have the powers to heal others and myself. Like X-men's Wolverine, except have the powers to heal others as well.

this or that

Rain or snow?
SNOW

Libraries or museums?
MUSEUMS

Summer or winter?
SUMMER

Sweet or savory?
SAVORY

Reading or writing?
READING

Boat or plane?
BOAT

Puzzles or board games?
BOARD GAMES

Ketchup or mustard?
MUSTARD

Chocolate or vanilla?
CHOCOLATE

Fruit or vegetables?
FRUIT

iPhone or Android?
IPHONE

Tablet or Computer?
COMPUTER

Tea or coffee?
TEA

Text or call?
CALL

Cats or dogs?
DOGS

Movie or book?
MOVIE

Mountains or beach?
BEACH

Cardio or Weights?
CARDIO

Big Party or Small Gathering?
SMALL GATHERING

Facebook, Twitter or Instagram?
INSTAGRAM

Online Shopping or Shopping in a Store?
SHOPPING IN A STORE

Movie at Home or Movie at the Theater?
MOVIE AT HOME

Marvel or DC comics?
MARVEL

- Wonder Woman or Catwoman?
WONDER WOMAN

- Thor or Iron Man
THOR

City or Countryside?
CITY

Swim in a pool or in the sea?
POOL