

LEADERS IN THEIR FIELD

- Medicine

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What did you study?

I studied medicine at Wits University and graduated in 2006.

What work do you do and why did you choose this path?

After completing my internship and community service, I became a general practitioner, and have worked in private practice since 2010. I love being able to treat patients, build relationships with them and their families from young to old, and help them with acute and chronic conditions.

How has this been impacted by Coronavirus?

Covid has changed how I am able to practice medicine for now. My days are filled by my 3 young children that require my support with their online schooling. In between this, I assist patients mainly remotely, with any issues, illnesses or queries they have. I've tried to maintain their chronic conditions and assist with new ones such as referring for Covid swabs, monitoring patients, giving advice where needed and keeping up to date with latest advances. I am grateful for today's technology that this is possible.

What challenges have you faced as a woman?

As a woman, it's all about balance, a balance between being a wife, mother and doctor (but also a daughter, sister, friend, teacher, chef and so much more especially at this time).

What King David experiences or Jewish values motivate you?

I am grateful for my grounding at King David, for my friends that are still such a big part of and support in my life, and for the love of Judaism it has given me. I am proud to be a King Davidian and that my children are also receiving such a high standard of education, even now despite Covid.

What drives you to make an impact?

My drive is that every little bit helps, impacting even one person makes a difference in their life.

What do you do to relax?

I enjoy reading and playing netball, and spending quality time with family and friends.

Tell us about your family

I have a wonderful, hard-working husband, Michael, 3 beautiful boys and a big family that I adore. My wish is for Hashem to keep our community healthy and safe during these trying times. One day at a time.

Words to live by:

Be grateful for each day. Begin each day with a grateful heart