

DERMATOLOGY

J. DAVID CAREY, M.D., FAAD

HIGH DESERT DERMATOLOGY | 12241 ACADEMY ROAD NE, SUITE 204 | 938-4214 | HIGHDESERTDERMATOLOGY.COM

WHAT IS YOUR FIRST MEMORY OF GOING TO THE DOCTOR AS A CHILD?

I had this really great pediatrician named Dr. Stam. I just recall how kind and warm and gentle he was, and how I felt so comfortable under his care.

WHAT WOULD YOU BE DOING NOW IF YOU WEREN'T PRACTICING MEDICINE?

I'd be a professional racecar driver, because I can drive like you would not believe.

WHAT WOULD BE YOUR NO. 1 HEALTH TIP FOR THOSE AS BUSY AS YOU ARE?

Make sure to get about 20 minutes of exercise about five times a week.

WHEN THE WHITE COAT COMES OFF, WHAT DO YOU LOOK FORWARD TO MOST?

I go to the gym for an hour and kill myself, which I love. Then I go home, and I have a 9-year-old boy who I just love to spend time with.

IF YOU WERE YOUR OWN TEACHER, WHAT GRADE WOULD YOU GIVE YOUR PENMANSHIP?

I would get an A for everything except my s's. For some reason I get a D on those.

WHAT HAS STAYED THE SAME SINCE YOU BEGAN PRACTICING?

For me, it's always been my bedside manner.

WHAT DID YOU WANT TO BE WHEN YOU WERE A CHILD?

I had a really cool uncle who was an engineer, so I was thinking about going into engineering. When I was in medical school, I got a melanoma and that opened my eyes to the practice of dermatology.

WHAT HAS BEEN THE BIGGEST CHANGE IN YOUR FIELD SINCE YOU BEGAN PRACTICING?

It used to be there wasn't a whole lot of cosmetic emphasis in dermatology. That was something you thought of plastic surgeons doing. But when I was finishing my residency was right when Botox was really coming out, and then all these fillers.

HOW DO YOU STAY UP TO DATE WITH THE LATEST MEDICAL ADVANCEMENTS IN YOUR FIELD?

I subscribe to every dermatology journal under the sun.

TO WEBMD OR NOT TO WEBMD?

People shouldn't try to make their own diagnosis on WebMD, but if they want to get some ideas for what might be going on with them, I think that's fine.

WWW.
ABQTHE
MAG.
COM
MARCH
2016

