**Cindy La** **MD**

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**WORK/EDUCATION/TRAINING**

***Kaiser Santa Clara Residency Internal Medicine*** 2021-2024

 Graduation: 2024

 Panel Size: 113 patients

 Epic Superuser

 Teaching medical students and leading multidisciplinary rounds

 Procedures Central lines, Art lines, Thoracentesis, Paracentesis, Ultrasound teaching

**TPMG Pool Physician**  2023-2024

 Pooling as a part time physician in after hours and weekend clinics

***University of California, Los Angeles***  2015- 2021

 Doctor of Medicine: MD

 Graduation: 2021

***University of California, Los Angeles*** 2009- 2013

Major: Human Biology and Society, *Magna Cum Laude*

 Minor: Biomedical Research

**LEADERSHIP**

***Kaiser Santa Clara Residency Internal Medicine Wellness Co-leadership*** 2021-2024

**RESEARCH EXPERIENCE**

**Cook for Health Research Project:** 2023

* Collect data from Kaiser’s Cook for health class to understand

**UC Davis School of Medicine:** Joint/Knuckle Cracking Study Research 2014

 Program Director: Abhijit J. Chaudhari, Robert Boutin, Robert Szabo

* Measure before and after joint cracking with ultrasound imaging using goniometer.
* Measure grip and extension/ flexion of fingers bilaterally.

**Pasadena City College: Biological Technology Program** 2013

 Program Director: Pamela Eversole-Cire, Ph.D., Valeria Mancino Ph.D

* Hands on research work and knowledge using molecular techniques including skills in solution and media making, sterile techniques, use and maintenance of basic laboratory equipment, quality control protocols, and lab safety.

**UCLA Department of Medicine, Division in Rheumatology and UCLA**  2010-2013

**Department of Molecular and Medical Pharmacology Division of Cardiology** Principal Investigators: Dr. Christina Charles Schoeman and Srinivasa Reddy

* Studying the effects of Rheumatoid Arthritis and Atherosclerosis
* DNA isolation, gel electrophoresis on HDL associated proteins: Hp and PON, techniques for ELISA, PON assays
* Training in mouse dissection, aorta extraction, heart sectioning procedures

**UCLA Undergraduate Research Consortium in Functional Genomics**  2011-2012

Principal Investigators: Dr. John Olson and Dr. Utpal Banerjee

* Using post-transcriptional gene silencing as a tool to identify the genes required for the blood and lymph gland development in Drosophila melanogaster
* Drosophila husbandry, florescent microscopy, working with DNA database: Flybase

**PRESENTATIONS**

**Lifestyle Medicine Conference Burlingame, California** 2023

* Abstract accepted, Poster presentation: *The Impact of Culinary Classes on Nutritional Knowledge and Healthy Food Choices*

**ACP 2022 Conference, Stanford California**  2022

* Abstract accepted, Poster presentation Case Report: Right on Q fever; *A case of Coxeilla Burnetti Infection presenting with Leukocytoclastic vasculitis*

**NCUR (National Council on Undergraduate Research) Poster**  2013

* Abstract accepted: Poster presentation in La Crosse, Wisconsin

**Undergraduate Student Research Presentation** 2013

* Poster presentation for UCLA Science Poster Day

**SERVICE & LEADERSHIP**

**AMEC 2023**

* Along with 3 other residents, represented all of Kaiser NorCal in recruiting medical students from diverse backgrounds and speaking about the benefits of working for Kaiser.

**Hotspotters** 2019-2020

This organization aims to work directly with high-need patients in addressing various aspects of their care in a holistic approach including physical, psychosocial, and environmental factors.

* Work with an interdisciplinary team, including pharmacists, NPs, case workers
* Participation in “Pod,” where we visit the patient in their homes and accompany them to their clinic visits.

**First Generation Students at UCLA DGSOM** 2019-2020

This organization is geared to allow first generation students to find mentorship and become mentors for other members of the UCLA DGSOM class.

* Helping to answer questions and give advice to other first-generation students have about classes, exams, and studying.
* Participate in volunteer activities and also give back to the pre-medical community

**Mock MMI interview for PREP students** 2019

UCLA PREP is a unique program designed to provide premedical students from disadvantaged backgrounds the means to strengthening their ability and readiness to study medicine.

* Conducted mock interviews for pre-medical students interested in pursuing medical school and gave both written and verbal feedback to help them improve their responses
* Helped review personal statements and applications for students enrolled in the PREP program.

**Peer Resilience Network**  2017

* Worked as a group Leader and facilitator
* Led a small group thru meditation and mindfulness

**The BEAT UCLA Magazine**  2017-2018

* Layout and art review committee
* Selected the articles and art pieces that made the final cut in the magazine

**APAMSA*-*** *Bone Marrow Coordinator* 2016-2017

* Coordinated bone marrow drive at UCLA, able to recruit students to sign up as bone marrow donors by gathering
* Organized meeting for APAMSA

**SHRC Volunteer** 2016-2018

* Performing physicals and obtaining histories for homeless patient populations at Ocean Park Community Center in Santa Monica, Santa Monica Homeless Shelter (Samoshel), Pathways to Home, and Downtown Women’s Center in Los Angeles.

**Mobile Clinic Volunteer** 2016-2017

* Collaborated with UCLA undergraduates to obtain patient histories and perform physicals for homeless patients at Ocean Park Community Center

**PRIOR WORK EXPERIENCE**

**AP Biology Tutor: Mrs. Ku**  2018-2019

* Gave weekly 3-hour sessions of review for AP biology
* Wrote weekly quizzes for students

**Futurelink: Afterschool and Summer Enrichment Program** 2014

Teacher 5th grade Math, English, and Writing

* Use interactive technology with students
* Worked with students to develop creative and expository writing skills

**Dermatologicare: Office Assistant** 2014

* Working under dermatologist Dr. Reza Babapour
* Job entailed providing clerical and reception support, scheduling appointments, processing payments

**Lab/Research Assistant: Division of Rheumatology** 2010- 2012

* Assistant for Dr. Christina Charles Schoeman
* Tasks involved: Data entry and analysis, serum and plasma preparation, calculating HAQ (Health Assessment Questionnaire), organizing consent forms, excel spreadsheet input, assisting with IRB applications.

**PERSONAL INTERESTS**

Languages: English, Teo Chow, Mandarin, Spanish (limited)

Other Interests: piano, viola, guitar, volleyball, basketball, travel, bullet journaling