

these years of residency. I grew up in a small town south of Boston, and then I received my undergraduate degree from Harvard majoring in psychology, and minoring in French and environmental science. After college, I worked in New York City in public health at Columbia, working with drug users and becoming an HIV counselor. With that perspective, I realized that I wanted to become a physician, which led me to the University of Massachusetts Medical School.



I chose Baystate for the culture and the atmosphere of learning. The feel that I got from my interview of a warm and supportive place that nurtures learning has been reinforced with each new rotation of residency. The residents look out for each other and lean on each other. Attendings to midwives to senior residents all are approachable and seem genuinely happy to teach, as well as push us to become more independent and decisive clinicians. I was looking for a program that would help me become a competent and nurturing Ob/Gyn, as well as one that valued work life balance. Many of us in the program have families. For me, Baystate is a perfect fit for its focus on education, collaborative learning environment, and family friendly atmosphere.

Over the years, I've developed a love of travel and cooking. In college, I spent a semester studying in Paris. Since then, I've studied global health in India, hiked Machu Picchu and learned how to SCUBA dive in the Maldives. I love cooking Indian and Persian food, and relaxing with yoga. I used to have all kinds of fun hobbies. And then I had a baby. Now most of my free time is spent with my husband, chasing our mischievous toddler as she squeals gleefully.

I'm thrilled to have picked Baystate for my training. I'd be happy to talk if you have any questions. Good luck!

LAUREN SMITH, MD

Michigan State University College of Human Medicine

Hello! My name is Lauren. I am originally from Birmingham, England but have spent the past 12 years in Michigan with my family. I attended medical school at MSU College of Human Medicine where I got to experience a diverse and fulfilling medical education. My pre-clinical years were based in Grand Rapids and my clinical years in Flint. These differing experiences exemplified the growth and discovery that can occur when you venture somewhere new.... That is what pulled me to Baystate!



I love the Mitten, but I knew to become better I had to leave. I was initially drawn to Baystate after continuing to hear about the well-rounded, robust training. Individuals who had rotated here could not stop talking about stellar teaching, supportive learning environment, and the skills of the residents. The program is constantly improving and striving to make great OB-GYNs.

The strong family planning training at this program was a key seller for me. This vital part of women's health continues to be neglected throughout the US and I want to be a part of the solution. Baystate offers fantastic training in abortion and family planning. Residents learn the skill of the procedures along with the know-how to good patient advocates.

Finally, the sense of community and support of this program is unbelievable. Everyone from the chair to the midwives has been so welcoming and has genuine investment in the learning and well-being of the residents. I have felt at home since the first day and am so happy with my choice.

STEPHANIE SMITH, DO

Western University of Health Sciences/College of Osteopathic Medicine

Welcome! Thank you for your interest in our program!

I am originally from sunny Southern California and completed my undergraduate education at UC Davis. Afterward, I worked as an RN at an underserved community clinic before attending medical school at Western University of Health Sciences in Pomona, CA. While in medical school, I completed an OMM teaching fellowship in which I taught Osteopathic Manipulative Treatment to 1st and 2nd year medical students. My goal is to eventually incorporate OMT into my OBGYN practice which is a work in progress. In the meantime, I maintain my OMT skills by treating my co-residents!



I first learned about Baystate from a residency fair at ACOG and the residents had nothing but positive things to say about this program. I was fortunate to complete a sub-internship here during my 4th year. I was impressed with the commitment to residency education, the relationships between the attendings and residents, the gynecologic surgical volume and most importantly the camaraderie amongst the residents. The residents were confident, had admirable surgical skills and were extremely warm and friendly. Another huge perk of our program is that we get exposure to all of the sub-specialties by the end of our second year and we do all of our rotations at the same hospital.