



UPDATE | March 5, 2020

Meet Our Advocates: Dr. Marissa Lapedis



What are your gender pronouns?

She/her/hers

Where are you from?

Ann Arbor, Michigan. I lived in Canada for my undergraduate studies and have also spent time in New York and California.

What's your specialty or area of expertise?

Family medicine with a focus on reproductive health and integrative medicine.

to a talk from physicians working as part of Doctors Without Borders and was inspired to pursue medicine. I was drawn to the idea that the human body is the same everywhere and I could be useful to everyone regardless of where they lived, what language they spoke, or what age. My thoughts around doctoring have evolved since then, but that was the initial spark.



What current policy issue especially motivates you to be an advocate?

Most recently I am frustrated with the policies that treat humans seeking safety as less than human, and laws that limit bodily autonomy, right to privacy, and equal access to reproductive health services. However, there are too many policies to name that continue to worsen the inequality that exists in access to health care, education, housing, fair wages, paid parental leave, and the list goes on.

How do you practice self-care?

Practicing yoga, even if it's just two minutes of a restorative pose at the end of a long day. A quiet sunset stroll in the park (maybe with an ice cream detour), massaging my feet before a lavender bubble bath or journaling. I really prioritize eating well and I love to cook so this works out well. Going for runs or playing pick-up ultimate frisbee often makes me feel positive and happy. Listening to talks or reading from Buddhist meditation teachers. Reaching out to others for camaraderie and support.

Who is your social justice hero?

There are so many, I don't have just one. Audre Lorde and James Baldwin come to



Our Meet Our Advocates series showcases the talents and passion of one of our doctors and finds out, in their own words, what inspires them to be physician-advocates. Marissa Lapedis, MD is in our current Leadership Training Academy class. Dr. Lapedis practices family medicine in Georgia.

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