

From: Married to Doctors <lara=marriedtodoctors.com@mail143.sea22.mcdlv.net> **On Behalf Of** Married to Doctors

Sent: Thursday, July 12, 2018 2:26 PM

Subject: The Married to Doctors Podcast: A New Great Resource for Medical Students and Residents



Greetings,

My name is Lara McElderry and I am the host of a new and growing podcast called *Married To Doctors*. For the last sixteen years I have been navigating the medical world as my husband has gone through medical school, residency, a specialty change, and fellowship, all while we've worked hard together to raise our five sons.

Though I am proud of my husband's career, the journey wasn't always easy. I struggled during those years and looked for support from any sources I could find. At the beginning of this year, I decided to create a resource I felt was badly needed and started the *Married to Doctors* podcast. I quickly discovered that I was not alone in my feelings of resentment, frustration, and isolation and was overwhelmed by the many positive responses to the show.

If you look at [Apple Podcasts](#), you will see that I have over 140 five star ratings. Here are just a few of the reviews:

"I absolutely love that this podcast is a perfect mix of both the positives and negatives, the real-life experiences and the professional guidance all with a touch of humor and a lot of honesty. From the start of our medical journey in 2000, when my (now) husband began medical school, I have been hoping for a resource like this. There are simply too few like it for the couples who take on this profession and lifestyle. Since I began listening I have found so much peace in the shared experiences that have been discussed. Love it! Thank You!" -Cheryl

"While I am fairly new to the podcast world, I am not new to the world of medical training. And this is one of the most helpful and validating resources I have found. There is useful and concrete information within the episodes as well as personal stories that leave you feeling validated and not alone. Even topics I may not have ordinarily sought out feel so interesting and pertinent within the context of our medical relationships. I highly recommend this podcast!" -JLPH

"I stumbled on to this podcast at the perfect time, as my husband has just matched into a general surgery residency 16 hours from home. Every single episode has spoken to emotions/questions I've had on the journey so far. I feel as though I've been equipped with so much armor from these 20 episodes and feel prepared to face the next battle in his medical journey (residency). So thankful for this resource!" -Nikki

For a list of previous episodes and guests, you can look at my [episode archives](#). I have been featured on [KevinMD](#) and was on Jim Dahle's White Coat Investor podcast. You can find out more [about me and the show here](#). I was also a recent speaker for the Western States AMAA conference.

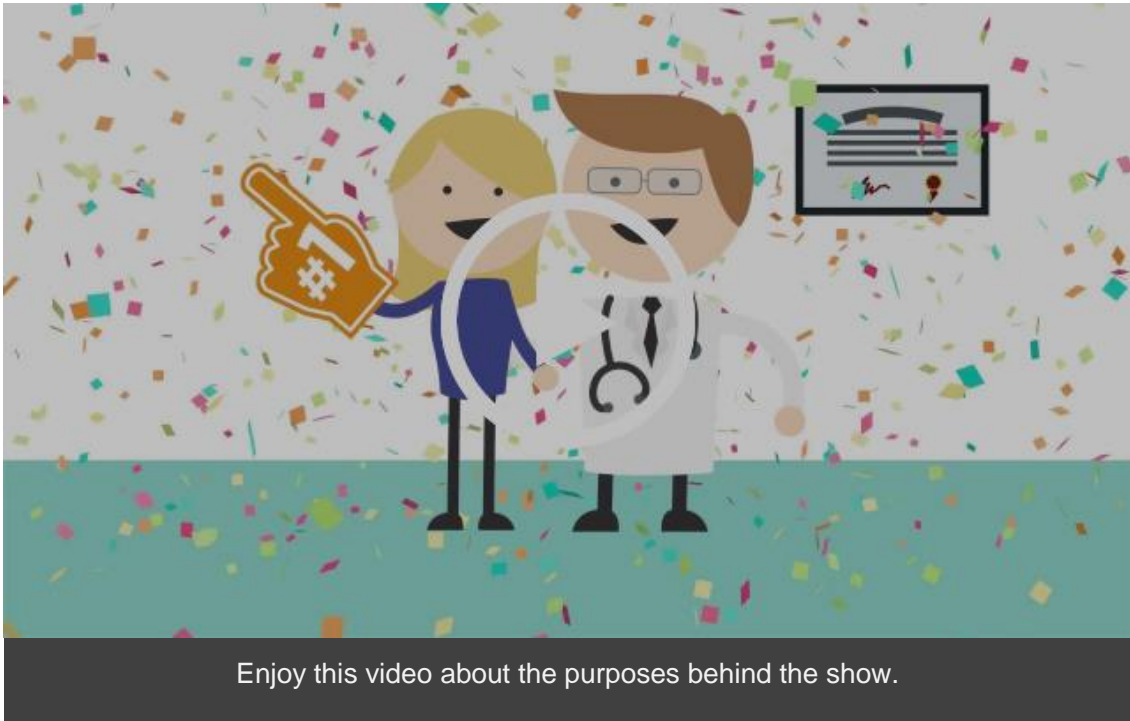
I am also including an audio clip and video for you to see what the show is all about.

It is my hope that you will consider sharing the show, particularly if your school has a resource or newsletter to support medical marriages. I would also like to invite you to share any topic suggestions that you find your students struggle with and/or to see if you have faculty or students that would be interested in being a guest on the show. I'm currently planning my calendar through 2018 and would love to connect with you, or anyone interested in physician well-being and their families.

Thank you very much for your time.

Sincerely,
Lara McElderry





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