



NANCY "NAN" H. APPELBLATT, MD, FACS | **SPECIALTY:** Otolaryngology—Sacramento Ear Nose and Throat Surgical and Medical Group, Inc. | **EDUCATION:** University of Michigan Medical School | **WHY MEDICINE? WHY THIS SPECIALTY?** "When I started on my clinical rotations, ENT was the most varied and the most interesting and I still think that. I think ENT combines everything that's good about medicine and surgery." **MOST REWARDING ASPECT:** "Dealing with patients. You see somebody and they tell you that you made a difference in their life, or just the relationships you have with them. I'm sure that's true for every specialty." **BEDSIDE MANNER:** "I hope straightforward and honest." **RX:** "Not smoking is a big deal. It's probably the best thing people can do for their health.... Don't use Q-Tips.... Remain stimulated.... Keep everything working." **MISCONCEPTIONS ABOUT YOUR SPECIALTY:** "I do remember when I was first in practice here an old lady came in to see me and she wanted to see one of my partners instead because, she said, 'God and doctors should be men.' (laughs) I said, 'Well, go for it.' I think people should be able to choose who they want to see and be comfortable." **HOW DO YOU RELIEVE STRESS AND LEAVE WORK BEHIND?** "I've always felt my work saves me from my family and my family saves me from my work." (laughs) **VICES/INDULGENCES:** "Reading. I read a lot. I don't necessarily read great literature. I'll read anything. I'm probably pretty dull that way." (laughs) **ONE THING YOU WOULD LIKE TO CHANGE ABOUT MEDICINE:** "Paperwork for the sake of paperwork. Rules that are meaningless, that type of insurance company runaround." **WHAT CAN PATIENTS BRING TO THE DOCTOR/PATIENT EQUATION?** "They can take responsibility for knowing things that they should know. If they've had tests elsewhere and things like that." **MANTRA:** "You're responsible for your own happiness. Nobody can really make you happy." **MOTTO:** "One of my mottos on surgery days is 'I like boring.' Boring. Boring. Boring. No excitement." **OPEN MIKE:** "I wish I could figure out how to run exactly on time, but I can't. If you run exactly on time then you don't take care of people the way they need to be taken care of."