

Carol Gunn, MD, CIH

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Dr. Gunn received her bachelor's degree in chemistry from UC Davis and her Master's of Public Health from UC Berkeley. For over a decade, she worked in industry as an industrial hygienist. After that, she attended medical school at UC Davis. She completed her Internal Medicine residency in Portland, Oregon and followed that with a fellowship in Occupational and Environmental Medicine at the University of Colorado. She opened her own independent occupational medicine practice in 2007. She is boarded in Internal Medicine, Occupational and Environmental Medicine, and Industrial Hygiene. Dr. Gunn thrives on working with individuals and groups advocating for whole health, resiliency, and wellness. Outside of medicine, she lives with her wild Lab, and enjoys the varied activities of the Pacific Northwest. She also loves international travel and photography. She valiantly attempts to balance her life of family, work, and play - but there never is enough play!

Work, Life & Stress - Reflections of an Occupational Medicine Physician

Considering her own life stresses, and those of her patients, Dr Gunn reviews how life stresses impact health. She discusses presenteeism; she relates how medical providers impact others when expectations of recovery are set; and she provides tips on navigating the complex health care system.