



PHYSICIANS DEDICATED TO THE HEALTH OF CALIFORNIANS

This letter was emailed April 16, 2021

Dear Colleagues,

The Covid-19 pandemic will be remembered as one of the most difficult times in our collective memory. We have faced many challenges both personally and professionally and had to adapt our practices in ways we never imagined. Physicians rose to the challenge to battle an unknown virus, and sometimes we had to fight for science to protect public health. I remember a saying from residency, that which does not kill you makes you stronger. Never have words been more meaningful as we begin to see the light at the end of the very long Covid-19 pandemic tunnel. Physicians across our State rose to the challenge. We found ways to pull together to innovate, improve telemedicine and care for our patients.

For a while longer, we cannot meet in person, and I miss the personal interactions. I am thankful I have had the opportunity to meet some of you on Zoom, and I plan to continue this virtual journey. I would like for you to learn about me, my Vision, Experience and Compassion, and why I am the best choice for CMA President-elect. I will continue to expand on my thoughts in these newsletters and invite you to review my website: [www.gutfreundforcma.org](http://www.gutfreundforcma.org).

#### VISION:

- Support every mode of practice so it not only survives but thrives.
- Allow physicians to focus on what we do best, caring for our patients, while ensuring scope of practice is not eroded.
- Improve physician health and wellness. Heal our workforce by addressing the impact that the COVID pandemic may have had, financially, physically, and psychologically.
- Share the value of CMA membership and make it more relevant to younger and more diverse physicians.
- Increase awareness of California physicians on adverse childhood experiences (ACEs) and toxic stress to improve the health and well-being of children and positively impact future generations.

#### EXPERIENCE:

I believe in a transparent leadership style, with humble inquiry, asking more than telling. I have had 25+ years of proven leadership and what sets me apart is that I have worked in multiple modes of practice from the military, solo/small group, medium to very large group practice. I personally know the challenges and benefits of different modes of practice. I have led large multispecialty physician groups, both within my practice and across the state, to improve quality and care experience of patients. One strength I possess is the ability to work collaboratively and find consensus amongst groups of physicians. Now more than ever we need a focus on physician wellbeing, and I have had 18+ years of experience in that arena. I am finishing my third term on the Board of Trustees and have been on multiple committees (too many to write) over the years. I have a passion for advocacy and organized medicine. I want to serve you to protect the physician-patient relationship and to improve the health and wellness of all Californians. Most of all, I want to learn what is important to you.

COMPASSION:

I have always held compassion as a personal value and incorporate it into my daily life and work. I believe that kindness brings longer, healthier lives not only for patients but also for health care professionals. I am passionate about helping those affected by trauma, intimate partner violence, and adverse childhood experiences and focusing on the social determinates of health. I have developed policy around ACEs training and implementation and am a frequent speaker on these topics.

I will use my vision, experience and compassion to serve you, as your next CMA President-elect, and I will work tirelessly on your behalf. I encourage you to reach out to me at any time.

Be Well,

Dr. Catherine Gutfreund

**CATHERINE GUTFREUND, MD**  
FOR CMA PRESIDENT-ELECT 2021

