

## John Sarkaria, MD Internal Medicine



We've been computerized since 1994, and I think we do a really good job managing adult patients who have multiple chronic problems.

*Given the demands of primary care today, do you think you'll burn out?*

I like what I do, but some days I say, my goodness, the payors are asking a lot of PCPs. Although there are amazing challenges, I'm not sure I'll ever retire. With good health I'll be here at least another 20 to 30 years.

*Are you optimistic about healthcare reform?*

It's great that another 35 million people will have health insurance, which has been a huge issue for patients, hospitals and doctors, but it's going to be expensive. Hopefully that will result in patients seeing clinicians earlier in their disease process, before they have an MI or florid diabetes.

*Have you seen a trend toward more obesity in your pediatric and adult patients?*

I'm definitely seeing more adult onset diabetes due to inactivity and too much fat in the diet. I feel like I spend half of my time encouraging patients to exercise

and be more active. I'm a big believer in helping patients find exercises they'll enjoy and continue to do for years. It's the best thing you can do to stay young.

*How do you like to exercise?*

I'm an avid cyclist - both mountain and road biking. Last year I did a century every month, but this year I got off to a slow start. I bike every weekend for three to four hours and do a spin class at the gym on Mondays, Wednesdays and Fridays at 5 am. I practice martial arts for an hour every Monday, Wednesday and Friday evening. I also lift weights on Tuesdays and Thursdays with my wife.

*Do you have time for other interests?*

Last year I enjoyed going to Kuaii, and this year I'm looking forward to visiting the Big Island. We're also taking a trip to the Grand Canyon and Mesa Verde National Park with my two younger kids, ages 8 and 12. I have an 18-year-old son at UC Riverside majoring in biochemistry and a 20-year-old daughter at UC Davis working toward a double major in Biology and English.

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