

Francine Olmstead, M.D.

Physician, NM Travel Health



COURTESY FRANCINE OLMSTEAD, M.D.

Education: certificate in travel health, International Society of Travel Medicine; board certified, American Board of Internal Medicine; residency and internship, internal medicine, University of New Mexico Health Sciences Center; M.D., University of New Mexico School of Medicine; bachelor's degree, biology and sign language interpretation, University of New Mexico

In what ways beyond your job description do you give back to the community? I have served as a volunteer medical director for international travel health-related activities for numerous churches, school-based programs and nonprofit organizations for the past 10 years throughout New Mexico. I have been on the board of directors for the Albuquerque Hispano Chamber of Commerce since 2009. Last year, we established the Albuquerque Hispano Chamber of Commerce Wellness Committee, which I serve as their chair. Since public health and emerging diseases are such an important aspect in medicine, I have been actively involved with the New Mexico Department of Health Disease Outbreak Emergency Response Staff (DOERS) Committee since 2007.

What has been the defining moment of your career so far and why? Deciding to go into private practice and leave a large medical organization has been the defining moment of my career. Although it has been hard work, it also has given me far more freedom and flexibility to provide educational and volunteer outreach services for our community.

What commonly accepted business wisdom do you think it's time to do away with? "Success is 10 percent inspiration and 90 percent perspiration," by Thomas Alva Edison. Although there is no substitute for hard work, you have to be smart in how you apply yourself. An individual has to continually evolve, otherwise you can become complacent and stagnant. Being creative plays a much larger role in your overall personal success and satisfaction than most people realize. Hard work and little creativity is more of the norm. If you want to rise above that, your own inspiration must be much greater than 10 percent.

Is there anything else you would like the judges to know about you? I am married to an amazing husband, Dr. Tracey Bowen. We have just welcomed our first child, William, on Wednesday, Dec. 7, 2011.