

Doctors Making a Difference

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by Ethan Chung

Doctors are charged with doing incredible work. It takes years of study and practical application of that knowledge to be able to diagnose, manage and treat illnesses. We should expect nothing more from them than to carry out the difficult task of curing our ills, but some doctors go above and beyond the call of duty. This year's Doctors Making a Difference feature highlights the work of six extraordinary physicians whose work is creating positive change in our local and global communities. Congratulations, and thank you for making a difference.

[The remainder of this article contains only the segment on Dr. Julie Stroud.]

Julie Stroud, MD

Urgent Care Physician at MultiCare Covington, Associate Medical Director for South King County Urgent Care Centers, MultiCare Medical Associates, multicare.org



Dr. Julie Stroud working at MultiCare Covington Urgent Care

Community Builder

When Dr. Julie Stroud isn't fulfilling her roles as a mother to two children and a physician at Multicare Covington Urgent Care, she spends her time as a physician volunteer and medical director for the Christ Community Free Clinic in Auburn. Stroud was inspired when she read "The Purpose Driven Life." The book posed the question "What are your plans to impact the community around you?" She answered by founding the Auburn clinic. It provides the uninsured in Pierce and South King counties with free urgent care and referral services. Stroud also says the clinic is attempting to establish a branch for free dental care in the current space. The clinic serves an incredible need in the local community.

The Auburn resident has an innate affinity for outreach. "I was drawn by a strong desire to contribute to my community, whether it was in the Pacific Northwest, Uganda, China or wherever else life was to take me," she

said. Stroud took a year off from her undergraduate education to volunteer in a children's home in Hong Kong and at an orphanage in China. Her experience abroad as a caregiver for children sparked her entrance into the field of medicine. "I returned to the U.S. with a new understanding of the importance of medical care and entered medical school shortly thereafter," she said.

The Christ Community Free Clinic in Auburn, and many other free clinics, has a constant need for health care providers who are able to volunteer for four hours a month, sometimes less. "The free visits are limited only by the number of providers we have to see patients. Historically, we have been able to find office staff, resources workers and nursing assistance with much more ease than with providers," Stroud said.

Stroud challenges other physicians to make changes in their lives that will benefit the less fortunate. "Observing others making big changes for the better inspires me to find that one area in my life or work that needs improvement and taking on," she said.

The Christ Community Free Clinic is open on the first and third Saturdays of every month, from 8:30am to 11:30am and every Tuesday, 5:30pm to 8pm. The clinic provides services on a walk-up basis and no appointments are taken. Find out more at christfreeclinic.org.