

I'm Jay Shoaps. I'm a trauma surgeon at Essentia Health.

*Why I became a doctor:*

I became a doctor because, like most doctors, I wanted to help people, but also I wanted to have a life where I did something that I thought really mattered, and I thought that helping people in this way I could do that.

*Why I chose my specialty:*

I chose trauma surgery because obviously it's a very exciting field, but also it's a chance to help people at one of their most vulnerable points in life and really make a difference for them.

*What I like about my patients:*

One thing I like about my patients is their resilience and their ability to make it through these sometimes shattering events in their life and to kind of regroup and be able to carry on, and that is always inspiring.

*What I tell my patients:*

One thing that I tell everybody in addition to my patients is to quit smoking, and also I think drunk driving has a huge toll on our society, so just to never drive if you've had anything to drink.

*What I do in my spare time:*

With my spare time, I like to do things with my family. I have six children, so it's obviously a big part of my life. Also, I feel privileged to live in Duluth. I think it's a beautiful city, and we try to do outdoor activities, like go for walks. We're going to try skiing, so hopefully I don't become a trauma patient myself this year.