

Hi. I'm Sharnell Valentine. I'm a pediatrician at Essentia.

*Why I became a doctor:*

In seventh grade I had a science teacher and he fostered my love of science, and that coupled with my desire to help others makes medicine a perfect choice for me.

*Why I chose my specialty:*

Pediatrics is unique because you get to see a child develop through the years. I liked OB and family practice, but I kept being drawn back to pediatrics. There isn't a day that goes by that a child doesn't make me laugh or a family shares stories with me that relates to my own 4- and 5-year-old.

*What I like about my patients:*

Every day is different in pediatrics. From the well child checks that focus on education to the ill visits that are a challenge to me to figure out what is going on and help the family the best way I can, every day is different and every day the children make me laugh.

*What I tell my patients:*

Each visit I'll ask the patient and their family, "Is there anything else you wanted to ask me today? Anything that I need to circle back on to make sure that all your questions are answered?" So I finish up each visit with that, and I think that's really important.

*What I do in my spare time:*

I enjoy long distance road biking, so starting out in Duluth, going up to Two Harbors and back. Other than that, I'm outside with my kids, swimming and hiking and taking advantage of all that Duluth has to offer.