

THE BALANCING ACT

of Life

Written by Jamie Rogers



To live a complete and fulfilling life involves creating a balance that dedicates ample time and care to the things you cherish. For Dr. Beatriz Porras of Skin Diagnostics Laser and Rejuvenation, maintaining her career while honoring her beloved role as wife and mother, is a delicate balance. This is why Dr. Porras is deliberate in her day-to-day actions to ensure that she is able to properly attend to her family, patients, staff, and herself.

"I finished school when I was 33 years old and have been building my career since," Dr. Porras says. "After so many years dedicated to school, it was important to me to have a successful practice. I also have a husband and two sons, and we are currently building a new home. It is difficult to find time for everything. And you want to make sure that you are doing everything right in all aspects of your life."

To achieve a well-struck balance in the midst of what could become chaos, Dr. Porras' secret for sustaining serenity is having the ability to separate her home life from her work life. "When I'm at the office, I don't think about anything else," Dr. Porras says. "I give 100 percent to my patients and do the best I can for them. I always remember that I want to treat my patients as though I was treating my family."

For Dr. Porras, the most challenging aspect of her life is also the most rewarding: raising her two sons, Louie, 14, and Marco, 8. "If you want to raise children well, they need a strong education as well as a lot of love," Dr. Porras says. "They need a lot of attention. You think the older they get it gets easier, but it doesn't. When they are babies, there are baby problems, but when they get older, there are a whole new slew of issues. Every phase in their life is equally as important."

Raising children is a life-long commitment and blessing, and while all children have their difficult moments, having a child with special needs requires additional patience and care. When Marco was 3, Dr. Porras and her husband Al discovered that he suffered from Global Apraxia. This diagnosis includes speech issues and delays that affect certain fine motor skills. His condition necessitates therapy and extra attention, and support for schoolwork.

"I know a lot of families going through similar situations with their children, families whose children are afflicted with dyslexia, ADHD, or autism," Dr. Porras says. "It is important that we all support and help each other."

Both Marco and Louie are incredibly sweet and wonderful children. "Louie is an overachiever and very intelligent," Dr. Porras says. "He's involved in taekwondo and enjoys drawing and cartooning. Marco loves computers and he is really good with them. He loves iPods and is talented at solving complicated puzzles. His left brain is very developed."

When asked how she handles everyday stresses and maintains balance between home and work, she says: Prioritize, prioritize, prioritize. "If my cell phone rings and it's the kids' school, I answer it no matter who I'm

seeing," Dr. Porras explains. "My number one priority will always be my family, but when I'm with a patient, that patient is my priority. I become embedded into what that patient needs. I think the key to a successful career is loving what you do. When you love what you do, you want to do the best, you want to deliver the best, and you want to help in the best way you can. I'm blessed to have a profession that I love. A lot of people go into a field, pursue a career, and realize that it isn't something they enjoy. I am passionate about the work I do each and every day."



Pictured above: Dr. Porras with her family, her husband Dr. Al Ryes, her kids Louie and Marco and their pet Lucy.

What truly sets Dr. Porras apart is her fervor and commitment to her patients. They become like an extension of her family. Bringing happiness and bettering the life of her patients is one of her greatest rewards in life. The connection she feels with them is consistent with the bond she has also formed with her staff. "They are a part of my family," Dr. Porras says. "I call them my angels because they provide me with help and support and I am very thankful for them. I feel this way about all of the people in my life who offer aid and make my life better."

In order to provide comfort, love, and service to those around you, it is imperative to nurture and strengthen oneself physically and mentally. Each day, Dr. Porras carves out a time to work out.

"If you work out, life is better," Dr. Porras says. "I usually go to the gym before I come to work. I find time, even if it is for only 30 minutes, it doesn't matter. Working out is not only good for me physically, but it is the time of the day that is all mine. It makes me a better person, a better mother, a better wife, a better physician, and a better friend. That's another thing; you have to find time for your friends and make sure that you are a good and supportive friend."

Of course, one of the greatest relationships in Dr. Porras' life is her partnership with her husband. "Al and I love to travel," Dr. Porras says. "Sometimes we take breaks, just him and me. We recently traveled to San Diego to rest and take time for just the two of us. And we love to dance. We also do a lot of things with the kids, taking them to events, Kings Island, and the movies. Every Friday night, we go out to dinner together as a family and once a year we take a vacation to Disney. We just all really enjoy each other's company and have a lot of fun together."

Take a chapter from Dr. Porras' life: With balance, love for family, friends, career, and oneself, life is good. ❖

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