

## **Dr. Sheryl L. Miller Long**

Dr. Sheryl L. Miller Long is a board certified Family Physician, dedicated to the overall wellbeing and long term health of her patients. When you chose her for the important role of being your family physician, it is a privilege that she does not take for granted. She works hard to continue to grow as well-trained, and up-to-date professional to meet your medical needs. She also strives to be your inspiring personal health advisor over a lifetime.

As a family physician she is trained to care for all ages, from the beginnings as a newborn to the challenges of old age, emphasizing preventative care, common illness and disease management, and coordinated specialist care. She likes Albert Einstein's quote: "There are two ways to live life: One is as though nothing is a miracle. The other, as if everything is!" Daily, she finds herself in awe of the resilience and beauty of both the human spirit and the physical body. It is an honor for her to be allowed to be a part of each individual's life, and share each person's unique miracles over many years. Thus despite all the changes and challenges of health care delivery today, she truly loves what she does.

Dr. Long obtained her medical degree from the University of California Irvine in 1984. In her graduating year, she received not only one of the Family Practice Department Awards but also, the Senior Humanitarian Award. Elected as the Medical Student Co-President 1983-84, as well as a Medical Student Class Officer all 4 years, she was always working to enhance the training of future physicians.

Dr. Long completed her 3 year residency in Family Medicine at Santa Monica Hospital –UCLA in 1987, which had been recognized as one of the outstanding Family Medicine programs in the country. In 1986, she received the Mead Johnson Award recognizing 20 top Family Practice Residents nationally.

Dr. Long had her practice at Newport Family Medicine from September 1987 to January 2007. From early on, she functioned as its President, dedicatedly working long hours to create a practice of professional and personal excellence. With the many challenges of simply making ends meet as family physicians, and as NFM chose to launch into a different era for themselves, she felt it was time to follow her heart and professional dedication and create another exceptional Family Medicine practice, this time in Irvine. She is happy to see her legacy at NFM continue to grow and mature.

In her first decade at NFM, she provided personal obstetrical care and delivered many of her patients that she now enjoys watching grow into fine young men and women. Late 1994, she chose to stop delivering babies, to raise her own family. In addition, she has been a part of the Volunteer Faculty at UCI: teaching at Laguna Beach Clinic until shortly before it closed; teaching behavioral health and patient interviewing to second year medical students; has had third year medical students doing family practice preceptorships in her office as well as, occasional family practice residents. In 1987 and 1988, she was a clinical instructor at the Academy of Family Practice's National Convention. She has served seven years on the Hoag Hospital, Family Practice Department's core committee. She was a founding board member of the Coastal Physicians Purchasing Group at Hoag Hospital for 9 years.

Prior to training for becoming a physician, Dr. Long spent most of her early years back east and attended high school in Delaware. She is an Air Force "Brat", and her father was a career officer, retiring as a "full bird" Colonel. Her first career training was that of a ballet dancer, having spent several summers living in New York City with scholarships with the Joffrey Ballet Company and studying with American Ballet Theater. When asked what dancing and doctoring have to do with each other, she'll answer it's the discipline and drive to be and do your very best, with an eye towards giving back something to the world. She finally chose Medicine as her goal, leaving New York City for Austin, Texas where she graduated in 1980 from the University of Texas at Austin, with a BA in Humanities, having also completed all of her required pre-med course load. She

chose UCI for her Doctor of Medicine education because of its commitment to Family Medicine training.

In her personal life, she is a dedicated and attentive Mother to two boys, Keith and Ryan, whose parenting she shares with her supportative husband, Warren. She works to give back to the community and spends 2 hours or more every week at her childrens' schools. She is actively involved in their after school program, on the board of directors, and its President 2006-07. She feels that it takes a community to raise our children. Given her commitment to be present in her family's life, she works closely with her practice colleagues and the Nurse Practitioner/ Physician Assistants and is grateful for her patients' willingness to be treated by a team.