**Dr. Tara Wilson, Chief of Surgery**

**Kaiser Permanente**

**Biography**

I grew up in Southern California and have wanted to be a surgeon since I was twelve years old. In that year, my mother underwent five surgeries. I was never a child who was bothered by blood and was intrigued by my mother's surgeries – but disappointed by the care from her surgeons. Impacted by my mother’s struggles, I vowed to be a better surgeon when I grew up.

**About my practice**

I am a general surgeon at Kaiser Permanente Moreno Valley and Riverside. Prior to joining Kaiser in 2009, I was in private practice. I hold many leadership roles here at Kaiser and currently Chief of Surgery. I work hard to be a leader in personalized care. It is a priority to connect with my patients, be an empathetic ear, and help them through their disease processes. A large portion of my practice is women with diseases of the breast. Though I practice all aspects of general surgery, it seems women gravitate to women for breast care.

**How I thrive**

It is important to maintain life balance. I try to dedicate personal time, spouse time, family time, work time, and fun time. I am married with three adult children. I enjoy scrapbooking, traveling, and gardening. I am inspired by the philosophy of psychologist Brené Brown, author of Daring Great. The key to a rewarding life is to live each day vulnerably and authentically.