

Volume 16 - Issue 2, 2016 - Zoom-On

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What are your key areas of interest and research/assignment?

The focus of my research is self-care, the behaviors that individuals use to maintain their health and manage illness.

What are the major challenges in your field?

I think that one of the major challenges in my field is the growing recognition that patients delay seeking care for many reasons, only one of which is denial—the default assumption of many health care providers

What is your top management tip?

Distinguish between management and leadership and identify where you excel.

What would you single out as a career highlight?

This is a tough question! I have had so many career highlights but last year I was designated as a Distinguished Scientist by the American Heart Association.

If you had not chosen this career path you would have become a...?

I would probably have loved being a veterinarian. I love animals and would have loved caring for them.

What are your personal interests outside of work?

I love to cook, to read, and to spend time with my husband.

Your favourite quote?

From Gandhi: "You must be the change you wish to see in the world."

The full [Zoom On interview with Barbara Riegel](#) and more healthcare IT and radiology leaders can be found in our [Blog section](#).

Published on : Fri, 1 Jul 2016