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1. What impact did the Sarnoff Fellowship year have on your career?

The Sarnoff Fellowship was transformative for my career. My Sarnoff year took me from the small community of Dartmouth Medical School to Stanford University to study cardiac protein kinase signaling in the Mochly-Rosen lab. From the moment I was fortunate enough to be selected as a Sarnoff fellow, the Sarnoff network was invaluable in opening proverbial doors in the medical and cardiology communities. Thanks in large part to the research I accomplished as a Sarnoff fellow, I would go onto an internal medicine residency at Massachusetts General Hospital, and a cardiology fellowship at Brigham and Women's Hospital. I was fortunate enough to have Dr. Tony Rosenzweig as my Scientific Board advisor during my Sarnoff year, and to this day I consider him a dear mentor.

2. Why should medical students consider the Sarnoff Fellowship apart from other programs?

It has been said countless times before, but the sense of community and lifelong commitment to its fellows sets the Sarnoff apart by a wide margin. The Sarnoff Foundation is truly dedicated to its current and former fellows, and supports their ongoing involvement in the Sarnoff organization in a manner that is unlike any other program. The mentorship I have received from the Sarnoff organization is invaluable, and I feel like I could ask any Board member, any Scientific Committee member, or any former fellow for advice or mentorship. The Sarnoff organization is a 'family' in the truest sense of the word.

3. What are your professional aspirations?

I'm currently doing one year of clinical research with Dr. Laura Mauri at the Brigham and Women's Hospital (BWH). In July 2015 I will begin two years of an interventional cardiology fellowship here at BWH, after which I hope to be a practicing interventional cardiologist and clinical researcher at an academic institution.

4. What is your greatest professional accomplishment?

Being able to train at BWH in cardiology has been a true privilege. The faculty here are singularly accomplished clinicians and researchers alike, and learning from them has been both humbling and deeply inspiring. Being part of the Laennec Clinical Case Competition this year at AHA was also very inspiring, and I would highly recommend it to anyone considering it!

5. What is your most memorable Sarnoff moment?

I'm not sure I can pick a single moment, but the Sunday brunches during the Annual Meeting weekends at the Sarnoff Residence, presided over by the late Mrs. Sarnoff, stand out as some of the most memorable moments. Even in her final years, she remained a graceful steward of Dr. Sarnoff's mission to support the research experiences of outstanding medical students and trainees.

6. What are your hobbies?

The sports I enjoy most are downhill skiing, road biking, and golf. In a former life I played the violin quite seriously and still love classical music. I also enjoy cooking for an audience – the bigger the better. My most recently acquired hobby, though, is diaper changing – my husband Eric and I welcomed our son Henry Huxley Twerdahl into our lives in September 2014!