



TEXAS HEART[®] INSTITUTE

at St. Luke's Episcopal Hospital

Project Heart

Activities for the Classroom

Spotlight on...

**Dr.
Stephanie
Coulter**



Dr. Coulter didn't know what she wanted to be when she grew up,

but she knew she wasn't the stay at home type. She wanted to be a part of the world, an active part of it. Women typically did not work outside the home where she grew up in Louisiana, but Dr. Coulter knew even as a small child that she was different. But she was ok with being different.



Dr. Coulter, age 8, in her hometown of Baton Rouge, Louisiana.

Dr. Coulter didn't have anyone

in particular that inspired her to pursue a career in medicine. She didn't even know a single doctor until she went to medical school! Dr. Coulter found the structured medical career path to be a very attractive one. If she worked hard and completed all of her schooling, she would be successful regardless of her gender. In addition, she was great at math, loved to learn, was very inquisitive, and enjoyed taking tests. These were all things she needed to make it through all the steps required to be a doctor.



**Dr. Coulter
during her medical
school residency.**

In medical school, cardiology was not even on Dr. Coulter's radar. In fact, she traded her cardiology elective for an oncology (the study of cancer) class because she thought cardiology was scary. She soon found that cardiology could quench her thirst for understanding "why" because cardiology involved diagnosis. Diagnosis, or discovering what causes a health problem, allows Dr. Coulter to work with people on a regular basis, something she is passionate about.

**Dr. Coulter talks
to a patient about
her heart.**



Today, Dr. Coulter is the Director of the Center for Women's Heart & Vascular Health at Texas Heart Institute and spends most of her time seeing patients or working with groups in the community. She says the hardest (but also most rewarding) part of being a cardiologist is proving herself trustworthy to patients. Much of her job is invading their private lives in order to help them. That means building a strong relationship with each patient. "At the end of the day, I want to be good at taking care of my patients on a daily basis," says Dr. Coulter. "It won't make you famous, but you feel glory on the inside."

Dr. Coulter educates women at a health screening event.

