

Get to Know Carol Bolt, PA-C

FAMILY MEDICINE

Carol Bolt, PA-C, joins The Memorial Hospital's Medical Clinic team as a new physician assistant in family medicine. As a working PA since 1997, she brings a variety of expertise and skills to new patients.



What was an impactful moment during your PA training?

While I was in the middle of my surgical rotation, my mother and I got in a car accident and she ended up in ICU for a few weeks, needing surgery. It was a powerful lesson while learning to provide surgical care to also be on the receiving end as a family member. Going through that experience influences how I relate to my patients. When I treat patients I ask myself what I would want for my family.

Do you have an area of special interest? After getting my PA degree at D'Youville College in Buffalo, New York, I completed a mini-fellowship in dermatology. I worked closely with a dermatologist who taught me to perform skin evaluations, biopsies and laceration repairs. Since TMH doesn't have a dermatologist on staff, I am hoping I can fill that niche to some degree. I also became certified as a diabetes educator.

What do you enjoy most about being a Physician Assistant? I enjoy the interactions I have with my patients and knowing I am helping them find answers to medical concerns or helping them cope with things they can't change. Making that connection is important to me.

What is a philosophy that you live by? Are you familiar with the Serenity Prayer? "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the willingness to know the difference." It reminds me to approach life with acceptance and to do what I can, and to know that some things can't be changed and I can either accept them or fight them. I try to always choose acceptance.

How would your best friends describe you? Outgoing with a sense of adventure. I grew up in a small community called Tonawanda outside of Buffalo, New York and I was probably the first one to leave. I am always up for trying something new and I love to travel. I also enjoy activities in the outdoors especially running and hiking. My daughter and I like to go out and spend the afternoon hiking with the dogs.

What's your family like? My daughter Christine is such a sweet, caring and creative girl with an artistic flair. She has a beautiful voice and loves to sing. We like to get silly and play 80s music and bellow out the tunes while we cook and bake together. She's 12. My husband, William, is a critical care nurse and used to be a professional ski instructor. We moved to the area last summer because we wanted a lifestyle change and he wanted access to skiing and mountain biking trails.

What are you looking forward to working at TMH Medical Clinic? I feel so grateful to have the opportunity to work at TMH and I look forward to meeting patients and helping them in any way I can. I'll be at the clinic full time starting the end of January.

