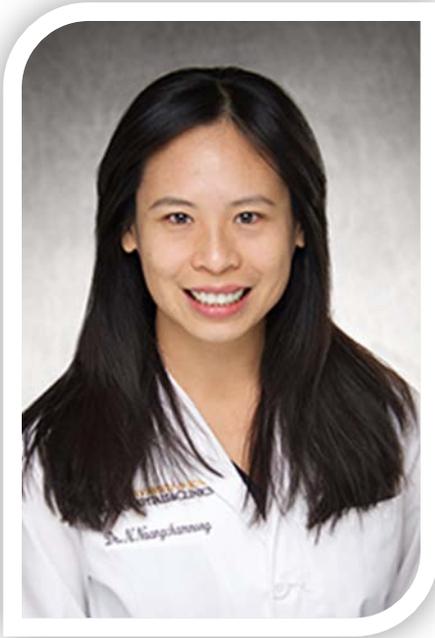


Nina N. Moreira, MD, MS



Dr. Nina N. Moreira is an Associate in the Maternal Fetal Medicine Division of Obstetrics and Gynecology at the University of Iowa Hospitals and Clinics. She received a BS in Molecular, Cellular and Developmental Biology from Yale University. She completed her MD from the University of Texas Southwestern Medical Center at Dallas Southwestern Medical School. She completed an Obstetrics and Gynecology Residency at the University of Texas Southwestern/Parkland Health and Hospital System. She completed a Maternal-Fetal Medicine Fellowship in the Division of

Maternal Fetal Medicine, Department of Obstetrics and Gynecology at the University of Iowa Hospital and Clinics. She received a MS in Translational Biomedicine from the University of Iowa. Dr. Moreira sees patients in the Maternal Fetal Medicine and Prenatal Genetics Clinics.

If you had not chosen medicine as a career, what field might you have gone into instead? Why?

Architecture. Seemed like a fun mix of art and engineering, and collaborative effort. Since I was kid, I've enjoyed drawing and building models.

Why did you choose to specialize in Obstetrics and Gynecology?

When I was a medical student, I realized how much I cared about women's health issues. It was a realm where I believed I could make a difference. Pregnancy and childbirth seemed like an especially vulnerable but exciting and happy time in women's lives, and I enjoyed being a part of that experience.

What do you enjoy most about your current job? Why?

Giving good news and being able to provide reassurance. Yet there are many instances in high-risk obstetrics

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where we have to give bad news, such as when there is a fetal abnormality. Helping patients navigate through difficult decisions feels rewarding when they make it through a complicated pregnancy with a sense of peace, without regrets.

Why did you choose to work in academics?

I pursued an academic environment with ongoing medical education and research because I believe that this kind of setting truly provides the best care for complicated patients.

What is the best part of working in academics?

Learning from everyone – patients, students, doctors in other specialties in addition to our own.

If you could give one piece of advice to Residents entering your field, what would it be?

Absorb as much knowledge and skill as you can from clinical experiences, but also use this time to start figuring out how to cultivate self-care in a career that is always asking more of you. The demands may change form, but they don't cease after residency.

How do you balance work life and home life in your busy career?

I struggle with this. I'm not sure true "balance" is possible. There are phases of life where work or home will predominate; in the past, work has mostly prevailed. When I feel like time is moving too fast, I try to exercise. Running reminds me how very long one

minute can be.

What book would you recommend for other people to read? Why?

The Time Traveler's Wife. I recommend you read the book because the movie is not as good.

How would you summarize your personality using just three words?

Conscientious. Agreeable. Introverted.

Who is the person in your life (past or present) you would most like to thank?

My parents. My mother for being the model of persistence, and my father for being the model of reliability.