



Braden Sims

MD + MPH

Hometown: Flower Mound, TX

Undergraduate Institution: Texas A&M University

Undergraduate Degrees: BS in Biomedical Sciences

Why do you want to be a physician?

There are multiple facets that went into my drive to become a physician, but it all boils down to one common denominator; I chose a career that can allow me to have a positive and tangible impact on helping people. I have seen how physicians have daily opportunities to promote healthy lifestyles, combat diseases or otherwise help change their lives for the better, and after seeing this I knew there wasn't anything else I wanted to do. I think it helps that I enjoy working with people as well as learning about the fields within biological sciences and solving problems, but I am really looking forward to using these strengths to support my future patients and help them with their health.

Why did you choose Texas A&M College of Medicine?

I would be lying if I said my Aggie history didn't have any impact on my decision to choose Texas A&M College of Medicine for medical school. As a third generation Aggie, I know enough about the culture and opportunities at A&M to know that this is a special place. However, my experiences with faculty, current and former students at the TAMCOM were above and beyond everything I expected and made me realize that this is the program for me; I have had the opportunity to get to know people at all levels of the program and have come to appreciate the care and compassion from the professors and the achievements and excellence from the students. In addition to this, I am impressed with the multi-campus model and all the other academic and student opportunities the COM has to offer. I am both proud and honored to be a med student at TAMCOM and I'm looking forward to everything to come!

Why did you choose to pursue a graduate degree in addition to the MD?

I chose to pursue a Masters of Public Health because I believe it will give me practical opportunities and experiences to compliment a Medical Doctorate. A MPH will allow me to gain a better understanding of the social, economic and environmental components of patient health, which will be beneficial for virtually any medical specialty. Furthermore, I know this degree will prepare me to look beyond an individual patient and help care for larger communities, which would be beneficial for a primary care physician. In addition to these benefits, this program will give me an opportunity to dive deeper into my areas of research. This will give me more exposure to the field of academic medicine and subsequently prepare me for clinical research in the future.

What are your career goals and how do you feel the MD Plus Program will help you?

I am going into medical school with an open mind, but I believe primary care (specifically Family Medicine) best suits my strengths and interests. I also enjoy medical research and the problem solving and exploration that accompany it, so I am exploring avenues which can potentially combine aspects of both clinical practice and academic research. In addition to these areas, I am also interested in military medicine and am pursuing opportunities to get involved as a physician in the armed forces. With all this being said, I know the MD Plus program has given me the opportunity to develop my skills and knowledge to address my interests. Exploring the determinants of health and other areas within public health will push me to become a better clinician, and the research opportunities will push me to become a better scientist. I am very fortunate to be in this program and I believe it will help me to become a better physician in all areas I apply myself.