

# *Woman with a Heart for Bakersfield*

## *Jasleen Duggal, MD*



Jasleen Duggal, MD, has a compassionate and understanding heart for Bakersfield. She serves with a commitment to empower her patients to change their lives and the community. For her, being a physician isn't just about treating patients, it's about how you care for their families with exceptional care and

attention. Dr. Duggal exemplifies her belief that "you have to love the field if you are going to actually succeed in it," by providing high quality comprehensive care. Her heartfelt love fuels her tremendous success as a beloved physician.

Our community is extraordinarily enriched as Jasleen serves as medical director of the Kern Endocrine Center and the director of the Bakersfield Heart Hospital Diabetes Center. She is also subspecialty education coordinator for the University of California, Los Angeles, and mentors Kern Medical residents in Bakersfield. Starting her own private practice in 2011, Jasleen is committed to engaging communities and government in dialogue about how to create viable healthy resources.

Jasleen tirelessly volunteers her time in offering free services, clinics, public education, and camps to the underserved. She has provided public education to hundreds at churches and has offered a Sikh camp for free glucose testing at a Gurdwara.

Jasleen was named one of Bakersfield's top "20 Under 40" leaders by Bakersfield Life Magazine. She was also the recipient of the Physician of the Year Award from the African American Network of Kern County. Jasleen recently received the 2019 Women-Owned Business of the Year for Kern County Small Business Week.

With her outstanding medical expertise coupled with a caring heart, Jasleen has become a sought-out speaker for public education. She serves as a community speaker for

AstraZeneca, Eli Lilly, and Sanofi. Jasleen has been instrumental in life changes via lecturing for Kern Nurse Practitioners Physician Assistant and Heart Survivor Catholic Organization with Dignity Health.

Jasleen holds honorary professional and esteemed societies memberships and has received honors and awards for presenting research work, along with Merit positions in Biochemistry/Physiology and E.N.T/Ophthalmology. Jasleen graduated from Maulana Azad Medical College followed by her residency at Chicago Medical School. She then finished her fellowship at the prestigious Cedars-Sinai Hospital in Los Angeles, California.

Living her belief that "kids are the building blocks and leaders of the future," love of family is paramount and parenting is a high priority. Jasleen and her amazing husband, Dr. Jeet Singh, aspire for their children, 10-year old son, Ishmeet, and 5-year old daughter, Amrita, to be kind, humble, and compassionate as, "character is more, if not equally important, than caliber." They absolutely enjoy parenting and cherish traveling as the entire family bonds and explores and creates precious memories living out this quote from Dr. Suess, "Sometimes you will never know the value of a moment, until it becomes a memory." Jasleen takes Zumba classes as, "...it's fitness with fun because I can't preach if I don't practice!"