

Welcome to Lightning Talks!

I am the Chair of Pediatrics
At the Campbell University
School of Osteopathic Medicine.

I have practiced pediatrics for
THIRTY years and decided to write
a book.

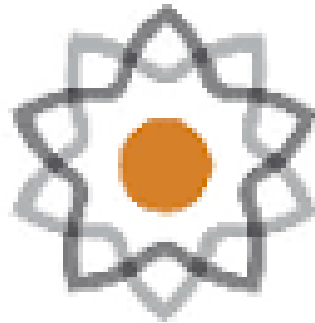


Let's Start at the Beginning

- I grew up on a farm, worked in tobacco my entire childhood
- local public school system was poorly resourced
- fortunately, my teen mom knew TV was bad, reading was good



My Secret to Catching up Academically



North Carolina
School of Science
and Mathematics

Then on to College

- my major was Zoology
- extremely active in clubs
- extensive volunteering
- sought leadership positions
- took the MCAT junior year

NC STATE
UNIVERSITY



Next Step.....Medical School



Duke University
School of Medicine



Duke University
School of Medicine



Duke
Vaccine & Trials Unit
DVTU



CAMPBELL
UNIVERSITY

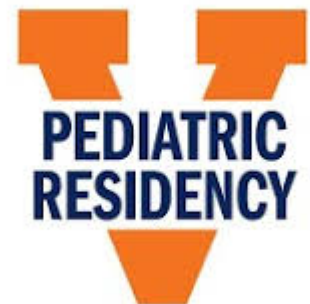
Jerry M
Scho



Then Residency.....



SCHOOL OF MEDICINE



Why Do I Want to be a Pediatrician?

- babies are adorable and their body fluids are less objectionable
- specific skill set
- preventive medicine at its finest
- truly comprehensive approach to care
- continuity of care
- many opportunities for education of families
- patients always deserve all that I can give them
- opportunities for inpatient/outpatient/generalist/specialist/academic
- vaccines are incredible
- many opportunities for community involvement/education/advocacy
- lots of reassurance only visits
- happy days depending on setting
- defender of children

You could be a
role model to a
child!



Some Hard Things about Pediatrics

- some parents can be difficult or rude
- child abuse cases
- deaths are rare but devastating
- work-life balance not guaranteed
(especially in rural areas)
- prior authorizations, drug shortages
- anti-vaxxers
- staffing shortages
- poor reimbursements



Things Pediatricians Care About

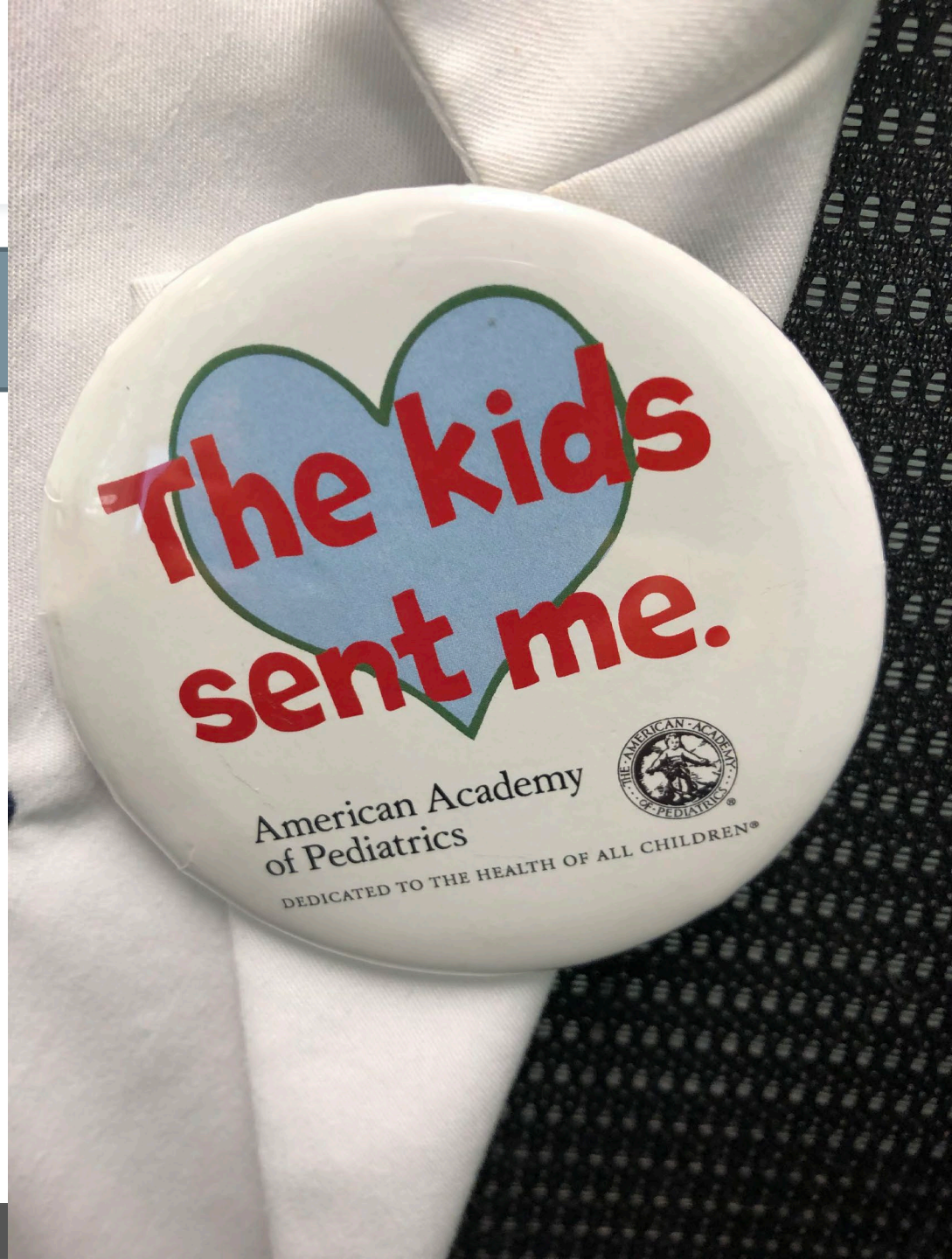


- safety: car seats, swim lessons, sunscreen, helmets, safe storage of firearms
- well care: growth, development, heart healthy habits, vaccines, behavior, nutrition, dental hygiene
- mental health: depression, anxiety, sleep hygiene, ADHD
- treating illness: colds, ear infections, strep, always with judicious use of antibiotics
- teens: puberty, peer pressure, tobacco use, alcohol use, contraception, acne, academic performance

We also believe in **ADVOCACY**

Advocating for children can mean a lot of different things:

- making a CPS report
- filling out paperwork for school
- going to the legislators to improve various laws affecting children
- speaking at the School Board



DOCTORS WORK IN AIR CONDITIONING

Dr. Lori Langdon's life is anything but ordinary. From her farm-raised childhood in the heart of the South to incredible, real-life medical stories that will leave you speechless, her journey is filled with unexpected twists, miraculous rescues, and moments of pure perseverance. In this captivating memoir, Dr. Langdon invites you to step into her world—one filled with the challenges and triumphs of a rural pediatrician working in underserved communities. Prepare to be inspired by the highs, the lows, and everything in between as she reveals the incredible stories that shaped her life and career.

Dr. Lori Langdon, a dedicated pediatrician, grew up on a farm in rural North Carolina and has been passionately serving children in rural areas since 1998. A graduate of NC State University and Duke University School of Medicine, she completed her Pediatrics Residency at the University of Virginia. Dr. Langdon currently serves as the Clinical Chair of Pediatrics at Campbell University School of Osteopathic Medicine (CUSOM) and is actively involved in pediatric leadership and advocacy across North Carolina. Her dedication to child health, vaccines, and public health is unwavering, and she is a strong advocate for pediatric safety and mental health.

Dr. Langdon is also a proud wife, mother of six, and grandmother, living on her family's farm where she enjoys hosting students and colleagues. With numerous accolades, including "Best Pediatrician" in Harnett County" for four consecutive years, she continues to impact her community both as a healthcare leader and mentor.



DOCTORS WORK IN AIR CONDITIONING

Lori Moore Langdon, MD, FAAP

DOCTORS WORK IN AIR CONDITIONING

An intimate look at Southern culture and the challenges of rural medicine



Lori Moore Langdon, MD, FAAP

Why write a book?

Lots of Reasons!

- wild things seem to happen to me
- young people in rural areas need to know they are good enough to accomplish their dreams
- we have a pediatrician shortage
- healthcare disparities in rural areas are worsening
- student doctors and women in medicine need encouragement

Please reach out!

My office is in Levine, 162.

My email is llangdon@campbell.edu

My YouTube channel is Doctor Langdon

I am kiddocontiktok

