

MEMBER SPOTLIGHT



Lauren R. Ostling, MD

Specialty: Neurosurgery

Practice: Mayfield Brain & Spine

Primary Office: Green Township

Certifications

- American Board of Neurological Surgery
- American Board of Pediatric Neurological Surgery

Areas of expertise

- Minimally invasive spine surgery, including discectomy, decompression and fusion;
- Image-guided neurosurgery
- Brain tumors
- Spinal tumors
- Hydrocephalus
- Chiari malformations
- Adolescent patients transitioning to adult care

PROFESSIONAL

What experiences and past roles have led you to where you are today?

I've had the privilege of postgraduate study that has made me a better physician and a better colleague. During my residency at the University of Cincinnati College of Medicine, I first came into contact with many of the talented neurosurgeons who are now my colleagues. Then I chose to head west for my fellowship in Pediatric Neurosurgery at the University of California-San Francisco. I believe that wider perspective on different ways to practice and diverse groups of patients is something that serves me well.

What advice would you give to someone who wants to enter your field?

If you want to embark on a career in something as complex as neurosurgery, I would suggest two things. First, be intentional about your colleagues. Choose to work with mentors and people who help you learn and grow and improve every day. Second, always keep your focus on your patients and technical excellence.

PERSONAL

Describe what a perfect day outside of work would look like for you?

Like a lot of busy professionals, my most valuable commodity is time. So, I would spend a perfect day with my husband and two children with no commitments at all. We'd start by sleeping in. We love sports, so we'd go to a sporting event somewhere, then we'd spend the evening at the pool.

What's the first concert you ever attended?

My mother took me to see Whitney Houston at Riverbend when I was five years old. We wore matching dresses that she had made herself.

ORGANIZED MEDICINE

What's most important to you about organized medicine?

During my time studying pediatric neurosurgery in San Francisco, I saw firsthand the opportunities to fill the gap and treat those patients transitioning between different levels of care. That's one way we can best serve patients, by filling those gaps. At Mayfield, we constantly stress the importance of research and education, so we can provide the highest level of care to our patients. No matter what shape organized medicine takes, that will never change.