



DR. REY BOSITA, JR.

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Dr. Rey Bosita, Jr., M.D., M.B.A., is a specialist in Spine Surgery at the Texas Back Institute. He completed his undergraduate work at Stanford University and earned his M.D. degree from The University of Chicago Pritzker School of Medicine. He attended Loyola University Medical Center for his internship and residency in Orthopedic Surgery. While a resident, Dr. Bosita completed his M.B.A. degree from the prestigious Northwestern University J.E. Krull College Graduate School of Management. He completed his fellowship in Spine Surgery at University Hospitals of Cleveland in 2002. Dr. Bosita is married and has 4 sons.

When did you grow up? I am half-Filipino, half-Chinese. My parents moved to the US in the 1960's from the Philippines. I was born and raised in Cleveland, Ohio, before going to college at Stanford. My doctor mom (OB-GYN) opened down a job in Beverly Hills, CA to stay in beloved Cleveland. My doctor Dad (oncologist) agreed. Cleveland rock!

Why Medicine? My parents wanted me to be a doctor since the day I was born. If anyone was best to be a doctor, it was me.

Your goal in Healthcare? Get rid of people's fears about back and neck pain. My goal is to make people feel comfortable so they can be honest about how their back and neck pain is affecting their lives. Then, we figure out how to fix the problem.

What would you say to a student that has dreams

of becoming a doctor? Do it. This is a great career that is very rewarding on so many different levels. Yes, the schooling and training are long, but it is totally worth it. Face it, if it were easy, everyone would do it.

Elevator statement about your practice? Texas Back Institute is a world-class multi-disciplinary spine center, where we respectfully and efficiently treat patients who have all sorts of spine problems. I am very proud to work at Texas Back!

What is the most rewarding thing about being a spine surgeon? Making people feel better is very rewarding. Everyone has a different story about how their back or neck pain is bringing them down. Making the pain go away is cool. Hearing "Thank you, Dr. Bosita!" really makes my day. I also really like it when patients bring me food like cheesecake and cookies etc. My kids know I go to work to "do people."

What is the most challenging? Dealing with real traps from the government and insurance companies can be challenging, but it is to be expected in such a highly scrutinized and regulated field like healthcare. It's really easy to say something is not necessary, and just do the one that needs the procedure.

Any tips on how our readers can stay healthy, or on what you personally do to maintain a healthy lifestyle? Don't smoke. Smoking has very upside. Exercise regularly to relieve stress

and lower cholesterol. Drink water to stay hydrated and prevent kidney stones. Maintain a reasonable body weight to prevent diabetes and heart disease. Don't let stress bring you down. Most of the stuff we worry about is hokey anyway. Engaging in vigorous sexual activity with your spouse is very positive too.

Why have you chosen to live and work in N. Texas?

I am a born-again Texan. I wasn't born here, but I got here as soon as I could. North Texas has everything anyone could need. We have nice people, great schools, affordable housing, good weather, and great opportunities in North Texas. This is one of the few Lands of Opportunity left in our great country. I absolutely love Texas! Even my 9-year old knows that we have low taxes in Texas.

If you were not practicing medicine, what would you be doing? quarterback in the NFL, probably throwing the ball to a game like Calvin Johnson, but that would mean I would be living in Detroit. Being the lead singer for Journey would be a great gig too. If I had to get a real job, maybe I would go into venture capital or investment banking, with an eye open for the next Google or Facebook. Also, becoming a fan, but I'd stick with spine surgery at Texas Back Institute. I've been at TB for 7 years now, and I intend to stay for many, many more.

Most underrated health professionals? Dentists. Without a doubt, they are the Rodney Dangerfield of health care. Nobody likes to see the dentist. Not even their own kids, most of the time. Speaking personally, my teeth are very important, and I use my tooth every day. The second-most underrated health professional is the primary care physician. We, the surgeons, get the "thank you's", the cookies, the gifts, and the glory when people have good outcomes after surgery, but if not for the PCP, the problem would never have been discovered most of the time. **More advice on how your primary care doc.**

How much did medical school and your residency prepare you for your day to day operations? Med school, residency, and my spine fellowship training prepared - "as far as" - med school side of my practice - "as far as" - I was not, to treat patients properly out - "MVA, our Krull grad prepared me best to manage the day-to-day operations of my medical practice. I strive to create a low-stress open environment which promotes efficiency for all the members of my team.

Thoughts on future medical developments and breakthroughs? Technology in spine surgery is changing almost on a daily basis. What we have at our disposal today is light years ahead of what we had even 10-20 years ago. I am very optimistic about how I will be able to use new technology to make people better in the very near future. It is a great time to be a spine surgeon because things are just getting better and better. To infinity and beyond...