

Juggling acts

Doctor + Wife + Mum = A delicate balance

Super mums they are, although uncomfortable with the label. They have successful medical careers, which they balance with young families. This month we profile three female AMA Queensland members who inspire.

Dr Julie Humphries



Brisbane cardiologist Julie Humphries is in an enviable career position.

She is now two months into a year-long Fellowship at the Mayo Clinic in Scottsdale, Arizona, where she is learning cutting-edge echocardiography techniques that she will bring back to her role with Queensland medical company Heart Care Partners (she is based at the Wesley Clinic in Auchenflower).

Life moves at a rapid pace for Humphries, 40, who just five months ago gave birth to her second child (she also has a two-year-old).

In January this year she became a fully-qualified cardiologist. A former exercise physiologist, she embarked on her medical degree at age 26 because of a love of cardiac rehabilitation and a desire to “treat patients from the start, instead of just picking up the pieces at the end”.

She had complete confidence that she could successfully make the transition and clearly she was right.

Her role at Heart Care Partners would be seen as a coup for any newly-qualified cardiologist, but it is even more so for one who is female and has two young children.

“Employing a mum is certainly new ground for them but they have been very supportive of me,” Humphries explains.

“And I know that I can deliver...I can cut it with the best,” she adds.

Her ability to chase these heady career goals



is thanks in large part to her “amazing” partner, Bradley.

“Apart from when I have been on maternity leave, he has been Mr Mum,” Humphries explains.

“It is a decision we made together and he is wonderful at it,” she says.

“I love being a mum and I also really love my work. We are moving into such exciting territory with this new echocardiology technology and I feel very privileged to be the one who is going

to deliver it. This will revolutionise how we as cardiac surgeons approach cases. It gives us so much more information and the ability to be more precise.”

Satisfying her commitments both at work and home has its challenges, of course.

“Sure, it is not easy and there is a lot of organisation that goes into it but I feel very lucky in life,” Humphries says.