

THE REAL REASONS MEN CHEAT P.89

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**HEALTH
LIES ALL
WOMEN
TELL**

(Yes, we mean you!)

Diane Lane

on the joys of home, husband, hard work—and Richard Gere

“She was there for me”

How friends come through in tough times

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How Elissa does it

After long shifts at the hospital, hanging out with her family is this doctor's perfect prescription!

Name: Elissa Thompson, 37
Hometown: Chevy Chase, MD
Family: Husband, Jeff, 48;
children Caroline, 7, and Jack, 4

For Elissa, launching a career and starting a family went hand in hand: She gave birth to her daughter while in medical school and had her son during residency. It was tough to raise kids while training to be a cardiologist—she spent 392 overnights on call at the hospital—and Elissa couldn't have done it without lots of optimism and the support of her husband, Jeff. Here's how she balances being a mom, a wife, and a physician:


What's your schedule? "I'm up at 4 a.m., so I have two hours of peace and quiet before anyone else is awake. Then I head to work at the hospital or the clinic, and I'm home around 6:30 for family time. After dinner, we all pile into our bed to tell stories before the kids' 8 p.m. bedtime. I'm passed out by 8:30—though I'm on call one night per week, so sometimes my sleep is interrupted!"

How do you coordinate child care? "Jeff works in real estate and has a flexible schedule, so he covers

the morning shift. And I give everything to our own Mary Poppins, our nanny, who's here from 7:30 to 5 every day and has been since Caroline was born."

With so much going on, what keeps you going? "I'm privileged to have a job I love. I'm among the 8 or so percent of cardiologists who are women, and cardiac disease is so prevalent in women. I love educating patients on a woman-to-woman level about how to keep their hearts healthy."

What's a simple pleasure you enjoy? "Cooking! I couldn't boil water before we recently redid our house, but once we had a beautiful new kitchen, I started watching the *Rachael Ray* show. Her attitude that it's just food and should be fun really spoke to me—I realized it wasn't so hard, my confidence soared, and I began hosting dinner parties. It's satisfying to see people enjoy what I've made."

How do you and Jeff stay connected? "We're such a great team when it comes to managing the household, but our weakness is remembering to act like boyfriend and girlfriend too. We can't always fit in date nights, so we like to ride bikes together on a trail near our home when we find the time. It's our way of double-duty dating and keeping fit." 

Which three words describe you best?

Mother

Wife

Boss

Lover

Leader

Nurturer

Cheerleader

Maid

Multitasker

Problem-solver

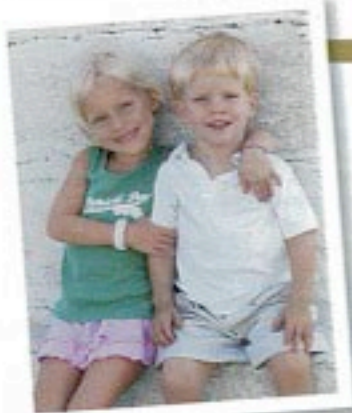
Confidante

Partner

Survivor

Chauffeur

Ringleader



"I can't wait to start my job at a clinic across the street from my house. If one of the kids is sick, I can be home right away—it's going to be great!"



"It's challenging to strike a balance in my life. I've spent many Fourth-of-July nights watching fireworks from the hospital."