



**David Sessions, MD**

**City:** Portland, OR

**Date of Graduation from Medical School:** 1958

**Medical School Graduated From:** Washington University School of Medicine

**Specialty:** Pediatrics

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**What factors influenced your decision to become a physician and your choice of specialty?**

I was greatly influenced by my pediatrician Arthur Hawley Parmelee, Sr. (1883-1961). He was a very learned man but humble and a practitioner of the art of medicine. He cared deeply for the welfare of his patients and their families.

**Did you experience a defining moment that made you feel you had become a physician?**

When I became chief of pediatrics at McDonald Army Hospital in Virginia, the responsibility for my co-workers and my patients made me realize that I was actually a physician and no longer a student, intern or resident.

**As you were training to be a physician, what one piece of advice was most valuable to you?**

First, do no harm. Just because you know how to do something doesn't mean you should do it. Never stop learning.

**What is the most significant medical innovation you experienced in your years of practice?**

Two medical innovations transformed my practice: chemotherapy for childhood leukemia and diabetic regulation with the finger-stick glucose, new insulins and HgbA1C measurements.