

Humans of CDI

Featuring Carlos Torres, MD

Department of Pediatrics, MGH Chelsea HealthCare Center
Associate Director for Learning and Education, MGH Center for Diversity and Inclusion
Associate Director of Diversity & Inclusion, Mass General Hospital for Children
Instructor in Pediatrics, Harvard Medical School



[Dr. Carlos Torres](#) is a pediatrician at MGH Chelsea HealthCare Center and Associate Director of Diversity & Equity at MassGeneral Hospital for Children. He was born and raised in Guadalajara, Jalisco, Mexico, moved with his family to Milwaukee, Wisconsin during his teenage years, and later went on to receive his Doctor of Medicine from Harvard Medical School. From there, he attended pediatric residency at MassGeneral Hospital for Children and served as a chief resident.

While at MGH, Carlos Torres, MD received the [Clinician-Teacher Development Award \(CTDA\)](#) in 2019, which further allowed Dr. Torres to explore his clinical and research interests in immigrant health, disparity research, LGBT health, and resiliency. In 2022, Dr. Torres joined the Center for Diversity and Inclusion team as Associate Director for Learning and Education.

To learn more about Carlos and his journey, keep reading.

What impact has receiving CTDA award had on your career and science?

Receiving the CTDA award has allowed me to further develop and claim my identity as a clinician-educator. First and foremost, I see patients as a primary care pediatrician at MGH Chelsea. And I enjoy it very much. My experiences at this community site informs how I approach my work as an educator. Through the CTDA, I was provided with the resources and time to formally learn about the science of teaching - something I did not receive as a medical student or resident.

What don't people know about you? What would people be surprised to learn about you?

This is one is a hard one since I don't have a poker face and am pretty vocal. As many of my friends are in the stage of getting married, I'm realizing how much I love weddings (let me be clear, attending but not planning them). It has been beautiful and powerful to celebrate anything in this peri-COVID world especially the commitment of two people to be there and struggle with each other. And of course, the dancing and food helps make these special too.

What gives you hope?

Children give me hope. As a pediatrician, I get to witness everyday how our children are our future. They surprise me every day (and make me laugh too). And I really hope that we keep prioritizing them and their well-being because they will take care of the world (and hopefully do a better job than us).

What's one thing that MGH could do tomorrow to make a difference?

MGH needs to keep prioritizing their workers. I am scared of how narrow the workforce is right now; we've had so many positions that have not been able to fill for a long time. I hope MGH continues to make this an attractive place to work. Yes, we take great care of patients. Well, we also need to take good care of the people who take care of the patients (and all of the people; not just physicians).

What do you do for fun?

I still have the travel bug in me. I can't shake off that feeling of learning and visiting new places with their unique cultures, food, people, etc. I'm also trying to get to know and visit different areas of the US. I recently attended a wedding in Wyoming (yay weddings!) and was amazed by the beauty of land. I still have Yellowstone and various other national parks on my bucket list that I would love to visit.

What is your favorite movie or book?

Oh I have so many favorite books. This year I am doing a 50 book challenge (check it out [here](#)). Although I am not even close to 50, I've found a few gems. My top three are: 1) Home Made: A Story of Grief, Groceries, Showing Up--and What We Make

When We Make Dinner by Liz Hauck 2) The Love songs of W.E.B. Du Bois by Honoree Fanonne Jeffers 3) The Shadow of the Wind by Carlos Ruiz Zafon. Can you guess what categories these fulfilled for my book challenge list?