Meet the 2023-2024 EMS and Disaster Medicine Fellows!

Dr. Lauren Friend grew up in the Santa Cruz mountains in California and attended UC San Diego for college. She began her medical career as an EMT working in Alameda County prior to attending medical school at Virginia Commonwealth University where she completed the school’s underserved medicine track. She is currently completing her Emergency Medicine residency at University of Illinois Chicago and serving as an Education Chief. She is extremely excited to be returning as an EMS fellow to the same community that inspired her career in Emergency Medicine and EMS. Lauren’s specific interests within EMS are expanding the boundaries of EMS provider education and increasing the role of EMS in addressing health inequalities. She has experience in prehospital simulation education and hands-on learning. When not in the ED or out in the field, she enjoys music, hiking, exploring new foods, and mixing cocktails.

Dr. Bryan Fregoso grew up in Ventura, California and completed his undergraduate education at the University of San Francisco. He briefly trained as an EMT and worked as a Barnes & Noble Bookseller prior to attending medical school at the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo in New York. He spent much of his time there dedicated to working with homeless populations as part of a medical student-run Street Medicine group. Inspired by his time in the prehospital setting, he began his pursuit of a career in Emergency Medicine as a resident at the University of Rochester in New York. He looks forward to returning to San Francisco as an EMS fellow and working on initiatives in community paramedicine, education, and event medicine. When not working clinically, he enjoys music, reading, and playing video games and board games.