

Profile

Mary Lloyd Ireland,
Lexington



Persistence is the name of the game for Dr. Mary Lloyd Ireland, an orthopaedic surgeon with the Kentucky Sports Medicine Clinic in Lexington.

As a youth, Ireland persisted through injury to represent the United States in international swimming competitions. As a doctor, she persisted in a male-dominated field to serve her country as a team physician at the Barcelona Olympics.

"I was not encouraged to go into orthopaedics," Ireland said. "I wanted to be in a fix-up specialty where you do more with your hands."

After graduating from Sayre School in Lexington, Ireland spent 15 years becoming an orthopaedic surgeon. "Those years in training pass very quickly," she said. "You're learning the whole time and it's so exciting."

In private practice since 1985, Ireland, 45, was team physician for the University of Kentucky for 12 years. She still treats athletes and other patients; she also conducts research in injury patterns of female athletes.

Ireland encourages females to pursue orthopaedics. "You can do it," she tells students. "You have to make the doors open for you."

**Best
advice**

Seek out a mentor.