

Dr. Tracey Bridger is a pediatric endocrinologist practising in Newfoundland and Labrador.

After graduating from Memorial University's Faculty of Medicine and Pediatric Residency Program in 1998, Dr. Bridger completed a three-year Endocrine Fellowship at McGill University. In 2001, she moved back home to Newfoundland and Labrador where she has been enjoying a diverse and interesting career ever since.

In addition to practicing in pediatric endocrinology and diabetes, Dr. Bridger is an associate professor of pediatrics at Memorial University's Faculty of Medicine and works in the field of chronic disease prevention. She is the co-founder and medical director of the Janeway Lifestyle Program, an interdisciplinary program aimed at reducing the risk of chronic disease in Newfoundland and Labrador through local and travelling consultation clinics, programs for children/youth and their families, media work, and a new Healthcare Professional Network for Chronic Disease Prevention in Children/Youth.

Dr. Bridger first joined the Newfoundland and Labrador Medical Association Board of Directors in 2010 and served on the board for two years. She is currently chair of the Physician Wellness Advisory Committee of the NLMA and is passionate about advocating for the well-being of physicians. She was elected to the position of President-Elect in 2017 and confirmed as President of the NLMA during the 2018 AGM on June 2.

Dr. Bridger lives in St. Philip's with her husband, Bob Wellon, and their two sons, Spencer and Jack. She enjoys going for walks with Arlo, the family's Portuguese Water Dog, relaxing and kayaking on the pond, and spending time with her family and friends.