

Blog



Meet Michele Shermak M.D.

Thursday, January 03, 2019





Baltimore born and bred, Michele Shermak M.D. is a Pikesville High graduate who grew up in "21208." Michele currently lives in Roland Park with her husband, Howard Sobkov and two college-age sons, Sam (19) and Max (18). Michele earned her undergraduate degree from Franklin and Marshall College in Lancaster, PA then returned to Baltimore, earning her medical degree from Johns Hopkins, staying at Hopkins for General Surgery/Plastic Surgery training (being the first to graduate from a combined program).

She served as Chief of the Division of Plastic Surgery at Johns Hopkins Bayview Medical Center, with a niche area of expertise in Massive Weight Loss Body Contouring. After 11 years in academic practice, Michele moved into private practice in Lutherville, where her medical expertise runs across the plastic surgery spectrum including facial plastic surgery, mommy makeovers, breast reconstruction and injectables.

Why plastic surgery as your chosen medical field? I originally got turned on to Plastic Surgery after seeing a video featuring Dr. Paul Tessier, a Parisian craniofacial plastic surgeon, the father of modern craniofacial surgery. I saw the video while in high school and was inspired by the reconstructive work Dr. Tessier pioneered to help children born with facial defects. I have to admit, his jet-set lifestyle, traveling between Paris, LA and Boston was pretty attractive as well. I loved math, science and art, and plastic surgery is a great marriage of all of my interests.

What do you love most about the work that you do? Performing at least one mitzvah a day! It melts my heart when my patients share with me how positively life changing their surgical experience was for them—and getting that special hug afterward. It is humbling and deeply meaningful for me to be able to help people this way.

Why are you a dedicated donor to The Associated? I believe it is critical to protect and support the Jewish community locally and internationally. I truly enjoy working with others interested in the same thing and have made some incredible friendships. I grew up in Baltimore and am constantly surprised by all of the new people I continue to meet! I was fortunate to participate in the Inspired Women's Project last year which culminated in a wonderful trip to Israel, and equally wonderful new sisterhood with 19 other Jewish women in the community. We got together throughout the year

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Details on upcoming Maimonides Society programs We have two great programs coming up this year. The first, in January, is focused on MedTech from Israel. We are interested in learning about some of the incredible medical innovations coming out of Israel and ways we can partner with Israel, one of the leaders in innovative medical technology. Also, this year's Maimonides Society brunch, on Sunday March 10, will focus on the opioid crisis from a medical perspective. I look forward to this annual event, which is always on my calendar, and a great time to catch up with medical colleagues representing all disciplines. Learn more about Maimonides Society programing [here](#).

What do you want to be when you grow up? I love that I really have all avenues open to me with my career. I do love my current practice and for now, hope to continue to nurture and grow my wonderful surgical practice. I can always change my mind and focus on an MBA, scientific pursuit, writing more books or even going to Law School!

Finish this sentence: When I'm not working, I'm... Relaxing with family and/or friends. I love home decorating and cooking, reading, movies and going to restaurants. I travel quite a bit for work which does not feel like work. I enjoy seeing my plastic surgery colleagues/friends from all over the world many times throughout the year.

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Eli Kaufman — Thank you Jay.

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