



tom hopkins, m.d.

Internist and KCRA 3 chief medical correspondent

For KCRA 3's favorite doc, a commanding curl of bow tie helps the medicine go down.

"Bow ties really project a sense of authority, respect and style," says Dr. Tom Hopkins of his signature accessory. "They say, 'Stop. Listen. This is meaningful.'"

Off camera, Hopkins, a board-certified internal medicine practitioner who specializes in the treatment of obesity and its complications and is a founder of Medi-Stop, a Natomas independent walk-in clinic, feels freer to express his fun-loving side. Cowboy hat and boots? That's the laid-back Colorado native rattling around in his Ford pickup. Adidas athletic shoes? Well, he does have to practice what he preaches.

At 44, Hopkins has an established sense of style from which he rarely deviates. (Not that there aren't a few surprises. Ask him about the stir he causes when he wears his post-Labor Day-defying white shoes anywhere other than Vegas.)

"Style defines who I am, so I'm always consistent," he says. "Trends come and go, but I really look and say, 'Do I like that style? Does it fit with who I am?' I don't wear what's not comfortable."

Here, a prescription for fashion, Hopkins-style:

BOW TIE-LICIOUS: People ask if my bow ties are a gimmick, but that's really who I am. I've worn them since I was 5 years old. I probably have over 100 bow ties—I order them from a place called Beau Ties Ltd. of Vermont—and I wear different ones for different occasions. People frequently ask, "Do you wear clip-ons?" but I tie them myself. People who wear bow ties and are passionate about them don't wear clip-ons.



JEANS: Kenneth Cole, Calvin Klein and Levi's.

FAVORITE ITEM IN YOUR CLOSET: A black-velvet jacket. I don't wear it that much, but every time I see it in my closet, I say, "Wow, that's cool!"

SUIT: My favorite suits are Armani and Joseph Abboud. Armani was the first real expensive suit I was given. My uncle bought it for my interview for

medical school, and it was so elegant. It was his contribution because I was the first doctor in the family. I'm kind of a classic guy like that; if you had something that made you feel good and defines your style, you go back to that.

TIMEPIECE: My mainstay watch is a Rolex. It's gold with a black face, and it goes with everything I wear.

SCENT: I've always liked Cool Water (by Davidoff). That used to be my favorite scent, but now Prada and Armani Black (Code) are the two I go with. I switch around between them depending on the season.

TUNES: I like R&B and jazz. Brian McKnight and Babyface are my two favorite artists. And I'm a very loyal Michael Jackson fan.

GUILTY PLEASURE: Apple pie. I'll say, "I don't want any dessert," but if someone has apple pie, cut me a slice!



—Dayna Duntelman