Lara was born in Switzerland and grew up moving between many countries, before landing in Argentina where she spent the majority of her life. She was an undergraduate at MCPHS University in Boston, where she pursued a bachelor's in science. After college, she worked in clinical research both at Tufts Medical Center in Boston and NYP-Columbia Medical Center in NYC for three years before completing her MD at Stony Brook. She is a current PGY2 at Johns Hopkins and is interested in pursuing a fellowship in Social Emergency medicine, with a focus on substance use disorders.