

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment where we give you news and information that you can use to live a healthier lifestyle. My guest today is Dr. Colt Edin. I'm pleased to welcome him to the Lake Region Healthcare family of medical providers and to introduce him to our listeners this morning. Good morning Dr. Edin.

Dr. Colt Edin: Thank you very much Katie. Pleasure to be here.

Katie Johnson: You are an internal medicine doctor and a hospitalist and recently joined the Lake Region Healthcare team. I'd like to talk a little bit about your background first. What inspired you to pursue medicine and what kind of course did you take to pursue a career in medicine?

Dr. Colt Edin: Katie, I've always liked science. I've always liked knowing what makes things run whether it be a tractor or the human body and how all the systems are combined. At one point I almost thought of going into purely research but I would have really missed working with people. Working in medicine allows one to work with people but also to work with the complicated systems that are all involved in the wonderful human body.

Katie Johnson: What kind of education path did you pursue when you decided medicine was for you?

Dr. Colt Edin: I have a Bachelor's in Science degree from St. John's University. That was followed by four years of medical school through the University of Minnesota. After that a three year residency in internal medicine at Abbott Northwestern Hospital. After that I did a year-long chief resident year where I was an independent physician at Abbott Northwestern but did a lot of teaching as well.

Katie Johnson: There are some other providers at Lake Region Healthcare who've had that similar role, is that right?

Dr. Colt Edin: Dr's Overgaard and Peterson also were at Abbott Northwestern for their training.

Katie Johnson: You're joining some of your friends and colleagues here in practice, that's really exciting to see. I mentioned that you're an internal medicine doctor, you also are serving in the role of hospitalist. At Lake Region Healthcare you'll have the hospitalist rotation and you'll have your clinic practice in internal medicine. Can you tell me a little bit about what the difference is in those roles and what a hospitalist really does?

Dr. Colt Edin: I'll be wearing those two different hats hospitalist and clinic physician. When I'm on as a hospitalist it'll be seven days where I'm taking care of patients in the hospital only. I won't be seeing patients in clinic. I think it's important when one's on in the hospital taking care of very ill people to have your focus honed in on those patients.

Now if I was doing both hospitalist and clinic work at the same time I would be trying to see somebody in clinic working with their diabetes or their heart disease and at the same time trying to manage somebody's ventilator who's critically ill in the ICU. I think not able to focus as well as possible on both of them. To do clinic time as clinic time and hospital time as hospitalist time is a great way to pay full and appropriate attention to patients in both situations.

Katie Johnson: I can't remember if you told us where you grew up, how you ended up from there to Lake Region Healthcare in Fergus Falls.

Dr. Colt Edin: I grew up on a farm about an hour south of Duluth. The soil there is not nearly as good as it is here in Otter Tail County. My experience was more like somebody growing up on a farm here in the '50's or '60's. The internal medicine group at Lake Region is incredible. They have a really good crew of other practitioners here and it was really a lovely community, a good group of physicians who care big picture about their community and aren't in things just purely for themselves. Those together with a town with the reputation of a great place to raise a family add to that. I spent a month here when I was still in my training just to try things out here. After I spent that month here and my wife spent some time here as well we decided we'll move to Fergus Falls and expect to be here for the long haul.

Katie Johnson: We're certainly glad that you've chosen to settle your family here. When you talk about the other providers, the experience that you had here before you joined Lake Region Healthcare and the philosophy that you have for caring for patients ... Can you tell us what it is that you feel defines providing quality care to patients?

Dr. Colt Edin: I think at the foundation of things there needs to be a level of competence and understanding of the different medical conditions but in order to provide big picture quality care for patients and their families a physician should also pay attention to and care about that person as a person as well, beyond the cumulative sum of the medical conditions they might have. A patient is not a list of diagnoses, they're a person. Then there are other medical things that come along the way that we can either help prevent or help a person cope with or help resolve. That's I think the ideal role of a physician is taking care of patients as people. That's the heart of it I think.

Katie Johnson: Speaking of being a person, when you're not a doctor what are the things that you as a person enjoy doing? Tell us about your hobbies and your background.

Dr. Colt Edin: First I guess my wife and I have a six month old son. A wonderful blessing he is to us. Hobbies on the side, all sorts of things. I own a steam engine at Rollag, I run that up there and help with various maintenance projects. I play the banjo, I spend time in the boundary waters, good Minnesota hunting and fishing sorts of things. I just am always, always on the go. Reading, learning, just curious about everything in general.

Katie Johnson: Sounds like a great variety of interests you have.

Dr. Colt Edin: Quite a few irons in the fire but they're good ones.

Katie Johnson: They're good irons to have in the fire. Anything else that you would like our listeners to know about you or about your practice here at Lake Region Healthcare?

Dr. Colt Edin: I'm accepting new patients right now and I think it's a good thing for people who are in their 40's and 50's who might not have a regular primary care physician to get one. It's a helpful thing to have a doc who knows you when you're young and healthy and there isn't much for medical problems. If you also have the same doc when you're 70, 80, 90 years old, they'll have known you throughout the many years and will have known you when things were well and as time passes things come up. It's helpful to establish care at middle age.

Katie Johnson: That's excellent advice. As you mentioned Dr. Colt Edin internal medicine physician is taking new patients. You can call 739-2221 to reach the main clinic appointment line anytime and be glad to schedule you in to your practice I'm sure. Dr. Colt Edin, thanks for joining us this morning and welcome to the Lake Region Healthcare family.

Dr. Colt Edin: You're very welcome. Thank you for the warm reception I've had here.

Katie Johnson: Dr. Colt Edin, internal medicine physician and hospitalist at Lake Region Healthcare my guest today on Apple a Day. Colt and Katie reminding you there is so much to do here, stay healthy for it. Have a great day.