

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's health and wellness show where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and my guest today is Alyse Engen. She's a physician assistant who is joining our orthopedics and sports medicine team, and is joining us to introduce herself to our community and our patients this morning. Good morning Alyse.

Alyse Engen, PA: Good morning.

Katie Johnson: Thanks for joining me. We like to use this time on our show to introduce the community to our new providers, and our orthopedics and sports medicine department is really growing, and really an exciting place to be right now. And I'm excited to welcome you to that team. Tell us a little bit about your background and where you're coming to us from, what your work experience has been, and where you're from.

Alyse Engen, PA: I am from Breckenridge, Minnesota. I did my undergraduate education at North Dakota State University while I was working as a CNA in Wahpeton, North Dakota. I got my PA education from the University of North Dakota, and I'm excited to accept a job offer at Lake Region Healthcare.

Katie Johnson: Yeah. That's awesome. Now, when I was reading through your bio, I think I saw that your undergraduate degree is in zoology.

Alyse Engen, PA: Yes.

Katie Johnson: Is that right? Tell me a little bit about that, and why you chose that as your initial degree.

Alyse Engen, PA: Zoology was actually NDSU's pre-med degree.

Katie Johnson: Oh, got it.

Alyse Engen, PA: So, that kind of gave me the opportunity to get my undergrad education done in three years rather than four. I also had a minor in chemistry from NDSU.

Katie Johnson: What was it that prompted you to choose medicine as a career, and particularly, orthopedics as a specialty that you wanted to pursue?

Alyse Engen, PA: I've always been intrigued with medicine, but orthopedics in particular, I love sports. I grew up playing sports, but I believe the physical health of a person is very important. In order for people to be able to do what they love, they need to be physically capable of doing that.

- Katie Johnson: Mm-hmm (affirmative) and orthopedics really gives you great opportunity to help people of all ages, really, whether it's a sports injury, or whether it's a hip or joint replacement later in life, right?
- Alyse Engen, PA: Yeah. It really gives you that satisfaction of getting people back to the state of health that they were in before, being able to see them go back to the things that they enjoy doing.
- Katie Johnson: Mm-hmm (affirmative). Absolutely, and what about choosing Lake Region Healthcare? Was there something in particular that drew you to choose to practice at Lake Region Healthcare once you got your physician assistant degree?
- Alyse Engen, PA: Lake Region Healthcare provided me with an opportunity to do a job that I love in a community that I am familiar with. I'm from around the area, I'm familiar with the Lakes area, and I thought that Lake Region would be a great place for me to call home.
- Katie Johnson: And you really do have a fantastic team of people to work with too. I don't know how much you've gotten to know Dr. Glynn and Dr. Rott, and Aaron, and Kory, and now Keon, but it's really exciting to see such a great team coming together.
- Alyse Engen, PA: Yeah, I've had multiple encounters with all of the people in ortho, from the nurses to the providers, and they're such a fantastic group. They have been so welcoming.
- Katie Johnson: Oh, that's great to hear. When we talk about giving high quality care to our patients, and being really patient-centered, which is one of the core philosophies here at Lake Region, what's important to you? What do you think is at the core of providing really good patient-centered care?
- Alyse Engen, PA: I think collaboration with the patients is probably the most important thing to me. Making sure, you know, I understand what the patients are expecting out of this, what type of treatment plan will fit into their lifestyle.
- Katie Johnson: Knowing the patient's goals and working together to achieve them is really rewarding. Do you have any particular areas of professional interest when it comes to orthopedics and sports medicine?
- Alyse Engen, PA: I enjoy all aspects of orthopedics, the surgical cases are particularly interesting to me. I think they provide the most satisfaction of seeing someone, you know, who has so much pain when they walk, or is incapable of doing some of those physical activities, and then watching them rehab afterward, and seeing the progress that they can make to go back to their daily lives.
- Katie Johnson: What about when you're not working? What do you enjoy doing? You have some particular hobbies and interests?

Alyse Engen, PA: I've always enjoyed playing basketball. I like spending time with family, heading out to the lakes, and traveling are probably my top favorite things to do.

Katie Johnson: Great, anything else that you would like us to know about your practice or about yourself personally that you'd like to share with our listeners?

Alyse Engen, PA: I actually just recently moved to the area, so I look forward to meeting a lot of new faces and getting to know the community.

Katie Johnson: Well that's great. We certainly welcome you to the community. We welcome you to the family at Lake Region Healthcare, and we're just so glad to have you on the team. Alyse Engen, physician assistant in the orthopedics and sports medicine department, welcome to Lake Region Healthcare, and to Fergus Falls.

Alyse Engen, PA: Thank you.

Katie Johnson: Alyse Engen and Katie Johnson on Apple a Day this morning reminding you there is so much to do here. Stay healthy for it. Have a great day.