

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 Dr. Andre Genereux. He is our newest internal medicine physician joining the team of providers at Lake Region Healthcare, and our guest today to introduce to our listeners and to our community and to welcome to Lake Region Healthcare.

Good morning, Dr. Genereux.

Dr. Genereux: Good morning.

Katie Johnson: I always like to have our new providers join us and have this opportunity to introduce them to the community and get to know a little bit more about you and your background and your practice. Let's start with just tell our listeners more about your background, your education, your work experience leading up to you joining the team here.

Dr. Genereux: Well, I grew up in a small town called Wahpeton, and from there I moved up the Red River Valley to Concordia in Moorhead, majored in biology and chemistry there, and after four years moved a little farther north to the University of North Dakota, got my medical degree there. Then I traveled over to the Twin Cities area to Abbott Northwestern Hospital where I completed my internal medicine residency.

Katie Johnson: You're a pretty local guy and sticking pretty close to home. That's great. Tell me what inspired you to pursue medicine as your career path and how you chose internal medicine as the specialty as well.

Dr. Genereux: Sure. Well, ever since I was a kid, I had an affinity towards sciences. My mother worked in the health care field, so I had exposure to it, and then it really just got solidified in college and I wanted to a medical path versus a research path. Then really I went to medical school with a few different things in mind and had internal medicine as one of my last rotations in my third year and just really liked putting all the organ systems together and really thinking at a high level of how everything relates to one another, and that's what kind of pushed me into it.

Katie Johnson: So what prompted you to choose Lake Region Healthcare as the place you wanted to come and practice your internal medicine?

Dr. Genereux: Sure. Well, first of all, this is a great part of the country. My wife and I love to come back to this area. Also when I was at Abbott, Dr. Edin was there who recently started working here a few years ago, and encouraged me to do a rotation here, so I did a rotation. I think one of the things you look for in a health care system when you're looking to start a practice is having really good

partners that you can rely on, and I felt like there was a lot of good people here for that, so that and coming back closer to home.

Katie Johnson: Sure, and you mentioned your wife. She's also from this area as I understand.

Dr. Genereux: Also from Wahpeton, yeah.

Katie Johnson: Okay, and also a member of the Lake Region Healthcare team, so all part of the family. That's great. You mentioned that you work alongside a pretty impressive group of family medicine, internal medicine, and specialty providers at Lake Region Healthcare. What are you looking forward to most about kind of being part of that team, and we have a few who have come from Abbott Northwestern in the residency, chief residency position there as well, so kind of a neat tie-in.

Dr. Genereux: Yeah. I'm really looking forward to getting to work with them and getting to collaborate with them, use our individual strengths together, and really looking forward to getting to know them too.

Katie Johnson: Great. What about your areas of professional interest or research when it comes to medicine? Do you have some areas of particular interest?

Dr. Genereux: Yeah, I've looked into a few different areas of medicine that I enjoy. I think probably the biggest one coming from a big ultrasound training program is bedside ultrasound and internal medicine. It's really nice to be able to look at what you want to look at for as long as you want to look at, and really put things together with the patient at the bedside of what's going on inside of them.

Katie Johnson: And we've talked to Dr. Overgaard about that before, particularly his use of that in his mission work, and has really been working to bring it further along at Lake Region Healthcare as well. Will you also be doing hospitalist shift like our other internal medicine providers do as well and bringing that ultrasound practice to that part of our health care delivery as well?

Dr. Genereux: Yes, I plan to use it both in the hospital and in the clinics.

Katie Johnson: Okay.

Dr. Genereux: Yep. I think that that is fair to say.

Katie Johnson: Great. Tell us a little bit more about your philosophy of providing care. What's important to you when you think about taking care of patients and helping them with their medical issues?

Dr. Genereux: Well, I really like to partner with my patients and try and customize their care to meet what their goals are. Of course, I like to leave everybody healthier than

when they first met me, and I think a big part of our job here is to work with the patient.

Katie Johnson: As we think about patients and our listeners, we're heading into winter, a little bit faster than we maybe hoped we would be heading into winter. What are your kind of health tips for this time of year if you're going to provide some advice as we head into winter about staying healthy through the winter season?

Dr. Genereux: Well, there's a lot of things you can do. I think in this area sometimes if you're not feeling well, it's easy not to come into the doctor if it's a long drive on icy roads, so I would encourage people to come see us if you have a need to come see us. I think getting your flu vaccine is important and helpful for your health, and I think just safe travel is always important too, so carry a cell phone with you, have that emergency kit in your car.

Katie Johnson: Absolutely, and take your time. Slow down. Gosh, it's funny how quickly we forget how to drive in the winter weather. What about when you're not working? What do you enjoy doing? What are your hobbies and interests outside of medicine?

Dr. Genereux: Actually, I have quite a few. I probably spread myself too thin with my hobbies outside of medicine, so I like sports like tennis and hockey especially. I enjoy being at the lake with my family spending time there. I like home improvement projects, some renovation, that sort of thing, and I've even been known to build a computer or two on occasion.

Katie Johnson: Oh wow. A great variety of interests. Anything else you'd like our listeners to know about you or your practice at Lake Region Healthcare?

Dr. Genereux: Probably just that I'm excited to be here and I look forward to the days to come.

Katie Johnson: We look forward to getting to know you better, having you part of the team at Lake Region Healthcare, and it's been nice to get to know you better on our show this morning, so thanks for taking time to join us.

Dr. Genereux: You're very welcome.

Katie Johnson: Dr. Andre Genereux, newest internal medicine provider at Lake Region Healthcare, my guest today on Apple a Day as we introduce him to Fergus Falls, to the Lake Region Healthcare community, and just welcome he and Brittany to the team and to the family. Dr. Andre Genereux 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.