

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 am Katie Johnson, your host, and my guest today is Dr. Mohammad Alsumrain. He's a pulmonologist and the newest member of the medical staff here at Lake Region Healthcare, and we're pleased to introduce him to the community and welcome him to the Lake Region Healthcare family today.

Good morning, Dr. Mohammad Alsumrain.

Dr. Alsumrain: Good morning.

Katie Johnson: Let's start with hearing a little bit about your background. Where are you from originally, and what does your medical career look like prior to joining Lake Region Healthcare now?

Dr. Alsumrain: I'm originally from Jordan. I was born and raised in Jordan. After I finished my medical school back home, I moved to the United States. I arrived to New Jersey in 2006, and I did my internal medicine residency and fellowship training in pulmonary and critical care medicine. After that, I moved to South Dakota for my first job. I was in Aberdeen in 2012 for three years. Then, I moved to Rapid City in the Black Hills area for another three years. In 2016, I went to additional training at the Mayo Clinic in Rochester, Minnesota, for interstitial lung disease and lung fibrosis. Then, I was back to Rapid City in 2017, and now I just moved here to Fergus Falls.

Katie Johnson: Great, so tell me what inspired you to pursue medicine, and maybe in particular pulmonology, and to continue your training as you have over the past recent years.

Dr. Alsumrain: Medicine always was my childhood dream. I always want to be a doctor. Also, my father supported me and encouraged me to be a doctor and help people. During my training and residency, I also enjoyed pulmonary medicine and lung diseases, that's why I continue to additional training in pulmonary medicine and lung issues.

Katie Johnson: You've been in the Midwest, so it's not like you're making a huge change coming to Lake Region, but what was it about Lake Region Healthcare that made you want to make the move here and join the team?

Dr. Alsumrain: Okay. I love the area. I love the Midwest area and the environment, all of the people. I love this area, that's why I stayed in this region. I chose Lake Region because of the environment that they create to support their providers and in order to provide a very good medical care for this community, so the good environment, the good support from the group to their physician. That's why I moved here.

- Katie Johnson: It is a fantastic physician group, and it has been a couple of years since we've had a pulmonologist on staff here, so we're excited that we can offer this specialty to our patients again. Let's talk about what types of conditions people might seek care from a pulmonologist for?
- Dr. Alsumrain: There are many conditions that which a patient can seek care for from a pulmonologist, which may include asthma, COPD, lung fibrosis, pneumonia and many others. People who suffer from shortness of breath, chronic cough also can seek help from a pulmonologist.
- Katie Johnson: Sure, and I would imagine asthma might be one of those more common patient types. What do you tell people who are concerned that they or someone they know might be experiencing some of the early warning signs of asthma? How do they know when it's time to see a doctor or, specifically, a specialist like a pulmonologist?
- Dr. Alsumrain: Asthma is one of the most common conditions that we see as a pulmonologist. It is a condition in which your airways narrow and swell and produce more mucus, which makes it harder to breathe and can cause cough, wheezing and shortness of breath. It can result in mild symptoms for some patient. However, it can be a major problem for others who experience severe symptoms. If you have any of these symptoms such as cough, wheezing, specifically if it's triggered by exposure to dust or pollens or certain perfumes, then that could be a sign that you may have asthma, and you should seek help from a physician. Treating asthma is very important to prevent severe attacks which can be sometime life-threatening and serious.
- Katie Johnson: Mm-hmm (affirmative). What are the common treatments for asthma?
- Dr. Alsumrain: Usually, we treat asthma with what we call them bronchodilators. It's a type of inhalers that dilate the airways and make the patients breathe easier, also, inhaled steroids that can also control the asthma and decrease the inflammation and the swelling of the airways.
- Katie Johnson: Sure. We could ask the same specific question about other conditions you see. Are there any other really common pulmonology related visits that there are certain warning signs that it's time to see a pulmonologist when it's really difficult for you to breathe. COPD was mentioned. There may be some others?
- Dr. Alsumrain: Anybody who has some difficulty breathing, if it's out of proportion to their physical fitness, especially if they are smokers, they should be checked out if they have COPD and take a breathing test to find out if they have it or not.
- Katie Johnson: Certainly. Tell us a little bit more about your philosophy of care. You mentioned the team here and the support of the physicians and the atmosphere being conducive to the type of care that you like to provide. What's important to you when it comes to providing excellent patient care?

Dr. Alsumrain: My philosophy is... the first thing is giving the patient the best care I can provide for them. I would like to listen to the patient, address all their concerns and questions in a simple way, try to simplify their conditions, and try and make sure they understand their condition and how to treat it and, as I said, provide the best care I can.

Katie Johnson: Mm-hmm (affirmative). What do you like most about being a doctor or maybe even specifically about being a pulmonologist?

Dr. Alsumrain: The most I like being a pulmonologist is that feeling of satisfaction and happiness when I see a patient who was in a critical condition, unable to breathe in his own and, after the treatment, he comes to my office in a very good shape and breathing easier and without oxygen and feeling happy and well, so that's the best feeling I have.

Katie Johnson: Very rewarding, I'm sure. What about when you're not working? What do you enjoy doing in your free time?

Dr. Alsumrain: When I'm not working, I like to watch sports, all kinds, but mostly soccer, the European Soccer, and I also watch basketball. When I have the time to practice these sports, I will do it. I also love traveling and visit new places.

Katie Johnson: Any travel plans in the near future, or just settling into Fergus Falls is on your agenda now?

Dr. Alsumrain: For now, I'm settling. I'm just starting to practice. I just came back from a vacation to Jordan.

Katie Johnson: Excellent. Anything else you would like our listeners to know about you or about your practice as you get established here, restarting the pulmonology services at Lake Region Healthcare?

Dr. Alsumrain: Other than general pulmonology cases that we see in our practice, also, I have some more interest in interstitial lung disease and fibrosis, which is a condition that can affect many people and can cause a lot of problems for their lungs, and I also have additional training in some rare diseases called vasculitis in the lungs which... such as Wegener's disease and other vasculitis or inflammation of the blood vessels in the lungs, so, if anybody has this condition, we will be able to hopefully help them.

Katie Johnson: We are certainly fortunate to have that expertise here at Lake Region Healthcare. Again, Dr. Mohammad Alsumrain, a new pulmonologist here at Lake Region Healthcare, offering clinic hours on the third floor of our main clinic right on Vernon Avenue in Fergus Falls, we're so happy to have you on the team, happy to have pulmonology services back for our patients right here close to home, and we welcome you to Fergus Falls. Thanks for taking time to visit with us this morning.

Dr. Alsumrain: Thank you very much, Katie.

Katie Johnson: Dr. Mohammad Alsumrain 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.