

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's health and wellness section with news you can use to live a healthier lifestyle. This is Katie Johnson, and joining me as my guest today is Dr. Brett Larson. He is new to the medical staff at Lake Region Healthcare, and here this morning to introduce himself to you, the community. Dr. Larson, thanks for joining me.

Dr. Brett Larson: Thank you very much.

Katie Johnson: Tell us a little bit about your background.

Dr. Brett Larson: I'm coming here from Ohio. It's a place that we have been for the last two years. I grew up in Alaska, and Utah. Utah is where I spent my high school years. Following that, I went on a two year mission for my church to France. Then, started my medical education at University of Utah. I did my residency training at LSU in New Orleans, and so we're happy to be here.

Katie Johnson: You've kind of been all over the place. How did you land in Fergus Falls?

Dr. Brett Larson: My wife and I were looking for a nice small town community that had a good place to raise family, and that type of thing. Fergus Falls came up on our online search, and as we came here, we kind of fell in love with the community. We're just thrilled to be here.

Katie Johnson: That is great. You are an OB-GYN. How did you choose a medical career, and more specifically, obstetrics and gynecology?

Dr. Brett Larson: As a child, my father was diagnosed with a terminal medical illness. That's kind of where I initially got my interest in the medical field. As I studied and got into medical school, OB-GYN was something that wasn't initially on my radar, but as I studied in that specialty, I really learned to love it. What I enjoy is delivering babies, and having time to be in the operating room with patients, but then to also follow up on them and have that continuity of care.

Katie Johnson: What is it about women's health, or what areas of women's health that are most interesting to you?

Dr. Brett Larson: One of the things that I was trained in in New Orleans was minimally invasive surgery. It's one of my interests. We have shown that using these minimally invasive surgical techniques, we can improve patient outcomes and decrease the length of their recovery, and those types of things. That's something that I'm very dedicated to.

In addition to that, I enjoy infertility and treating couples with those types of conditions.

Katie Johnson: I'm sure that's a very rewarding part of your practice. When you talk about

minimally invasive surgeries, what types of procedures are you talking about?

Dr. Brett Larson: Specifically, in obstetrics and gynecology, that refers to laparoscopic surgeries. Surgeries where, instead of getting a large incision where we open up your abdomen, you're getting small incisions where we're using small tools in order to accomplish the things that we need. In addition to that, some hysterectomies are able to be performed vaginally, where you don't have any abdominal incisions.

Katie Johnson: Very interesting. What do you find women neglect most when it comes to their health?

Dr. Brett Larson: We like to talk about the really complex things, but what I find that we often neglect are some of the basics. What I'm talking about specifically is, are you getting a good night's rest? Are you eating healthy foods? Are you finding time every day to get out and exercise? Those are really the things that I think most people tend to neglect the most.

Katie Johnson: And probably lead to those complex things?

Dr. Brett Larson: Absolutely. You know, we love to talk about, you know, "You need to get in and get your pap smear," and all those things are still very important, but it's the small daily decisions you make that ultimately will have the biggest impact on your health.

Katie Johnson: What's your number one tip for women when it comes to making their health a priority amidst, what most women have, are very busy lives?

Dr. Brett Larson: In our modern day life, it's easy to get overly busy with things. We all have a lot of tasks to perform. Things that take us away from taking care of ourselves. It's just important that you find time for yourself, and to remember your own health.

Katie Johnson: A little bit more about your family, maybe. Can you tell us more about your family, and what you're looking forward to about living in Fergus Falls?

Dr. Brett Larson: My wife is a pharmacist. She also trained down in New Orleans. She's excited to be part of the community here. We have two small daughters. One is two years old, the other is seven months old. They're just a joy to have, and we're so excited to be a part of this community.

Katie Johnson: With two small daughters and a medical practice, you probably don't have a lot of free time, but what do you like to do in your free time?

Dr. Brett Larson: We enjoy just being active. You might see us out on the street. We like to go on walks, and hikes. My wife and I are both runners. Those are the things that we typically enjoy doing.

Katie Johnson: Great. If you don't mind, I'd like to ask you a little bit more. I noticed you have French listed as a second language. I'm guessing that has to do with the mission

that you did. Can you tell me more about what that was about?

Dr. Brett Larson: Yeah. I served a two year mission for my church, that was all done in France. I spent a year living in Paris, and another year living in Normandy. One of the best opportunities of my life, and I scarcely have a day that I don't look back and think about that, and my experiences there.

Katie Johnson: What did you do? Was it a medical mission, or another type of mission?

Dr. Brett Larson: It was primarily proselyting, but we did perform community service and other things.

Katie Johnson: Well, Dr. Brett Larson, welcome to Lake Region Healthcare, and welcome to the Fergus Falls community. Very excited to have you on the team of OB-GYN professionals in our women's health department, in our nice new clinic. Just really happy to have you on our team, and in our community.

Dr. Brett Larson: Thank you very much.

Katie Johnson: Dr. Brett Larson, OB-GYN, and Katie Johnson, here on Apple a Day this morning, reminding you there is so much to do here. Stay healthy for it. Have a great day.