

FAMILY MEDICINE RESIDENCY PROGRAM

Residents

HONORHEALTH®

3rd Year

Class of 2026



Christi Eudy, DO

Hometown: Tampa, FL and Apache Junction, AZ

Medical School: Campbell University School of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

One of the things that attracted me to family medicine is the broad scope of practice. I've always been drawn towards women's health, but I didn't want to stop there! Family medicine truly allows you to become a jack of all trades and gives you the ability to tailor your practice to suit your passions. In my case, that allows me to practice everything from prenatal care to geriatrics, with a sprinkle of international and wilderness medicine. Additionally, I cherish the patient-physician relationship and enjoy listening and connecting with patients of all ages and walks of life. I get fulfillment from sharing knowledge and educating patients to help them further their goals, both within healthcare and beyond.

Hobbies outside of residency:

Knitting, painting, cooking, hiking, traveling – pretty much any kind of craft or anything that takes me outside!

Why HonorHealth?

The overall feel I got from the program, faculty, and residents was one of support and wellbeing. I was specifically looking for a program in the Valley that provided this type of culture, was unopposed, and had a robust curriculum that would allow me to focus on my clinical interests – and I found it!

Fun Fact about living in Scottsdale/Arizona:

The amount of hiking and happy hour opportunities (AKA views and brews)



Erin Herbert, DO

Hometown: Ahwatukee, AZ

Medical School: A.T. Still University School of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

Some of my clinical interests and passions include health education and disease prevention. I really enjoy the physician-patient relationship that family medicine allows.

Hobbies outside of residency/How do you spend your time away from work?

Outside of medicine some of my hobbies include hiking, traveling, and spending time with my family and dog Lulu.

Why HonorHealth?

I was motivated to choose HonorHealth because of the robust training and camaraderie of the program. I was fortunate to complete a rotation at HonorHealth and saw firsthand the excellence of the program! Lastly, as a person born and raised in Arizona it was important for me to continue my training in the community that I love and to create even stronger bonds where I hope to practice long-term.

Fun Fact about living in Scottsdale/Arizona:

Despite being the desert, Arizona does have water! I love exploring the many lakes and rivers that AZ has to offer.



Amitis Karrys, DO

Hometown: Albuquerque, NM

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

My passion for family medicine stems from being able to have long-lasting and meaningful relationships with my patients. I love the idea of being able to be someone's physician from the time they are born all throughout their life.

Hobbies outside of residency

Some of my hobbies include spending time with family and fiancé Jordan, tending to my plant collection, watching hockey, book club, and trying new restaurants.

Why HonorHealth?

During my time as a sub-I at Honor Health, I felt at home. You can feel the sense of community among the residents, and you can tell the program values their opinions. I was also impressed by how comfortable and confident they were handling many different clinical scenarios.

Fun Fact about living in Scottsdale/Arizona:

A fun fact about living in Arizona is there are now many great places to enjoy dinner & drinks, as well as the option to drive to Sedona or Flagstaff on weekends to enjoy cooler weather & gorgeous views.



Oksana Klimenko, DO

Hometown: Seattle, Washington

Medical School: Elson S. Floyd College of Medicine at Washington State University

Passions in Family Medicine – why do you love the specialty?

I fell in love with Family Medicine for its emphasis on patient relationships and the vast scope of practice. I am particularly interested in procedural and sports medicine.

Hobbies outside of residency:

Outside of medicine, I love the outdoors, whether it's rollerblading, hiking, paddleboarding, or just going on a walk. I also enjoy painting, cooking, baking, and spending twice the amount on a DIY project rather than just buying the thing at the store.

Why HonorHealth?

I chose HonorHealth because the faculty really seemed to care about creating an environment where I can pursue my passions. And spending almost my whole life in rainy Seattle, a little Arizona sun is just what I need.

Fun Fact about living in Scottsdale/Arizona:

I really enjoy the sunshine as well as exploring the nearby restaurants and hikes.



Yasmine Krunz, DO

Hometown: Tucson, Arizona

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

My passion in medicine and primary care stemmed from working with refugee populations in my hometown. Growing up as an Arab American Muslim in today's climate exposed me to the multitude of healthcare disparities that exist close to me.

Hobbies outside of residency:

In my free time I like to travel, ski/snowboard, play tennis, work out, and go shopping.

Why HonorHealth?

What stood out to me about HonorHealth was a mix of the friendly culture but also the excellence that the program promotes. On my sub-I rotation I noticed all the residents operated at a high level with ease, and I realized that that was the type of training I was looking for. I also am from Arizona and wanted to stay in Scottsdale, so location was a big part for me as well.

Fun Fact about living in Scottsdale/Arizona:

What I like about Scottsdale is the variety of nice restaurants and activities there is to do.

Kendyl Melton, DO

Hometown: Scottsdale, Arizona

Medical School: Burrell College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I want to practice in full-spectrum care, but have interests in women's health/OB, acute care, and procedures.

Hobbies outside of residency/How do you spend your time away from work?

When I have free time, I like to relax and read or catch up on television shows/movies, bake, and visit with family and friends.

Why HonorHealth?

I chose HonorHealth because of the conversations with the residents and faculty during my virtual resident dinner, virtual interview, and in-person second look event. The residents felt well-prepared by the program and the faculty seemed passionate about teaching their residents. As someone who wants to practice full-spectrum family medicine, I appreciate that the residents are unopposed at the main hospital, the many opportunities for electives, and the variety of patients and diseases seen in the hospital and clinic.

Fun Fact about living in Scottsdale/Arizona:

Fun fact about AZ is that our sports teams have been really good in the last few years (hopefully this doesn't jinx us) and the planet Pluto was discovered up in Flagstaff!





Scott Mitchell, DO

Hometown: Mesa, AZ

Medical School: Idaho College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I chose Family Medicine because it is the specialty that encompasses the type of physician I want to be. Family Medicine physicians provide care to patients in all stages of life, have the broadest knowledge in treating numerous diseases, place an emphasis on preventive care, and can form strong, ever-lasting bonds with their patients.

Hobbies outside of residency/How do you spend your time away from work?

Exercising, playing/watching sports (especially football and basketball), golfing, spending time with family and friends, trying new restaurants and different types of foods!

Why HonorHealth?

Out of all of my audition rotations in my 4th year of medical school, my rotation with HonorHealth was easily my best experience. All the residents, faculty and staff came across as supportive and caring, while also feeling “real” with each interaction. In addition, HonorHealth is a well-established program that has a track record with helping their residents achieve both residency and post-residency goals!

Fun Fact about living in Scottsdale/Arizona:

Growing up in Arizona, Scottsdale is known to be a great place to get drinks, food, and scenic hikes, all in one central area. Truly is a great place to be!



An-Thu (Annie) Nguyen, DO

Hometown: Phoenix, AZ

Medical School: Edward Via College of Osteopathic Medicine-Carolinas

Passions in Family Medicine – why do you love the specialty?

Throughout third year of medical school, I truly enjoyed every rotation. This paired with strong clinical interests in integrative medicine, preventative medicine, pediatrics, global health, LGBTQ+ health, and wilderness medicine led me to pursue Family Medicine as a specialty.

Hobbies outside of residency/How do you spend your time away from work?

When not working, I pursue other passions of exploring different cultures, immersing myself in nature, and creating art. My hobbies include hiking, traveling, yoga, cooking and trying new foods, creating content for my Instagram blog, screen-printing t-shirts for my Etsy store, crocheting, petting other people's dogs, and catching up with friends.

Why HonorHealth?

During my HonorHealth sub-I, I was impressed with how every resident and faculty were kind, competent, and driven to go above and beyond to meet their patients' needs. The true family culture and collaborative support solidified my decision to join the HonorHealth family.

Fun Fact about living in Scottsdale/Arizona:

I'm a native Arizonan, lived in the East valley and Tucson, and have yet to see a javelina or rattle snake in real life. BUT they truly are out there and should be heeded with caution!

2nd Year Class of 2027



Brayden Jolley, MD

Hometown: American Fork, Utah

Medical School: Tulane University School of Medicine

Passions in Family Medicine – why do you love the specialty?

My clinical interests span sports medicine, integrative and functional medicine, biomechanics, and kinesiology-based approaches.

Hobbies outside of residency/How do you spend your time away from work?

Outside of medicine, I enjoy running, road and mountain biking, hiking, and camping. These activities reflect my commitment to an active lifestyle and holistic health practices. My passion lies in family, faith, building meaningful relationships, and helping individuals achieve their health and fitness goals

Why HonorHealth?

I chose HonorHealth for my residency because of their strong commitment to resident education and support. The program stood out to me for its genuine focus on resident learning and professional development.

Fun Fact about living in Scottsdale/Arizona:

Lots of sun.



Kathleen Keung, DO

Hometown: Fairfield, California

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

I love family medicine because we have the unique and humble position to know our patients beyond their diseases. I've seen how a trusting relationship with your physician can have a positive impact. I care about people and hope to partner with my patients to find the best route in their healthcare journey. Because to me, life is like holiday wrapping paper; you might get a little wrinkly on your way there, but you'll always make someone smile no matter how you show up. (You can tell that I'm not very good at wrapping presents...) Let's just keep putting our best foot forward through all the bumps on the road.

Hobbies outside of residency

Squeezing/admiring fluffy animals, endurance running (when my knee doesn't act up, always take care of your joints!), drawing and digital art, baking, traveling, eating good food, and talking about eating good food.

Why HonorHealth?

Stood out the most about HonorHealth: I felt safe to be completely and unapologetically myself at HonorHealth. The faculty, residents, and staff are kind and warm. I knew that it would be a great place to learn and grow.

Fun Fact about living in Scottsdale/Arizona:

Arizona sunsets are one of a kind with painted pinks, blues and oranges. I moved here from California thinking there was no good food or boba, but there are tons of hidden jewels and I would miss my favorite places here if I ever moved away. Everything is more affordable, but I know that's all relative. Also, Arizona gyms have really GREAT AC and ventilation making workouts comfortable. Yes, it matters.



Kevin Ly, DO

Hometown: Westminster, California

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

My clinical interests are rooted in preventative medicine (diet/exercise/screenings) and building relationships with my future patients.

Hobbies outside of residency:

Outside of my professional pursuits, one of my hobbies is maintaining my saltwater fish tank. I often joke that my goal in life is to become a physician just so I can have a beautiful fish tank in the waiting room, which isn't far from the truth I enjoy playing basketball, video games, cooking, and traveling. My greatest passion in life is to become a father and start a family.

Why HonorHealth?

What stood out most about HonorHealth's Family Medicine residency program were the residents and staff. Since my third year of medical school, I have worked with the residents at HonorHealth and it has always been a great experience. I remember being so impressed with the residents, finding at least one quality in each of them that I wanted to emulate. Their dedication and camaraderie made it clear that this program fosters a supportive and collaborative environment. Additionally, the training offered by HonorHealth perfectly aligns with my career aspirations and personal values.

Fun Fact about living in Scottsdale/Arizona:

There are many hikes and outdoor activities to do in the area. I also enjoy discovering new restaurants in the area, particularly Asian food.



Taylor Nelson, DO

Hometown: St. George, UT

Medical School: Rocky Vista University College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

My clinical interests lie in functional medicine and leveraging the body's natural processes to heal by providing the right fuel through whole foods, exercise, sleep, and healthy relationships. My passion both in and out of medical settings is to help people around me fulfill their potential and live their best lives.

Hobbies outside of residency

Outside of medicine, I enjoy mountain and road biking, playing music, golf, and being outdoors. I share my life with a beautiful wife and 3 kids, who love splash pads and parks with slides!

Why HonorHealth?

I thrive in environments with strong organizational structure, goal setting, and focus on personal development objectives, which is why I ranked HonorHealth high on my list of residency programs, and was ecstatic to learn that I matched here.

Fun Fact about living in Scottsdale/Arizona:

There is so much to do outdoors in this area from hiking, golfing, pickle-balling, to biking. Is it hot in the summer? Yes. Is it absolutely perfect weather for the other 9-10 months of the year? Definitely! This is a terrible place for vitamin-D lovers!



Rosemary Opara, DO

Hometown:

Medical School: A.T. Still University-School of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

With a lifelong commitment to patient care, my clinical interests include addiction medicine, diabetes management, and preventative care.

Hobbies outside of residency:

My hobbies include traveling, cooking, and decorating. I am passionate about my family and community. I am also a dedicated wife and mother of three boys.

Why HonorHealth?

What stood out to me about the HonorHealth Family Medicine Residency was its strong reputation for training world-class Family Medicine physicians. I was also drawn to the warmth and camaraderie among the residents, and most importantly, the attending physicians are approachable and deeply committed to teaching, with an emphasis on mentorship.

Fun Fact about living in Scottsdale/Arizona:

What I enjoy about Scottsdale: the culinary culture, arts, shopping, and entertainment.



Victoria Snapp, DO

Hometown: Tucson, Arizona

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

In the scope of family medicine, I have interests in preventative medicine, sports medicine, and rural medicine.

Hobbies outside of residency

Outside of healthcare, I enjoy long distance running, dance, hiking, and practicing yoga. I have been dancing since I was 3 years old and had the opportunity to teach a variety of styles all over the Tucson area prior to starting medical school. I also enjoy learning about history and listening to a variety of history related podcasts on my runs.

Why HonorHealth?

There were many things about HonorHealth that appealed to me as an applicant. I completed both my general surgery rotation and surgical ICU rotation through HonorHealth and very much enjoyed my experiences. I got to see first-hand how attentive they are to evidence based medicine. The staff I worked with was excellent and staying in Arizona was high on my priority list. This FM program and HonorHealth as a hospital system stood out as a place where I could see myself growing into the physician I strive to be.

Fun Fact about living in Scottsdale/Arizona:

Scottsdale has a lot to offer. Everything from hiking opportunities in all directions (Papago, McDowell Mountain, Superstition Mountains, North Mountain, and South Mountain) great running paths, good food and lots of fun social opportunities. If anything, there are too many options to choose from when I have a free weekend. My next goal is to Kayak down Tempe town late.



Ana Suarez-Venot, DO

Hometown: Phoenix, AZ

Medical School: Arizona College of Osteopathic Medicine – Midwestern

Passions in Family Medicine – why do you love the specialty?

My passion lies in ensuring equitable healthcare access for underserved populations, particularly people of color. I integrate holistic approaches that recognize the interconnectedness of body, mind, and spirit into my patient care philosophy.

Hobbies outside of residency:

Beyond my clinical pursuits, I cultivate a diverse range of interests, including yoga, Pilates, boxing, nurturing houseplants, attending live music events, and exploring various forms of art.

Why HonorHealth?

My decision to join HonorHealth was strongly influenced by the program's welcoming and supportive environment, characterized by friendly interactions with nurses and patient care services. Additionally, the opportunity for robust inpatient training at HonorHealth aligned perfectly with my career goals and desire to continuously develop my skills as a physician. I am eager to contribute my expertise and compassion to the community served by HonorHealth, striving to make a meaningful impact on patient health and well-being.

Fun Fact about living in Scottsdale/Arizona:

I'm a big foodie, so my favorite part of Scottsdale is the wide variety of restaurants - from street style to high end!



Rachael Zehnder, DO

Hometown: Westminster, Colorado

Medical School: Rocky Vista University College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

Like many in the field of family medicine, I have a broad set of clinical interests including global medicine, hospital medicine, primary care, and osteopathic medicine. I am particularly passionate about providing care to diverse populations and people among the LGBTQ+ community.

Hobbies outside of residency

Outside of healthcare, my passions include everything outdoors, cooking, spoiling my cat, singing karaoke (albeit poorly), and dominating family and friends in board games.

Why HonorHealth?

What stood out the most about HonorHealth and ultimately motivated me to choose this program was its dedication to providing a well-rounded education and commitment to serving a diverse patient population. HonorHealth fosters a collaborative learning environment that aligns perfectly with my values and professional aspirations. Additionally, the vibrant and supportive community at HonorHealth offers an ideal setting for my continued growth as a physician.

Fun Fact about living in Scottsdale/Arizona:

Living in Phoenix is great because there is plenty of good food, hikes, and outdoor water activities. I love walking in the morning or nights.

1st Year Class of 2028



Clarice Douille, MD

Hometown: Westlake Village, California

Medical School: Creighton University School of Medicine Phoenix

Passions in Family Medicine – why do you love the specialty?

I love family medicine because of its emphasis on prevention and whole-person care. I'm interested in encouraging movement as medicine and supporting lifestyle adjustments that create lasting change. I find meaning in physical exams—not just for their diagnostic value, but for how they build trust and deepen the patient-physician relationship. I want to meet people where they are and work with them to find realistic ways to improve their health. Family medicine allows me to care across generations, from pediatrics to geriatrics, while keeping sight of the human stories that bring people into the clinic.

Hobbies outside of residency/How do you spend your time away from work?

I love staying active, whether that's rowing, pickleball, or really any sport. I am also a big fan of amusement parks, watching movies, and squeezing in a game of Sudoku or solitaire whenever the chance arises. I love solving the mysteries of Nancy Drew computer games and discussing the Enneagram—or any personality test really! My newest and most serious hobby has been cooking, though I'm currently the "Linguine" to my boyfriend's "Little Chef"—did I mention I love movies?

Why HonorHealth?

At second look, I was impressed by how genuinely kind and authentic the residents and faculty were. I'm passionate about the medical humanities and finding small ways to bring joy to patient care, and it was clear this is a place where that's already part of the day-to-day. What stuck with me most was hearing, "Everyone comes back to HonorHealth." It spoke volumes about the culture, support, and strength of the training. On top of that, the flexibility to tailor my education through strong electives and broad patient exposure creates the kind of well-rounded training I wanted.

Fun Fact about living in Scottsdale/Arizona:

I've fallen in love with the Valley during my time here in medical school and knew I wanted to stay. I love being close to the mountains—especially knowing I can escape to cooler temps when the heat kicks in. But honestly, I'm just trying to stay adapted so I can go back home and complain that it's *frigid* when it's 70 degrees out.

Logan Graf, DO

Hometown: Cave Creek, Arizona

Medical School: Arkansas College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I love Family Medicine because of the continuity of care and the true impact we can make on someone's health. My biggest passion in this specialty is the ability to prevent chronic diseases through medications, diet, exercise and other lifestyle interventions.

Hobbies outside of residency/How do you spend your time away from work?

Fitness, hiking, pickleball, snowboarding, scuba diving, traveling and spending time with friends and family.

Why HonorHealth?

I chose HonorHealth because of the curriculum and the supportive environment the hospital embodies. Plus, I get to return to AZ to live near friends & family!

Fun Fact about living in Scottsdale/Arizona:

I am an identical twin!





Evan Grossman, DO

Hometown: Corona, California

Medical School: University of the Incarnate Word School of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

My clinical interests include sports medicine, lifestyle medicine, and integrative medicine.

Hobbies outside of residency:

Outside of my professional life, I enjoy lifting weights, playing volleyball, hiking, and exploring new restaurants.

Why HonorHealth?

I find great fulfillment in empowering patients to take a proactive role in their health through education and support, helping them make the best decisions for their well-being. I chose HonorHealth because I sought a program that would not only prepare me to be a proficient physician but also train me to build strong bonds with my patients, enabling me to help them live their healthiest lives.

Fun Fact about living in Scottsdale/Arizona:

I just recently moved to AZ. I never knew that I needed Salad n Go in my life, but I'm glad it's here!



Elizabeth (Lizzie) Hillier, DO

Hometown: Phoenix, Arizona

Medical School: A.T. Still University-School of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I've always found myself wanting to do a little of everything, which is what I love most about Family Medicine and its ability to create well-rounded physicians. I look forward to building lasting relationships with families and providing care at every stage of life—from prenatal and pediatric care to potentially specializing in geriatric medicine.

Hobbies outside of residency:

I love to bake, specifically decorating cakes and cookies for my friends' birthdays! I also enjoy cooking, reading, spending time with my 5 nieces and nephews, and finding new hobbies that go with my old lady personality.

Why HonorHealth?

I did a Sub-I at HonorHealth and felt really at home here. The residents were people I could see myself being friends with outside of medicine, and I really appreciated that many of the faculty are prior HonorHealth residents that chose to stay/come back. This program provides many opportunities for you to explore your interests and caters to your passions as a family physician.

Fun Fact about living in Scottsdale/Arizona:

While I love the endless hiking opportunities here, I don't think Arizona's accessibility to other nearby activities is talked about enough. In just a few hours' drive you can be snowboarding or camping in the mountains, seeing a show in Las Vegas, or on the beach in San Diego!



Kelsey Morris, DO

Hometown: San Jose, California

Medical School: Western University College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I love being able to form connections with my patients and really get to know them over time - family medicine is the perfect specialty for that. I love that you can care for a newborn and do a postpartum visit for moms, so the variety and well-rounded training in family medicine excites me. Lastly, I love focusing on lifestyle changes and preventing disease in my patients.

Hobbies outside of residency:

Waterskiing, snow skiing, scuba diving, rock climbing, hiking, reading, baking, going to the gym, spending time with my dog, Koda.

Why HonorHealth?

During my interview with HonorHealth, I remember having a feeling of peace and reassurance. I felt that I would be well supported by the faculty and that the residents were approachable. Overall, I felt a strong community that I could see myself being a part of.

Fun Fact about living in Scottsdale/Arizona:

I love the variety that living in Arizona offers – you get to live in a city, but you're surrounded by mountains and lakes.



Madison Newman, MD

Hometown: Scottsdale, Arizona

Medical School: University of Arizona College of Medicine - Tucson

Passions in Family Medicine – why do you love the specialty?

I love family medicine for its holistic and preventative approach to patient care, the opportunity to build lasting relationships with patients, and the ability to care for patients of all ages. My interests include integrative medicine and restorative women's health, and I love to do any kind of procedure.

Hobbies outside of residency:

I'm always down for a workout class or a baseball game! I love to try new things and have dabbled in cooking and baking as well as crafty things like embroidery.

Why HonorHealth?

I chose HonorHealth for its strong inpatient training, opportunities for furthering education in integrative medicine, and the supportive culture among residents and faculty. Most importantly, staying close to my support system was a top priority, and I feel incredibly fortunate to receive such excellent training in my hometown.

Fun Fact about living in Scottsdale/Arizona:

Arizona summers are hot, but the rest of the year is unbeatable, especially for spring training!



Pari Patel, MD

Hometown: Phoenix, Arizona

Medical School: St. George's University

Passions in Family Medicine – why do you love the specialty?

I love family medicine because it allows me to build meaningful, long-term relationships with patients across all stages of life. I'm drawn to its emphasis on prevention and its focus on treating the whole person within the context of their community. Family medicine gives me the opportunity to provide comprehensive, compassionate care, and to be an advocate for health equity.

Hobbies outside of residency:

I enjoy spending time with family and friends, hiking, yoga/Pilates, browsing through Zillow, and hot girl walks.

Why HonorHealth?

I chose HonorHealth because of the strong sense of community I felt among the residents—they are genuinely supportive of one another and created a welcoming, team-oriented environment. The faculty stood out as well; they were not only knowledgeable but also deeply passionate about teaching and mentoring residents. It was clear that they are invested in resident growth both personally and professionally. Additionally, being in Scottsdale allows me to stay close to my support system.

Fun Fact about living in Scottsdale/Arizona:

Scottsdale is very walkable and a hot spot for foodies.



Lia Sepanek, DO

Hometown: Manhattan Beach, California

Medical School: Idaho College of Osteopathic Medicine

Passions in Family Medicine – why do you love the specialty?

I chose family medicine because I love connecting with people and learning about their backgrounds, cultures, and values. I am energized by figuring out how to maximize someone's health while considering all the intricacies that make their life unique. I specifically love sports medicine and I love helping athletes of all levels and abilities to stay active and participate in the activities that bring them joy.

Hobbies outside of residency:

I love to watch sports. I am a diehard Rams fan and my weekends in the fall consist of watching college and NFL football. I am a long-distance runner. I'm not outdoorsy but I am outside-y and love to go for walks, play games at the park, and hang out at the beach. I will join any rec sports league without hesitation. I am a dedicated arm cherry which is what the listeners of Arm Chair Expert call themselves. I have traveled to over 20 countries and am always planning my next trip abroad.

Why HonorHealth?

I fell in love with honor health at the second look event. When I met the residents and faculty I felt an overwhelming sense of belonging and comfort. I saw myself enjoying even the longest, hardest days with these people. I also got roasted by one of my now co-residents and in that moment I knew this is the place and these are the people for me.

Fun Fact about living in Scottsdale/Arizona:

I was a guest on my favorite celebrity podcast, Arm Chair Expert, and that experience was a highlight of my life.



Alec Van Detta, MD

Hometown: Riverton, Utah

Medical School: University of Utah School of Medicine

Passions in Family Medicine – why do you love the specialty?

I always found longitudinal care to be the most rewarding aspect of practicing medicine! Family medicine also provides opportunities to make a meaningful and lasting impact. The diversity of practice, including a mix of in-clinic procedures and preventative care, excites me. While the flexibility to grow, specialize, and adapt my practice ensures that I can continue to meet my patients' needs in a dynamic and meaningful way. All-in-all, Family medicine embodies the kind of physician I aspire to be—one who builds lasting relationships with patients and their families while providing comprehensive care throughout every stage of life.

Hobbies outside of residency:

I love the outdoors and enjoy playing a wide variety of sports, especially soccer. Though I'm a homebody at heart with a love for sci-fi movies, video games, Legos and board games! However, don't get me wrong, I can easily be persuaded for a night out with great friends, food, drinks and of course karaoke!!

Why HonorHealth?

While applying to programs, I was particularly drawn to Arizona, a place I've grown to love through visits with family around Phoenix. When I discovered HonorHealth, I was immediately struck by the program's authenticity and strong reputation. As I researched further, it became clear that HonorHealth offers exceptional, comprehensive training, something I value deeply. The opportunity to train at such a highly regarded institution while being near family made HonorHealth the perfect fit for me.

Fun Fact about living in Scottsdale/Arizona:

I'm looking forward to the escape from the colder weather in Salt Lake City, and for the incredible culinary culture here in Scottsdale! From brunch to tacos, you can't go wrong with the many small businesses with incredible food.