

# Get to Know Dr. Cynthia Reed

## FAMILY MEDICINE



**Why did you choose to become a family medicine doctor?** I enjoy getting to know people and providing continuity of care for individuals and families. I chose the DO or Doctor of Osteopathy route in medical school as it provided a slightly different outlook on medicine than the MD track, with the idea that the body can heal itself and can benefit from manual adjustments. In medical school I was a big runner and I saw the value of manual manipulation.

**What is your philosophy as a doctor?** My philosophy in both my personal and professional life is the golden rule—treat others how you want to be treated. I see myself as less of a physician and more of an educator as I believe people know their bodies and what they need. We meet each other half way—I learn their goals and they learn mine. We align our ideas and create a plan that works best for them. In the military, I felt honored to receive several shooting star awards for exceptional patient care.

**Can you describe your military experience in a nutshell?** I was a medic in the Air Force from 2000 to 2014, and earned my medical degree during that time. I was stationed throughout the Midwest with stays in Texas and Nebraska. My residency was at the University of Nebraska Medical Center in Omaha. I also went overseas to Jordan, and I am technically still in active reserve. The military was good to me, and sometimes I miss wearing my uniform.

**What's your family like?** My family is the most important thing in the world to me. My husband Dave and I have been married 17 years. We have four children together, George (6), Joseph (7), Ella (9) and June (15). Dave is a teacher; with our military lives and moving around so much he decided to homeschool our children. We have a lot of fun together hiking, fishing, and skiing, and we read and cook together a lot. Dave was a chef at one time, so he and the kids enjoy baking cookies and breads together. We like living in Craig and see ourselves here for the long run.

**Can you explain your schedule that includes evenings and Saturdays at the Medical Clinic?** I'll be working Wednesday – Friday from 7:30 am – 7:30 pm and every other Saturday from 7:30 am – 3:30 pm. I like the schedule as it allows time to travel back to Omaha and Atlanta to see our extended families. It also allows us, as a health system, to better care for our community.



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