

Justin Lande D.O.:

I'm originally from Western North Carolina, a small town about the size of Danville, it's called Lenoir, North Carolina. It's nestled about 30 minutes from Appalachian State, Boone [inaudible 00:00:20] area, about an hour and a half from Asheville in Charlotte, in the foothills of Appalachia Mountains in North Carolina.

Justin Lande D.O.:

So, growing up in North Carolina was a huge Tar Heel fan. So I went to UNC Chapel Hill for my undergraduate education, where I majored in biology with a chemistry minor. Then after that, I went to the University of Pikeville, Kentucky College of Osteopathic Medicine for medical school. After medical school, I then went to the University of Kentucky for my internal medicine training.

Justin Lande D.O.:

Interesting question. So, before I wanted to be a doctor, I actually wanted to be an architect. And I remember in 10th grade, I had just taken a test on DNA replication in Kelly [Rough's 00:01:18] biology class. And I had done well on the test, and Kelly Rough was actually my junior varsity baseball coach. And we had a game that night.

Justin Lande D.O.:

And so after the game, my dad and Mr. Rough were in the dugout with me and he says, "You're good at science, Justin." Which was news to me, I had never been good at science until 10th grade and had never really been interested in it. And I said, "Well, yeah, I guess. This was really fun. I'm really enjoying it." And he says, "Well, you should major in biology when you go to college." So I asked him, I said, "Well, what could you do with a biology degree?" And my dad said, "Well, you could go to medical school." And I was like, "Wow, I can be a doctor?" And he was like, "Yeah." I was like, "Well, that's pretty cool. That's what I should do." So from the age 15, I began to be very interested in science, and specifically the application of science and how I can help other people. And that's what led me towards medicine.

Justin Lande D.O.:

Yeah. I absolutely love Internal Medicine. Internal Medicine is the biggest combination of all things you learn in medical school, all of the really simple things, the complicated things, all the really, really interesting things you actually get to use an Internal Medicine. You have to know the entire body. It forces you to know a lot about a lot. And there's a lot of complicated disease management, and I'm rarely managing someone's kidney problems just by themselves. We might manage kidney problems in somebody who has heart failure and high blood pressure and diabetes. And so, that really complicates care, it makes the job very challenging, which is very enjoyable, very enjoyable. It's challenging everyday, I love it.

Justin Lande D.O.:

Oh, man. When patients come to our office, first of all, you're going to meet awesome staff at the front desk. We've got the best crew of people working at the front desk. We've got awesome nurses. And then when you see me, hopefully you'll find somebody that truly cares about you as a person, not just what diseases you have or why you're there for that day. I feel like we really try to do a good job in caring for you as a person. We're very high energy, we're truly enthusiastic and interested about your

care. And we are always, always, always aiming for the best outcome for you that is totally individualized to whatever you want your care to be.

Justin Lande D.O.:

The most rewarding part of my job is taking care of my friends and neighbors every single day. One of the benefits that I get from living in a small town, and one of the reasons that we live in a small town, is because I wanted to be able to take care of my friends and neighbors. I want to be able to see, see my patients out in the community, be able to go to church with you guys, shop at the same places, eat at the same places, truly know you and know your families.

Justin Lande D.O.:

So in that regard, I truly feel like I get to take care of my patients as people. I know where we come from. I know where we live, and that's just icing on the cake. I absolutely love where we live and getting to take care of my friends and family, that's the most rewarding part of my job.