



**Nov-Dec 2024 Residency Times**

Faculty Spotlight: Heidi Hilton, DO, MPH, FAAFP  
Assistant Clinical Professor, Family Medicine Residency Program  
Henry Ford Health, Rochester, MI

**Residency Times: Where are you from, and how did you become interested in medicine as a career?**

**Heidi Hilton:** I grew up in Rochester Hills, Michigan. I was actually born at (what was then) Crittenton Hospital, which is where I practice now! My pediatrician was one of my first role models in medicine. She put me at ease during, what was for me, an embarrassing conversation about puberty. I saw how seamlessly she delivered knowledge and put me at ease with her lovely bedside manner - I wanted to emulate her ability to help people!

I wasn't always sure medicine was my path. After spending my high school and college years as a student athlete, where I developed an interest in and love of nutrition and fitness, I wanted to be able to coach others to achieve their goals with my knowledge and experience. I got my master's degree in nutrition and worked for a while as a nutritionist, but this experience only made me realize I craved the full scope of practice of a family medicine physician.

**RT: Where did you receive your medical training?**

**HH:** I received my BS from the University of Michigan (Go Blue!!!) in biology and German, and my MPH from the University of Michigan School of Public Health in human nutrition and dietetics. I graduated from the Michigan State College of Osteopathic Medicine and completed my family medicine residency at Troy Beaumont Hospital, where during my third year I served as Chief Resident.

**RT: Why did you select Family Medicine as your specialty?**

**HH:** I knew primary care was my calling. As an osteopath, it was important to me to do this within the framework of the person as a unit of mind, body, and spirit. I felt the best way for me to accomplish this was to develop long-term relationships with patients and provide preventive care as well as care for my patients during times of illness. Family Medicine offers the unique honor and privilege of providing care tailored to patients across all walks and stages of life. I also regularly employ Osteopathic Manipulative Treatment (OMT), hands-on manual medicine techniques which I use to diagnose and treat neuromusculoskeletal conditions to complement traditional therapies.

**RT: What do you enjoy most about teaching residents?**

**HH:** I spent time in practice without residents after graduating from my residency, and while I developed clinical skills and honed my medical decision-making, I missed the learning opportunities that come with teaching. I love to learn from residents - not only medical knowledge, but from their diverse perspectives and experience. It makes me a better physician.

**RT: What are your current research interests?**

**HH:** Currently, I am developing an osteopathic medicine curriculum for our DO residents, comprising monthly hands-on workshops as well as osteopathic manipulative treatment clinic days, where we treat actual patients. I am thrilled to be able to help the next generation of DOs hone and practice this special skill to carry on for our patients and future DOs.

**RT: Do you have particular wellness activities?**

**HH:** I have three children, with one more on the way! They keep me busy, but I make time to work out each week. Power lifting is my therapy - I'd go crazy without it! And my supportive husband Corey helps too.

**RT: What was the last great nonmedical book you read?**

**HH:** The last non-children's book I read for fun seems like a distant memory, but I recently re-read J.R.R.'s [\*The Hobbit\*](#) to my kids, which is one of my earliest favorite books. I get something new from it each time.



*Members of the Hilton-Kosch clan: Genevieve, Corey, Posie, Heidi, and Vaughn*