

### **Jan-Feb Residency Times**

#### **Faculty Spotlight: Kathryn Cox, MD, ABFM**

Clinical Asst. Professor, Dept. of Family Medicine, APRH

kathryn.cox@ascension.org



#### **Residency Times: Tell us a little about yourself.**

**Kathryn Cox:** I am originally from Scottsboro, Alabama, a town of 15,000 in the Appalachian foothills. I received my undergraduate degree and medical school training at the University of Alabama. In the fourth year of medical school, I met my now husband David, who is a native of Rochester, Michigan, and before I knew it I was moving up north. I completed residency at St. John in Detroit and accepted a faculty position in the WSUSOM Family Medicine Residency at Ascension Providence Rochester Hospital in September of 2021. I work with an incredible group of faculty and residents and absolutely love my job. In my free

time, I enjoy kickboxing, PC gaming, and spending time with my pets (three dogs, two cats).

Additionally, I volunteer every month with Street Medicine, a WSU medical student-run outreach program providing basic necessities and medical care to people experiencing homelessness.

#### **RT: How did you become interested in medicine as a career?**

**KC:** My father is a radiologist, my sister is a family medicine physician in rural Mississippi (bless her), and my late mother was a registered nurse, so I suppose I joined the family business in a way. I spent a summer during my undergrad years with a rural family medicine doctor, and that sparked my passion for family medicine- one which still burns bright today. Interestingly, I also had my rural family medicine rotation at a clinic in Woodstock, Alabama in the wake of the [S-Town podcast](#). That was wild.

#### **RT: What are your clinical interests?**

**KC:** Family medicine is the best! I am very passionate about primary care. I love the variety that family medicine brings and relationships we build with our patients -- from the womb to the tomb, diaper to diaper. I believe that high-quality primary care is one of the most important components of medicine and is essential for patients, families, and communities to live long and healthy lives. For my current quality improvement project, I am working with an awesome group of residents in starting our Point-Of-Care-Ultrasound curriculum. We were fortunate enough to receive a Seed Grant from WSUGME to purchase an ultrasound transducer!

**RT: We learned that you recently took a trip to Antarctica! Tell us more.**

**KC:** I love traveling to obscure places, exploring and learning about different cultures and seeing the vast biodiversity that our planet has to offer. I was thrilled when my husband and I were given the opportunity to join National Geographic on an expedition trip to Antarctica aboard the vessel *National Geographic Explorer* over Christmas break. The journey started with a flight to Buenos Aires, where we arrived on the day that Argentina won the World Cup. The city erupted into pandemonium after Argentina emerged victorious over France. It was a blast! We then made our way down to Ushuaia, Argentina, in the stunning Patagonia region, known as *Fin del Mundo* or the “End of the World.” There we boarded the *Explorer*, the ship that would take us to the white continent. The shipboard portion of our journey lasted 10 days and was filled with excitement and adventure. I had the opportunity to meet and interact with experts in different fields, including biologists, geologists, oceanographers, and climatologists, who shared their knowledge and passion for the region.



After crossing a relatively calm Drake Passage with only 15-foot waves, we approached the Antarctic Peninsula, and I was immediately struck by the untouched beauty. The vast expanses of ice and snow were breathtaking, and I couldn't help but feel small in the face of such grandeur. Every day, we explored new places, observing penguins, seals, whales, and various species of birds in their natural habitats. The beauty of this remote place was so otherworldly; no photos can do it justice. It was also sobering to see the very real effects of climate change. The naturalists and ship's crew running the expedition were incredibly dedicated and passionate about their work. It instilled in me a deep desire to be a good steward of Mother Earth.

Our journey to Antarctica with National Geographic was a once-in-a-lifetime experience that taught me so much about the planet and its inhabitants. It reinforced my commitment to providing quality medical care to those in need, no matter where they are, and inspired me to continue exploring new frontiers.



**RT: Where to next?**

**KC:** My next dream is to complete the Everest Base Camp trek in Nepal. Stay tuned!

For a short video of Dr. Cox's trip, see <https://youtu.be/h9uzqU8ersA>