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Lawrence University's liberal arts program was my insurance policy against physician burnout today. As an English and Biology double major, my participation in club rowing, chorale, fencing, Lambda Sigma, and Residence Life taught me about teamwork, play, and savoring the process (regardless of skill). A biology professor taught me how to *really* learn and think critically. An English professor showed me how to approach life with both healthy skepticism and enormous gratitude. Our Vertebrate Morphology class, with its elegant physiology lectures and hands-on dissection (including a feline zipperostomy with now-pathologist and internist classmates) lit my spark of interest in medicine. This balance of work and play protected me as that spark grew into my career as a Family Medicine physician.

While at LU, I studied in London and had the privilege of travelling to Alaska, Kenya and the Philippines with the Henry Wriston scholarship. These trips opened my eyes to public health, health systems, and barriers to care. While my trips abroad were amazing, in hindsight I could have had similar experiences in the U.S. with the underserved and stigmatized populations here, learning from my neighbors who eventually became my patients.

During my 2 years between LU and medical school, I was a waitress, medical transcriptionist and receptionist, and completed massage school. While attending University of Minnesota Medical School, I focused on primary care via the Rural Physician Associate Program and obtained a Masters in Health Journalism. After completing my Family Medicine residency at the University of Utah, I worked for 3 years in a Federally Qualified Health Center, focusing on Spanish-speaking and chronically mentally ill populations. Currently, I live in Bloomington, Indiana where I have a Family Medicine practice with an emphasis in eating disorders, LGBTQ medicine and chronic condition management. Outside of the office, I volunteer with our county medical society and reproductive justice organizations. I also have 2 hilarious young kiddos, an awesome spouse in the Indiana University Biology Department, and I enjoy hiking, running, reading, cooking and spontaneous dance parties.

I love my job. Despite medicine's cumbersome administrative trappings, it is a privilege and pleasure to care for my patients every day. I get to see how small actions make lasting changes, work on an individual and community level, and work with incredible medical team. Behind every door is a different person, a new problem, a creative solution. Thanks in part to my start at Lawrence, I'm never bored, often laughing, and always grateful.