Member Profile 2020

A person wearing a suit and tie

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NAME: Joel Walz, MD

Undergraduate School:

Medical School: UND School of Medicine

Residency: UND Bismarck Residency

Any additional training:

Current Position/Practice Location: Altru Grand Forks / Drayton, Grand Forks Public Health Officer

Family: Wife – Hayley, 2 daughters – Josie and Jillian

Family Medicine Questions:

1. Why did you choose Family Medicine? I love the specialty of Family Medicine because repeated encounters with patients have evolved into special long term relationships, and many of these interactions feel like I am engaging a caring friend. Choosing Family Medicine as speciality was relatively easy.
2. Who is someone along your path that inspired you and why? I had strong encouragement from UND Family Medicine residents (especially Dr. Tim Luithle) during my 3rd and 4th year clinical rotations in Bismarck, and, I clearly did not have the mind or skills of a surgeon.
3. What is the best part of your current position/practice? I have loved the diversity of providing care for people through out their life, and it is so rewarding to be a trusted doctor to patients whatever medical condition presents.
4. What advice would you give to a young physician starting out? I find current clinic practice to be especially demanding because more and more time is needed to tend to activities that do not involve patient care. These clerical type of activities can lead to burn out. It is for that reason my advice to young physicians would be to take regular vacations and time away from work. I recommend finding something that nurtures and renews your life.

Fun Questions:

1. Where’s your favorite place in the world? I love Big Sky Montana and I have gone there 20 out of the last 22 years for awesome winter fun. The other 2 years I was in Tanzania.
2. The last book you read? I have just finished reading "Among the Massai" - a memoir by Juliet Cutler that is about her time in Tanzania`. This book personally connects me to many places, people, and social issues that I find so meaningful.
3. What are you currently binge watching? I have been binge watching "Stranger Things", "Chuck", and "Outlander".