

Member of the Month – Stephanie Foughty, MD



NAME: Stephanie Foughty

Undergraduate School: University of North Dakota

Medical School: University of North Dakota School of Medicine and Health Sciences

Residency: Altru Family Medicine Residency

Any additional training: Obstetric Fellowship at Altru Family Medicine Residency

Current Position/Practice Location: Current practicing FMOB at Altru Clinic in Devils Lake and serving as Department chair

Family: Husband, Matt, and 2 boys, Ryker (5) and Skyler (2)

Family Medicine Questions: (please answer 3)

1. Why did you choose Family Medicine?

I chose family medicine for the relationships with patients. I truly love taking care of multiple generations in the same family. I have the privilege of being present for patients throughout a patient's entire life, from birth to death.

2. What is the best part of your current position/practice?

The best part of my current practice is the amazing people I get to work with—from my partners to the clinic nurses to my patients to the rest of the clinic staff, I get to work with a supportive and entertaining group of individuals.

3. What advice would you give to a young physician starting out?

I would advise young physicians to go with your gut when it comes to making career decisions. Every job you choose will have ups and downs, highs and lows. If something feels right, go for it! And remember, that you can always change your career path if you want to.

Fun Questions: (please answer 3)

1. If you could be an animal, which would it be?

I would probably be a cat. I'm so busy day-to-day that laying around the house in the sun sounds fantastic!

2. The last book you read?

I am currently reading Worth It by Brit Barron.

3. Which superpower would you most like to have?

If I could have 1 superpower, it would be invisibility—it would be great to sneak a snack at home without my boys noticing!