

MEET DR. Laura Magoffie

WITH YOUR HEALTH DISTRICT



By Dr. Laura
Magoffie

I graduated from ASU nursing program in 1993. I worked primarily in the ER and ICU for the first three to four years, then Flight Nurse at Native American Air Ambulance for 15 years. Four of those years were in management as their Director of Medical Operations. I then went back to school at Grand Canyon University and completed my MSN, Nurse Practitioner graduating in 2012. I have been working as a Family Nurse Practitioner for the past six years.

Having experience working autonomously as a Flight Nurse and even as a nurse in the ER/ICU on nights, gives one a unique perspective of not only thinking and reacting quickly while learning to trust your instincts and judgment but, more importantly, learning both the human body and the mind.

This experience taught me the importance of listening to my patients and really hearing what they are trying to tell me. It leads me to ask more questions and get to the root of their issue. Being a leader, especially in the field of medicine, requires strong listening and clinical practitioner skills. It's important to explain things to patients, so they understand the "Why" behind the "What." Once they understand why, they are much more likely to be compliant with their care which dramatically improves their health and longevity. Education is key to healing and health.

My goal is to not only provide high-quality care for healing and health but to also inspire hope to patients through education and integration of naturopathic and medical practices. This allows patients to have the best of both worlds, maintaining optimal health and maximizing their quality of life. It's one thing to fix a problem but if you don't take time to get yourself healthy, you're only going to be back with addition problems. The human body wants homeostasis, to be healthy and stay healthy.

Your Health District focuses on quality care. To me, that means a genuine commitment to every patient, every time. We care for their needs and lead them back to health. I want people to be able to have a long, high-quality life. Again, it's important to educate your patient as well as heal them. For me, the quality of care I give to my patients is taking care of the whole body including the mind. This includes explaining every available resource and, in some cases, providing those resources to them.

We take time for continued education and training to keep up with the fast-moving pace of technology and research. Our staff is very person-



able and caring. We give them the tools, education and autonomy they need to streamline our processes and to provide patient feedback about procedures we may need to add in the future.

When I opened Your Health District, it was a dream come true. I've always dreamt of having my own practice to provide services that enable people to have a high-quality life. This is just the next step in my career. I'm a Midwest girl at heart and I grew up with the old county doctors that used to come to the farm. I chose this location because this area used to be more rural and reminded me of my country roots.

My advice for younger physicians is to take the time to listen to your patients. It's important because sometimes they try to explain something that seems like a standard diagnosis when, in fact, it's something else. You must be careful, listen closely and address the patient and their symptoms instead of a number on a lab report.

In the future, I see myself running a successful practice but success is subjective. I would like to have steady patients that are on the road to living healthy and productive lives. I also want to provide the best care possible and become specialized in areas that help the quality of life for living (hormone balance, stem cell research and healing the body). I would also like those patients to be educated about healthy living and pass that down to their families. Living healthy starts when you are young as a lifestyle. Success for me is watching those patients live long and healthy lives.

In addition to my practice, I am involved in a lot of volunteer work for the homeless and disadvantaged. I am currently planning to do some volunteer work as a Nurse Practitioner traveling to foreign countries to provide medical services not available to them. I think this kind of work is the cornerstone of our humanity. ✖



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