

# COMMUNITY FOCUS

## *Dr. Ryan Yarnall*



### **Meet Dr. Ryan Yarnall, MD**

Dr. Ryan Yarnall is from Tulsa, Oklahoma. In his free time, you can usually find him reading, running, watching sports (mostly basketball, football, and soccer), and cooking.

### **What does being a doctor mean to you?**

Having the trust of people to help them accomplish their health goals.

### **What was a challenge you faced? How did you overcome it?**

I did not decide to go into healthcare until my third year of college when I decided to volunteer in an ER. I did not have any family members in healthcare either. I was behind my peers in health-specific volunteering and entrance exam scores, but showed my passion for the field during interviews. I like to think those who accepted me to medical school sensed my genuine enthusiasm.

### **What advice would you give to your younger-self?**

Don't be afraid to get involved with activities that interest me.

### **What would you tell younger students who are exploring health careers?**

Don't neglect your curiosity. Learn widely - you will find that having an understanding of things outside of traditional sciences (like humanities) will make you a better clinician.