



A Look at Their Comprehensive Training

The family physician is knowledgeable in all areas of medicine to ensure optimal health outcomes for their patients, from birth to end-of-life care. Family physicians tap into their education and training in many specialties every day, with the flexibility to focus in on areas of interest (like OB/GYN or sports medicine), generalize their practice, or even become an educator. No two days look the same! Take a closer look at how some family physicians have tailored their practice to suit their passions:

Chris Paynter, DO, MS, FACOFP
Missouri—Family Medicine
Practice: Rural



"The main thing for me is to take care of this entire community and really try to meet all the needs as much as possible, to be able to help everyone from birth to death."

As a physician practicing in a rural community, Dr. Paynter wears a lot of hats, acting as a teacher to medical students and handling the general medical needs of the whole community, from babies to elderly patients in hospice care.

Robert Agnello, DO, FACOFP
North Carolina—Family Medicine, Pain Medicine
Practice: Academic, Military



"Pain management is the most fun in medicine. I have a great time, I have great patients, and even little incremental success makes a huge improvement on people's function and quality of life."

Dr. Agnello splits his time equally between seeing patients at the Campbell University Health Center and educating students about pain management and preventive care at the School of Osteopathic Medicine.

Selena Raines, DO
Kentucky—Family Medicine
Practice: Direct Primary Care



"I want to know physically, how you're doing, yes, I want to know what your heart rate and your blood pressure is, but I also want to know how you're doing, how you're feeling, what's going on in your life."

Dr. Raines runs a clinic through the direct primary care model, which gives her the ability to see a variety of patients and provide meaningful, quality care, while building relationships in the way that suits her and her patients best.

Glenda Tiller, DO, MEd
Oklahoma—Family Medicine
Practice: Academic and Residency Training



"I always laugh whenever somebody asks me what my typical day is, because there's rarely a typical day in academic medicine."

Dr. Tiller's days consist of a mixture of teaching residents in clinical settings, facilitating academic discussion, and performing procedures on her own patients at a primary care clinic.

Ian Fawks, DO, FACOFP, FAOAM
Missouri—Family Medicine
Practice: Hospitalist, Military



"I come to work, and I enjoy being here at Cox Health. We have a team approach to how we provide care here and it's very fulfilling."

Dr. Fawks has a consistent schedule that involves interacting with other medical staff, performing exams on patients, and creating treatment plans. His typical day lasts from 6:15 a.m. to 7:00 p.m.

Rebecca Rodriguez-Regner, DO, FACOFP, FAOASM
California—Family Medicine, Sports Medicine
Practice: Private Practice, Olympic Physician



"When the athletes come in, we make sure their mental health is taken care of, we look at their healthy diet and exercise components, and make sure they feel good about the plan and know they're a part of a team."

Dr. Rodriguez-Regner enjoys the flexibility of maintaining her own private practice, as it allows her to provide whole-person care to athletes and patients on a schedule that works best for her life as an active mom.



Find more details on how to become an osteopathic family physician. Scan the QR code or visit familyphysiciansdomore.org.