

## Meet our first year residents

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### **Elizabeth Arellano, D.O.**

**Dr. Elizabeth Arellano** grew up in Pueblo and Arvada, Colorado. She completed her undergraduate in Biochemistry and minor in Spanish at Regis University. She attended medical school at Rocky Vista College of Osteopathic Medicine in Parker, Colorado. Dr. Arellano has shared that she knew she wanted to become a physician as early as the age of four, as her pediatrician had made such an impact on her. As her journey in medicine continued, she grew intrigued with the complexity and mysteries of the human body. She describes growing up in a multicultural home (Hispanic, Chinese, and American), as the larger driver in her decision for the connection to people, and the appreciation for other cultures, backgrounds, and uniqueness. Her professional interests vary from underserved care, preventative medicine, behavioral health, and occupational medicine. She chose the Fort Collins Family Medicine Residency Program because she felt that in addition to receiving the full spectrum training that she was seeking, she would be in a wonderful community and within a close-knit program.

In her free time Dr. Arellano enjoys hiking, baking, drawing (particularly nature and architecture), and reading (classics, fiction, and biographies). She hopes to learn how to become a knowledgeable and cognizant family medicine provider. Specifically how to manage complex cases in an inpatient/outpatient setting as well as expand her knowledge and skills in obstetrics/gynecology and pediatrics.



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### Antonio Calderon, M.D.

**Dr. Antonio Calderon** spent some of his early childhood in Maryland and Puerto Rico, and then settled in rural Brush and Fort Collins, Colorado. He completed his undergraduate at Colorado College where he was a cross-country and track and field athlete, and attended medical school at the University of Colorado School of Medicine. He knew he wanted to be a doctor since early in high school to pursue his interests in science and making a difference in people's lives. His injuries as a runner also cultivated his interest in the field. He hopes to practice a broad scope within family medicine with a special interest in sports medicine and utilizing point of care ultrasound and emerging technologies in clinic. He chose the Fort Collins Family Medicine Residency for the unopposed broad-spectrum training, supportive learning environment and the opportunity to serve patients in his hometown, which has been a dream for him.

In his free time, Dr. Calderon loves to run, hike, listen to audiobooks, explore new restaurants, travel and spend time with his wife and son. As a resident, his hope is to gain enough medical knowledge, procedural experience and familiarity with the healthcare system to best serve and advocate for a wide variety of patients.



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### Jacob Coronado, M.D.

**Dr. Jacob Coronado** grew up in Houston, Texas. He completed his undergraduate at the University of Houston, and attended Medical school at the University of Texas Medical Branch (UTMB) in Galveston, Texas. He realized that he wanted to become a doctor after taking an anatomy and physiology course during his undergraduate studies. That experience sparked his interest in medicine, which he continued to explore through volunteering and working as a medical scribe. His professional interests are full-spectrum family medicine, with a focus on preventative health and the opportunity to fully be part of a community—as both a physician and a neighbor. He chose the Fort Collins Family Medicine Residency because he is committed to become the best physician he can be—one who is well trained in full-spectrum family medicine and capable of practicing in diverse settings, from urban to rural, and from clinic to inpatient. During residency, he hopes to gain a comprehensive understanding of full-spectrum family medicine that will enable him to practice in any setting, including rural areas.

Dr. Coronado loves the outdoors whether it is gardening, camping, hiking, or running. However, if he is indoors, he enjoys playing video games and cosplay as a potato. He also cherishes time with his family, friends, and his two cats, Pixel and Digit, who always keep life interesting!



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### **Kylie Dominick, D.O.**

**Dr. Kylie Dominick** was born in Wichita, Kansas. She completed her undergraduate at Pittsburg State University, in Kansas, and attended medical school at Arkansas College of Osteopathic Medicine in Fort Smith, Arkansas. It was while working as a nurse's aide, that she realized how much she enjoyed improving the lives of those around her. Her love for studying the human body and working in the operating room as a neuromonitor reiterated her desire to become a physician. Her special interests are obstetrics, osteopathic manipulative medicine, underserved populations, global health, and procedures. She chose Fort Collins Family Medicine Residency because she was looking for an unopposed program that offered a very broad scope of training with significant time spent in obstetrics. The osteopathic recognition program is a huge bonus for her, and the level of care the social work team provides really stood out.

On her own time Dr. Dominick loves to travel and spend time outdoors, adventuring with her dogs, Theo and Aries, paddle boarding in any body of water, hiking, acrylic painting, reading fiction, exercising, and caring for her plants. She is a big foodie and enjoys trying out new restaurants with friends and family. During residency, she would like to increase her level of confidence as it relates to patient communication, education, and explanation. She wishes to master creating an environment of open communication in any clinical encounter that is free from stigma or judgement and allows her patients to see that interaction as a place of refuge and safety.



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### **Madison Martz, M.D.**

**Dr. Madison Martz** grew up in Tucson, Arizona. She attended college at Northern Arizona University and graduated Summa Cum Laude in 2020 with a B.S. in Biomedical Science. She went to medical school at the University of Colorado, where she was a member of their Rural Program. Her curiosity for scientific discovery led her to working in infectious disease research and investigating potential bacterial bioweapons, and neglected tropical and vector-borne diseases. It was not until later in college that she decided to pursue a career in medicine. Her desire for human connection steered her towards caring for patients with developmental disabilities. She pursued training at the University of Colorado's rural program and fell in love with the model of comprehensive full-spectrum primary care in small communities. Her professional interests include nutrition/ lifestyle medicine, women's health, street medicine and addiction medicine. Dr. Martz came to Fort Collins Family Medicine Residency program for both the community, and the high quality full-spectrum training.

In her free time, Dr. Martz enjoys spending time outdoors with her rescue German shepherd Athena and camping, climbing, and hiking as much as possible. She also loves board games, curling up with a good book, cooking nutritious food and acrylic painting. She looks forward to being part of a group of exceptional teachers and caring providers dedicated to addressing health disparities. She hopes to acquire the skills to provide comprehensive multigenerational primary care, and to learn how to provide the best and most compassionate care to her future patients.



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### Carter Odean, D.O.

**Dr. Carter Odean** grew up in Golden, Colorado. He completed his Masters of Biomedical Sciences at Regis University, and attended medical school Rocky Vista College of Osteopathic Medicine in Parker, Colorado. Dr. Odean first became interested in medicine while he was in high school due to his passion for biology and chemistry. He also considered teaching or ecology work until he volunteered at a local hospital during his undergraduate. The day to day of medicine, and working with people, setting goals, learning every day, solidified his decision during his Masters of Biomedical Sciences. After residency, he wants to work in rural area, full-scope family medicine in a small Colorado town with the goal to be a true part of the community he will live in. He chose the Fort Collins Family Medicine Residency for the people and culture primarily. During his time as a medical student, Dr. Odean felt welcome and supported, while receiving great quality training in outpatient clinic, inpatient medicine, pediatrics, and obstetrics.

When it comes to hobbies, Dr. Odean describes fly-fishing as an obsession of his. He tries to go more than weekly, year round with grandfather, dad, brother, and cousin. It is how he decompresses and resets. Understanding the river and the struggle to catch fish acts as a great metaphor for learning and growth that he uses in all parts of life. He also rides dirt bikes & mountain bikes, snowboards, and camps. During residency, he hopes to become the most competent full scope family doc he can be so when he goes off to his small town where he will work, he will feel confident in caring for those in his community.





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### Emma Tomes, M.D.

**Dr. Emma Tomes** grew up in Kansas City, MO. She completed her undergraduate in Biomedical Engineering at the University of Missouri - Columbia, and attended Medical school at the University of Texas Medical Branch (UTMB) in Galveston, Texas. Dr. Tomes' curiosity for human physiology started at an early age. While studying toward her undergraduate. She worked as a medical assistant and realized that she wanted a career in the medical field instead. Although she is curious about all aspects of family medicine, she is looking forward to explore prenatal management, women's health, and pediatric patients. Dr. Tomes chose Fort Collins Family Medicine Residency because she felt it would prepare her well for a future in rural practice, with plenty of exposure to pediatrics, OB, hospital medicine, as well as an awesome clinic. She grew up visiting Fort Collins, and always-loved hearing stories from her father about how much he loved living here. "I can't wait to get to serve the community and be close to the mountains"!

In her free time, Dr. Tomes enjoys cooking, embroidery, hiking/backpacking, reading new historical fiction, and she is excited to get back into climbing! During residency, she hopes to learn how to be a great physician who is equipped to treat a rural population. She wants to be challenged to think on her feet and problem solve while providing great long-term relationships to her patients.



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### Satya “Raj” Trikha, M.D.

**Dr. Raj Trikha** grew up in San Diego, California. He completed his undergraduate at the University Of Colorado, and attended medical school at the University of Colorado School Of Medicine. He knew he wanted to become a physician when he started to become curious about exercise, diet, and human physiology. His professional interests include bioethics and reproductive health. He chose the Fort Collins Family Medicine Residency for the unopposed broad-spectrum training the supportive faculty, residents, staff, and the experiences he had while training as a medical student.

Dr. Trikha’s hobbies include spending time with his wife, his cats, walking, reading and running. He also enjoys philosophical conversations over a cup of coffee. During residency, he wants to learn the skills necessary to become a competent physician who can be ready to work in any settings. He is looking forward to serving a diverse panel of patients, and make them feel heard and understood.

