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# Interview with Brenda LaTowsky, M.D.

BY BROOK CHOULET, M.D.



**What inspired you to become a physician, and how has your journey led you to practice in Paradise Valley?** I grew up on a small family farm in Nebraska and attended a one-room schoolhouse throughout my elementary years. I found my passion for becoming a physician in college while attending science courses. I wanted to make a difference in people's lives, not only by practicing medicine but by doing so with compassion and empathy. The dual nature of medicine as both a science and an art appealed to me.

My husband and I moved to Scottsdale, Arizona, after completing our residencies and fellowships. We were attracted to the beautiful sunny weather and outdoor activities the city offered.

After establishing my first practice in Scottsdale, I knew that I wanted to expand. I have a large patient base in the Paradise Valley area, and it was important to me that my practice was conveniently located for them. I began building and designing my office in Paradise Valley in 2020, and we opened it in 2021! It's a beautiful city, and we are so thankful for the opportunity to provide dermatologic medical care to its residents.

**Can you walk us through a typical day in your medical practice? What aspects of your work bring you the most satisfaction?** I primarily see cosmetic and clinical research patients 5 days a week, in addition to helping with the management of our practice.

The most rewarding part of my work is seeing the amazing transformations my cosmetic patients undergo, which drives my passion and dedication. I find great joy in making others happy and fostering confidence through my work. I am so grateful for my colleagues who share the same vision for providing medical care with integrity, professionalism, compassion, and empathy. We have 5 board-certified physicians, 5 dermatology physician assistants, 3 aestheticians, and a nurse injector. My team and I are committed to clinical excellence and providing the highest quality of care to our patients.

**Beyond the clinic, how do you engage with the Paradise Valley community? Are there any local causes or initiatives you're particularly passionate about?** I was an honored recipient of the Women of



Achievement Award in 2021 for my contributions to the local community. I am particularly passionate about mentoring and educating the community. I volunteer to teach resident physicians and have a mentorship program at my practice for preprofessional students.

I am a member of many professional organizations and societies that help drive research and education initiatives. In addition, I serve as a speaker and advisory board member for many pharmaceutical and device companies.

I hold open house events at my Paradise Valley office, which allow my patients and community members to meet our team and provide education on dermatologic treatments and services that we offer at Clear Dermatology.

**Being a physician often requires a delicate balance between work and personal life. How do you maintain that balance, and what activities or hobbies bring you joy outside of your medical practice?** As a physician, wife, and mom to three amazing kids, finding a good balance is so important and not always easy! I try to make the time that I have with my family special, even if it's our morning drive to school. We enjoy hiking and taking walks together. We also love to travel when we have the opportunity.

**What is a philosophy that you've lived by?** To choose kindness, be grateful, and make a positive impact on every person I interact with.

**What life lessons can you share?** Time and health are our most valuable assets. As a physician, I am committed to bettering the health and lives of my patients through continued education and research.

**As a physician and healthcare professional in Paradise Valley, what role do you see yourself playing in promoting community health and wellness beyond individual patient care?** One of my favorite ways to promote wellness in the community is through my monthly webinars. They are free to the public, and I've found that it's an exciting and interactive way to provide education about various dermatologic topics to a larger group of people.

We also have a large research practice, Investigate MD, at our North Scottsdale office. My team and I have conducted over 100 clinical research studies for various dermatologic conditions. By providing these research opportunities to the community, I can help not only my patients but people throughout the world by contributing to the future of medicine.

**How do you collaborate with physicians or others in the area to enhance patient care, and are there any local partnerships or networks you find particularly valuable?** Collaborating with physicians to enhance

patient care and the future of science and medicine has always been very important to me.

I attend multiple conferences each year to further my training and education. I serve as an educator and speaker at these conferences, often performing live demonstrations to teach my techniques to my colleagues.

I am also a member of various medical committees that allow me to interact and engage with my physician colleagues for continued development and training.

**Patients often appreciate a personal touch and VIP treatment in their healthcare experience. How do you ensure that your patients feel seen, heard, and cared for on a personal level, especially in a close-knit community like Paradise Valley?**

I am so grateful that my patients have chosen me to take care of their skin health. As a physician, I feel that it's important to spend time getting to know my patients and their history to gain and build trust and to listen to their needs and requests to provide tailored high-quality medical care. I maintain open and honest communication with my patients throughout their care and treatment. One of the many ways I've seen this manifest is seeing multi-generational families in my practice and that brings me so much joy.

*Written by: Brook Choulet, M.D. / Concierge Sports & Performance Psychiatrist at The Performance Psychiatrist. Owner of Choulet Wellness: Scottsdale Concierge Psychiatry & Therapy.*



We are excited to introduce Dr. Brook Choulet as our newest Resident Contributor. Brook Choulet, M.D. is a board-certified concierge sports and performance psychiatrist who works with children, adolescents, and adults. She is passionate about collaborating with her patients to optimize their mental health and enhance their personal and professional performance. Dr. Choulet serves as the President of the American Board of Sports and Performance Psychiatry. She lives in Paradise Valley with her family, and her private practice, Choulet Wellness: Scottsdale Concierge Psychiatry and Therapy, is also located within the 85253 zip code. In her free time, she enjoys playing pickleball and traveling. She looks forward to highlighting a different physician each month in her column titled "Monthly Physician Spotlight: Paradise Valley's Best Doctors."