



Edward Espinosa, DO, MPH

Internal Medicine Physician, OptumMD

BEING YOUR BEST

His Biggest Pet Peeve

"Complacency is my ultimate pet peeve. There is nothing more frustrating than seeing untapped potential go to waste. I think we should always be asking what's next? and how we can do better."

HIS FIRST JOB

Hail to the King

"My first job was at Burger King, where I spent my shifts flipping burgers and dropping fries. Growing up in a lower-middle-class family, that job wasn't just a way to earn some extra money; it was my introduction to the real world. It taught me the fundamental value of hard work and the discipline of showing up."



RÉSUMÉ

The Best Medicine

Dr. Edward Espinosa has dedicated the greater part of his life to helping others improve theirs. After completing medical school at the New York College of Osteopathic Medicine and an internal medicine residency in New Orleans, he returned to his hometown of Atlanta, where he focuses on disease prevention and longevity. A member of the staff at Northside Hospital and Piedmont Hospital, he also started **OptumMD**, one of Atlanta's first concierge practices, in 2008. "The practice was built with a purpose of offering a personalized, holistic approach to healthcare," he says. That means easier access, longer appointments, and a deeper connection between doctor and patient. "Here, we know you personally and understand your health at a granular level," he says.

BEST ADVICE

To Your Health

ESPINOSA IS A HUGE ADVOCATE FOR PROACTIVE PREVENTION. HERE ARE SOME OF HIS TOP TIPS:

- » "I encourage people to view exercise as a way to safeguard their future, specifically by building the muscle and bone health needed for long-term balance and flexibility."
- » "That physical foundation has to be supported by smart nutrition. You can't ignore the basics, like ensuring your protein intake is high enough to maintain that lean mass."
- » "Optimizing your sleep is non-negotiable if you want to protect your brain and perform at your peak, and keeping a pulse on your emotional well-being through strong personal connections is just as vital as any medical treatment."



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A PERFECT STORM

Georgia's Physician Shortage

» "We have a growing and aging population—our Medicare-eligible community is expanding rapidly, and they naturally require more frequent and complex care."

» "We're seeing a significant wave of physician retirements. Administrative burdens have become so heavy that many talented doctors are choosing to retire earlier than planned."

» "Because of the federal Medicare cap on residency funding that's been in place for decades, we simply aren't training enough new doctors to keep up with the ones leaving the field."

HEALING HANDS

If He Had a Superpower

"If I had one superpower, it would be the ability to cure disease with a single touch. Specifically, if I could eliminate something as devastating as cancer, it would be the ultimate fulfillment."