

# DR. MIKE FROSTAD



**Undergraduate:** York College  
Queens, NY

**Medical School:** Pennsylvania State University School of Medicine  
State College, PA

**Residency:** Loma Linda University  
Loma Linda, CA

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**Certifications:** American Board of Pediatrics

*"I embody our core values: compassion, integrity, respect, and excellence. My expertise ensures optimal child care within a nurturing, attentive environment where families are truly heard."*

## Why a Pediatrician?

I knew I wanted to be a doctor at a very young age. I had a sibling who struggled with chronic health issues, which motivated me to become a pediatrician. I find great joy in helping children and their families be healthy.

## Personal Interests?

When I am not providing care to my patients, I spend the bulk of my time with my family. We spend much of my vacation time travelling, which is often challenging with younger children, but there's never a dull moment. When the weather is conducive, I make good use of local trails on my road bike. I will occasionally carve out time to do oil paintings of landscapes (of which there is plenty of subject matter on the Palouse).