



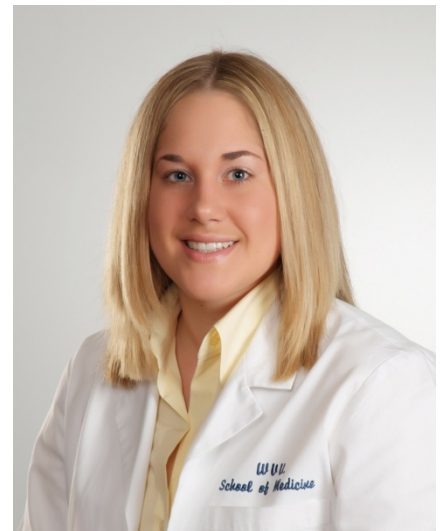
“A CAREER IN MEDICINE”

From the Sharing the Helm of the Mountain Series by Philanthropy West Virginia

Lisa M. Costello, MD, MPH – A Rising Leader’s perspective

Dr. Lisa Costello is an internal medicine and pediatrics resident at West Virginia University in Morgantown, who is involved in medical education and advocacy. She serves on the West Virginia University Graduate Medical Education Committee and as a member of the Executive Committee for the American Academy of Pediatrics Section on Medical Students, Residents, and Fellowship Trainees.

Hardworking, passionate, and giving are the qualities that I believe best describe West Virginians. It was these traits that drew me to a career in medicine. As a young girl growing up in Weirton, WV, I aspired to be a doctor because I wanted to help people and make a difference. Early on, I realized that a person’s health impacted every aspect of their life- the ability to learn, work, and enjoy life. For the past 10 years, I have been studying and training to be a physician in an effort to help people. Through my education and medical training in West Virginia, I have learned about and witnessed firsthand the health disparities that impact our state and its people. Nationally, our state’s health characteristics traditionally remain among the worst in the country, particularly obesity, diabetes, and heart disease to name a few. As a current internal medicine and pediatrics resident, I receive the wonderful opportunity to care for people of all ages. My specialty helps me identify areas throughout the spectrum of life we must focus to continue to improve the Mountain State’s health.



To ensure West Virginians receive the chance at a healthy life, we must invest in and prioritize education, technology, and access to medical care. Through public policy and collaboration with communities, it is essential to educate everyone, from children to the elderly, about the importance of health; for instance, the need for preventative medicine, immunizations and screenings, as well as the consequences of poor health choices, such as tobacco and other drug use and consumption of unhealthy food options.

West Virginia and the world experienced significant growth in technology over the past 150 years. We must embrace and utilize technology now and in the future to expand the reach of healthcare delivery and education, through research, health communication, and services, such as telemedicine.

Access to medical care is vital to overall health. West Virginians need to be able to obtain comprehensive, affordable health insurance through private and public options. Improving access also includes generating and maintaining a diverse healthcare workforce of specialists and primary care providers and services all across our state.

Moving forward, it is my hope, through hard work and passion, our state will continue to rise from poor health rankings, giving Mountaineers the best opportunity to make progress and prosper in various fields in West Virginia, around our nation, and world.

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