

Meet this Edition's Physician Authors



NICHOLAS J. MEYER, MD

"Listen to your body. If you develop pain, don't wait until it's out of control. If you just put up with it, you can end up with permanent damage," says Dr. Nicholas Meyer of St. Croix Orthopaedics, P.A. in Stillwater, MN.

Dr. Meyer (White Bear Lake, MN born, bred and high school graduated; U.S. Military Academy and University of Minnesota medically educated and degreed) is subspecialty certified in hand and upper extremity conditions/injuries, but works with a variety of patient cases, from injuries due to repetitive activities or trauma to degenerative diseases, such as arthritis. Dr. Meyer empathizes with patients who get hurt going after their sport with too great of zeal. He's played hockey his whole life and can relate personally to injuries caused by crashing too hard into the boards. He also competes in triathlons.

His wife and young family enjoy time together exploring sites across the U.S. He also volunteers with and has a passion for an organization called the Military Family Support League, which helps military families with a loved one deployed overseas manage day-to-day activities.



THOMAS K. COMFORT, MD

"It has been a tremendous pleasure to work with such dedicated individuals [physician mission workers in Ecuador] and to see their efforts rewarded through appreciation from their patients. I hope to be able to continue to serve in this way for years to come," says Dr. Thomas Comfort of St. Croix Orthopaedics, P.A., Stillwater, MN about the personal rewards of his medical mission work in Ecuador.

Though not a Minnesotan by birth, Dr. Comfort's pursuit of a career in medicine led him to the University of Minnesota where he acquired his medical degree and did his residency in orthopaedic surgery. He currently sees patients with a wide range of orthopaedic injuries/conditions including sports medicine injuries. His involvement in the local medical community opened the door to his experiences in medical mission work. He gains great personal and professional fulfillment from sharing his skills and talents with HCJB and the people of Ecuador.

Aside from his passion for medical mission work, Dr. Comfort is active in his church community and particularly enjoys time spent with his wife and children at home and traveling.



MARK T. DAHL, MD

"Art helps me transform surgery from something frightening to something remarkable. It's crucial that people trust you and understand the procedure that's going to help them. Art helps me do that," says Dr. Mark Dahl of St. Croix Orthopaedics, P.A.

Dr. Dahl (board certified orthopaedic surgeon; medical graduate of the Mayo Medical School, Rochester, MN; skilled in the Ilizarov limb-lengthening procedure) uses art as one way to communicate with patients. His practice, which includes most orthopaedic conditions/surgeries, is his first passion. But Dr. Dahl's talent for his second passion, bronze sculpting, began when his wife suggested he take a sculpting class to develop his artistic abilities. He began crafting both commission work and personal projects at home. Most recently, Dr. Dahl's bronze sculpture was awarded "Best in Show" at the American Academy of Orthopaedic Surgeons (AAOS) Wounded in Action art exhibit.

Aside from sculpting and spending time with his family, Dr. Dahl also travels to third world countries, performing deformity correction surgery on children and adults, and sharing his knowledge with surgeons in these areas.

For complete biographies of St. Croix Orthopaedics, P.A. physicians, logon to stcroixortho.com