

Zoe McMillen, MD, a Family Physician with Lifescape Premier

Get to know Family Physician Dr. Zoe McMillen, who serves patients in Scottsdale, Arizona.



New York City, Jan 18, 2021 (Issuewire.com) - A caring and compassionate concierge family physician, Dr. McMillen is a part of Lifescape Premier in Scottsdale, Arizona. She is excited to get to spend more time with patients, going through life's journey, and getting to the root cause of their health problems.

The mission of LifeScape Premier is to inspire health - to introduce to all individuals the idea, and opportunity, to experience real health. The team of health experts offers top concierge medical services, family medicine & medical aesthetics. They partner with patients to inspire and empower health transformation, by taking the time needed to identify the root cause of symptoms and focusing on the totality of you.

Practicing full-spectrum family medicine, Dr. McMillen has a particular interest in men and women's health, dermatology, and preventive medicine. She believes in compassionate, evidence-based care and truly listening to the patient to try to discover what motivates them to achieve their health goals.

"Concierge care is the future of medicine in my opinion. It allows me to practice root cause healthcare by giving me the ability to have longer appointments to truly get to know my patients and treat them with their beliefs, history, and goals in mind. Root cause healthcare is vital in working towards correcting a patient's health condition through investigating the reasons a patient has a health condition in the first place and then putting a plan in place to assist in fixing those issues" expressed the doctor.

Born in Johannesburg, South Africa, Dr. McMillen spent most of her childhood years there. She participated in many sports and had family vacations on the beautiful east coast in Umhlanga. She enjoyed going on safaris and, to this day, finds being in nature in a wild animal reserve the most peaceful place on earth. After high school, she moved with her family to San Diego where she attended SDSU and graduated Summa Cum Laude with a Bachelor of Science degree in Cell and Molecular Biology. She worked each summer in biology research labs, was on the Mortar Board, received a coveted spot in The Scripps Research Institute Internship program, and graduated with the Henry L. Janssen Honors Council Award after being inducted into all five Honor Societies.

Throughout college, Dr. McMillen wanted to go to medical school, but health issues caused this goal to be delayed for a few years. This delay afforded her the opportunity to participate in the groundbreaking field of human stem cell research and help teach scientists how to grow stem cells; her work ultimately being published in a book chapter.

After a few years, she continued her passion for learning and helping people at the University of Arizona College of Medicine in Phoenix. Her desire to become a family physician was confirmed early in medical school. During her first and second year, she began shadowing Dr. Susan Wilder. Dr. Wilder epitomized the family medicine doctor - she practiced full-spectrum medicine, listened to her patients, had so much compassion, and beyond that, was a visionary of medical care. Dr. McMillen received a summer research scholarship for research on aging and was President of the school's American Medical Association chapter. She completed medical school and was inducted into the exclusive Arnold P. Gold Humanism Honor Society.

She matched into her first choice residency - Phoenix Family Medicine Residency at Banner Good Samaritan Medical Center - the original family medicine training program in Arizona and the 15th in the nation. She worked hard doing inpatient and outpatient medicine as well as OBGYN care. She co-chaired the residency recruitment and social committee during her third year.

After graduating, Dr. McMillen joined Honor Health and helped take care of a quickly growing panel of

patients. She served as co-chair of the Antibiotic Stewardship Committee, after which she joined Lifescape Premier.

A member of the American Academy of Family Physicians, she is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Currently, Dr. McMillen is on the path to certification in functional medicine.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Happily married, Dr. McMillen and her husband have a young daughter and son. She loves to spend time playing and dedicating time to her family and friends, including the family dog, a rescued poodle mix. She also enjoys cooking, baking, reading, and gardening (although the Arizona summer's usually cut that short each year).

Learn More about Dr. Zoe McMillen:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3383955-Zoe-McMillen-Family-Practitioner> or through Lifescape Premier, <https://www.lifescapepremier.com/bio/zoe-mcmillen/>

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