

Tammy Frost, BS, MSPAS, PA-C: A Beacon of Hope for Underserved Communities in Rural Arizona

Passionate Family Medicine Physician Assistant Breaks Barriers to Medical Access for Underserved Communities



Prescott, Arizona Mar 3, 2026 ([Issuewire.com](https://www.issuewire.com)) - A dedicated Family Medicine Physician Assistant at GRACE Direct Primary Care, Tammy Frost is making remarkable progress in expanding healthcare access to underserved populations in rural Arizona. With her impressive academic achievements and a

compelling personal journey, Tammy is on a mission to deliver exceptional medical care to those who need it most.

Tammy obtained her Master of Science in Physician Assistant Studies (MSPAS) from King's College, a prestigious institution known for its highly competitive program that admitted only 12 students from 1,600 applicants during her admission year. Before her graduate studies, she graduated Summa Cum Laude with a Bachelor of Science in Exercise Science from Northern Arizona University in 2000. Her commitment to health and education has earned her recognition as a National Health Service Corps Scholar and the esteemed Gold Axe Award.

Reflecting on her life-altering experience in 2008, when she faced a life-threatening situation, Tammy shares, "I have asked myself why my life was spared. I am convinced that there is considerable work to accomplish in the medical field." This realization has ignited her dedication to providing compassionate healthcare, particularly to individuals in vulnerable circumstances.

Tammy's academic journey has been nothing short of extraordinary. She has consistently excelled, graduating as valedictorian at every educational level with an impressive 3.97 GPA. Her passion for helping others became apparent during her tenure in home healthcare, where she discovered her calling to support individuals in need. This pivotal experience motivated her to pursue a career as a Physician Assistant, with a focus on rural healthcare.

"I am devoted to serving those most in need living in rural communities," Tammy emphasizes. "People in underserved areas often do not receive the proper medical attention, and I am determined to personally make a difference." Her belief that quality healthcare should be accessible to everyone, regardless of geographic location, resonates with the wisdom of philosopher Lucius Annaeus Seneca: "A man who suffers before it is necessary, suffers more than is necessary."

Outside of her commitment to patient advocacy, Tammy cherishes time spent with her family and friends. She is also exploring innovative business opportunities to further enhance patient care. Her unwavering dedication to improving healthcare accessibility positions her as a vital asset to the Prescott community and a beacon of hope for those she serves.

Learn More about Tammy Frost:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82008557-Tammy-Frost-Anti-Aging-Medicine> or through GRACE Direct Primary Care, <https://choosegrace.life/about-us/>

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