



**Name: Adwoa (Mavis)  
Ansu**

Hometown: Toronto, Ontario,  
Canada  
Medical School: Ross  
University School of  
Medicine

*Why I chose HCMC:* The most appealing thing about HCMC for me was its mission to care for all populations, regardless of ability to pay. I also loved the diversity of the patients and the urban setting, which was something I was looking for in a residency program. Furthermore, I appreciated the friendliness of the current residents and was able to picture myself working with such colleagues.

*Number one on my Twin Cities bucket list:* There are several things I would love to do, but number one at this time is 'Prince the Tour'.

*Plans after residency:* I am considering pursuing a fellowship in either Palliative Care or Geriatrics; however, I'm not 100% sure currently. I've also considered working as a hospitalist for a short period before practicing full spectrum Family Medicine in the long-term.

*If I weren't a physician, what would I do?* I would most likely still do something health related. In fact, I've considered pursuing Psychology, Massage Therapy and nursing at different points in my life.



**Name: Andres Camacho**

Hometown: San Carlos,  
Costa Rica  
Medical School: Ross  
University School of  
Medicine

*Why I chose HCMC:* When I first had the opportunity to interact with folks at HCMC, I immediately felt a special connection. Walking through the hospital confirmed why training here was a blessing. With a diverse, safety-net population, the option to get certified in integrative and holistic medicine, offer for international rotations, among so many other opportunities, HCMC transcends the quality of training that a doctor can ever hope for. I am confident that working and training here will make me the doctor that I always dreamed of becoming.

*Number one on my Twin Cities bucket list:* Eat, eat, and eat! I want to get to know the people, and there is no better way to do it than eating with everyone.

*Plans after residency:* I want to give back the responsibility that has been given to me. I want to be there for my community and for my neighbor. I want to become the doctor of the people.

*If I weren't a physician, what would I do?* I would probably be working with wild fauna. I find it fascinating how much we can learn from their behavior.



**Name: Jennifer Gallup**

Hometown: Tulsa,  
Oklahoma/ Ft. Hood, Texas  
Medical School: St. George's  
University School of  
Medicine

*Why I chose HCMC:* This was my favorite interview throughout the match process and I really felt as though it was the best fit. I loved how happy everyone was and there was a real passion for working underserved populations and community involvement. The Whittier Clinic also blew me away with how gorgeous it was and all that it has to offer. I know that I will get an amazing education and develop into the best family medicine physician I can with the support of the faculty and residents at HCMC.

*Number One on my Twin Cities Bucket List:* Going to Minnesota Vikings and Timberwolves games

*Plans after Residency:* I want to practice full spectrum Family Medicine in an urban underserved population

*If I weren't a physician, what would I do?* I would most likely be a Performance Psychologist if I wasn't able to be a physician.



**Name: Ayan Hashi**

Hometown: Windsor,  
Ontario, Canada  
Medical School: Tongji  
College of Huazhong

*Why I chose HCMC:* Growing up, we would spend our summers in Minnesota and ever since then I knew it was the place for me. What instantly appealed me to HCMC was the commitment to serve the underprivileged and vulnerable members of the community. I found particularly noteworthy that it endorses community medicine by encouraging residents to engage with local communities to solidify their awareness as primary care providers. Also, it offers the added bonus of certification in Integrative and Holistic Medicine during residency.

*Number one on my Twin Cities bucket list:* I want to explore Gooseberry and Minnehaha Falls.

*Plans after residency:* After residency, I plan to complete a fellowship in Women's Health and Addiction Medicine.

*If I weren't a physician, what would I do?* I'd definitely go into teaching or become a food critic.



**Name: Mohammad Khandwala**

Hometown: Mississauga, Canada (born in Karachi, Pakistan)  
Medical School: St. George's University

*Why I chose HCMC:* My wife and I spent a day prior to our interview there and gravitated towards the community and surroundings. We also appreciated the welcoming nature of the staff, residents, and faculty. The facilities are top-notch, and the vibrant atmosphere makes it an inviting place to learn. All that, and it helps my Canadian blood that it's in the hockey state :)!

*Number one on my Twin Cities bucket list:* Biking the Midtown Greenway and experiencing the Minnesota lakes.

*Plans after residency:* I have professional interests in Oncology, Mental Health, and Sports Medicine - here's hoping residency points me in the right direction!

*If I weren't a physician, what would I do?* Life is full of other passions - I would try to pursue one of those! Faith, hockey, teaching in some capacity.



**Name: Fahma Mohamed**

Hometown: Rochester, Minnesota  
Medical School: Ross University School of Medicine

*Why I chose HCMC:* I chose HCMC because of the mission and commitment to the community. I was looking for a program with broad spectrum, procedural training that serves a diverse patient population. After seeing the facility, meeting the faculty and staff plus witnessing the relationship between residents, I found a sense of belonging which I was looking for. HCMS provides excellent healthcare to underserved communities plus my interest in Integrative Medicine made HCMC the best choice for me.

*Number one on my Twin Cities bucket list:* Tasting the famous cookies at the Minnesota State Fair and just exploring the twin cities.

*Plans after residency:* After residency I would like to start practicing in Minnesota and serving the underserved population.

*If I weren't a physician, what would I do?* I have never thought of doing anything besides being a physician but I have learned that I love tutoring so maybe teaching Anatomy.



**Name: Perpetua Okechukwu**

Hometown: Anambra,  
Nigeria  
Medical School: St. George's  
University

*Why I chose HCMC:* Aside from twin cities being home away from home, I know for a fact that after training at HCMC, I will definitely know how to address any cultural sensitivities in primary care because of the diversity in patient population as well as network of dedicated residents and physicians. I have always known about the program's involvement in the Hennepin county communities and abroad through international rotations, group visits, centering pregnancy, Aqui Para Ti, and Henne-teen (Between Us). Also, the comprehensive curriculum which provided additional training in Integrative Medicine, Reproductive Health Educational Certification, Clinic First model of training, Home Health as well as motivational interviewing training sealed the deal for me on my interview day. Finally, I appreciate their value of resident's wellness through retreats and fun gatherings.

*Number one on my Twin Cities Bucket List:* Definitely State Fair, ice fishing, dining in all the restaurants in Twin cities by the end of residency.

*Plans after residency:* Either do OB fellowship or practice full spectrum Family Medicine in the Twin cities.

*If I weren't a physician, what would I do?* I would be a clinical research scientist either for a pharmaceutical or biotech industry, may be try and figure out vaccines or therapies for all these novel organisms (COVID-19) or I would be a real estate developer and an interior designer.



**Name: Tony Thoppil**

Hometown: Toronto, Canada  
Medical School: St. George's  
University

*Why I chose HCMC:* I was very impressed with the commitment of this program to serve the needs of the diverse underserved and at-risk communities. The availability of state-of-the-art facilities like the simulation room and the opportunity to study hyperbaric medicine further made the family medicine program at HCMC a top choice for me. The very modern Whittier Clinic emphasized the importance of Community Level Medicine being practiced at this program and aligned with what I was looking for in a Family Medicine residency. The residents were also very friendly and made me feel like at home when I visited. The rigorous training offered by this program will allow me to eventually practice as a competent full spectrum family physician.

*Number one on my Twin Cities bucket list:* Complete the Twin Cities marathon!

*Plans after residency:* I have an interest in completing a Sports Medicine fellowship.

*If I weren't a physician, what would I do?* I have always had an interest in flying. I would have likely joined the Air Force and served as a pilot.



**Name: Shamili Vemulapalli**

Hometown: Washington  
D.C/Fairfax County  
Medical School: Ross  
University School of  
Medicine

*Why I chose HCMC:* The camaraderie and sense of community within your program and the city, but also the number of comprehensive yet community-centered features the residency provided.

*Number one on my Twin Cities bucket list:* Ride the Mall of America roller coaster

*Plans after residency:* Get a yard and have stable hours so that I can finally get a puppy.

*If I weren't a physician, what would I do?* I think Anthony Bourdain had the ideal job. Travel, eat amazing food, meet locals and get paid for your opinion.