

SURGEON

"WALKING ON YOUR
LIFE PATH IN HARMONY
AND BEAUTY WITH
EVERYTHING AROUND
YOU."
-NAVAJO PROVERB-



DR. LORI ALVORD

Pronunciation: (loh-ree al-vowd)

Life: 1958 - present

Born: Crownpoint,
New Mexico

Known for: Surgeon, &
Health Education

MATH HERO

Surgeons like Lori use math to:

- Make precise cuts with angles so that operations are done correctly.
- Carry out complex procedures by reading 3-dimensional (3D) images and working with distance.
- Navigate the limited amount of space available inside the human body.

Fun fact: Lori was nominated to become the top medical doctor and health educator in the United States, called the Surgeon General, in 2013.

CREATING HEALING ENVIRONMENTS

- Lori Alvord is a surgeon. A surgeon is a doctor who operates on patients that need help.
- Lori was the first Navajo to become a surgeon. Lori has introduced many wonderful ideas to the medical field. She teaches being respectful of a person's whole being and body whether they are awake or asleep.
- Lori grew up on a Navajo Reservation in New Mexico. She dreamed of becoming a doctor at age 6. As a child she enjoyed reading and learning new things.
- Lori became a surgeon at a time when few women were granted an opportunity. She realized the delicate Native beadwork patterns she learned as a child was helpful when performing difficult heart procedures.
- Lori wrote an inspirational book based on her life and work as a surgeon entitled *The Scalpel and the Silver Bear*.

REFERENCES

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- Alvord, L. (2020). *Lori Alvord, MD* [Photograph]. Astria Health. <https://www.astria.health/provider-directory/provider/lori-alvord>