



ESTES PARK HEALTH

Meet Dr. Kenneth Epstein, Hospitalist

Why did you become a doctor?

"I love science and I love being able to apply the science I've learned to help people in the hospital."

Describe your ideal patient-doctor relationship

"I want to educate patients so that they understand their illness. I want to hear their concerns. I want to make sure all of their concerns are addressed."

Describe your communication style

"I like to listen as much as I speak. I am always upbeat, but honest."

What is your best wellness tip?

"Remember the three-legged stool of diet, exercise and sleep. I want to emphasize the importance of sleep."

How do you spend your free time?

"I enjoy skiing, hiking and running."