



# **Matthew Thomas Sommers**

## **Pharmacist, Medical Writer and Editor**

Matthew Thomas Sommers, born on May 18, 1986, in Forrest City, IA, is a pharmacist, medical writer, and editor from Eagan, MN. He balances his highly demanding professional life with the role of a doting father to his two daughters and a dedicated husband to his wife.

### **Early Life and Education**

Relentless and tenacious in his pursuit of knowledge, Matt graduated from the University of Iowa College of Pharmacy in 2011. This propensity for learning continued well into his professional life, where Matt sought to build his practical pharmacy experience, focusing on behavioral health management. His wisdom and drive to provide top-notch healthcare have led him to amass over 12 years of experience, including clinical and management tasks.

### **Professional Life**

Matt's spirit and thirst for innovation compelled him to take on a more entrepreneurial role. He accepted a position opening a pharmacy from scratch, displaying remarkable courage and steadfastness. His dedication didn't stop there. As a preceptor, he helped pharmacy students nurture and develop their professional abilities. As a medical writer and editor, Matt has turned his passion for education into a mission to empower individuals to navigate their healthcare confidently.

## **Leap into Clinical work**

Over time, Matt broadened his expertise into clinical work, primarily focusing on behavioral health. This shift demonstrates his ability to fearlessly adapt and pursue new areas of interest, constantly seeking to broaden his knowledge and application of healthcare practices.

## **Personal Life**

Matthew Thomas Sommers married the love of his life, on September 3, 2016. With his wife by his side, Matt has embarked on the beautiful journey of raising their two delightful daughters. He finds joy and pleasure in his family, stating that despite his dedication to his work, his greatest identities are as a husband and a father.

## **Hobbies and Interests**

In addition to being a skilled professional, Matt is an avid reader, drawing inspiration from authors such as Brandon Sanderson and Adrian Tchaikovsky. In a blend of art and science, he is interested in cooking, focusing not only on the techniques but also on nutritional aspects and cost-saving methods. His love for cooking was sparked by watching videos like *Binging with Babish*. Matt also finds solace in nature and fulfills his wanderlust, often embarking on travel expeditions, from exploring national parks in Vancouver, Canada, to the mystic lands of Iceland and India.

## **Community Involvement**

Never one to shy away from giving back, Matt volunteered at the Mary Greeley Hospital in Ames, IA, providing general support and comfort in the Oncology Unit. He also contributes to charitable causes, donating to MN State Troopers, MN DNR, and JDRF, highlighting his commitment to society.

## **Upcoming Milestone**

As they journey through life together, Matt and his wife eagerly await the celebration of their seventh wedding anniversary on September 3, 2023, reinforcing the bond they have nurtured and solidified over the years.

Matthew Thomas Sommers exemplifies dedication, resilience, courage, adaptability, and compassion in his professional and personal life. With his innate ability to balance his various roles, he continues to make substantial contributions to healthcare while nurturing a loving family and making a difference in his community.