

MINOR & JAMES MEDICAL



Alex C. Efird, MD
Internal Medicine

Minor & James Medical
First Hill Medical Building
515 Minor Avenue, Suite 300
Seattle, WA 98104

Appointments Please Call:
(206) 386-9505



Alex C. Efird, MD

Internal Medicine

Meet Dr. Efird on the Web: http://minorandjames.com/our_physicians/internal_medicine/efird.htm

Medical Specialty/Special Interest:

- Internal Medicine

Education:

- University of Washington, Seattle, WA, Bachelor of Arts, History
- Seattle University, Seattle, WA, Pre-Medical Studies
- University of Southern California, Los Angeles, CA, Medical Doctor, Graduated with Highest Distinction ~ 1999

Residency/Fellowship:

- Residency, Internal Medicine, University of Washington, Seattle, WA

Certification/Licensure:

- American Board of Internal Medicine
- State of Washington Medical License

Associations/Honors:

- American Medical Association
- King County Medical Society
- Washington State Medical Association
- Alpha Omega Alpha
- Dean's Scholar Award, University of Southern California, Los Angeles, CA quarterly 1997~1998

Hospital Privileges:

- Swedish Medical Center, Seattle, WA
- Northwest Hospital, Seattle, WA

Professional Experience:

- Internal Medicine, Minor & James Medical, Seattle, WA 2002 ~ present
- USC Medical Scholars Program Instructor, Los Angeles, CA 1996 ~ 1997
- Research Asst., Burn, Alcohol & Trauma, Harborview Medical Center, Seattle, WA 1994 ~ 1995

Patient/Physician Philosophy:

To paraphrase the German philosopher Goethe 'He (or she) who does not take time for health will soon make time for sickness'. My goal is to help patients stay healthy using as little medicine as possible by using appropriate screening to find diseases early when they are easier to treat, and by helping patients identify which behaviors they can change to improve their health.

Personal Interests:

As a native of the northwest, I love hiking & camping. I like cooking, gardening, travel and reading history & novels. I'm an avid runner. Most of all I enjoy spending time with my wife & 2 daughters.

Why Minor & James Medical:

Minor & James Medical offers coordinated multi-specialty care including laboratory and imaging services that provide the most convenient and best quality care possible.

Visit our Web site for
address and driving directions:
www.minorandjames.com



First Hill Medical Building
515 Minor Avenue, Suite 300
Seattle, WA 98104

Directions to First Hill Medical Building from I-5 North toward Seattle:

- Take the Dearborn St./James St. exit (No. 164A) toward Madison St.
- Take the James St. exit
- Turn right onto James St.
- Turn right onto Minor Ave.

Directions to First Hill Medical Building from I-5 South toward Seattle:

- Take the James/Madison St. exit (No. 165A) toward James St.
- Continue straight to go onto 6th Ave.
- Turn left onto James St.
- Turn right onto Minor Ave.