

10 minutes with...

*Dr. Fahd Al-Alou, MD
specializing in pediatrics and
internal medicine*

*Story and photos by
John Vaughn*



Dr. Fahd Al-Alou is a man of many passions — sports, spicy cuisine, gardening, exotic plants and travel, to name a few.

But none of those equal the commitment he has for his patients, he says.

Dr. Al-Alou, who specializes in pediatrics and internal medicines, opened his practice in the Tuscan Children Clinic, 2851 S. Avenue B, No. 19, after falling in love with the area during a visit to Yuma to see family.

He shares a little information about himself with readers of Health Connections.

Q.: What is your medical specialization or discipline, and how did you come to choose it?

A.: I specialize in pediatrics and internal medicine. The reason I chose these two specialties is because I am a compassionate, understanding and caring individual, and I want to deliver health care for children and adults.

Q.: What brought you to Yuma?

A.: I always wanted to have my own office. But, I wasn't sure where. Last summer, I came to Yuma to visit my brother. I was fascinated with the quality and the warmth of its people. I met so many wonderful people here. My family and I had a great time, it was lots of fun. Only then did I realize that Yuma is the place to be. It is safe, quiet and family-oriented and close to great places, and is a diverse community with great food and lots of things to do.

Q.: What is your favorite way to relax?

A.: Spending time with my wife and my two wonderful kids is the best way for me to relax. I enjoy spending time with my friends, next to the pool, and barbecue with family and friend. I enjoy reading, watching sports, playoffs and movies. Just like many of my friends, I am anxiously waiting to watch the Olympics.

Q.: What are your favorite foods?

A.: This is my favorite question. I like Mexican food. I love the spicy rich cuisine of a great culture. I enjoy tasty brick-made pizza and a nice juicy burger. I like all tasty food.

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Q.: What is your passion or are your passions?

A.: My No. 1 passion is advocating my patients' well-being. It has always been and will always be. I am so honored to have the trust of the great number of patients

*RIGHT:
Dr. Fahd Al-Alou, MD
looking over paperwork
with a member of his staff*

*BELOW:
Al-Alou examining one of
his young patients.*

I have taken care of in all these years I have been in practice. I have had many successful stories that keep me going.

Travel is another passion of mine. I was fortunate to be able to travel to different parts of the world. I have enjoyed different cultures, cuisines and being able to share my own culture with others. Last but not the least, family, of course, is more than a passion to me. It is the joy of taking care of my kids with my wife.

Q.: What hobbies do you have?

A.: I enjoy gardening and caring for



exotic tropical plants. I wish I could have the time to do what I used to do and enjoy, such as playing racquetball and soccer. These days, my time is spent teaching my two youngsters games and playing with them.

Q.: What is your favorite place to be?

A.: Yuma is the place I fell in love with. It is here where I want to see my kids grow and go to school. It is here where I decided to start my practice.

Q.: What would surprise people the most about you?

A.: I am real. No surprises. What they see is what they get. They are going to see a family man who enjoys taking care of people and ensuring their well-being. ▲