

# Physician Profile: Drs. Duke & Ken Holt

by Assad Meymandi, MD, PhD, DLFAPA

*(This is another in the series of father-son Physician Profile-Ed.)*

Rarely the names Socrates, Plato, Voltaire, and Descartes emerge during a discussion of health care policy. However, when they do, it often means that you are talking to Ken Holt who is using philosophy to drive home a sophisticated point about the practice of medicine.

As a past President of Wake County Medical Society, he knows organized medicine. During his presidency, he advocated for his harassed colleagues and fought abusive policies set forth by the managed care juggernauts. He met with insurance directors from United Healthcare, Blue Cross Blue Shield and other insurance leaders to vocalize concerns he and his physician colleagues had regarding unfair payment policies while scrutinizing deceptive physician rating systems. Ken has reminded us that by challenging third party payers, physicians can make a difference. Physician leaders such as Ken have exposed improper business practices by several insurance companies. Such efforts by similar physician leaders culminated in several lawsuits by the North Carolina Medical Society including a large fine against United Healthcare and its CEO, William McGuire.

Ken achieved academic and extracurricular success at Ravenscroft High School. He graduated from the University of North Carolina at Chapel Hill, and in 1995, he received his M.D. from Georgetown University School of Medicine.

His role models in Medical School were many, among them Dr. Ken Becker, author of the standard textbook of Endocrinology. His internship was at George Washington University School of Medicine (my alma mater). He served as a Chief Resident in DC,

and he is a board certified internist. After teaching residents from Georgetown and George Washington, he decided to return to his hometown of Raleigh where his father had practiced OB-GYN for decades. "Everybody thought I was crazy to go into solo practice when I started in 2000," he said. Obviously, fulfilling his passion for patient care without emphasizing economic benefits has produced a successful practice. Indeed, he regards medicine as priesthood and a wonderful opportunity to serve and take care of patients.

Ken enjoys speaking Spanish, and taking care of the Hispanics in the community. While in DC, Ken volunteered in a Spanish clinic. He reveals how his background is half Puerto Rican, and practicing his Spanish allows him to remember and preserve the culture of his mother's (Evelyn) family whom he feels has en-

riched his personal growth and development.

He continues to volunteer in Raleigh. He has been known to accept food such as mangos, sweet potatoes or pizza for payment from patients who have no insurance or who just cannot



*Front Left to Right: Duke, Evelyn  
Back Left to Right: Will, Rebecca,  
Pam and Ken*



*Ken Holt*

afford to pay. He is truly an epitome of altruism, actualizing the promise of Oslerian model of practice.

When asked what has been the greatest challenge of his career, Ken's eyebrows emerge from the back

of his glasses, a wide but sober smile, and a little sigh, he recalls after completion of his training and one year as chief resident, he was strongly considering staying in academia. The decision to go into academic medicine, teaching and research, or starting a practice in a community was most challenging to him. Of course, the latter triumphed.

Among his many honors and professional memberships are the American Board of Internal Medicine, AMA, American College of Physicians, North Carolina Medical Society, Raleigh Academy of Medicine, and Wake County Medical Society of which he is a former President.

Ken likes sports, and he continues to run and play soccer. He enjoys music and is proud of his older brother, Will, who is a professional musician. He also speaks with pride of his two sisters. Ken's older sister, Pam, is a practicing Physician Assistant in Colorado while his younger sister, Rebecca, is pursuing her Masters in Counseling in graduate school in Florida.

We tried to gain access to Duke Holt, Ken's father, for an interview for this feature. However, with characteristic deference and humility, he refused. We suspect he wanted the light to shine upon his son, Ken, with all intensity and glory. Well, Sir, Dr. "Duke", we are just as proud of your son as you and his mother are. Ken has made Raleigh so much a better place to live.

If there were a Mount Rushmore exhibiting the likeness of exemplarity young medical leaders, the image of Ken Holt would ornate the pediment. ☺



*Duke Holt*



*Front Left to Right: Duke and Ken Holt*



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## WINDSOR AUSTIN HOLT, M.D. (“DUKE”)

**DOB:** April 8, 1939, Warren, Ohio

**EDUCATION:** Warren G. Harding High School 1956  
DePauw University, BA 1960  
Case Western Reserve School of Medicine, MD 1964

**CAREER HISTORY:** Internship, Bowman Gray School of Medicine, 1964-1965  
Residency, UNC School of Medicine, OB-GYN, 1965-1969  
One of first UNC residents to help staff Wake Med as a program forerunner for NC AHEC programs  
Major, Lyster Army Hospital, Fort Rucker, Alabama 1969-1971  
Clinical Associate Professor UNC School of Medicine Parker and Holt OB-GYN, Raleigh, 1971-1973  
Cofounder of Raleigh OB-GYN Centre, 1974  
Retired private practice, 2006  
Volunteer Medical Director, Birthchoice, 2006-ongoing  
Volunteer, Healing Place for Women, 2006-ongoing

**COMMUNITY:** United Way  
Volunteer Coach—soccer, baseball  
Our Lady of Lourdes Catholic Church

**PROFESSIONAL SOCIETIES:** Diplomate American College of Obstetricians and Gynecologists  
American Society for Reproductive Medicine  
Southern Medical Association  
Robert A. Ross OB-GYN Society  
American Association of Pro-Life Obstetricians and Gynecologists  
NC Medical Society  
Wake County Medical Society  
Raleigh Academy of Medicine  
Phi Beta Kappa

**FAMILY:** Wife—Evelyn  
Children—Pam Graham, Will, Ken and Rebecca Holt  
Grandchildren—Christopher and Nicole Graham

**FAVORITE LEISURE ACTIVITIES:** Running, spectator sports, gardening and music

**LAST MOVIE SEEN:** Rabbit-Proof Fence

**FAVORITE BOOK:** The Bible

**LAST BOOK READ:** Greenspan’s Bubbles: The Age of Ignorance at the Federal Reserve by William Fleckenstein and Fred Sheehan

**LIKES ABOUT THE TRIANGLE:** Diversity, medical excellence, educational opportunities, sports programs, outstanding cultural offerings, and the weather

**DISLIKES ABOUT THE TRIANGLE:** Traffic

**ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE:**  
Always be available for your family members and their interests. Set good examples of healthy, stable, and responsible living. Take time to fully communicate with your patients. Respect them, and have empathy for their situations. As my mentor used to say, “Treat each patient as if she were the Queen of England.” Stay accessible and be an advocate for your patients to protect them and guide them in their time of need.

## KENNETH A HOLT, M.D. (KEN)

**DOB:** December 1, 1966, Chapel Hill, NC

**EDUCATION:** Ravenscroft High School 1985  
UNC Chapel Hill, BA 1990  
Georgetown University School of Medicine, MD 1995

**CAREER HISTORY:** Internship, George Washington University School of Medicine, 1995-1996  
Volunteer physician, La Clinica del Pueblo, Washington, DC, 1996-1998  
Residency, Georgetown University, Veterans Affairs Medical Center, 1996-1998  
Chief Resident, Internal Medicine Georgetown/Veterans Affairs Medical Center, 1999  
Staff Appointment Veterans Affairs Medical Center, Washington, DC, 1999-2000  
Founder of Metro Internal Medicine P.A., 2000  
President, Wake County Medical Society, 2007  
Leadership College Scholar, NC Medical Society, 2007

**COMMUNITY:** Participate with running team at Raleigh Running Outfitters  
Team physician and player for “Over-30s” soccer team  
Delegate for Wake County, NC Medical Society  
Preceptor for doctors in training  
Our Lady of Lourdes Catholic Church

**PROFESSIONAL SOCIETIES:** American College of Physicians  
American Medical Association  
North Carolina Medical Society  
Wake County Medical Society  
Raleigh Academy of Medicine

**FAMILY:** Parents: “Duke” Holt, MD and Evelyn Holt  
Siblings: Pam Graham, Will and Rebecca Holt

**FAVORITE LEISURE ACTIVITIES:** Marathon running, soccer, spectator sports, music, ethnic cuisine, and studying foreign languages

**LAST MOVIE SEEN:** The Wrestler

**FAVORITE BOOK:** The Godfather

**LAST BOOK READ:** When Nietzsche Wept by Irvin D. Yalom

**LIKES ABOUT THE TRIANGLE:** The Triangle for many years has been internationally renowned for its academic and medical excellence. As a result, people from many diverse backgrounds have settled in the Triangle bringing with them their native traditions and beliefs. The amalgamation of such individuals into “Tar Heel” society has provided nourishment not just for our palate, but for our performing arts industry, as well as other domains for personal growth.

**DISLIKES ABOUT THE TRIANGLE:** Increasingly painful traffic

**ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE:**  
Learn something unique about every one of your patients (e.g. hobbies/favorite destination/sport team), and note it in their charts. Make a point to mention that fact about your patient when he/she returns, and you will make the visit much more personable allowing your patient to feel at ease. Be your patients’ advocate, and always treat them with dignity and respect regardless of your daily frustrations. Remember, one day you will be the one wearing a humble hospital gown as opposed to the crisp, white coat. Most importantly, take time for yourself and those you love.