

# Dr. Mathew Malek

## Memorial Scholarship Endowment

Mat had known he wanted to be a physician since he was a young child. He loved the idea of being able to help people and their families during a time they needed it the most.

Having experienced his own loss of someone close to him, he knew the importance of not only treating the “patient” but a person and the families and friends who love them. Due to his passion for helping people and wanting to be the best physician he could, Mat spent time working and volunteering in nursing homes. He had a passion for rural medicine and always knew he wanted to end up practicing in a rural community.

After graduating high school, Mat went on to college at the University of North Dakota where he earned his undergraduate degree in Biology. During this time, he worked in the biology research lab, as a resident assistant, chemistry teaching assistant, and anatomy teaching assistant. He also volunteered many hours at the clinic in Grand Forks, working towards getting into medical school and learning from anyone who was willing to teach.

In the spring of 2011 Mat was accepted into the University of North Dakota’s School of Medicine. During the first couple years of medical school Mat was the president of the Family Medicine group and had his sights set on being a family medicine provider. It was during the end of his second year when he rotated with a private Obstetrician, that Mat decided he loved the procedure of performing C-sections but didn’t think being an Obstetrician was for him. This is where his new dream of being a General Surgeon began. Mat continued through medical school, doing rotations in Fargo, Grand Forks, and Devils Lake. In the spring of 2015 he was accepted into the general surgery residency in Sioux Falls, SD.



After graduating from residency in June of 2020, Mat practiced as a general surgeon in Detroit Lakes, MN. He loved being a surgeon, had excellent patient care, and was passionate about teaching and mentoring the incoming students and physicians. You could often find other students and colleagues commenting on his teaching skills and they would share how aware they were of how much he cared about them and how his

teachings made them better people, nurses, and physicians.

During training Mat didn’t have much free time but when he did he made sure to spend as much of it as he could with his family. He loved to play hockey, scuba dive, go fishing with his boys, and to be at the lake. When meeting Mat or while working a shift with him, people were guaranteed to hear about his family and

most likely had seen several pictures of them. He was very proud of his family and didn’t pass up a chance to brag about his wife and children.

Unfortunately, on September 6th, 2020 Mat’s life was cut short due to a silent struggle with his mental health. Since Mat’s passing, his wife and friends have worked to spread the message of suicide awareness and to emphasize the importance of physicians and other medical personal reaching out when they are struggling.

Mat adored his family and they adored him, he loved his patients and his patients loved him, his colleagues looked up to him and he was passionate about what they had and could have accomplished together.

Mat is survived by his wife Danielle and their three children; Parker, Beckett, and Annistyn. This scholarship was created by his family and will be awarded to a Lake Region State College student who has a passion for helping people and is interested in pursuing a career in medicine.