



Lars Thestrup, MD, FAEMS
Medical Director

Dr. Lars Thestrup was born and raised in northern Virginia, where he attended Mary Washington College earning his Bachelor of Science degree in biology. He earned his medical degree from the Medical College of Virginia and completed his emergency medicine residency at Johns Hopkins. He then completed a fellowship in North Carolina, focusing on emergency medical services and disaster preparedness at the Carolinas Medical Center. Shortly after the completion of his fellowship, he accepted a position in the City of Houston where he currently serves as an EMS Physician. Dr. Thestrup plays a significant role in the planning and response to terrorist events, particularly at large venue sporting events or mass gatherings. These have included the Super Bowl, NCAA Finals, World Series, and Chevron Houston Marathon. He has also played a role in the medical response for man-made and natural disasters such as Hurricane Harvey. He currently serves as the medical director for the City of Bellaire and Houston Hatzalah. In 2019, he completed a two-year fellowship in integrative medicine at the University of Arizona. He is also a diplomate of the American Board of Lifestyle Medicine. Dr. Thestrup has served as the medical director of several emergency departments as well as being CLIA certified and managing onsite laboratories. When not working, he likes to spend time outdoors with his wife, Heather, and two children.