



COLORADO ACADEMY of FAMILY PHYSICIANS

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Dr. Gayle Frazzetta Named 2025 Physician of the Year by the Colorado Academy of Family Physicians

Denver, CO – The Colorado Academy of Family Physicians (CAFP) is proud to name Dr. Gayle Frazzetta, MD, FAAFP, CCD, ABHRT-C, the 2025 CAFP Physician of the Year, in recognition of her outstanding contributions to patient care, education, advocacy, and community health.

As the founder of Montrose Wellness Center, Dr. Frazzetta has provided comprehensive, compassionate care to countless patients. Her work in women's health, hormone optimization, and osteoporosis management has placed her at the forefront of innovative and evidence-based family medicine.

"Practicing in a rural community has given me the opportunity to truly connect with my patients and address their needs holistically," said Dr. Frazzetta.

A respected educator, Dr. Frazzetta has served as an Assistant Clinical Professor at the University of Colorado School of Medicine's Department of Family Medicine for nearly two decades. She has trained and mentored aspiring physicians, instilling in them the values of empathy, excellence, and service.

Her leadership extends well beyond the clinic. Dr. Frazzetta has been a powerful advocate for public health—supporting local Women's Marches, improving school nutrition policies, raising awareness about youth concussion risks, and serving for 16 years as a physician advisor for the Montrose County Department of Health and Human Services.

In 2019, she received the COPIC Insurance Humanitarian of the Year Award for her advocacy work, and in 2022, she was honored with the Humanitarian Peace Award from the Western Slope Friends of the Himalayas for her commitment to women's health and global service.

A frequent speaker and educator on bioidentical hormone replacement therapy and testosterone therapy, Dr. Frazzetta's recent research on bone mineral density in women has helped shape best practices in hormone optimization. Her presentations at the 2024 CAFP Foundation Annual Summit and subsequent education series this past fall have informed and inspired health care providers across the state. CAFP looks forward to having her return to the Summit in a few weeks to continue her women's health series.

"This recognition is not just about me—it's about the incredible team of health care professionals who work tirelessly to make a difference every day," said Dr. Frazzetta. "Advocacy is an essential part of medicine. Whether it's fighting for better health care policies or mentoring young physicians, I see it as a duty to give back."

CAFP is honored to celebrate Dr. Gayle Frazzetta and thanks her for her unwavering commitment to family medicine and the communities she serves.