

Beth Zimmer Carter, MD is a board-certified family practitioner residing in Weldon Spring, MO. Raised in St. Louis, MO, Dr. Zimmer received a bachelor's degree in biochemistry with honors from the University of Missouri-Columbia (UMC) in 1981. She earned her medical degree in 1985 from UMC and received her class's Family Practice Award. Dr. Zimmer trained in the Family Medicine Residency at St. John's Mercy Medical Center in St. Louis, MO, where she served as Chief Resident; completed residency in 1988 and received the Tom Frawley Lifetime Learning Award. She practiced Family Medicine in St. Charles County, MO, for over 30 years.

During medical school, Dr. Zimmer joined the United States Army Reserve and served for 22 years in the Medical Corp, retiring in 2005 at the rank of Lt Colonel. She was activated for Desert Shield/Storm and stationed at Ft. Leonard Wood in 1990-91, deployed to Germany in support of Bosnia IFOR in 1995, and to Kosovo for Operation Medical Falcon in 2001. During her final activation in 2003, she commanded the 7228 MSU in support of Operation Enduring Freedom at Ft. McCoy, Wisconsin which processed and delivered medical care to over 11,000 deploying soldiers.

Dr. Zimmer has voluntarily served on several local and international service organizations. She was a Medical Director for Por los Niños, a medical mission group serving children and families in Reque, Peru, and participated in several annual trips. She also was a medical ambassador to China with People to People International. In addition, Dr. Zimmer served on numerous local and state medical association committees including St. John's Medical Staff Executive Board, Mercy Medical Group Executive Board, and the Sisters of Mercy Corporate Ethics Committee.

She and her husband, Dr. Stanley Carter, DVM, had one child, CPL Christopher James Carter. CPL Carter was a well-decorated, tabbed, Special Forces Army Ranger with four Afghanistan deployments and almost one hundred Special Operations missions, who died by suicide while on active-duty February 12, 2015 at age twenty-two. Shortly after, Dr Zimmer and her husband formed a non-profit charitable foundation, the Chris Carter Charity for Life, which supports those struggling with mental health and suicidal issues, and those who have experienced human loss with an emphasis on Special Operations Forces and their families.

Dr. Zimmer voluntarily devotes much effort towards suicide prevention, reducing stigma, promoting mental health wellness, and improving suicidal care in both the military and civilian populations. Dr. Zimmer has spoken with many public and military leaders, and to national organizations and programs on suicide prevention and suicide loss support. She has worked with Special Operations Command, the Army Surgeon General and the DOD Suicide Prevention Department to improve suicide prevention, recognition, and care. She is also part of the core team that brought the Zero Suicide Initiative to the four state Mercy Health System and developed Electronic Health Record tools and education programs for health providers on current best practice suicidal care. She serves as a subject expert on the Missouri (Show-Me) ECHO "Suicide Prevention in Healthcare," a statewide telemedicine program for providers.

Dr. Zimmer received the 2018 Greater St Louis Community Health Award and the 2019 Missouri Family Physician of the Year Award.