



SELECTING A CLINICIAN FOR YOUR CHILD

KAISER PERMANENTE **FAMILY MEDICINE AND PEDIATRICS**

Selecting a newborn clinician is one of the best things you can do for your child’s health. By choosing a clinician during your pregnancy, you can begin to develop a trusting relationship and prepare for your baby’s first visit. Some of our clinicians (identified in their profiles) are fluent in languages other than English. This, along with our no-cost, 24/7 interpreter services, allows you to select the health care partner who will best meet your needs and those of your growing family.

Choose your child’s clinician from Family Medicine or Pediatrics



Family Medicine

Family Medicine clinicians are dedicated to treating the whole person over a patient’s entire lifetime. For patients from birth to 18, they focus on child development and provide care regarding prevention, detection, and management of physical, behavioral, developmental, and social problems that affect children.



Pediatrics

Pediatricians care for the health and well-being of children from birth to 18. This includes physical, emotional, and social health as well as child development. They focus on preventive childhood care with well checks and immunizations and also screen and treat acute and chronic pediatric conditions.



To schedule your appointment, contact us at:

Membership Services: 1-800-813-2000
Monday through Friday, 8 a.m. to 6 p.m.
TTY: Dial 711.

Language interpretation services: **1-800-324-8010**
You may also sign on to **kp.org** to send an email.

Learn more about our family practitioners and pediatricians. **Click** on the medical office of your choice:

Battleground

Interstate East

North Lancaster

Skyline

Beaverton

Keizer Station

Orchards

Sunset

Cascade Park

Longview-Kelso

Rockwood

Tualatin

Gateway

Mt. Scott

Salmon Creek



CÓMO SELECCIONAR AL MÉDICO PARA SU HIJO

MEDICINA FAMILIAR Y PEDIATRÍA DE KAISER PERMANENTE

Seleccionar a un médico para recién nacidos es una de las mejores cosas que puede hacer por la salud de su hijo. Cuando elige al médico de su hijo durante su embarazo, puede comenzar a desarrollar una relación de confianza y a prepararse para la primera consulta de su bebé. Algunos de nuestros médicos (quienes se presentan en sus perfiles) hablan erase otros idiomas, además del inglés. Esto, junto con nuestros servicios de interpretación disponibles para usted sin costo las 24 horas del día, los 7 días de la semana, le permite seleccionar al médico que mejor atienda sus necesidades y las de su familia en crecimiento.

Elija al médico de su hijo en Medicina Familiar o Pediatría



Medicina Familiar

Los médicos de Medicina Familiar se dedican a tratar todo el bienestar de sus pacientes a lo largo de sus vidas. Para pacientes que atienden desde que nacen hasta los 18 años de edad, se enfocan en el desarrollo infantil y en brindar atención para la prevención, la detección y el cuidado de problemas físicos, de comportamiento, de desarrollo y sociales que afectan a los niños.



Pediatría

Los pediatras cuidan la salud y el bienestar de los niños desde que nacen hasta los 18 años de edad. Esto incluye la salud física, emocional y social, así como el desarrollo del niño. Se enfocan en dar atención preventiva de la niñez con chequeos de rutina y vacunas, además evalúan y dan tratamiento para enfermedades pediátricas agudas y crónicas.



Para hacer su cita, comuníquese con nosotros a:

Servicio a los Miembros: 1-800-813-2000
De lunes a viernes, de 8 a. m. a 6 p. m.
Línea TTY: llame al 711.

Servicios de interpretación de idiomas: **1-800-324-8010**

También puede ingresar a kp.org/espanol y enviar un correo electrónico.

Obtenga más información sobre nuestros médicos de medicina familiar y pediatras. **Haga clic** en el consultorio médico que desea elegir:

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Cascade Park

Gateway

Interstate East

Keizer Station

Longview-Kelso

Mt. Scott

North Lancaster

Orchards

Rockwood

Salmon Creek

Skyline

Sunset

Tualatin



CHỌN MỘT BÁC SĨ CHO CON QUÝ VỊ

Y KHOA GIA ĐÌNH VÀ NHI KHOA KAISER PERMANENTE

Chọn một bác sĩ chăm sóc trẻ sơ sinh là một trong những việc tốt nhất mà quý vị có thể làm cho sức khỏe của con quý vị. Khi chọn một bác sĩ trong thai kỳ, quý vị có thể bắt đầu phát triển một mối quan hệ đáng tin cậy và chuẩn bị cho lần thăm khám đầu tiên của con quý vị. Một số bác sĩ của chúng tôi (ghi rõ trong hồ sơ của họ) thông thạo các ngôn ngữ ngoài tiếng Anh. Điều này, cùng với dịch vụ thông dịch miễn phí, 24/7 của chúng tôi, cho phép quý vị chọn đối tác chăm sóc sức khỏe đáp ứng tốt nhất các của quý vị và nhu cầu của gia đình đang có thêm thành viên của quý vị.

Chọn bác sĩ cho con quý vị từ Y Khoa Gia Đình hoặc Nhi Khoa



Y Khoa Gia Đình

Các bác sĩ Y Khoa Gia Đình hết lòng điều trị toàn diện cho suốt cuộc đời của bệnh nhân. Đối với bệnh nhân từ sơ sinh đến 18 tuổi, trọng tâm của việc chăm sóc là sự phát triển của trẻ em và cung cấp dịch vụ chăm sóc phòng ngừa, phát hiện và kiểm soát các vấn đề thể chất, hành vi, phát triển và xã hội ảnh hưởng đến trẻ em.



Nhi Khoa

Bác sĩ nhi khoa chăm sóc sức khỏe và sự an sinh của trẻ em từ sơ sinh đến 18 tuổi. Dịch vụ bao gồm sức khỏe thể chất, tinh thần và xã hội cũng như sự phát triển của trẻ em. Trọng tâm là chăm sóc phòng ngừa cho trẻ em là khám tổng quát cho trẻ khỏe mạnh và chủng ngừa, và cũng khám truy tìm bệnh và điều trị bệnh trạng nhi khoa cấp tính và mãn tính.



Để xin hẹn đến khám, xin liên hệ với chúng tôi tại:

Ban Dịch Vụ Hội Viên: 1-800-813-2000
thứ Hai đến thứ Sáu, từ 8 giờ sáng đến 6 giờ chiều
TTY: Bấm số 711.

Dịch vụ thông dịch: **1-800-324-8010**

Quý vị cũng có thể đăng nhập vào kp.org để gửi e-mail.

Tìm hiểu thêm về đội ngũ bác sĩ gia đình và bác sĩ nhi khoa của chúng tôi. **Nhấn** vào văn phòng y khoa mà quý vị lựa chọn:

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Sunset

Tualatin

Battle Ground Medical Office Clinicians



Damilola E. Olupona, DO

FAMILY MEDICINE

I am passionate about preventive health and am interested in chronic diseases and their effects on daily living. I enjoy providing care to whole families, including expectant mothers and newborns.



Rachael M. Dyer, MD

FAMILY MEDICINE

My practice encompasses the full spectrum of Family Medicine and has included not only pediatric and adult outpatient medicine, but also teaching young physicians in both inpatient medicine and obstetrics. I love the variety and challenges of Family Medicine. I enjoy taking care of children as well as adults of all ages, and partnering with members to help families and communities stay healthy.

Beaverton Medical Office Clinicians



Quoc H. Nguyen, DO MPH

PEDIATRICS

From birth through adolescence, young people possess an amazing energy and optimism that can bring a smile to anyone's face. I am fascinated by the differences in development among children and respect that each family approaches the joys and challenges of raising children with their own unique strengths and techniques. Through collaboration and encouragement, I appreciate your trust in being a partner in your child's care so that they will be healthy, happy, and successful.



Dia Hazra, MD

PEDIATRICS

My love of pediatrics stems not only from working with my pediatric patients but partnering with families to provide the best evidence-based care possible to keep my patients healthy, happy, and safe. I love seeing patients of all ages, from newborns for their first doctor's visits to adolescents getting ready to graduate from our pediatric clinic. I strive to create lasting, meaningful partnerships with my patients and their families, as I believe that this not only helps me provide better medical care but also enriches everyone's experience in the clinic.



Ryan David Manns, MD

FAMILY MEDICINE

I am incredibly excited to be in a specialty where I can build lasting relationships with members. I love practicing whole-person care and experiencing people's diverse backgrounds, religious beliefs, and culture while providing the best medical care I can. My practice is focused on working with each of my members as partners, to help provide them with the support and education they need to achieve a happy, healthy lifestyle. I am especially interested in adolescent medicine, sports medicine, and global health.



Erin F Ryan, MD

PEDIATRICS

I enjoy practicing medicine in Pediatrics because of the relationships I build with my patients and their families, and I joined Kaiser Permanente because of our emphasis on both the prevention and the treatment of Pediatric disease. I also enjoy keeping up to date on the latest Pediatric medical research.



Cesareo Amadeo U. Tongco, MD

FAMILY MEDICINE

It is my privilege to care for members of all ages, from newborn babies to the elderly. It brings me joy to see 3 and even 4 generations in a single family! Being a parent myself, and a kid at heart, I know that my personality resonates well with children and teenagers. I enjoy practicing sports medicine with adolescent and young adult athletes, as well as weekend warriors and active seniors. I believe that we can all improve our health, even with medical challenges such as diabetes, heart disease, or high blood pressure, and I am most inspired by helping members reach better health. Having practiced in a small town, I believe that getting to know my members and their interests makes our partnership more meaningful. I am proud to say that many of my members see me as their friend, as well as their advisor. Along with preventive care, I have an interest in electronic medical records and clinical documentation – specifically, optimizing provider workflows while maintaining the highest quality of care.



Cynthia D. Caraballo-Hunt, MD

FAMILY MEDICINE

Several dynamic attending physicians in my residency inspired me to practice full-spectrum family medicine. Now I enjoy caring for the entire family, from birthing infants to helping members when they are preparing to die. I would hope that every patient feels better when they leave our office than when they arrived. It is exciting to provide high-quality care to Kaiser Permanente members and also to support residents in their training – a journey that I find both personally and professionally rewarding. My patients have been such a great source of learning to me, and I know that they will continue to teach our students and residents.



Jennifer J. Donohue, MD

FAMILY MEDICINE

I love to care for patients throughout the spectrum of their lives, from infancy through old age. Philosophically, I believe that our bodies are predisposed towards health and recovery, that sometimes a hands-off approach while pursuing healthy lifestyle choices is our best medicine.



Thongphanh Phanthavady, MD

FAMILY MEDICINE

I was trained to care for people of all ages and all walks of life. As a family medicine physician I take care of the whole family and perform multiple clinical procedures. I enjoy building a trusting relationship with my patients. Medicine is a two way street - we all have to work hard to stay healthy. I'm fortunate to be surrounded by the supportive staff at Murray Hill Medical Office, who are here to help our patients stay healthy.



Arfassa Shiferaw, MD

FAMILY MEDICINE

I consider myself a combination of educator, motivator and trusted advisor. I enjoy getting to know my patients over time and believe that long term relationships with patients helps improve the quality of care.



Stephen M. Wanta, MD

PEDIATRICS

As a pediatrician, I believe in applying the best evidence available in treating patients and in including families and children in the decision-making process. One of the best parts of pediatrics is the focus on prevention of disease through vaccines, newborn care, and well-child visits, which is which is one reason I chose to be a pediatrician. While there are many common ailments we treat in pediatrics, I like to look for the unique ways a child's environment affects their physical and mental health. I consider it a great privilege to be a pediatrician, caring for the most fragile and vulnerable in our community.



Mihaela Beloiu, MD

FAMILY MEDICINE

At Scripps, I worked part-time in the dermatology clinic, improving diagnostic tools and minor surgery techniques in the fight against melanoma and other skin cancers. Besides taking care of subacute and chronic diseases in an all-age population, I also worked in urgent care and other departments, enriching my experience to treat a variety of conditions. I strive for personalized care with the goal of helping each member reach his or her optimal health.



Marcy Lake, MD

FAMILY MEDICINE

I love being a Family Medicine doctor because it allows me to treat patients in all stages of life and to support families during times of sickness and wellness. Quality healthcare comes from a solid partnership between physician and patient, a partnership based on trust and respect. I believe that my responsibility in taking care of infants and children is to educate parents on the best medical practices and engage in mutual decision making which supports the parent's philosophical and cultural values. As a mother of two young children, I know that being a parent is the hardest and most important job in the world, yet the rewards are numerous. I look forward to sharing the joys and challenges that your new baby will bring with you and your family.



Bina Mehta, MD

PEDIATRICS

Children are gifts... without instruction manuals! Naturally, there are countless questions that arise as parents navigate their way through childhood. I consider it a privilege to be able to provide guidance and advice along the way. I enjoy partnering with families to help them raise healthy and confident children.



Lisa Aebi, MD

FAMILY MEDICINE

I am a family practice physician who cares for people “from cradle to grave.” I love the variety that family medicine provides, and I am fortunate to be a caregiver to multiple generations of families in my local area. I enjoy being part of my patients’ lives and provide them with preventive care as well as care for acute and chronic illnesses. I like taking the broad, whole-person approach in helping people care for themselves, and this includes attending to both physical and mental health issues, and helping to coordinate specialty care when needed.



Tovi M. Anderson, MD

FAMILY MEDICINE

I am honored to be a family medicine residency faculty member within Kaiser Permanente – and to have the opportunity to care for patients in the community in which I was raised. Family medicine allows me to form relationships with families and to treat patients of all ages. I have an interest in caring for pregnant patients and delivering babies, as well as caring for families in the postpartum period and beyond. I enjoy pediatrics and women’s health as well as preventive health and promotion of a healthy lifestyle. I also have an interest in working with families or individuals with genetic differences and working to ensure these individuals receive excellent primary care. I am thrilled to work with residents, and to assist in training the next generation of primary care physicians.



Jonathan D. Wildi, MD

FAMILY MEDICINE

I am one of three physicians who form the family medicine residency faculty at Kaiser Permanente. I provide full-scope family medicine, including pediatric, geriatric, obstetrical, and women’s health care. I believe preventative medicine is the cornerstone of family medicine, and as such I am an advocate for smoking cessation, immunizations, and promoting a healthy lifestyle. I am at my best as a family physician, which makes this specialty both challenging and exciting. After graduating from medical school at Oregon Health & Science University, I served seven years in the United States Navy. I hope to continue to employ the spirit of service by helping the local community as a citizen and as a physician.



Danielle Desrochers, MD

FAMILY MEDICINE

I have been practicing as a family physician for about 10 years, caring for all ages, from newborns to seniors. I have spent a significant portion of my career in a rural setting, where I was one of the few providers in the area to provide pediatric care. I feel comfortable treating most outpatient conditions and particularly love forming a personal bond with my members. I try to get to know each of my members well, so I can best guide them in understanding their health and in making medical decisions.



Jennifer Elaine Mueller, MD

FAMILY MEDICINE

I feel so fortunate to do the work I do. I have a special interest in women's health, including prenatal care, but I love the broad diversity that family medicine offers – including caring for children of all ages. I feel strongly that all people should have equal access to quality health care. Part of making medical care accessible is making it understandable. I want all of my patients to understand what medicine can and can't offer them, so that they can choose what treatment options will help them achieve their own personal health goals. Too often as humans, we overlook the basics of taking care of ourselves mentally and physically – getting adequate sleep, eating healthy foods, staying physically active, and reducing stress in our lives. My goal is to help patients make these things a priority for themselves.

Family Medicine Residents – Beaverton Medical Office

Our Beaverton Clinic is one of five regional practice sites affiliated with the **OHSU Family Medicine Residency Program**. Kaiser Permanente Northwest is proud to partner with OHSU's top-ranked Family Medicine Program, and thrilled to help train these enthusiastic future doctors. With a large network of resources and support, our resident physicians provide full comprehensive care for all ages.



Nick Defelice, MD

FAMILY MEDICINE RESIDENT

Dr. Nicholas DeFelice (he/him/his) grew up in Shaker Heights, Ohio and majored in biology at Case Western Reserve University. After graduation, he moved to Chicago and taught for three years at a charter school in the Belmont Cragin neighborhood. He then decided to combine his love of science and teaching to pursue a career in medicine, attending medical school at the University of Illinois College of Medicine. He became a family physician because he values forming relationships with his patients to help them lead happy, healthy lives. Outside of medicine, he enjoys hiking, backpacking, fishing, and exploring all of the amazing restaurants in Portland.



Jason R Hernandez, MD

FAMILY MEDICINE RESIDENT

I am proud to be an Oregonian who has lived, worked, and trained in Eugene, Corvallis, and Portland. I attended Oregon State University where I enjoyed volunteering with healthcare related groups, working in a botany lab, and riding around the Pacific Northwest with the cycling team. During medical school, I developed a passion for primary care and for working to promote health equity within medically underserved communities. Family medicine lets me develop long term relationships with my patients so that I may get to know what is important to them at different stages of their lives, and care for them as a whole person.

Outside of work I enjoy spending time with my wife and two corgis, cycling, working in the garden, and traveling.



Alyssa L Kramer, MD

FAMILY MEDICINE RESIDENT

Dr. Alyssa Kramer (she/her) is thrilled to be a part of the OHSU Family Medicine team! Dr. Kramer grew up in Southern California, but made her way to Dublin, Ireland (for the weather of course) to attend medical school at Trinity College. Alongside taste testing every variety of Irish potato and hiking along all the windy cliffs, she discovered a newfound passion for nutrition and lifestyle medicine and the impact on health outcomes. Her special interests now include lifestyle and preventative medicine, nutrition, food insecurity, and accessibility. Prior to medical school, she attended UC Davis for undergraduate and then worked as a Clinical Research Coordinator in Sickle Cell Disease at UCSF. It was there where Dr. Kramer first fell in love with the longitudinal relationships in primary care, and began to appreciate the intersection of advocacy, health equity, and medicine, particularly in an underserved community.

Dr. Kramer is looking forward to practicing broad-spectrum medicine and getting to her new community here in Portland. Outside of work, you can find her running, hiking, playing with other people's dogs (until she gets her own), baking sourdough, and exploring the beautiful PNW!



Samantha D Lyons, MD

FAMILY MEDICINE RESIDENT

I love paying attention to the small details of the larger picture in caring for a patient – taking into account that the best health plan is one we can actually partner together in doing. Patients can rely on me to do my best for them with each visit. I have a background in ethics and am certified as a healthcare ethics consultant.

Outside of work, I spend time teaching yoga, playing with my dachshunds, and watching anime. I also like to travel, try new foods, and explore nature wherever I find myself.



Soniya Pimparkar, MD

FAMILY MEDICINE RESIDENT

Soniya Pimparkar was born in Sydney, Australia, but spent the majority of her childhood in London, England. She grew up learning how to speak two Indian languages (Hindi and Marathi) and quickly fell in love with learning more languages and understanding other cultures. As a college student, she worked as a medical interpreter/translator for Spanish speaking patients to develop fluency in Spanish. She chose family medicine because she enjoys caring for and creating lasting relationships with patients at every stage of life. Outside of medicine, she enjoys long bike rides whilst listening to the latest audiobook, playing piano/guitar, and singing.



Joebert L. Rosal, MD

FAMILY MEDICINE RESIDENT

Born in Manila, Philippines and raised in San Diego, Joebert is the eldest of 3 siblings and was raised in a Filipino-American household. Inspired by his personal journey as a patient with homozygous familial hypercholesterolemia and family health challenges, Joebert developed his passion for medicine as a field to practice social justice. At the University of Pennsylvania, he obtained a BA in Neuroscience and minored in Healthcare Management. Afterwards attended UC San Diego for medical school. In residency he aspires to bring together scientific and the humanistic practices to commit himself to caring for patients and promoting wellness for all.

In medical school he was proud to volunteer as a manager and teacher at his school free clinic, research mental health integration into primary care in Jordan, and learn about the process of political engagement interning in Sacramento, CA. Joebert's passion for family medicine came from wanting to develop close relationships with patients and providing high quality primary care to patients of all ages and stages of life. The variety and additional year given towards gaining unique clinical experience, desire to be primary care leaders, and loving community ultimately made OHSU the right decision for him.

Clinically, Joebert has a wide variety of interests including pediatrics, behavioral health, point of care ultrasound, procedures, and integrative medicine. Outside the clinic, his scholastic interests include education and advocacy addressing topics of mental health, trauma-informed care, and climate change. As a first-generation college grad, first generation doctor and queer person of color, Joebert hopes to continue providing mentorship for those from background traditionally underrepresented in medicine.

In his free time Joebert loves being a runner/hiker, armature foodie, and board/video game enthusiast. He is passionate about mindfulness and positive psychology. In college he was a swing dancer, choreographer, and teacher which he's carried into a general love of dancing. When he's able to get away from the hustle and bustle of work he loves to travel.



David T. Suncin, MD

FAMILY MEDICINE RESIDENT

Dr. David Suncin grew up in Beaverton, Oregon where he was surrounded by all the natural beauty and fun that the Portland area has to offer. He attended University of Oregon for college and completed his Bachelor's degree in Psychology. During this time, David found a passion for medicine and the intersection between science and social factors that impact a person's health. David received his medical degree from OHSU and is thrilled to continue being a resident here in the Pacific Northwest.

David found his calling in Family Medicine where a doctor has the chance to really get to know their patients. In his view, a family doctor is one that can not only provide exceptional medical care, but one that takes the time and offers patients the space to share their story. David finds his work with patients to be incredibly fulfilling and strives to provide care in a way that is tailored to each patient and their unique wants and needs. Within Family medicine David's interests include Obstetrics, reproductive health, addiction medicine and mental health. David feels strongly that each patient should be met with the utmost respect and find a confidant and advocate in their family doctor.

In his free time David has a multitude of hobbies and passions. He is a lifelong Star Wars fan and is always happy to discuss it! Growing up in the Portland area he loves spending time outdoors and particularly enjoys the summer where swimming, kayaking, hiking and camping are readily available. David can often be found going to concerts, attending touring Broadway shows, adding on to his ever-growing collection of vinyl records and finding new places for dinner or karaoke with friends.



Lara K. Westbrook, MD

FAMILY MEDICINE RESIDENT

Lara was born and raised in Portland, Oregon. After growing up in French and Spanish immersion programs, she became interested in the global and public health sector. There, she learned that patients hold the most insight into their own health and the health of their communities. Lara became interested in medicine after seeing how family medicine physicians play a key role in helping patients navigate a challenging health system. She

enjoys partnering with her patients to empower them to make health choices that are in line with their values, beliefs and goals. In addition to building a supportive longitudinal patient-physician relationship, Lara is passionate about identifying what is important to her patients so she can advocate for them both at the individual and systemic level.

Outside of work, Lara enjoys doing anything outside, including hiking, backpacking, skiing, and paddleboarding. Lara is a certified yoga instructor and enjoys sharing her practice of yoga with others. She also loves to read, cook, try new foods, and explore new places both locally and abroad.



Sophie White, MD

FAMILY MEDICINE RESIDENT

Sophie grew up in Portland, but left after high school for college in Minnesota. After teaching science in Oakland and New York, she attended medical school at Weill Cornell. She chose family medicine because she wants to care for individuals and families through all stages of life. She is excited to have the opportunity to work and learn at Kaiser and OHSU, and to be back in Oregon near family and friends.



Kathryn Holt, MD

FAMILY MEDICINE RESIDENT

Kathryn grew up in a small town in the foothills of Colorado, where she attended the University of Colorado and double-majored in Molecular Biology and Neuroscience. She moved to Ann Arbor, Michigan for medical school where she fell in love with family medicine and its longitudinal patient-physician relationships. Kathryn enjoys seeing patients of all ages and life circumstances, but is especially passionate about adolescent health, LGBTQ care, and reproductive health. When outside of the hospital or clinic, Kathryn can be found exploring the beautiful outdoor activities that Oregon has to offer with her partner, trying new restaurants, or curling up with a good book.



Wakaba Omi, MD

FAMILY MEDICINE RESIDENT

Wakaba Omi, MD (OHSU) Wakaba immigrated to Oregon at 8-years-old from Japan and lived in the Portland Metro Area ever since. She attended University of Portland for her undergraduate degree in biology and completed her medical degree at OHSU. In between, she researched epilepsy with the Legacy Research Institute and volunteered at KP Westside Medical Center. She chose family medicine because her family doctor was the one who helped her and her family, and she hopes she can give back to the community in the same way her doctor did. Outside of work, she likes to play video games, go hiking, and draw.



Lisa Royter, MD

FAMILY MEDICINE RESIDENT

Lisa Royter, MD (University of Texas School of Medicine at San Antonio) Lisa was born and raised in San Antonio, TX and grew up in the hill country outside of the city. She attended the University of Texas at Austin to study Biology and returned to San Antonio for medical school to attend the Lozano Long School of Medicine. After the great migration from Texas to Oregon, she is very excited to join the Portland community and get to know her patients and colleagues. Her greatest passions within family medicine include reproductive health and pediatrics. Outside of work, she enjoys exploring her new neighborhood, especially trying new restaurants, and relaxing at home with a book or movie.

Cascade Park Medical Office Clinicians



Benjamin James Dossetter, MD, MPH

PEDIATRICS

Maximizing the health and wellness of kids and teens is so vitally important. My role as a pediatrician is to work collaboratively with families to help make sure that children are given every chance to be healthy and thrive. I view development as not only the incredible skills that children achieve as they get older, but also a way of thinking that underscores the importance of providing a safe and positive space at the doctor's office for kids as they grow up. I'm a very strong believer in preventive medicine, commonsense and safety, and using the best available evidence to help guide medical decisions. I have a particular interest in working with children who have special healthcare needs.



David W. Nutter, MD

FAMILY MEDICINE

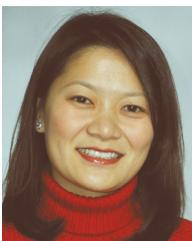
I enjoy caring for people from all walks of life, without regard to age or gender. I have been a family doctor for over thirty-five years now, and still find it special work. My philosophy of life is "to whom much is given, much is required." I try to be collaborative with my patients. I model a healthy lifestyle. I encourage a whole food plant based eating habit. I try to pack as much value as I can into each visit, with attentive listening, while completing all the other demands of modern medical practice. Yes, I do get behind at times, but I sleep better at night.



Paurin Sangpatson, MD

PEDIATRICS

I enjoy caring for the children in my own community. In addition to my practice at Kaiser Permanente Northwest, I am a member of the Clark County Immunization Coalition.



Boyeong Kim, DO

PEDIATRICS

I enjoy caring for my patients from birth through adolescence. It's been amazing to watch my patients and their families grow over the years. My hope is that I help to contribute to their growths in a positive way by providing medical and emotional support.



Juan E. Munoz Oca, MD

ENGLISH/SPANISH

FAMILY MEDICINE

Medicine is the art and science of preventing and curing diseases, and in my opinion prevention is the most important part – which is why I chose to be a family physician and work with Kaiser Permanente. I practice the full scope of medicine with children, adolescents, adults, and senior members. Because communication is such an important part of the relationship between patient and doctor, I am very enthusiastic about serving the Latino community.

MEDICINA FAMILIAR

La medicina es el arte y la ciencia de prevenir y curar las enfermedades y, en mi opinión, la prevención es la parte más importante, por eso elegí ser médico familiar y trabajar con Kaiser Permanente. Practico la medicina en todos los aspectos con los niños, los adolescentes, los adultos y las personas de la tercera edad. Debido a que la comunicación es una parte importante en la relación entre paciente y médico, estoy muy entusiasmado por atender a la comunidad latina.



Carol Y. Endo, MD

PEDIATRICS

It's a great privilege to be a pediatrician. I see my role as being a partner with my patients and their families so that they can thrive together. One of my mentors once told me that every child deserves great health care, and all parents deserve to have the information they need so that their children are as healthy as possible. I try to practice in a way that embodies that approach.



Samir M. Shehab, MD

PEDIATRICS

I take pride in being a trusted resource for families who are not only navigating the challenges and unknowns of parenthood, but who are also finding their way through the many conflicting messages about nutrition, safety, and preventive medicine that they encounter. I'm a strong believer in establishing healthy lifestyles early on by focusing on eating well and staying active. I also have a particular interest in immunizations and am a passionate advocate for vaccinating children completely and on time in order to give them the best chance at a full and healthy life.



Alison Herson, MD

FAMILY MEDICINE

As a family physician, I have the privilege and responsibility of taking care of my patients through all stages of life. I am excited to help members with a breadth of urgent and chronic issues, and my particular areas of interest include procedures, women's health, prenatal care, pediatrics, and teen health. I believe that excellent primary care is essential for patients and our health-care system. Building strong patient-physician relationships and promoting education form the core of my approach to patient care. I chose to work for Kaiser Permanente because as an integrated health system it is leading the way for primary care innovation and improvement. KP thrives by prioritizing and optimizing patient health and wellness, and I want to

work for an organization that truly puts the patient first. KP values many key components of successful primary care: preventive medicine, evidence-based medicine, team-based care, population and individual health, research, and ongoing quality improvement. Patients at KP are supported by an entire network of primary care providers, nurse educators, psychologists, social workers, subspecialists, and community resources, who work in collaboration to provide coordinated and integrated patient care. It is an honor to be part of this amazing team!



Chau T. Le, DO

FAMILY MEDICINE

Being a family doctor is a privilege. I love being a part of members' stories, from beginning to end, from infancy to adulthood to senior citizens. I especially enjoy working in pediatrics and women's health. My training as an osteopath taught me to focus on the whole person, addressing the spiritual, mental, social as well as physical health. I use a team approach to health, with the member's goals in mind, empowering them to be active participants in their wellness.



Minh Q. Ho, MD

ENGLISH/VIETNAMESE

FAMILY MEDICINE

As a military physician, I obtained training in acupuncture and now use it to treat patients with chronic neuropathy, headaches, and pain. In my practice, I also do joint injections and other office-based procedures and have a special interest in sport and preventive medicine. Fluent in both English and Vietnamese, I am known to my patients as an attentive listener and a thorough physician.

Y KHOA GIA ĐÌNH

Là một bác sĩ quân y, tôi đã được đào tạo về châm cứu và hiện sử dụng thủ thuật này để điều trị cho bệnh nhân có bệnh liên quan đến dây thần kinh, đau đầu và đau nhức mãn tính. Trong phạm vi hành nghề, tôi cũng tiêm thuốc vào khớp và làm các thủ thuật khác tại phòng khám và quan tâm đặc biệt đến y khoa thể thao và phòng ngừa. Tôi thông thạo cả tiếng Anh và tiếng Việt, các bệnh nhân luôn cho rằng tôi là người biết lắng nghe thấu đáo và là một bác sĩ kỹ lưỡng.



Brett C. Corbett, MD

FAMILY MEDICINE

I feel that my most important role as a physician is to listen carefully and strive to fully understand what is most important for my patients. Listening, asking questions, and understanding each person's perspective serves as the basis for working together to achieve the best results. I chose family medicine because our families and community shape how we experience our lives. Keeping the entire family healthy means I take care of each family member, addressing all medical conditions for infants, children, and adults. We live in an increasingly complex health-care environment, and I joined Kaiser Permanente because this organization leads the industry in quality, technology, and applying evidence-based treatment options that far exceed our community standard of care.

Gateway Medical Office Clinicians



John D. Anderson, MD

ENGLISH/SPANISH

PEDIATRICS

It is a great privilege to be a primary care pediatrician. I value the opportunity to spend years building trust and meaningful relationships with parents and their children. The strength of these relationships is important to providing good health care, and it's also the most rewarding aspect of this work. I also value working with families of varied backgrounds and life experiences – in particular, families who have immigrated to the United States from other countries. While families come to clinic with their own questions for me, I find I learn just as much from them as they share their knowledge and experiences. I have experience leading a nutrition and healthy lifestyle course for children and families. I am passionate about helping families find creative ways to bring more delicious, healthy foods and fun physical activity into their lives.

PEDIATRÍA

Es un gran privilegio ser un pediatra de atención primaria. Valoro la oportunidad de dedicar años creando confianza y relaciones significativas con los padres y sus niños. La solidez de estas relaciones es importante para proveer buena atención médica, y también es el aspecto más gratificante de este trabajo. También valoro poder trabajar con familias de diversos orígenes y experiencias de vida – en particular, familias que han inmigrado a los Estados Unidos de otros países. Aunque las familias vienen a la clínica con sus propias preguntas, yo también aprendo de ellos mientras comparten sus conocimientos y experiencias. Tengo experiencia conduciendo un curso sobre la nutrición y los cambios para llevar un estilo de vida saludable para niños y familias. Me apasiona ayudar a las familias a encontrar maneras creativas de introducir más alimentos deliciosos y saludables y actividad física divertida en sus vidas.



Skyler A. Gideon, FNP-C

FAMILY MEDICINE

I am passionate about working with medically underserved communities and highly value advocacy and partnership as a healthcare provider. My approach to patients is nonjudgmental, trauma-informed, body-positive, sex-positive, and centered in harm reduction and patient empowerment. I do not believe my job is to tell patients what to do but to give them the tools and information they may need to live their healthiest life. My areas of focus include gender affirming care, STI/HIV screening and management, PrEP, birth control, mental healthcare, sleep medicine, chronic disease management, and preventative health, among many others.



Kimberly Vigil, MD

PEDIATRICS

I have a particular interest in asthma and allergies, as I too suffer from these conditions. I have a relaxed and playful approach that works well with children. I feel often that less is more in treating children, which means using medications only when they are felt to be absolutely necessary.



Jasminka M. Mujcic, MD

FAMILY MEDICINE

I practice family medicine because it gives me great satisfaction to work with all members of the family to promote positive lifestyle changes that lead to better health outcomes. Being a part of patients' lives and building relationships is a wonderful privilege that gives me an opportunity to share my knowledge, give recommendations, and learn from my patients.



Ben D. Wachsmuth, MD

FAMILY MEDICINE

I work in the Family Medicine group in the Portland area. I enjoy caring for people who have a wide variety of health conditions and performing various procedures such as injections, skin biopsies, cyst removals, and toenail removals. On the other end of the spectrum, I enjoy treating common mental health issues, such as depression.



Bryan Wu, MD

FAMILY MEDICINE

I love the practice of primary care and its collaborative effort to improve the well-being of individuals, families, and communities. I enjoy caring for patients of all ages, genders, and backgrounds. Most of all, I appreciate continuing to value communication and relationship-building, so that my patients and I can continue to learn from each other, and so that my patients' values and voices are heard as we work together.



Katherine Clayton, MD

PEDIATRICS

I believe the keys to a happy, healthy life lie in a nurturing and active childhood. I feel that disease prevention is one of the most important aspects of my job. I try to emphasize the importance of forming healthy mental and physical habits, even in the first weeks of a child's life. I also love helping children with chronic diseases or difficult medical conditions get the best care possible so that they are able to live life to their full potential. I enjoy forming a partnership with my patients and their caregivers as they navigate the joys and difficulties of those first 18 years. Listening and engaging with my patients gives me great satisfaction.



Brittany H. Mastin, DO

FAMILY MEDICINE

I was drawn to family medicine by the ability to take care of families and build relationships across generations. I truly value the honor of being able to walk through life's milestones, both challenging and triumphant with you and your family. I have a particular passion for women's health. This led me to complete a special focus in women's health and prenatal care during my residency training. So, in addition to addressing all your general medical concerns, I do family planning, prenatal care, contraceptive placement and minor surgical procedures. Whether you are an expecting mother, a family of four, working to control your diabetes, or having difficulty with your blood pressure, I look forward to partnering with you on your health. Tengo muchas ganas de cuidar de usted y su familia.



Nhat M. Pham, MD

ENGLISH/VIETNAMESE

FAMILY MEDICINE

I strongly believe that knowledge is a part of the treatment plan. As such, I make every attempt to equip my patients with the knowledge to take care of themselves. I know that the knowledge my patients gain will empower them to not just stay healthy, but also thrive. As a full-spectrum family medicine doctor, I also believe in treating the family as a whole, since we all share much with the people closest to us. This is not limited to genetics, but also daily habits like exercise, diet, and environmental exposures. With my background in public health, I place a strong emphasis on preventive medicine in my practice. This interest in prevention was what attracted me to the Kaiser Permanente model. As an engineer at heart, I am also fascinated by technology and how it transforms the practice of medicine. I am involved with Kaiser Permanente's effort to improve doctors' efficiency with our charting system. Being an avid outdoorsman, I have a strong interest in wilderness medicine, and I am pursuing a fellowship in this field.

Y KHOA GIA ĐÌNH

Tôi tin chắc rằng kiến thức là một phần trong kế hoạch điều trị. Vì vậy, tôi luôn cố gắng hết sức để trang bị kiến thức cho bệnh nhân, giúp họ có thể tự chăm sóc bản thân. Tôi hiểu rằng những kiến thức mà bệnh nhân có được không chỉ giúp họ duy trì sức khỏe tốt mà còn hỗ trợ họ phát triển mạnh mẽ. Là một bác sĩ y khoa gia đình toàn diện, tôi cũng có niềm tin vào việc điều trị cho cả gia đình, bởi vì tất cả chúng ta đều có nhiều điểm chung với những người mà mình gần gũi nhất. Điều này không chỉ giới hạn ở khía cạnh di truyền mà còn ở các thói quen hàng ngày như tập thể dục, chế độ ăn uống và sự tiếp xúc với môi trường. Với nền tảng kiến thức về y tế công cộng, tôi đặc biệt chú trọng đến các vấn đề về y học dự phòng trong quá trình hành nghề của mình. Mối quan tâm đến khía cạnh phòng ngừa chính là điều thu hút tôi đến với mô hình của Kaiser Permanente. Mang trong mình trái tim của một kỹ sư, tôi cũng có đam mê công nghệ và cách công nghệ thay đổi hoạt động thực hành y khoa. Tôi luôn đồng hành cùng Kaiser Permanente trong nỗ lực cải thiện hiệu quả làm việc của các bác sĩ thông qua hệ thống lập biểu đồ của chúng tôi. Là người thích hoạt động ngoài trời, tôi luôn quan tâm sâu sắc đến y học hoang dã và đang theo đuổi học bổng nghiên cứu sinh trong lĩnh vực này.



Selena M. Sideras, DO

FAMILY MEDICINE

As a family medicine physician, I see my role as an educator and partner. I believe in patient-driven care and enjoy empowering my patients with the information they need to make informed health care decisions that fit their goals and values. What I love most about family medicine is the ability to care for entire families from birth to end of life and form long-lasting relationships. This allows me to get to know my patients on a personal level and treat the whole person. My special interests include pediatrics, prenatal care, women's health, office procedures, nutrition, and wellness. I also enjoy helping patients incorporate lifestyle changes to manage their chronic diseases.



Samantha Macleod Potter, DO

FAMILY MEDICINE

I became a family medicine physician so that I could take care of everyone. I absolutely love seeing newborns home fresh from the hospital and helping my hospice patients experience a comfortable end of life. During residency, I completed extra training in maternal-child health and have continued to love obstetrics and pediatrics ever since. I also perform osteopathic manipulative treatment for an array of musculoskeletal problems, particularly for chronic neck and back pain. Before working at Kaiser Permanente, I worked extensively with migrant farm workers and completed a medical mission in El Salvador. Caring for Spanish-speaking people has continued to be a focus of mine. Currently, I am working on a diploma in mountain medicine as well as becoming a Fellow of the Academy of Wilderness Medicine.



Bina Patel, MD, MPH

ENGLISH/SPANISH

FAMILY MEDICINE

I chose family medicine because I like its holistic, family-oriented approach to patient care. I believe that if I can provide care for all ages and stages of life, I can build the best relationships with and provide the best treatment for my patients. I find providing care to women and children especially rewarding and include prenatal care and pediatrics in my practice. I also speak Spanish and feel comfortable using it when seeing non-English speakers.

MEDICINA FAMILIAR

Elegí medicina familiar porque me gusta su enfoque holístico y orientado a la familia para la atención al paciente. Yo creo que si puedo proporcionar atención para todas las edades y etapas de la vida, puedo construir las mejores relaciones y proporcionar el mejor tratamiento para mis pacientes. Considero que proporcionar atención a mujeres y niños es especialmente gratificante e incluyo la atención prenatal y pediatría en mi práctica. También hablo español y me siento cómoda al usarlo cuando atiendo a personas que no hablan inglés.

Interstate Medical Office East Clinicians



Steven F. Liu, MD

ENGLISH/BURMESE

FAMILY MEDICINE

I advocate for patient-oriented care, which builds a trusting bond between the patient and the clinician. In order to provide quality care while meeting our members' needs, I like to hear about their interests and learn about their families to gain an overall picture. What I love most about being a primary care doctor is having the continuity of care for all age brackets, from newborns to elders. My clinical interests include preventive medicine, reproductive health, office procedures, and maternal-child health, including prenatal care. I'm also experienced in caring for the Spanish-speaking population.

မိသားစု ဆေးပညာ

လူနာနှင့် ဆရာဝန်အကြား ယုံကြည်မှုဖွဲ့စည်းတည်ဆောက်ပေးသည့် လူနာဦးစားပေး စောင့်ရှောက်မှုကို ကျွန်ုပ် ထောက်ခံပါသည်။ ကျွန်ုပ်တို့ အဖွဲ့ဝင်များ၏ လိုအပ်ချက်များကို ဖြည့်ဆည်းပေးနေစဉ် တစ်ချိန်တည်းမှာပင် အရည်အသွေးမြင့်မီသော စောင့်ရှောက်မှုကို ပေးအပ်ရန်အတွက် ကျွန်ုပ်တို့သည် ၎င်းတို့ စိတ်ဝင်စားသည့်အရာများကို နားထောင်လိုသည့် အပြင် အားလုံးချိန်နားလည်နိုင်စေရန်အတွက် ၎င်း၏ မိသားစုဝင်များအကြောင်းကို လေ့လာလိုပါသည်။ မွေးကင်းစမှ သက်ကြီးရွယ်အိုများအထိ အသက်အရွယ် အပိုင်းအခြားတိုင်းမရွေး အဆက်မပြတ် စောင့်ရှောက်ပေးနိုင်ခြင်းမှာ ပင်တိုင်ဆရာဝန်ဖွဲ့ခြင်းနှင့်ပတ်သက်၍ ကျွန်ုပ်အနှစ်သက်ဆုံးအရာ ဖြစ်သည်။ ဆေးကုသမှုနှင့်ပတ်သက်ပြီး ကျွန်ုပ် စိတ်ဝင်စားသည့် အရာများတွင် ကျိတ်ကော့ကွယ်ရမ်းဆေးဝါး၊ မျိုးဆက်ပွားကျန်းမာရေး၊ ရူးလုပ်ထုံးလုပ်နည်းများနှင့် ကိုယ်ဝန်ဆောင် စောင့်ရှောက်မှု အပါအဝင် မိခင်နှင့်ကလေး ကျန်းမာရေးတို့ ပါဝင်သည်။ ကျွန်ုပ်တို့သည် စပိန်ဘာသာစကားပြောသူများကို ပုဂ္ဂိုလ်စောင့်ရှောက်ရာတွင်လည်း အထူးအကျိုးရှိပါသည်။



Patrick Anthony Hogan, MD

PEDIATRICS

I focus most of my practice on providing comprehensive primary care to pediatric patients from birth through young adulthood at Kaiser's East Interstate Medical Office. I also enjoy caring for our hospitalized patients as a member of the inpatient team at Doernbecher Children's Hospital in Portland, as well as working with children and families in our diabetes clinic. I love having the opportunity to build relationships with my patients and their families over time, while providing both acute and preventive care to children at every stage of growth and development. I am also interested in environmental health, particularly education and advocacy around the impacts of climate change on children's health throughout our region.



Elizabeth R. Corwin, MD

FAMILY MEDICINE

Elizabeth is a Pacific Northwest native, born and raised in the rainy city of Seattle. She left the west coast to attend Boston College, where she earned an undergraduate degree in Psychology. Upon graduation, Elizabeth moved to San Francisco to serve as an AmeriCorps member at Glide Health Services, a comprehensive community clinic dedicated to caring for underserved individuals. Elizabeth moved the following year to Ann Arbor to attend the University of Michigan Medical School where she further developed her passion for primary care and underserved medicine.



Caitlin H. Martin, DO

FAMILY MEDICINE

I believe the doctor-patient relationship is so special, and that good health is a team effort between the patient and provider. I can offer insight, advice, and help to patients so they may achieve their best health. However, my expertise is effective only if my patients and I set goals together and both work toward them. I strive to have comfortable, patient-centered visits. I am trained as a general practitioner and am interested in many aspects of medicine, but I particularly enjoy women's health and geriatrics.



Brian Khanh Dinh Vo, DO

FAMILY MEDICINE

As a family medicine doctor, I like seeing patients of all ages. I focus on patient-oriented care and evidence-based medicine. I will spend the time to listen to my patients and do my best to address their concerns.



Kyle Randall Besaw, MD

FAMILY MEDICINE

As a physician, my role is to guide my patients as they work to achieve their health goals. I believe the best outcomes occur when my patients feel empowered to live a healthy life. I aim to utilize appropriate exam and history gathering to offer evidence-based medical advice, and I want my patients to leave the visit with a better understanding of their options. I enjoy family medicine's wide fund of knowledge and emphasis on disease prevention. I care for people of all ages and all backgrounds. I have particular interest in healthcare disparities, LGBTQ health, and HIV medicine.



Allison R. Carroll, MD

PEDIATRICS

As a pediatrician, establishing and fostering a relationship of trust with my patients and families is of utmost priority. I believe in a model of shared decision-making and providing high-quality care while also supporting patient and family goals. I am fortunate to work with caring staff who value teamwork and communication. My special interests within pediatrics include breastfeeding medicine, newborn and infant care, and early literacy advocacy.



Nilana Gunasekaran, MD

FAMILY MEDICINE

As a family physician, it has been my pleasure and privilege to take care of many families at our East Interstate clinic for the past 10 years. Some of my families span 3 generations and include newborns as well as grandparents. I enjoy and appreciate a diverse clinic panel, as my previous medical background was in community maternal and child health in underserved and immigrant communities in Washington DC, Baltimore and Gresham. I feel passionate about providing family planning services as well as prenatal care to my patients and then also being able to take care of their children, from birth through adolescence. As a mother of three, it is amazing to watch children grow up and become individuals with their own goals and personalities. It is even more rewarding to be a part of the process as their family doctor!



Tony Park, MD

FAMILY MEDICINE

As a family physician, I enjoy taking care of all patients from infancy through their golden years. I strongly believe in the importance of preventive medicine. I am passionate about caring for the adolescent population and feel that developing good health habits at a young age is extremely important. I also have an interest in sports medicine.



Robyn A. Liu, MD

FAMILY MEDICINE

I am skilled at seeing the big picture while remaining grounded and practical, and I love being a family medicine physician. I consider each patient's family situation, environment, and unique circumstances in every treatment decision. I pursue advocacy and health systems change in my free time, because I understand that my patients' health depends mostly on things that happen outside our visits in the exam room. I embrace prenatal and pediatric care, along with general primary care, because caring for a whole family is my favorite part of medicine. As a former small-town family doctor, I am well prepared to handle the majority of my patients' medical needs, including skin, joint, and gynecologic office procedures.



Keeona Gay Vance, NP

FAMILY MEDICINE

Working as a nurse for Kaiser and now as a Nurse Practitioner in Family Practice. I plan on using my skills to treat patients of all ages. I have loved working for Kaiser over the past 12 years and will continue to thrive in my practice with support from my colleagues.



May Wang, MD

FAMILY MEDICINE

I enjoy helping people of all ages, from newborns to the elderly. I am happy to see all members of a family and enjoy getting to know the whole clan. I do minor office procedures and also practice acupuncture at the Integrative Medicine Clinic. People have different beliefs regarding health and well being, and I like to try and tailor treatment plans to those beliefs so that my patients feel comfortable and engaged with their care. I believe that medications are often important and lifesaving, but the less you need, the better off you are.



Kristin M. Wheeler, MD

FAMILY MEDICINE

I welcome patients of all ages, backgrounds, and languages. I care for infants and children and for folks who are in their years of wisdom. I also have a particular interest in women's health and caring for women during pregnancy. Preventive care for all and ongoing care of diabetes, asthma, and heart disease are an important part of my practice. I am happy to manage Nexplanons and IUDs. My priority is to listen and respect and to help find practical solutions to address medical issues in a nonjudgmental way that works for each individual.



Dolly Do, DO

FAMILY MEDICINE

To provide the most comprehensive and compassionate care, it is important for me to get to know my patients and build a level of trust and comfort, so they can share their health concerns. I enjoy working with patients from all walks of life and of different ages, including children and pregnant women. I like to be present with my patients and listen to what they and their families have to say. There are so many factors that affect health, and I believe that it is important always to assess a patient as a whole. Then together, we can make medical decisions that are appropriate for them.



Sara Holthuis, MD

FAMILY MEDICINE

It is an honor and a joy to be a family physician. I welcome patients from all walks of life. I love to treat all ages – from infants to the elderly – as well as women during the exciting time of pregnancy. Using my background in integrative medicine, I partner with my patients to strive for holistic wellness, not just the absence of disease. I also perform a number of in-office procedures, including those pertaining to skin, nails, and women's health.



Mustafa M. Mahmood, MD

FAMILY MEDICINE

I am a generalist at heart and as such will always search for answers. I love seeing patients of all ages and have a particular interest in pediatric and palliative end-of-life care, and also offer prenatal care. I am never afraid to say "I don't know" because I truly believe in patient safety first and ego last. I believe in taking a holistic approach to care because there are so many more

components to leading a healthier existence than meets the eye. I believe in partnering with my patients and empowering them to take control of their health. I perform in-office procedures including but not limited to: IUD placement and removal, Nexplanon placement and removal, circumcisions, trigger point injections, and joint injections. I look forward to getting to know you.



Rachel Young, MD

FAMILY MEDICINE

I love taking care of multiple generations of families because I think that knowing something about a member and where they come from is a key part of managing chronic illness. This is why I chose Family Medicine as a specialty. I believe that the mind and the body are intimately connected. I also consider the physician-member relationship to be a partnership, and I enjoy working with my members to understand their specific biases and concerns so that we can best move toward health and healing. Working together, I hope to address preventive health care topics so that we can be proactive about health, rather than exclusively reactive to illness. My particular areas of interest include full-spectrum Family Medicine, including the care of children and adolescents, and women's health.



Matthew V. Reid, MD

FAMILY MEDICINE

I was attracted to Kaiser Permanente because of its commitment to improving primary care for patients; its focus on and investment in preventative care, health and wellness, and technology results in better outcomes for patients. Kaiser Permanente's cutting edge medical technology, including evidence based diagnostic and treatment decision support and care coordination, allows me to focus on you. And the most important thing I do is making time to listen and get to know you. I enjoy being invited by patients to learn about them, their families and their lives. It's quite a privilege. I'm also an advocate for exercise and nutrient-rich diets of minimally processed whole foods. Don't be surprised if I talk with you about fun local gyms, my favorite yoga studios, great hiking or cycling trails, a few easy healthy recipes, ways to get kids to eat leafy greens, or how to arrange for deliveries of local farm fresh produce to your home or neighborhood.



Heather M. Penny, MD

ENGLISH/SPANISH

FAMILY MEDICINE

I enjoy providing care to families, individuals, and children. I believe that when I get to know your family as a whole and find out what makes you unique, I can better focus on prevention and quality of life. Early on, we might talk about breastfeeding, starting food, or vaccinations. With teenagers, I try to assist in the transition from parent-driven health decisions to good self-driven decisions that will carry on into adulthood. Often, this means letting a teen tell the story instead of the parent. With adults, I work to tailor care to each person who walks in the door. I treat chronic diseases such as diabetes and high blood pressure with the same goals: quality of life and preventive care.

While chronic diseases can be scary, we have effective ways to make members feel better. With senior patients, individualized care is even more important, whether we are treating arthritis to improve activity or discontinuing a medication that causes a side effect. Whatever your age, I want to be available to listen and help you have a clear understanding of your health and treatments. I will be available to help you manage in times of bad news and also will be there to help you celebrate your successes.

MEDICINA FAMILIAR

Disfruto de brindar atención a personas, familias y niños. Creo que, al conocer a toda la familia y descubrir qué los hace personas únicas, puedo centrarme mejor en la prevención y la calidad de vida. Es posible que, desde el primer momento, hablemos sobre la lactancia materna, los alimentos o las vacunas. A mis pacientes adolescentes, intento ayudarles en la transición de tomar decisiones sobre salud guiadas por sus padres a tomar buenas decisiones de manera independiente para que sigan haciéndolo en la vida adulta. A menudo, esto implica dejar que sea el adolescente quien cuente qué ocurre, en vez del padre o la madre. Con mis pacientes adultos, adapto la atención a cada persona que me visita. Trato las enfermedades crónicas, como la diabetes y la presión arterial alta, con los mismos objetivos: calidad de vida y atención preventiva. Aunque tener una enfermedad crónica pueda causar temor, contamos con maneras eficaces de ayudar a los miembros a sentirse mejor. En pacientes de la tercera edad, la atención personalizada es aún más importante, tanto al brindar un tratamiento de la artritis para mejorar el nivel de actividad como al suspender un medicamento que causa efectos secundarios. No importa cuántos años tenga, estaré a su disposición para escuchar y ayudarlo a entender claramente las cuestiones relacionadas con su salud y sus tratamientos. Podrá contar conmigo para que le ayude a afrontar una mala noticia y también para celebrar sus éxitos.



Brit A. Nilsen, MD

FAMILY MEDICINE

As a family medicine doctor, I enjoy taking care of whole families, from children to adolescents, adults, and the elderly. I also offer prenatal care. I like to focus on preventive health, keeping communities healthy and safe. I believe in a social justice and antiracism framework and think medicine can be an avenue towards dismantling systems of oppression. I provide individualized care, working with patients to review all options and coming up with personalized care plans and support systems.



Jennifer Bass, MD

PEDIATRICS

I work in the department of general pediatrics with special interests in cystic fibrosis, diabetes, and childhood obesity. I feel lucky to be able to care for children from birth through adolescence and to work with a fantastic medical team. I also am part of our pediatric hospitalist group and spend part of my time working at Doernbecher Children's Hospital caring for children who require hospital admission. I like to form partnerships with families.



Christina Derstine, MD

PEDIATRICS

The majority of my practice is working in the pediatric clinic with children from birth to 18 years old. I love getting to know families and working with them to create a healthy, supportive environment in which their children can grow and develop. It is a privilege to care for families when their children are sick or struggling, and also to celebrate milestones at wellchild check-ups! I also work at Doernbecher Children's Hospital taking care of the children who are admitted to the hospital.



Shaili H. Rajput, MD

PEDIATRICS

I practice within the general pediatrics department and have a special interest in child advocacy and caring for underserved populations. I believe in joint decision-making with my patients and their caregivers, while adhering to high quality, compassionate, evidence-based medicine. I do follow the immunization schedule recommended by the American Academy of Pediatrics and Centers for Disease Control and Prevention. I love being a pediatrician for the long-term relationships it affords and the opportunity to practice preventive care. There is nothing more rewarding than watching a child grow from a newborn to an adolescent and partaking in his or her physical and emotional health through acute illnesses and periods of wellness. I love that every day brings something new.



Tori Jones, MD

FAMILY MEDICINE

I love practicing Family Medicine and am very happy to see patients of all ages, and entire families. Understanding how families work together helps me get patients the care they need. I have a strong focus on preventive health, and use evidence-based medicine to work with my patients to get the care they need.



Wendy Lin, MD

PEDIATRICS

I feel so privileged to share in the lives of the families that I care for. I love every phase of childhood--yes, even adolescence. My hope is that I can help families be healthy and happy by educating parents about the different stages and challenges they face. Life is full of surprises, though, and I appreciate the lessons that families teach me as well. I will seek answers to those questions that perplex us all.



Camille Yu, MD

PEDIATRICS

Parenting is one of the most difficult and amazing adventures that a person can have. As a pediatrician, I love helping families to navigate the physical and emotional challenges that arise from the newborn through the teen years. At

any appointment, I bring the background of my medical training and also the knowledge I've gained from raising my own kids and the collective experience of all of my patients. I often feel that I learn as much from my patients as they learn from me! I believe that healthy food choices, regular exercise, immunizations, and a big dose of hugs and kisses will go a long way toward keeping a child happy and thriving.



David Gillingham, DO

FAMILY MEDICINE

As an osteopathic family physician, I see patients of all ages with a focus on whole-body wellness to include mind, body, and spirit. My goal is to collaborate with patients to best understand their concerns and work toward solutions unique to each patient.

Keizer Station Medical Office Clinicians



Andrew J. Pasetti, DO

FAMILY MEDICINE

I enjoy the full spectrum of family medicine along with the many great relationships that are built along the way. Recognizing the obesity epidemic in our nation, I received training as a medical weight-loss specialist and was certified by the American Board of Obesity Medicine. I particularly enjoy developing personalized approaches to prevent, treat, and reverse the disease of obesity. Additional interests include metabolic diseases such as diabetes, high blood pressure, and high cholesterol, as well as depression, anxiety, and ADHD. I am passionate about preventing disease before it occurs, early detection, and non-medical treatments. I will work with you to look beyond the guidelines to achieve optimal health.



Jessica L. Smiley, DO

FAMILY MEDICINE

I am a family medicine physician and have a particular interest in preventive, integrative, and well-rounded family care. I love that this specialty allows me to connect with people at very monumental points in their lives. I practice conservatively, meaning that I believe in supporting the body to heal itself before invasive options are utilized. I choose to practice as a health advisor, coach, and supporter, rather than a unilateral prescriber.



Caroline King-Widdall, MD

FAMILY MEDICINE

I became a family physician with the vision of taking care of the whole extended family; ideally from babies through to elderly great-grandparents. I love that I am now doing exactly that! I hope to get to know your family. I have 3 young children of my own. More and more each day in raising my own family, I become ever increasingly compassionate toward other parents. Parenting is a complex, challenging, and incredibly rewarding experience.

I am honored to be considered a partner and coach to help families navigate the developmental stages and concerns that arise throughout their child's life. I respect diverse philosophies, but appreciate being able to provide my medical expertise and perspective as a doctor and a mother to develop a prevention and treatment plan together.



Leslie A. Sorweide, DO

FAMILY MEDICINE

I enjoy encouraging people to live healthy and take better care of themselves.



Raymond N. Chin, MD

FAMILY MEDICINE

As a family medicine physician, I enjoy seeing patients of all ages. I chose family medicine because of the scope of practice that it entails and the life long relationships it allows you to form with your patients.

Longview-Kelso Medical Office Clinicians



John Christopher Shaw, MD

PEDIATRICS

My practice is made up of both adults and children. I love seeing people progress through life though the kids seem to grow much too fast. I certainly am not getting old that fast. I feel that care is much more complicated than the doctor dictating what needs to happen. I feel that a team approach, with mutually shared values and concerns, is required in order to have optimal outcomes. This requires the input and thoughts of my patients and their cooperation in the care plan.



Arvy Wuysang, MD

PEDIATRICS

Arvy went to medical school at Loma Linda University School of Medicine and completed Pediatrics Residency at Loma Linda University Children's Hospital. He is dedicated to build a partnership with parents in helping their children stay happy and healthy.



Megan Chono Dudley, MD

PEDIATRICS

I love being a pediatrician and feel very lucky to have such a rewarding and fulfilling job. I enjoy all aspects of general pediatrics, but I especially like preventative medicine. One of the most rewarding aspects of pediatrics for me is watching my patients grow and develop through the stages of childhood into young adulthood.



Lea E. Manlapaz-Villavicencio, MD

PEDIATRICS

I am a pediatrician and my professional philosophy is to treat every single patient I see as I expect my own child to be treated under similar circumstances.



Melissa Jane Strom, ARNP

FAMILY MEDICINE

My practice is Family Medicine. I enjoy treating a variety of different ages. I enjoy being a KP clinician due to the ability to serve a very diverse population.



Samantha Katherine Wiseman, DO

FAMILY MEDICINE

I trained at an osteopathic school that highlighted the amazing ability of the body to heal itself. I took that philosophy to heart, and love helping people find areas of their life where we can optimize their health with food, activity, and a good mental and spiritual health practice. I have extra training in integrative medicine, so looking at all of the above, in addition to supplements and osteopathic manipulative therapy, my goal is to help people to be their healthiest, with a complementary approach to traditional medicine. I also have a passion for prevention, something that is a strong focus of my practice. I care for all ages of patients, from babies to seniors, including expectant mothers.

Mt. Scott Medical Office Clinicians



William Richard Wurster, MD

PEDIATRICS

There is nothing more rewarding than to be able to make a difference in a child's life. I enjoy all aspects of general pediatrics, and I strongly believe in the importance of preventive health care. I feel it is essential that children are protected against vaccine-preventable illnesses and get proper nutrition and exercise. As a pediatrician, I see my patients and their families as my partners in working toward maintaining a healthy lifestyle. I listen to parents and treat patients as if they were my family members.



Jacqueline Fernandez Adlawan, MD

FAMILY MEDICINE

I chose Family Medicine because I love caring for everyone across the whole lifespan from conception to end of life. It is my passion to make a difference in the life of every person despite the many complexities of physical and/or mental health, cultural, and socioeconomic background by providing holistic care and aloha spirit with love for all mankind, compassion, sympathy, and kindness. I would like to help anyone stay healthy or help stabilize diabetes and other chronic diseases through a treatment plan that is carefully tailored to each individual's goals and needs with strong emphasis on whole foods diet, adequate rest and sleep, regular exercise, and mental wellness in addition to any recommended medication(s). I would love to speak in Ilocano or Tagalog to Filipino clients who prefer any of these languages during clinic visits.



Jim Hall, MD

PEDIATRICS

There is nothing more rewarding than to be able to make a difference in a child's life. I enjoy all aspects of general pediatrics, and I strongly believe in the importance of preventive health care. I feel it is essential that children are protected against vaccine-preventable illnesses and get proper nutrition and exercise. As a pediatrician, I see my patients and their families as my partners in working toward maintaining a healthy lifestyle. I listen to parents and treat patients as if they were my family members.



Jay Joo, MD

PEDIATRICS

As a pediatrician, my approach to patient care is to forge a partnership with my patients and their families. I enjoy creating long-term relationships, and I love watching my patients grow up before my eyes!



Lisa Burton, MD

FAMILY MEDICINE

Currently my practice is in Family Medicine in the care of newborns, infants, youth, teens, adults and senior adults. I enjoy seeing providing care for the whole family and focusing on each individuals wellness and health. I have many patients that are part of a multigenerational family.

In the past, my practice has focused on the care of injuries and sports medicine. I have the Certificate of Added Qualifications in Sports Medicine CAQSM and the Fellowship in Wilderness medicine FAWM and have enjoyed teaching Oregon Health and Science University (OHSU) Family Medicine Residents in the care of minor injuries through our Kaiser Permanente clinics. I especially enjoy treating teens and young adults and hope to direct them towards an active and healthier life. I am very fortunate to have worked many years with physician assistants and a core group of medical assistants; we work very well as a team in delivering care to our patients.



Michaeline M. Greenlee, MD

PEDIATRICS

I enjoy following the growth and development of infants, children, and adolescents. My goal is to help families raise happy, well-adjusted, healthy children. I strive to do this by forming connections with members and their families, providing appropriate care during illness, being supportive during struggles, and celebrating the successes. I believe preventive medicine, in addition to laughter, is the best medicine.



Kimberly F. Luft, MD

ENGLISH/SPANISH

PEDIATRICS

I enjoy seeing well children and those with chronic medical needs. I am fortunate to work with a very caring, supportive staff in pediatrics, and we work well together as a team to ensure the best quality of care for the families we see. I speak some Spanish, having lived in a Spanish-speaking country in my youth.

PEDIATRÍA

Disfruto de atender a niños saludables y a niños con necesidades médicas crónicas. Tengo la fortuna de trabajar con un personal de pediatría muy bodadoso y servicial, y trabajamos bien en equipo para garantizar la mejor calidad de la atención para las familias que atendemos. Hablo algo de español ya que en mi juventud viví en un país de habla hispana.



Jill M. Lowers, MD

PEDIATRICS

I currently spend the majority of my time in clinic, but also see babies in the newborn nursery. I take care of both well and ill children and newborns. Helping families in the transition from the hospital through the high school years is fun and exciting. Parenting is a very rewarding, exhausting, and complicated process, and it is my pleasure to help families move through

all the stages from infancy to adulthood. I enjoy meeting new families and establishing long-standing relationships. It is an honor to watch your children grow and thrive.



Awbrey N. Gilliam, DO

ENGLISH/SPANISH

PEDIATRICS

As a general pediatrician, I partner with my patients and their families to help children reach their fullest potential. This involves supporting not only their physical health, but also their mental and social wellbeing. I am passionate about Lifestyle Medicine that applies evidence-based therapies in nutrition, exercise, sleep, and stress management to prevent and treat lifestyle related diseases. I also use osteopathic manipulative techniques to aid in the treatment of a range of conditions including musculoskeletal injuries and pain. ¡Hablo español!

PEDIATRÍA

Como pediatra general, colaboro con mis pacientes y sus familias para ayudar a los niños a mantenerse plenamente saludables. Esto implica brindarles apoyo para que tengan no solo una buena salud física, sino también bienestar mental y social. Me apasiona la medicina del estilo de vida, que aplica terapias basadas en la evidencia, en nutrición, ejercicio, sueño y control del estrés para prevenir y tratar enfermedades relacionadas con el estilo de vida. También uso técnicas manipulativas osteopáticas para ayudar en el tratamiento de diversas afecciones, como lesiones musculoesqueléticas y dolor



Marie A. Miles, MD

PEDIATRICS

I think the best part about being a pediatrician is the opportunity to develop long-standing relationships with families. I enjoy partnering with children and parents to help everyone thrive! In addition to my work as a clinic-based pediatrician, taking care of both well and ill children of all ages, I am also part of Kaiser Permanente's pediatric hospitalist team. As a pediatric hospitalist, I treat kids who are admitted to Doernbecher Children's Hospital and participate in medical student and resident education.



Tracy Peck, MD

ENGLISH/SPANISH

PEDIATRICS

I was born and raised in San Jose, CA when it was still the prune capital of the world (before the allure of it becoming the "Silicon Valley.") California was an excellent place to be for the duration of my education, having completed my Undergraduate, Medical School and Residency there. However, when it came time to consider raising my own family, Oregon felt like the better fit. How more idyllic than to make our new home in Happy Valley? We love it here – all of the seasons, the trees and lush greenery, Mt Hood views, and the rugged and down to earth sensibility of the people. More recently we moved to a nearby farm. My husband is a Mechanical Engineer, and he is working to restore our vintage home. We grow flowers, fruit (including a variety of Italian

prunes), and vegetables. I am an experienced mother, and we have a large family – we are raising sons and a daughter.

I value open communication without judgment or shaming. I am committed to being a lifelong learner and practice evidence-based medicine. I strongly believe in effective vaccination. I'm not afraid to laugh at myself or be silly (hopefully at the right moments). I have personal and professional experience in perinatal loss and bereavement; if your family has also suffered this grief, I'll be compassionate.

I love being a General Pediatrician. This career is a dream fulfilled! I enjoy watching my patients grow over time and supporting their families. Our team is collaborative and efficient (my medical assistant has the most experience in the group and we've worked together for 9+ years!). I pride myself on staying on time (whenever it is possible) I know things and people- like how to navigate the Kaiser health system. I work closely with our team of advice nurses (to provide virtual care and triage) and my colleagues in Pediatric Specialty and Hospital based care.

I have worked at the Kaiser Mt. Scott Medical Office for over a decade, and I plan to remain here through my retirement, which I anticipate will be in several more decades. We are the biggest Pediatric office for Kaiser Permanente Northwest. I'm so proud to be a part of this amazing team. When you are here, I will do all that I can to make sure that you and your children are comfortable, safe, and well taken care of.

I have passed a certification for fluency in medical Spanish.

PEDIATRÍA

Nací y me crié en San José, California, cuando todavía se la conocía por ser la capital mundial de las ciruelas pasas (antes de que se convirtiera en el atractivo "Silicon Valley"). Era un lugar fantástico para vivir y allí completé mi educación de grado, la facultad de medicina y la residencia. Sin embargo, cuando llegó el momento de criar a mis hijos, Oregón me pareció una mejor opción. ¿Y qué podía ser más encantador que tener nuestra casa en Happy Valley, el valle feliz? Nos enamoramos del lugar, de todas las estaciones, de sus árboles y exuberante vegetación, de las vistas del Monte Hood y de la sensibilidad ruda y sensata de su gente. Hace poco nos fuimos a vivir a una granja cercana. Mi esposo es ingeniero mecánico y está trabajando para restaurar nuestra casa antigua. Plantamos flores y cultivamos frutas (incluso una variedad de ciruelas pasas italianas) y verduras. Tengo experiencia como madre, ya que nuestra familia es numerosa, con varios varones y una niña.

Valoro la comunicación abierta, sin juzgar ni avergonzar. Me he comprometido a estudiar toda la vida y a practicar la medicina basada en la evidencia. Creo en el poder y la eficacia de las vacunas. No tengo miedo de reírme de mí misma ni de hacer tonterías (espero hacerlo siempre en el momento correcto). Tengo experiencia personal y profesional en pérdida perinatal y duelo. Si en su familia también han pasado por este dolor, podré comprenderlos.

Me encanta ser pediatra general. Mi profesión es un sueño hecho realidad. Disfruto viendo cómo crecen mis pacientes con los años y apoyando a sus familias. Nuestro equipo sabe colaborar y es muy eficiente (mi auxiliar médico

es quien más experiencia tiene en el grupo y hemos trabajado codo a codo durante más de 9 años). Me enorgullece respetar los tiempos de todos (siempre que sea posible). Conozco a la gente y sé cómo funcionan las cosas, por ejemplo, cómo moverse en el sistema de salud de Kaiser. Colaboro estrechamente con nuestro equipo de enfermeros de consulta (para brindar atención virtual y triaje) y con mis colegas de pediatría especializada y de atención hospitalaria.

Hace más de diez años que trabajo en Mt. Scott Medical Office de Kaiser y tengo la intención de seguir aquí hasta que me jubile, para lo que faltan varias décadas. Somos el mayor consultorio de Pediatría de Kaiser Permanente Northwest. Estoy muy orgullosa de formar parte de este excelente equipo. Cuando nos visite, haré todo lo que pueda por asegurarme de que usted y sus hijos estén cómodos, seguros y bien atendidos.

He obtenido una certificación médica de fluidez en idioma español.



Bartlomiej S. Rog, MD

FAMILY MEDICINE

I was initially drawn to family medicine for its wide scope of practice, and I continue to take care of children and adult patients. I believe that education and communication are paramount in primary care. Empowering individuals to take charge of their own health is a central tenet in my approach to patient care. I consider myself to be your guide to good health. Even prior to my medical training, I developed a strong interest in and focus on prevention through lifestyle management. My other professional interests include chronic disease management, lifestyle medicine, integrative medicine, and sports medicine.



Helena Franco, MD

PEDIATRICS

As a pediatrician I spend 80% of my time in the pediatric office and the rest on the pediatric hospital floor. I am passionate about providing children with the highest quality care but most importantly, ensuring that their parents and families have the information necessary to take an active role in their child's health and wellness. I have a particular interest in adolescent medicine, including preventive reproductive health, and enjoy working closely with other pediatricians as well as pediatric specialists to best serve our patients.



Mara H. Hegel, DO

PEDIATRICS

I am a board-certified general pediatrician, and I truly adore my work. I feel that the bond between families and their pediatrician is sacred, and I am honored by the trust bestowed upon me daily. I enjoy conducting well-visits for children of all ages, and enjoy explaining management/treatment strategies to parents and children and engaging them in treatment-plan decisions. Medicine is an art, and at times there are many right answers, but in the end, I like for parents and patients to be comfortable with a given treatment plan.



Cassandra Pallas Loren, MD

PEDIATRICS

Being a pediatrician is a privilege. I am so fortunate that I get to partner with patients, families, and the amazing health care team at Kaiser Permanente to help further my patients' development, promote formation of healthy habits, care for children during illnesses, and ultimately form long-lasting relationships with my patients through which I can help them build a foundation for healthy and successful futures. As a parent, I know that every stage in a child's life brings a new set of exciting milestones while also often presenting new challenges. As a pediatrician, I strive to work with my patients and their families to celebrate these milestones while also helping navigate these challenges.



Monica Quinlan Paulson, DO

FAMILY MEDICINE

As a family physician, I enjoy caring for patients of all ages with diverse medical conditions. I strive to work together with patients to formulate wellness goals that incorporate nutrition, physical activity, and stress management into treatment plans. I particularly enjoy prenatal care and reproductive health. As a DO, I was trained in osteopathic manipulative medicine, which I incorporate into the treatment plan for some musculoskeletal conditions..



Trixy J. Franke, MD

FAMILY MEDICINE

I believe each person has a unique story that must be understood in order to facilitate their best health. As such, I value whole-person care that not only considers the physical symptoms but the full person in the context of family and community. Collaborative communication within an integrated health care system is key to facilitating high-quality, evidence-based care with the ability to prevent disease as well as treat it. I believe education is key for patients in making decisions that will best meet their health goals. It is my mission and purpose to assist you.



Juan Miguel A. Dela Cruz, MD

FAMILY MEDICINE

I am a family physician who enjoys taking care of families, from newborn babes to their young grandparents. I have provided prenatal care to expectant mothers and have enjoyed seeing their children grow. Having spent time in Michigan State University's sports medicine program, I consider treating sports injuries to be something of a hobby. Most of all, I consider preventive care across all ages to be paramount to my practice. Catching a disease process early can save lives. I spend a lot of time empowering and educating my patients so that they can better take care of themselves and take control of their health care. I am privileged to be part of a system that strives for patient empowerment.



Emma G, Fite-Wassilak, MD

FAMILY MEDICINE

Like most physicians who are drawn to family medicine, I am passionate about preventive medicine. I love to work with patients of all ages, but I must admit that I particularly enjoy prenatal care and working with kids (yes, even teenagers). Coming from an English literature undergraduate degree, I consider each patient's story and strive to use that to enhance compassion in my practice. I believe that the more a patient and doctor collaborate on a mutual plan for health, the better the outcome. I believe in making small, sustainable changes for better health.



Mark A. Harvey, MD

FAMILY MEDICINE

It is probably no surprise that as a family medicine doctor, I am passionate about primary care. It is a fulfilling and challenging profession in which there is never a dull moment. I have the opportunity and honor to be let into the lives of my members and hopefully provide the care they deserve and expect. I enjoy practicing full-spectrum care (except obstetrics) for all genders and ages, from infants to the elderly and everything in between, and I can provide minor surgical procedures and joint injections in the office. I also enjoy teaching medical residents and students.



Karin Jacobson, MD

FAMILY MEDICINE

I am privileged to be a family physician. I enjoy meeting and helping all people achieve their health care goals. On the best days, I will see 3 generations from 1 family: the newborn baby, the mom or dad, and the grandparents, too. As with many female physicians, a focus of my practice is pediatric as well as well-woman care and other gynecologic issues. I truly try to simplify medical communication and information. I view my role as your doctor as being a health teacher, helping you and your family with good health.



James R. O'Brien, MD

ENGLISH/SPANISH

FAMILY MEDICINE

I take care of all ages, "from cradle to grave." I prefer to help people stay as healthy as possible, so that they can enjoy their lives as much as possible. I believe that the old adage "an ounce of prevention is worth a pound of cure" is often true, and that proper preventive measures can help people thrive and stay out of the hospital. I have faith in the power of proper nutrition and exercise! When medical conditions do arise, they should be treated appropriately so as to avoid long-term consequences.

MEDICINA FAMILIAR

Atiendo a pacientes de todas las edades durante toda su vida. Prefiero ayudar a que las personas se mantengan lo más saludables posible para que disfruten de su vida lo más que puedan. Creo que, a menudo, es cierto

el antiguo refrán “más vale prevenir que curar” y que tomar las medidas preventivas apropiadas puede ayudar a las personas a vivir bien y no tener que ir al hospital. Confío en el poder de alimentarse correctamente y hacer ejercicio. Cuando surge una afección médica, debe tratarse de manera adecuada para evitar consecuencias a largo plazo.



Charles F. Stein, IV, DO

FAMILY MEDICINE

My practice philosophy is oriented toward educating and encouraging people to create wellness through a preventive approach. A healthy diet, regular exercise, and stress reduction are crucial in achieving this goal. While medications are often necessary, conscious lifestyle changes may reduce the reliance of some medications while boosting health in many areas.



Richard A. Varan, MD

FAMILY MEDICINE

I consider it a privilege to be a family doctor, entrusted with the care of whole families, including newborns, children, parents, and grandparents. While care for each person must always be individualized, I believe seeing patients, and especially children, as members of a family allows me the best chance to consider the family’s social circumstances and the preferences of parents when making decisions about care. In my practice, I try to provide comprehensive care, including preventive health services in addition to help with all acute illnesses and injuries and chronic health problems for young children, adolescents, young adults, and seniors. Like every doctor, I work hard to cure infections, heal injuries, and manage disease every day, but I find helping parents navigate the ordinary day-to-day challenges and opportunities of raising children to be the greatest joy and privilege of my job.



Ashley B. Austin, MD

FAMILY MEDICINE

I provide care to patients of all ages including newborns and adolescents. I particularly enjoy women’s health, including prenatal care, with a focus on exercise, nutrition, and stress management along with preventive medicine. In my practice I perform minor skin procedures; IUD and contraception implant placements; and major joint injections. I also enjoy seeing urgent care patients, with a focus on emergency medicine.



Jill E. Sheasley, DO

FAMILY MEDICINE

Family Medicine at its most root definition is medical care delivered with the individual patient, family, and community first in mind. My goal as a family practitioner is to not only treat the patient when they are ill, but work with the patient and family when they are healthy to establish strong health maintenance skills by practicing disease prevention and health education. I have had the opportunity and pleasure over the last decade or more to

acquire the unique attitude, skill, and knowledge that provides a foundation to support continuing and comprehensive medical care, health maintenance, and preventive services to each member of a family regardless of sex, age, or type of problem, be it biological, behavioral, or social. Because of this background and sustained interactions with a family, I try to serve as each patient's advocate in all health-related matters, including the appropriate use of consultants, health services, and community resources.



Kristina Grim Barley, MD

FAMILY MEDICINE

I was first drawn to family medicine by its breadth of scope and diverse patient population. This continues to motivate me, and I perform many in-office procedures such as joint injections, skin biopsies, and vasectomies along with routine primary care. I am passionate about multidisciplinary care coordination and holistic health; every patient is unique, and I strive to incorporate personal beliefs and treatment preferences, extrinsic motivators, and coexisting conditions when developing treatment plans. I am particularly interested in obesity medicine.

North Lancaster Medical Office Clinicians



Margaret Youngah Kim, DO

FAMILY MEDICINE

I particularly enjoy the spectrum that family medicine provides. From young to old, there's always something different every day. I particularly enjoy procedures, women's health, and trans-affirmative care. My favorite part of being a Kaiser Permanente doctor is developing patient-oriented care plans using evidence-based medicine. I enjoy the concept of working together with my patients for the benefit of their health and well-being.



Kevin P. Connolly, MD

PEDIATRICS

I strive to be a supportive figure in my patients' lives by monitoring their growth and development, treating their illness, and providing them with needed resources. I believe in the importance of continuity of care, which allows me to build relationships and trust with my patients and families. I enjoy watching my patients grow as I monitor and maintain their health. Pediatric care is constantly evolving, and I work on staying updated on the latest evidence-based practices. I have a special interest in childhood obesity and autism spectrum disorder.



Lucy B. Bollinger, MD

PEDIATRICS

I chose pediatrics because I am constantly amazed by the transformation from newborn into adulthood, and I love to work with children and families to support them through each phase of a child's life. I believe my role as a pediatrician is not only to address illness but also to foster the development of each child to help them reach their full potential. I see myself as part of a team that includes the child, the family, and everyone working in the clinic. I am grateful that Kaiser Permanente values collaboration and teamwork just as I do.



Aaron Hanson, DO

FAMILY MEDICINE

ENGLISH/SPANISH

Having lived in other countries and being immersed in different cultures, I have fostered a delight in working with a diverse population. I enjoy the various cultures and languages in my practice, and I accept patients of all ages. I enjoy working with new technologies and I am interested in participating in the integration of medicine into the digital age while still preserving and honoring the voices and stories that each patient has to share. I enjoy teaching and giving back to the medical community. I was class president at medical school and Chief Resident of my residency program.

Having worked as a tutor through college and medical school, I enjoy educating my patients about their health. I am a firm believer in helping my patients achieve their best results. I value providing options and opportunities for my patients to stay healthy and I value collaboration and communication which are both very important for a good practice.

MEDICINA FAMILIAR

El haber vivido en otros países y haberme sumergido en diferentes culturas ha hecho que me encante trabajar con una población diversa. Disfruto del contacto con distintas culturas e idiomas al ejercer mi profesión y acepto a pacientes de todas las edades. Disfruto de trabajar con tecnologías nuevas y me interesa participar en la integración de la medicina en la era digital y, al mismo tiempo, preservar y honrar las voces e historias que cada paciente tiene para compartir. Me encanta enseñar y retribuir a la comunidad médica. Fui presidente de la clase en la facultad de medicina y residente en jefe de mi programa de residencia. Al haber trabajado como tutor en la universidad y la facultad de medicina, disfruto de enseñarles a mis pacientes sobre su salud. Creo firmemente que debo ayudar a mis pacientes a lograr sus mejores resultados. Valoro poder brindarles opciones y oportunidades para que se mantengan saludables y valoro la colaboración y la comunicación, que son muy importantes para ejercer bien la profesión.



John R. Hayes, MD

ENGLISH/SPANISH

FAMILY MEDICINE

Part of my desire to become a family physician was the variety of services that I was able to perform. Knowing about the mother's health helps me take care of her infant child. Understanding the parents' medical problems is vital to being able to provide for the children's future needs. I'm also fluent in Spanish as are my children and my wife. I've loved being part of the Latino culture, and taking care of this population will continue to be a priority in my practice.

MEDICINA FAMILIAR

Uno de los motivos por los que he deseado ser médico familiar fue la variedad de servicios que podría proporcionar. Conocer las cuestiones de salud de la madre me ayuda a proporcionar atención a su niño también. Comprender los problemas médicos de los padres es esencial para poder cumplir con las necesidades futuras de los niños. Además, hablo español fluido, al igual que mi esposa e hijos. Me ha encantado pertenecer a la cultura Latina, y será mi prioridad proporcionarles atención.



Juliette M. Power, MD

ENGLISH/SPANISH

FAMILY MEDICINE

As I see it, my job as a family physician is to act as your personal "health and wellness coach". Yes, this is available to YOU, not just the rich and famous! Managing your health care is a joint-endeavor and it is my responsibility to find something that is realistic and is tailored to your life and needs. My goal is to help you understand how best to preserve good health and to come up with a plan together to diagnose and treat any illnesses that may arise. I am especially interested in mental illness, women's health and geriatrics. I enjoy

performing multiple procedures and I speak Spanish and conversational German. I think it is especially important that I get to know you as a person so that I better understand what motivates you and what things are most important to you and your family.

MEDICINA FAMILIAR

En mi opinión, mi trabajo como médica familiar es actuar como su “asesora de salud y bienestar” personal. Sí, está disponible para USTED. ¡No es solo para los ricos y famosos! Controlar su atención de salud es un esfuerzo conjunto y es mi responsabilidad encontrar algo que sea realista y esté adaptado a su vida y sus necesidades. Mi objetivo es ayudarlo a comprender cómo preservar mejor una buena salud y pensar en un plan juntos para diagnosticar y tratar cualquier enfermedad que pueda surgir. Estoy principalmente interesada en las enfermedades mentales, la salud de la mujer y la geriatría. Disfruto realizar varios procedimientos y hablo español y alemán conversacional. Particularmente, creo que es importante conocerle como persona para comprender mejor qué le motiva y qué es lo más importante para usted y para su familia.



Yara L. Delgado, MD

ENGLISH/SPANISH

FAMILY MEDICINE

Everyone is unique and as such deserves a unique care plan. In this respect, I see value not only in conventional but in non-traditional modes of care. My goal is to become acquainted with my patients’ lives and to see how I can be a part of their success in achieving wellness and balance. It is only together as a health-care team that we can grow, learn, and create goals to achieve health, happiness, and longevity. My passion is to inspire people to find their drive to change.

MEDICINA FAMILIAR

Todos son únicos y por eso merecen un plan de atención único. En este sentido, veo el valor no solo en el modo de atención convencional, sino también en el no tradicional. Mi objetivo es familiarizarme con las vidas de mis pacientes y ver cómo puedo formar parte de su éxito al lograr bienestar y equilibrio. Solo juntos como equipo de atención médica es que podemos crecer, aprender y plantearnos objetivos para lograr la salud, felicidad y longevidad. Mi pasión es inspirar a las personas para que encuentren su impulso al cambio.



Lisa Rishel, MD

PEDIATRICS

I am part of a team of pediatricians serving Kaiser Permanente patients here in the mid-Willamette Valley. I enjoy the variety of patients in my practice. From typical healthy children to children with complex health needs, I see them all. One of the things I like best about working with Kaiser Permanente is the emphasis on wellness and preventive care. Working in pediatrics, that also includes a keen interest in child development.

Orchards Medical Office Clinicians



Rafaelani T. Uy, MD

FAMILY MEDICINE

Being a family medicine doctor, I enjoy seeing patients of all ages. I appreciate the opportunity to be able to see patients of all ages, from newborns, adolescents, adults, and geriatrics. To take care of a patient is an honor in itself, and there is nothing more thrilling for me than when I find out that they chose me to take care of their family, too. Apart from healing and treating illness, I also enjoy the preventive aspects of medicine we are privileged to provide.



Yang Ye, MD

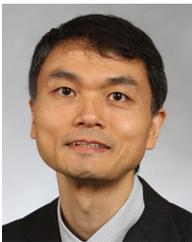
ENGLISH/MANDARIN CHINESE

FAMILY MEDICINE

I take care of patients of all ages and try to treat them as if they were my family members. I have experience caring for underserved populations. I strive to be a good listener and to advocate for my patients, and to provide compassionate, culturally sensitive, and competent care. I value Kaiser Permanente for its mission focusing on preventive care and its highly integrative care system. I will work with my patients to find the best care solution for them. Kaiser Permanente's emphasis on teamwork and its supportive environment have enhanced my family medicine practice.

家庭醫學科

我照顧所有年齡段的病人，並努力把他們當作我的家人來對待。我有照顧服務不足人群的經驗。我努力成為一個好的傾聽者，為我的病人代言，並提供富有同情心、對文化敏感和稱職的醫療護理。我很看重 Kaiser Permanente 專注於預防性護理的使命和高度一體化的護理系統。我將與我的患者一起為他們找到最佳的護理解決方案。Kaiser Permanente 對團隊合作的重視及其支持性環境加強了我的家庭醫學科實踐。



Nobuhiko Kira, DO

FAMILY MEDICINE

I chose my career as a family physician because I wanted to take care of all sorts of people – babies, children, adults, and the elderly. My main focus is preventive care. I find that this emphasis works best for small children.



Sara Bell, MD

PEDIATRICS

What a privilege it is to care for children from their first visit in the office as a newborn to graduation from high school. I enjoy partnering with families in a team-based approach to their care. We work together to determine what the best preventive treatments are and learn together about the best approach to their child's needs; whether a long-term concern or more acute situations. I look forward to partnering with you and strive to provide the best possible care.



Melissa Ann Noronha, MD

PEDIATRICS

My personal motto as a pediatrician is, "No one knows a child better than their caregivers," and I use this motto to guide all my interactions with patients and their families. I am adept at caring for children with urgent concerns because of my experience working in the pediatric emergency department. I am skilled at diagnosing and managing acute and chronic pediatric conditions, repairing lacerations, removing foreign bodies from ears and noses, splinting, removing cerumen, and caring for patients with complex issues. I previously served a large population of patients with Medicaid and am adept at navigating social concerns. I am so happy to have access to the resources and knowledge that come with being a Kaiser Permanente clinician to serve my patients.



Cynthia Kathleen Seitz, MD

PEDIATRICS

I believe in keeping kids healthy with preventative health measures. However, when needed, I can handle even the sickest patients with my background in hospital-based pediatrics. Helping moms be successful in their breastfeeding is one of my goals. I try to blend a healthy mix of natural remedies with medicine, and do my best to keep up to date with the latest recommendations and therapies. I find the best care comes from a partnership with families where we make healthcare decisions together.

Rockwood Medical Office Clinicians



Jennifer Rachel Farley, MD

FAMILY MEDICINE

I specialized in family medicine because I enjoy seeing people of all ages, genders, and orientations. I enjoy working with you to find your healthiest self and treat new problems or chronic conditions that may arise as time passes. I perform basic procedures such as minor skin biopsies, large joint injections, and some women's health procedures.



Angela Janeen Steichen, MD

FAMILY MEDICINE

As a family doctor, I have the amazing opportunity to work with entire families from birth to end of life and everything in between. I believe knowledge is power, and I am passionate about sharing my knowledge and training with patients to help empower them to achieve their unique health and wellness goals. My special interests include LGBTQ+ and gender-affirming care.



Alison Wade Shapiro, DNP

FAMILY MEDICINE

I love Primary Care and helping people maintain their health. After working as a Registered Nurse for 7 years, I felt I could do more professionally to help my patients. I am a Family Nurse Practitioner. I care for people of all ages. I especially love to take care of families. I see myself as a guide and a resource. I think of myself as very open and collaborative. I love to sew, hike, bike, garden, and paddle. I also love to spend as much time as I can with my family.



Vladislav V. Yurlov, MD

ENGLISH/RUSSIAN

FAMILY MEDICINE

I am privileged to be a part of your child's growth and health care from infancy to adulthood. The ability to follow your child year after year allows me to build a better relationship with you and your child, as well as provide better health care. I place high emphasis on healthy lifestyles and preventive care.

СЕМЕЙНАЯ МЕДИЦИНА

Я рад принимать участие в заботе о здоровье и развитии вашего ребенка с младенчества и до зрелости. Возможность следить за здоровьем ребенка год за годом позволит мне установить более крепкие отношения с вами и вашим ребенком, а также обеспечить лучшее медицинское обслуживание. Я уделяю большое внимание здоровому образу жизни и профилактическим услугам.



Lauren Beth Cowen, MD

FAMILY MEDICINE

I am a family physician, which means I have the privilege to work with patients of all ages, their family and work together toward sustained health over a lifetime. I have particular interests in maternal child health and pregnancy, preventative and community medicine, reproductive health access as well as working with individuals from diverse backgrounds.



Eugene P. Nicholson, IV, MD

PEDIATRICS

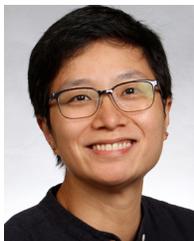
I have diverse interests in pediatrics. Above all, I believe in protecting and fostering the immense capacity for joy, creativity, and intellect in every child. My job is to guide families through the myriad of diseases, parenting challenges, and social struggles that can threaten healthy development. When I see a child of any age, I see someone in the moment as well as a person minutes, hours, days, and even years older. I see myself as a family partner, focusing on preventive medicine and offering evidence-based treatment recommendations when needed. In addition to serving as a general pediatrician, I specialize in diabetes care.



Audrey Ann Crist, MD

FAMILY MEDICINE

I am a family physician, caring for people in the outpatient setting from birth throughout their life. I perform a variety of procedures in clinic. I also am involved in some administrative work in our clinic, which provides a balance of activities and allows me to work on different skill sets.



Di Deng, MD

ENGLISH/MANDARIN CHINESE

FAMILY MEDICINE

I am a full-spectrum family medicine doctor. I enjoy caring for children, adults, and pregnant people. Growing up immersed in traditional Chinese medicine practice has also allowed me to approach medicine in a more holistic fashion. I strive to provide compassionate and patient-centered care in my practice.

家庭醫學科

本人為一名全方位的家庭醫學科醫生。我喜歡照顧孩子、成年人和孕婦。浸潤在中醫實踐中長大，也讓我能够以更全面的方式對待醫學。我努力在實踐中提供富有同情心和以患者為中心的醫療護理。



Kamala M. Nyamathi, MD

FAMILY MEDICINE

I firmly believe that a cornerstone of good medicine involves working as a team with each patient, providing education and utilizing shared decision-making. In this way, I aim to provide comprehensive and compassionate care to patients of all ages. In addition to general primary care services, I provide prenatal care and serve as a primary care provider and consultant for transgender youth and adults through Kaiser Permanente's Gender Pathways Clinic.



Michael S. Salinsky, MD

PEDIATRICS

Continuity of care is important to me, so I make my best effort to see my patients if at all possible, especially for health maintenance visits and serious issues. I accept that I am a consultant to parents; I present information as clearly as I can, often have suggestions, but accept the parents' right to decide. My extra work outside of the office is attending resuscitations and seeing newborns in the hospital. I also enjoy seeing the older teens; variety is one of the very exciting things about pediatrics.



Amelia J. Priesthoff, MD

PEDIATRICS

As a pediatrician, I feel honored to work with and advocate for children and their families. My goal is to be a trusted partner for families and children as they navigate the many wonderful challenges of growing up. I strive to provide evidence based information to enable patients and families to make the most informed decisions for their health. I believe that prevention is the best medicine and I advocate for setting in place healthy habits from the earliest age that will allow patients to thrive and reach their potentials.



Leah B. Baruch, MD

FAMILY MEDICINE

I enjoy the full spectrum of family medicine and the ability to care for all ages. In particular, I have an interest in the care of women and children (including pregnancy care), performing simple office procedures, and providing primary care treatment of addiction (including prescribing suboxone).



Evie K. Precechtil, MD

FAMILY MEDICINE

I enjoy working in family medicine, and I am fortunate to work in an excellent department staffed with some outstanding people who make this a wonderful place to spend my career. I appreciate being able to care for an entire family, from newborn to grandparents. I like to focus on prevention and what will help keep you healthy for the next 10 years and beyond. I orient my practice toward educating people to help them make their own decisions about their health care.



Lorissa E. Klaus, MD

FAMILY MEDICINE

I believe in the importance of caring for the person as a whole, integrating both physical and psychosocial needs. I enjoy seeing people of all ages and especially find it fulfilling to provide care for the entire family.



Daniel H. Copp, MD

FAMILY MEDICINE

I am a full-spectrum family medicine doctor. Until 2014, I was still delivering babies and managing patients in the hospital as well as seeing patients in the clinic. As a family medicine doctor, I enjoy taking care of patients from the beginning to the end of their lives, including prenatal patients and infants. I also perform a variety of procedures in clinic. My general philosophy is that patients should take an active role in their health care and that all medical decisions should be made together as a team.



Julia A. Heinze, DO

FAMILY MEDICINE

As a family medicine doctor, I take pleasure in treating people of all ages and backgrounds and feel honored to build therapeutic relationships with my members. I also appreciate the wide spectrum of medicine I am able to practice on a daily basis, which keeps my job forever interesting and never boring.



Gina M. Carter-Beard, MD

PEDIATRICS

I am so lucky to work with children every day and witness their growth and wonder firsthand alongside their families. I enjoy taking care of all ages from birth to teens from well visits to complex medical care. My favorite part of my job is watching children grow over time into young adults and am always sad to say goodbye to my older teens when they move on to adult medicine. I'm a strong believer in the power of preventative care and behavioral and lifestyle interventions for a multitude of physical and mental health challenges. I feel especially privileged to work at Rockwood where we get to see such a variety of different patients and cultures and will continue to strive to provide culturally competent care throughout my career.



Michelle L. Ritter, MD

FAMILY MEDICINE

I chose the specialty of family medicine because I enjoy working with people of all ages. I believe that the health of our families and community impacts the health of us as individuals and vice versa. I see myself as a coach to encourage you on your way to finding wellness and healing for yourself. I believe in preventive practices throughout the life span and am ready to speak with you and your family about what your needs may be. I also work with transgender members in regards to discuss hormone therapy.



Rowena L. Manalo, MD

FAMILY MEDICINE

Being a family medicine doctor is a joy and privilege. It allows me to care for entire families, from newborns to grandparents. At Loma Linda Medical School we were taught to practice "whole person care," which recognizes that the mind and body are connected and that all patients' background stories affect their current health. During my residency with Kaiser Permanente in Fontana,

California, I grew proud of its approach to high-quality preventive care, across the socioeconomic spectrum. I enjoy helping my members change their lifestyles to prevent and manage chronic disease.



Justin W. Bruno, DO

FAMILY MEDICINE

My goal as a physician is to provide well-rounded care to my patients to include both body and mind. I also utilize osteopathic manipulative treatment (OMT) as necessary to help with aches and pains. It is important for me to try to understand each patient as a person, including their social situation, which plays a big factor in their health.



Christine S. Chen, MD

PEDIATRICS

My philosophy is partnering with parents in caring for their children's physical and emotional growth and providing guidance as they mature from infants to adolescents. I am dedicated to providing quality health care with compassion, understanding, and professionalism. I feel fortunate to work with outstanding colleagues at Kaiser Permanente and am proud of the continuity of care that we provide. At Rockwood, I take great pleasure in working with a diverse group of patients from various backgrounds.



Matthew B. Presson, DO

FAMILY MEDICINE

I am proud to care for members from birth to death – often entire families. As an osteopath, I place great importance on the influence of mind, body, and spirit on a member's health. I approach my relationship with my patients as teamwork – emphasizing education and goal-setting, along with preventive care.



Tory J. Olsen, MD

ENGLISH/SPANISH

FAMILY MEDICINE

One of the reasons I decided to pursue family medicine was the ability to work with patients of all ages, from birth to old age. I strive to understand the goals and values of each patient that I see, so that I will be able to provide more meaningful and collaborative care. I am particularly interested in preventive care, LGBTQ health, and global health, and I do a variety of procedures.

MEDICINA FAMILIAR

Uno de los motivos por los que decidí dedicarme a la medicina familiar fue la posibilidad de trabajar con pacientes de todas las edades, desde el nacimiento hasta la tercera edad. Me esfuerzo por comprender los objetivos y los valores de cada paciente que veo para poder brindar una atención más significativa y colaborativa. Me interesa particularmente la atención preventiva, la salud de la comunidad LGBTQ y la salud global, y llevo a cabo diversos procedimientos.



Jessica L. Holzman, MD

FAMILY MEDICINE

I pride myself on providing up-to-date, evidence-based medicine that is tailored to meet each patient's specific needs. I work to empower my patients to take charge of their health and well-being. My special interests include women's health, contraception, and pediatrics.



Tamara Renee Sanderson Dissanayake, MD, MPH

FAMILY MEDICINE

My goal is help my patients work from wherever they are towards the best version of themselves. I aim to partner with patients throughout their care while ensuring they leave our visits feeling well informed. I enjoy taking care of all members of the family and practice a wide spectrum of Family Medicine including a variety of procedures.

Salmon Creek Medical Office Clinicians



David F. Pruetto, MD

PEDIATRICS

As a pediatrician, I have a strong belief in preventative medicine. Learning and teaching ways to stay healthy are what will shape our future generations. Advancements in technology and vaccines have allowed us to help keep our community's children healthier. My job as a pediatric provider is to partner with families to watch newborns develop into healthy, young adults and to educate both the patients and their families on ways to develop healthy habits that will last into adulthood. Watching a newborn grow and develop is the most rewarding part of my job. The science of medicine is constantly adding new information; therefore, I strive to be a lifelong learner to convey information and collaborate with families at their visits.



Jian Xu, MD

FAMILY MEDICINE

As your family physician and primary care provider (PCP), I will strive to be a physician for the whole, multi-generational family. What invigorates me every day is the opportunity to gently guide my patients toward better health outcomes, using patient-oriented evidence that matters (POEM). As a former Navy physician, I firmly believe that an ounce of preventive healthcare (e.g. birth control, immunization, cancer screening, healthy lifestyle choices) is better than a pound of damage control "sick care". As a racial minority with immigrant roots, I have a special interest in the well-being of all marginalized members of our community: the poor, young adults, veterans, assault victims, and LGBTQ. Overwhelmed parents, distressed kids, and empty nesters? I care about you too! I embrace diversity and respect patient autonomy. I am your primary healthcare champion from cradle to grave.



Kristin Sachiko Yasuda, MD

PEDIATRICS

Integrity, respect and teamwork are key components of my medical practice. My goal is to work with families to find the best solution for their children. I always strive to practice evidence-based medicine and I have a particular interest in preventative medicine. I believe that keeping our kids safe starts with good counseling and education. I enjoy working with a diverse patient population with various backgrounds, beliefs, sexual orientations and medical conditions, including children with special health care needs.



Heather N. De Jesus, MD

FAMILY MEDICINE

As a family medicine doctor, I love to care for infants and children as well as adults and the elderly. I undertake in-office procedures of all kinds to keep you healthy. I offer a focus on men's health as well as gynecologic health care and contraceptive devices. My goal is to get to know you as a person, educate you to make decisions for your best health, and provide excellent medical care for you and your family.



Kristin A. Lottig, MD

PEDIATRICS

I take a collaborative approach with my patients and families. I know we both have the same goal – to keep our children healthy. I find it important to be open about what we know is best (based on research and/or clinical experience) and, sometimes, what we don't know. I will be honest and straightforward and will ask for patient and family input. I love seeing children of all ages and family backgrounds.



Rachel E. Ternan, MD

PEDIATRICS

I believe that my role as a pediatrician is to collaborate with patients and their families to achieve our shared goals for their health and well-being. It is a privilege to get to know my patients as they grow from infants to young adults. I recommend the American Academy of Pediatrics immunization schedule as safe and effective, but am always happy to discuss any questions or concerns about vaccines.



Michael R. Wilmington, MD

PEDIATRICS

I love to help people learn how to care for their children and themselves. I think it's important for parents to know what to expect at each developmental age and that children know what is happening to their bodies as they grow. Philosophically, my practice is oriented toward educating people to help them make their own decisions about care. I also incorporate education formally as a component of my practice, and have medical students and residents with me often.



Thuy Lien T. Hoang, MD

FAMILY MEDICINE

I firmly believe that your good health depends on caring for your physical, mental, and spiritual needs. As a physician, I think it is important to provide members with the knowledge they need to make informed decisions regarding their health.



Mark Lussier, MD

FAMILY MEDICINE

I am board certified in family medicine, which I enjoy thoroughly. My philosophy involves an integrated, team-based approach. My goal is to provide the best interventions/treatments for my patients based on their individual needs, unique qualities, and direct input.



Hong-Diep Nguyen, DO

FAMILY MEDICINE

I specifically choose to become a family physician as it allows me to build partnerships with my patients at any stage of their life. It provides me the opportunity to get to know my patients so we can learn and grow together. I believe how a person is raised, his/her/their family background/culture, beliefs, genetics, and environment play large roles in a person's mental and physical health. I do not take this responsibility lightly as I feel very fortunate to be able to work with patients, sometimes at their most vulnerable state. Being honest, building trust, and developing a good line of communication are the qualities I strive for the most with all my patients.



Charissa Elizabeth Rogers, MD

FAMILY MEDICINE

As a family medicine physician I take care of a wide range of individuals – including infants, children, and adults. I also do a variety of small office procedures related to skin and joints, and some women's health procedures. My aim is to get to know you as a whole person and work with you to achieve your health goals.

Skyline Medical Office Clinicians



Sarah E. Baca, DNP

FAMILY MEDICINE

I understand that people are unique and multi-faceted, and care should be individualized and personalized for best outcomes. I love having my nursing background to build upon, and have a passion for focusing on underserved populations and integrative health. I feel grateful to be a part of others' personal journeys and being able to accompany patients through the complexities of their care, while also considering diversity and cultural backgrounds. I am excited to be a part of the Kaiser Permanente team!



Michael A. Marlowe, MD

PEDIATRICS

I enjoy working with children of all ages and especially enjoy working with families over many years as their children grow. I believe parental insight is very important in helping care for pediatric patients. I am also involved in pediatric diabetes care for our patients in the Salem area.



Brian L. Gumbs, MD

PEDIATRICS

I believe that being a pediatrician is about much more than just treating illness. It is about partnering with my patients and their families, providing the information and resources they need to improve their health and prevent disease. By practicing with Kaiser Permanente, I have the privilege of working in a system that supports this idea and continually works to improve the quality of care I can deliver.



Yu Cynthia Xu, MD

PEDIATRICS

What motivates me to work at Kaiser Permanente is the idea that preventive care is a top priority. I strive to keep updated with information relevant to pediatrics and share that with my patients and families. I also make sure that I listen to the concerns they have. I enjoy working with families to promote a safe and healthy life-style for children of all ages.



Kelly A. Smucker, MD

PEDIATRICS

I love getting to work with kids every day. I believe my job as a pediatrician is to partner with families to help raise healthy children. I enjoy building relationships with families, and working with children from birth through childhood and adolescence. My goal is to both treat illness and provide information and guidance to prevent disease. I have particular

practice interests in newborn care, breastfeeding medicine, vaccination, and dermatology.



Amy Sutkus, MD

FAMILY MEDICINE

Before joining Kaiser Permanente, I worked for six years in a rural clinic providing medical care to all comers, from babies to people at the end of life. I enjoy the variety of my practice and getting to know my patients. This is what makes family medicine fun and interesting. One role of a family physician is to help people interpret what is worrisome regarding their health and what needs the attention of a specialist. I see myself as a sounding board for all things health-related, an advocate for my patients. I find that being a physician for multiple family members enriches my ability to care for patients. Ultimately, I want each of my patients to feel heard, cared-for, and as healthy as they can be. In office, I do joint injections, contraceptive placement, and minor skin procedures. My interests include minimizing medications and helping patients make lifestyle changes to improve their health. I came to Kaiser Permanente because it is focused on providing good medical care to patients through innovative programs and research. I am happy to be a part of an organization that is making a difference in the wider world of medicine.



Justin T. Gathercoal, DO

FAMILY MEDICINE

As an Osteopathic physician, I appreciate the art and science of medicine, as well as performing osteopathic manipulative medicine. I believe that the body has the innate ability to heal, but when it can't, the physician is there to help return or maintain that balance. As a family physician, I treat multiple medical conditions and all patients from young to old.



Gwendolyn A. Oran, MD

FAMILY MEDICINE

I came to Kaiser Permanente for its strong, organized system of support among providers, quality of care and prevention. Kaiser Permanente members are our highest priority and we all work hard to ensure excellent care. I try to understand my patients' values before coming up with a treatment plan because let's face it, the plan will not work if you don't buy into it. I enjoy providing care for all ages from newborns in the hospital to members in their 90s.



Kyla N. Pepper, MD

FAMILY MEDICINE

I work in the primary care department as a Family Medicine physician and thoroughly enjoy providing care for entire families all in one office. I believe in Kaiser Permanente's commitment to teamwork. I am reminded everyday that we have a talented group of nurses and support staff to provide comprehensive and excellent care to our members.

Sunset Medical Office Clinicians



Jonathon Lee Gross, MD, MBA

FAMILY MEDICINE

Given my interest in full spectrum family medicine, I have a wide scope of practice. This includes procedures, newborn and pediatric care, adolescent care, prenatal care, adult care, and care for the elderly. As a physician, I find it most rewarding to have long-lasting relationships with patients where I can provide patients with evidence-based care for a variety of health conditions in order to help people live healthfully and happily. I am also happy to offer LGBTQIA+ affirming care, including transgender hormonal management..



Yesenia Reyes, NP

FAMILY MEDICINE

My specific interests include improving quality of care to support patient's ability to make informed decisions and to improve health care access. I am an advocate of shared decision making between the provider and patient. I practice a patient-centered care approach in hopes to enable and encourage patients to play a role in the medical decisions that affect their health.



Justin Zongjie Yan, DO

FAMILY MEDICINE

As a family medicine physician, I chose to be with Kaiser because I want to be a part of an incredible team dedicated to providing comprehensive, high-quality care to the community. I believe that continuity of care and joint decision-making between the physician and patient are necessary for successful management of overall health. I care for patients of all ages with a variety of chronic and acute conditions. I enjoy providing outpatient procedures related to sports medicine and dermatology. I am also very interested in preventative medicine and obesity/weight loss.



Brittany B. Williams, MD, MPH

PEDIATRICS

As an outpatient general pediatrician, it is a privilege to become a part of my patients families and provide care as they develop into young adults. Building relationships with my patients and their families is essential to provide their best care. With my public health background, I have a passion for health education, healthy equity, and advocating for quality health care for individuals with diverse backgrounds.



Jannatul Nayeem, MD

PEDIATRICS

Pediatrics is an exciting and challenging field that combines compassionate care, preventive medicine, social advocacy, and community health. As a pediatrician, I love to take an active role in the healthy and sound development of each child. I enjoy educating parents about immunization, disease prevention, and disease management and also helping them cope with stress over a sick child.



Brittany Shea Bassitt, MD

PEDIATRICS

I have always been at home around children and consider it a privilege to partner alongside families from birth through childhood. Children amaze me with their resilience, and I cherish being a part of their growth, development, and medical journeys. I strive to create trusting partnerships with families, as I think this is essential to a longstanding physician-family dynamic. One of my passions is preventive medicine, which is an integral part of pediatrics through wellness visits. It is my goal to instill confidence in parents and children as they grow and use evidence-based approaches to provide excellent medical care.



Robert W. Peterson, MD

PEDIATRICS

This is the best job in the world: watching babies grow to become healthy teens and young adult and helping adults become experienced and confident parents. My interests are in helping young people to live well and be healthy. I am also very active in the care of children with diabetes and our Kaiser Permanente patients at Doernbecher Children's Hospital.



Kathryn M. Kelly, MD

PEDIATRICS

As a pediatrician, I enjoy caring for children from newborns to adolescents, building rapport with patients and families and watching patients grow. I have additional experience in chronic complex patient care and in adolescents, asthma, weight management, and behavioral health – but truly enjoy all aspects of pediatric care. I practice with the idea that it is important for patients and their parents to be involved in the decision-making process regarding care and to be well informed. I pride myself on staying up-to-date on the latest medical knowledge.



Robert R. Nash, MD

PEDIATRICS

The majority of my time is spent caring for children from birth until early adulthood at the Sunset Medical Office. The most rewarding aspect of my practice has been getting to know my patients' families and develop trusting relationships with them over the years. Pediatrics is a unique area of medicine because the importance of growth and learning as children develop. I enjoy talking with parents about how to raise happy and healthy kids! Another

important part of my practice involves working with hospitalized Kaiser Permanente pediatric patients at Doernbecher Children's Hospital. Caring for kids in the hospital helps keep me informed about the newest treatment options and in close contact with a variety of pediatric subspecialists.



Patrick Anthony Spensley, MD

FAMILY MEDICINE

Dr. Spensley has been practicing in family practice for 30 Years. He graduated from St Louis University and attended residency near Dallas, Texas. He lives in Newberg and runs the Newberg Primary Care office for Kaiser Permanente on Wednesdays and sees patients in the Sunset office in Hillsboro on Tuesdays and Thursdays. He enjoys hiking, bicycle riding, reading, and music. He sees babies through centenarians, and does multiple in-office procedures, including joint injections.



Karla L. Hennebold, MD

PEDIATRICS

I work as a clinic physician in a general pediatric practice in Hillsboro as well as a pediatric hospitalist for Kaiser Permanente at Doernbecher Children's Hospital in Portland. My philosophy is that of prevention, and feel that a preventive health strategy is crucial to the well being of our children. I believe with sound nutrition, immunizations and early identification of developmental concerns, we can help our children achieve their full potential.



Jonathan Richard Tardiff, PA-C

ENGLISH/SPANISH

FAMILY MEDICINE

I have special expertise in substance use disorders, and pain management without opioids. I am also our clinic's Suboxone champion. I am fluent in trans and nonbinary care and am an ally for LGBTQI persons. I perform many procedures in the clinic, including most joint injections, lesion removals, IUDs, Nexplanons, and others. I love Cardiology, Orthopedics, Dermatology, and diabetes management. I speak Spanish, and welcome patients from all cultures. I really enjoy collaborating with my patients, finding solutions that work for each person. I think listening is the most important skill a provider can have, so I try to understand all of my patients' concerns.

MEDICINA FAMILIAR

Me especializo en trastornos por abuso de sustancias y manejo del dolor sin opioides. También soy experto en Suboxone en nuestra clínica. Proporciono atención de personas transgénero y no binarias y soy aliado de la comunidad LGBTQI. Llevo a cabo muchos procedimientos en la clínica, como la mayoría de las inyecciones en articulaciones, extirpación de lesiones, colocación de dispositivos intrauterinos y Nexplanon y otros. Adoro la cardiología, la ortopedia, la dermatología y el manejo de la diabetes. Hablo español y recibo a pacientes de todas las culturas. Realmente disfruto de colaborar con mis pacientes y encontrar soluciones que funcionen para cada persona. Creo que escuchar es la habilidad más importante que un proveedor puede tener; por eso, intento comprender las inquietudes de todos mis pacientes.



Donna L. Linvog, MD

PEDIATRICS

I see myself as a member of your child's healthcare team and prefer to involve all members of the team in making decisions. The "team" typically includes the child and the parents, although may include others such as consultants, specialists or other family members. I see my role as being someone who should make recommendations as well as educate about options and why I recommend what I do. I feel prevention is key in staying healthy and this starts from before birth.



Rebecca M. Baird, MD

PEDIATRICS

I believe teamwork between the medical team and the family is key to improving our children's health. I view my role as a pediatrician as a partner in helping parents raise children with healthy habits and goals that will last throughout their adult years. I have worked in Kaiser Permanente's Sunnyside Special Care Nursery and at Doernbecher Children's Hospital caring for Kaiser Permanente patients. Most recently, I have joined the Sunset Medical Office and look forward to working with families here on the westside.



Sarah A. Rozeboom, MD

PEDIATRICS

I was drawn to Pediatrics as a practice because of its focus on preventive care. I am passionate about the importance of vaccinations! I especially enjoy early childhood development – birth to kindergarten. Kids change so fast, and keeping them healthy is a constant challenge. Kaiser Permanente's emphasis on prevention is a perfect fit for me.



Karla Carolina Acosta, MD, MPH

ENGLISH/SPANISH

FAMILY MEDICINE

I believe in being a full-spectrum family medicine doctor and enjoy providing prenatal, pediatric, adult, and geriatric care. I am passionate about building relationships with my patients and providing care to families as a whole. I believe in evidence-based medicine while also being the strongest advocate for my patient and generating a personalized care plan. I believe in community health and how culture, environmental factors, health education, prevention, and treatment are critical components for a holistic approach. I am excited to be part of the Salud en Español module and be able to provide culturally appropriate care to our Spanish-speaking population.

MEDICINA FAMILIAR

Soy médica de medicina familiar en todas sus variedades y disfruto de brindar atención prenatal y para pacientes pediátricos, adultos y geriátricos. Me apasiona establecer relaciones con mis pacientes y atención a toda la familia. Creo en la medicina basada en la evidencia y, al mismo tiempo, soy la mayor defensora de mis pacientes y elaboro un plan de atención personalizada. Creo en la salud comunitaria y en cómo la cultura, los factores ambientales,

la educación para la salud, la prevención y el tratamiento son componentes fundamentales para un enfoque holístico. Me entusiasma formar parte del módulo Salud en Español y poder brindar una atención culturalmente apropiada a nuestra comunidad de habla hispana.



Saskia Van Der Wal, MD

ENGLISH/SPANISH

FAMILY MEDICINE

I am passionate about practicing full-spectrum family medicine and though I no longer deliver babies, I have years of experience providing low-risk prenatal care and newborn care. I also particularly enjoy treating multigenerational families, focusing on a holistic approach, as so many factors in our lives can affect our health. I am culturally and linguistically bilingual and value diversity in all its forms. I am very excited to be part of the new Latino Module, providing culturally sensitive care to our Latino and Spanish-speaking population.

MEDICINA FAMILIAR

Me apasiona practicar la medicina familiar en todas sus variedades y, aunque ya no atiendo partos, tengo años de experiencia en el área de atención prenatal de bajo riesgo y de atención al recién nacido. También disfruto mucho de atender a varias generaciones dentro de una familia y mi enfoque es el bienestar total, ya que muchos factores de nuestras vidas pueden afectar nuestra salud. Soy bilingüe desde el punto de vista cultural y lingüístico, y valoro la diversidad en todas sus formas. Estoy muy emocionada por formar parte del nuevo módulo para latinos y brindar atención culturalmente sensible para nuestra población latina y de habla hispana.



Cara L. Kawahara, MD

FAMILY MEDICINE

As a family physician, I love that I am able to care for the entire family, and as a mother to 3 young children myself, I know that parenting is a fun yet challenging experience. I enjoy helping parents understand and anticipate the developmental milestones their children will go through as they grow as well as providing care for them when they are ill. As a family physician who provides prenatal care, I am able to start that education process before the new baby arrives and support all members of the family in adjusting to their new and exciting life together.



Julia A. Rothgery, MD

FAMILY MEDICINE

I practice full-spectrum family medicine, seeing everyone from newborns to the elderly, including providing low-risk prenatal care. I love when I get to be the primary care physician for a whole family. This unique relationship encourages a commitment to caring for the person instead of the disease, as well as promoting wellness. My belief is that there are many ways to raise a family, and it's important to make the best choices for your family. I also support the standard immunization protocols as recommended by the CDC.



Maggie E. Wells, MD, MPP

FAMILY MEDICINE

I'm a family practice doctor who cares for children, women, and men of all ages and from diverse backgrounds. The best part of my job is getting to know people and families over the course of years. I love prenatal care and getting to support growing families. I consider it a privilege to serve LGBTQ folks. I offer a variety of in-clinic procedures, including those that support reproductive health. I meet folks where they are, without judgment, and together we build a personalized and whole-person plan of care that brings them ever closer to the life of their choosing. What I love about being a Kaiser Permanente doctor is how the whole organization is structured to incentivize care providers – working together on teams and across specialties – to do right by our patients and provide exceptionally high-value care.



Tess Elizabeth Macfife Ish-Shalom, DO

ENGLISH/SPANISH

FAMILY MEDICINE

I strive to empower my patients to improve their health and well-being. I chose family practice as my specialty because I believe we can promote health best when we understand the whole person. It is an honor to provide care for several generations of the same family. I especially enjoy women's health, prenatal and newborn care, and elder care. I practice osteopathic manual medicine in my clinic as well.

MEDICINA FAMILIAR

Me esfuerzo por empoderar a mis pacientes para que mejoren su salud y bienestar. Elijo la medicina familiar como mi especialidad porque creo que podemos fomentar mejor la salud cuando comprendemos a la persona de manera integral. Es un honor poder brindar atención a varias generaciones de la misma familia. Disfruto especialmente de brindar atención de la salud para mujeres, cuidados prenatales y del recién nacido y atención para adultos mayores. Además, en mi clínica ofrezco servicios de medicina manual osteopática.



Fayza I. Sohail, MD

FAMILY MEDICINE

I enjoy taking care of every member of the family, from the baby to the grandparents! I trained in Washington D.C. in Family medicine, which included pediatrics at Children's National. Interacting with tiny humans is always welcome in my book. I believe in dedicated teamwork when it comes to member care. While I can serve as a guide and motivator, you (or your parent) are the person in charge! I feel strongly about education and have found that the more members know about their diseases, the more likely it is that their therapies will make sense to them. I look forward to not only caring for you but your entire family as well.

Tualatin Medical Office Clinicians



Karen A. McClish, FNP

FAMILY MEDICINE

I work in Family Practice and have a strong belief in treating the entire person, not just a single malady. I enjoy working with patients of all ages and appreciate the variety of ailments/concerns addressed in Family Practice. It is important to me to have a personal connection to my patients, so I try to learn more about them than just their medical history. I have an awful memory for names, but I can remember a patient's social history and interests! I appreciate that Kaiser Permanente allows direct communication between patients and their provider through kp.org. I like that our lab, radiology, mental health, physical therapy, and pharmacy are all in one location, saving patients from driving around town to access these services.



Maria Cristina M. Soriano, MD

PEDIATRICS

My favorite role as a pediatrician is to guide new parents in taking care of their newborn. It gives me joy to see my patients grow up and go thru important milestones in their lives. In my practice, I have special interest in preventive care, allergy, asthma, infectious disease.



Eric Patterson Wecker, MD

FAMILY MEDICINE

What I enjoy most about family medicine is learning from my patients and their families. It's extremely rewarding to watch children grow and develop. I love talking with kids and parents about their lives, and helping them to lead their best ones by understanding their health. No matter what challenges my patients bring to the table, I'm confident we can work as a team. If you are a human being of any age or background, I look forward to meeting you!



Kim Jonathan Waarvick, MD

FAMILY MEDICINE

In my practice, I strive to care for the whole person. This requires that I do my very best to fully understand the cultural and family background of the person seeking my help. I have had the wonderful privilege in my years as a physician to have had a practice rich in a broad diversity of patients. Kaiser Permanente defines itself as an organization that recognizes culturally competent care as a critical feature of excellent patient care, and I am especially happy to work in an environment where this philosophy is held up as a core value.



Tamir P. Rogson, MD

FAMILY MEDICINE

The family medicine experience is a wonderful journey to travel. I am honored to be part of the team caring for the entire family. My belief is to provide comprehensive and compassionate care to all of my patients. I believe in the use of all the medical resources that we have today to ensure a long, healthy life. Vaccines are an amazing development and are powerful in their ability to prevent disease and all of the complications that can occur. The best way to treat disease is to prevent it from occurring in the first place. It is privilege to work with my patients, all of them, the parents, brothers, sisters, grandparents, and grandchildren, to help them move forward, be healthy, and continue to thrive.



Emma S. Germann, MD

PEDIATRICS

I enjoy taking care of children of all ages and backgrounds, including those with chronic illnesses who may be more medically complex and require specialty care, and those who were in the NICU as infants. I believe in the importance of taking time to listen to parents' and caregivers' concerns. Having grown up with 3 adopted siblings, I also have an interest in foster care and adoption. I speak a little bit of Spanish, which I try to use when meeting with families – with the help of an interpreter whenever possible!



Marcia P. Diaz Medina, MD

ENGLISH/SPANISH

FAMILY MEDICINE

Now I practice full-spectrum family medicine with obstetrics. My practice includes management of acute and chronic diseases in the pediatric, adult, and elderly populations; obstetrics and prenatal care; and office procedures including contraception, biopsies (gynecological and dermatological), skin procedures, and joint injections.

MEDICINA FAMILIAR

Ejercicio la medicina familiar en todas sus variedades junto con la obstetricia. Esto incluye el control de enfermedades crónicas y agudas en niños, adultos y ancianos; atención prenatal y de obstetricia; y procedimientos de consultorio, como anticonceptivos, biopsias (ginecológicas y dermatológicas), intervenciones en la piel e inyecciones para las articulaciones.



Michelle A. Chin, MD

PEDIATRICS

Training in a city with a large underserved population allowed me to see a wide range of children. I was able to see firsthand the impact that early intervention and preventive medicine have on children. I hope to bring this perspective to my practice and encourage a good foundation of communication and support with families and the community.



Debra K. Davis, MD

FAMILY MEDICINE

I strongly believe teamwork and communication foster good health. As such, I strive to meet the medical needs of my patients by engaging them in the decision-making process of their health choices. I am committed to supporting quality and evidence-based health care for all of our members, in addition to working with the individual needs of my paneled patients. Providing prenatal, infant, and pediatric care in my practice for the past 20 years has given me great perspective in family care, and I enjoy supporting parents as they start and grow their families.



Kathleen M. Laughlin, MD

FAMILY MEDICINE

Taking care of families and their children is one of the great joys of my professional experience. Having delivered babies for over 20 years as a family practitioner has been such a privilege and gives me a special perspective on infant and pediatric care. I love seeing little ones grow up! And I learn so much from my patients and their parents. I enjoy working with each family to maximize their potential and find solutions for the challenges that inevitably arise with parenting. I support the pediatric immunization schedule recommended by the American Academy of Pediatrics and the American Academy of Family Physicians.



Hilary A. Wells, MD

PEDIATRICS

I am a general pediatrician and see members from birth to age 18. I feel immunizations are a very important part of providing excellent health care for children and I make every effort to keep all my patients fully vaccinated. I have enjoyed building relationships with the families I serve, some of which I have known since starting my work at Kaiser Permanente in 2002.



Laurel M. Westly, MD

FAMILY MEDICINE

I am glad to practice patient-centered care, with an emphasis on shared decision-making. My practice encompasses care for newborns, children, and all adults. I perform office based procedures including minor skin procedures, IUD placement, and a range of joint injections. I want to help patients stay healthy.