Linda Bettin admires the clematis vine growing on the arbor in her yard, excitedly noting the buds that will soon bloom. She proudly points out distinctive plants in each of the flower beds she tends, giving a bit of the history and planning of each one. She understands the benefits each plant brings to the garden.

While the retired physician assistant enjoys gardening, her lifelong passion has always been women’s health. She spearheaded efforts at McCravy Rost Clinic during her tenure there to educate women about Hormone Replacement Therapy (HRT), attending and presenting at professional conferences on the subject. She worked with female patients to navigate through menopause and relieve many of the symptoms.

Over the years, Linda helped many patients with menopause symptoms. When she retired, she turned to Barb Weber, ARNP-C, at McCravy Rost Clinic Rockwell City for help in managing her HRT. Prior to her visit with Barb, Linda experienced hot flashes, weight gain and anxiety. “I’ve known Barb for many years. I was her medical provider when she had her baby! I’ve always been impressed by her abilities. I knew Barb was knowledgeable and supportive of HRT and that she was willing to think outside the box.”

The Merck Manuals, one of the world’s most

When Linda Bettin retired from medical practice, she turned to Barb Weber, ARNP-C for her care. Barb worked with Linda to balance Linda’s hormone levels as she experienced menopause symptoms, making Linda more comfortable and able to enjoy her daily activities.
widely used medical information resources, define hormones as “chemical substances that affect the activity of another part of the body (target site). In essence, hormones serve as messengers, controlling and coordinating activities throughout the body.” According to the Hormone Health Network, “Hormones regulate menstruation, fertility, menopause, and sex drive (libido). The main hormones affecting the menstrual cycle and fertility are produced by glands in the brain and by the ovaries.”

Linda’s experience with HRT began when she started her practice as a nurse practitioner and physician’s assistant during the 1980s. “In the old days, female medical issues were simply not discussed. Women felt embarrassed talking about hot flashes and night sweats. Thankfully, times have changed and people are more open about their symptoms. That’s great because people need to be educated. Women no longer have to suffer as they once did. There is help available,” Linda says.

During her thirties, Linda began experiencing symptoms herself as she began perimenopause, the time period during which a woman’s body makes its natural transition toward permanent infertility (menopause). Menopause is defined as the cessation of menses for 12 months or more. She explains that imbalances in a woman’s hormone levels, most often estrogen and progesterone, cause symptoms associated with menopause. Those imbalances can also cause thyroid issues, bladder function, memory, osteoporosis, heart attacks, and strokes.

Linda concedes that in the past HRT has been controversial. In an article written for publication on www.webmd.com, R. Morgan Griffin explains that doctors had been prescribing HRT, usually a combination of estrogen and progestin, to patients during and after menopause to ease symptoms like emotional stability, lethargy, depression, headaches, weight gain, insomnia, and hot flashes, in addition to other symptoms like joint or back pain, anxiety, dry skin, vaginal dryness, decreased sexual desire, and decreased sexual activity for decades. In 2002 the Women’s Health Initiative published a study on the use of artificial estrogen that seemed to show that hormone replacement therapy actually had life-threatening risks such as heart attacks, strokes, and cancer. Many medical providers and patients ceased using HRT, but Griffin writes, “All along, HRT remained an important treatment for menopause symptoms like hot flashes. And now, a number of recent studies show that hormone replacement therapy may have protective benefits for women who are early in menopause. Increasing numbers of researchers say there should be a place for hormone replacement therapy as a preventive treatment for limited periods as it may help prevent disease in younger women around the age of menopause.”

“We have evidence that hormone
therapy can prevent heart disease, hip fractures, and osteoporosis, and that it cuts the risk of developing diabetes by 30% in younger women,” says Shelley R. Salpeter, MD, a clinical professor of medicine at Stanford University’s School of Medicine. In one recent study, Salpeter and her colleagues found that HRT reduced the number of heart attacks and cardiac deaths by 32% in women who were 60 or younger (or women who had been through menopause less than 10 years ago). In older women, hormone replacement therapy seemed to increase cardiac events in the first year, and then began to reduce cardiac events after two years.

Regulating Linda’s hormone levels was Barb’s focus for her patient. She first tested Linda’s hormone levels via salivary hormone testing. This simple test requires the patient to collect saliva samples from one to four times a day, depending on what is being tested. This painless test is conveniently done in the patient’s home and accurately measures active hormone levels. The basic collection looks at estrogen, progesterone, testosterone, DHEA, and cortisol levels. “Additional saliva samples can be obtained to gain greater knowledge of the adrenal glands by testing cortisol levels up to four times a day,” says Weber.

Some providers test hormone levels by obtaining blood samples instead of saliva tests. Barb feels that saliva testing has been established as one of the best methods for accurately assessing the amount of “free” hormones, otherwise known as your active hormones. The results of these tests help guide the provider in prescribing appropriate hormone therapy. “Hormones and hormone reception sites fit like a lock and key. Once the ideal ratio of progesterone and estrogen has been achieved, your own hormones can work together to create a sense of balance within yourself,” explains Barb.

Much like planting her flower beds by keeping in mind the benefits each plant brings to the health of the bed and aesthetic value, Barb and Linda work together to maintain the balance in Linda’s hormone levels, ensuring Linda continues to have fewer hot flashes, sleeps better, decreases anxiety, and avoids other issues associated with menopause. Linda recommends Barb as a provider because of how she relates to her patients. “Barb listens to her patients and uses best practices to solve issues. She looks at the individual’s needs and is willing to try different approaches to find solutions.”

Excellence in Patient Care

Stewart Memorial Community Hospital is proud to announce McCrory Rost Clinic earned the Excellence in Patient Care award from the Studer Group® for high ratings on patient surveys.

88.9% said their provider saw them within 15 minutes of their appointment times.
94.8% said someone followed up with test results.
93.9% said their providers explained in a way they understood.
94% said their providers spent enough time with them.
95.3% said they were pleased with the office staff quality.
Mammography Goes 3D

Stewart Memorial Community Hospital (SMCH) is excited to offer 3D mammography (breast tomosynthesis) for breast cancer screening. Breast tomosynthesis produces a three-dimensional view of the breast tissue that helps radiologists identify and characterize individual breast structures without the confusion of overlapping tissue.

“We believe breast tomosynthesis will benefit all screening and diagnostic mammography patients, and it is especially valuable for women receiving a baseline screening, those who have dense breast tissue and/or women with a personal history of breast cancer,” explains Mary Reiter, Radiology Director at SMCH.

The center’s Selenia® Dimensions® breast tomosynthesis system is made by Hologic, a world leader in digital mammography. The Selenia Dimensions system offers exceptionally sharp breast images, an advanced ergonomic design providing more patient comfort, and the ground-breaking tomosynthesis platform designed to deliver superior screening and diagnostic performance for all breast types.

Breast cancer screening with tomosynthesis, when combined with a conventional 2D mammography, has a 40% higher invasive cancer detection rate than conventional 2D mammography alone. Tomosynthesis technology gives radiologists increased confidence with up to a 40% reduction in recall rates.

The tomosynthesis screening experience is similar to a traditional mammogram. During a tomosynthesis exam, multiple, low-dose images of the breast are acquired at different angles. These images are then used to produce a series of one-millimeter thick slices that can be viewed as a 3D reconstruction of the breast.

By offering women the latest and more accurate technology in mammography, SMCH expects to increase the number of area women who will be routinely screened. Reiter says, “Knowing that patients are getting the latest technology and their exams are top quality will be an incentive for patients to get their screenings done.”

According to the American Cancer Society, breast cancer is the second leading cause of cancer death among women, exceeded only by lung cancer. Statistics indicate that one in eight women will develop breast cancer sometime in her lifetime. The stage at which breast cancer is detected influences a woman’s chance of survival. If detected early, the five-year survival rate is 98 percent.

SMCH is committed to the fight against breast cancer. In offering breast tomosynthesis digital mammography, SMCH provides the latest in imaging technology. If you would like to schedule a mammogram or have questions about this important breast health procedure, please call 712-464-4207.

The radiology technicians at Stewart Memorial Community Hospital are excited to use the new technology that can detect 41% more invasive breast cancers and reduces false positives by up to 40%.

Pictured left to right are Marilyn Mumm, Jenni King, and Radiology Director Mary Reiter.
What is a 3D mammography (digital breast tomosynthesis) exam?
3D mammography is much like your annual mammogram but far more accurate in earlier breast cancer detection. 3D works by capturing multiple slices (images) of your breast from several angles. Then a computer produces a 3D image of your breast tissue in one millimeter slices. Our radiologists can review the data, one slice at a time, like turning pages in a book, making it easier for them to see if there is anything to be concerned about.

What are the benefits of 3D mammography?
With conventional digital mammography, the radiologist is viewing all of the overlapped tissues of the breast in one flat 2D image. This can, in some instances, give the illusion of an abnormality even though the breast is normal, and it can also mask an actual tumor due to superimposed breast structures.
By looking at the breast tissue in one millimeter slices, the radiologist can provide a more accurate assessment. 3D mammography provides 25% improvement in overall cancer detection rates, finding 40% more invasive cancers than conventional mammography. It also means there is less chance of you being called back for a “second look” mammogram because of overlapped normal structures. The “false positive” rates are reduced by up to 40%.

What should I expect during the 3D mammography exam?
3D mammography complements the standard 2D exam and is performed at the same time, with the same system. There is no additional compression required and it only takes a few seconds longer for each view.

Who can have a 3D mammography exam?
It is approved for all women who would be undergoing a standard mammogram for both screening and diagnostic exams.

What if I choose not to undergo a 3D mammogram?
A state of the art standard 2D mammogram will be performed.

Will my insurance cover 3D mammography?
Because 3D mammography is fairly new, most private insurance companies do not cover the additional charge for 3D mammography at this time. There is an additional charge of $57 for a 3D mammogram. This is an eligible expense through your flexible spending account. Effective 1/1/2015 Medicare began reimbursing for 3D mammography, so patients with Medicare coverage do not have to pay the additional charge.

When should you get a mammogram?
The American Cancer Society recommends:
Annual mammograms for women starting at age 40.

Stewart Memorial Community Hospital wants you to make an informed decision about whether or not you wish to receive these services. The mammography technologist will discuss the new 3D technology with you prior to your exam so you will be comfortable with the choice you make.
The providers and staff at Stewart Memorial Community Hospital and McCrary Rost Clinic are pleased to welcome Certified Physician Assistant Megan Grodahl. Megan enjoys the variety of medical opportunities offered in a family practice and is excited to join our team. Whether she’s working with women's health, pediatrics, or geriatrics, she enjoys helping others.

A native of Persia, Iowa, Megan received her Bachelor of Science Degree in Kinesiology from Iowa State University. She earned her Masters degree in Physician Assistant Studies from Des Moines University and completed the Physician Assistant Student Clinical Experience there. Her past medical experiences include employment as a Certified Nursing Assistant and Medical Assistant at The Waterford at Ames, an assisted living facility in Ames, and at Elm Crest Retirement Community in Harlan, Iowa. She has worked as a research assistant at the Exercise Physiology Lab at Iowa State University, leading exercise groups for research studies, recording data from exercise sessions, performing physical exams, and assisting with cardiac stress tests.

Megan is a member of the American Academy of Physical Assistants, Assistants Iowa Physician Assistant Society, Physician Assistant Club, and Des Moines University OB/GYN Club. Megan will primarily practice in Pod B in Lake City alongside Dr. Derek Duncan.

Megan is married to Grant who farms with his family, raising hogs near Lytton. She enjoys spending time with family and relaxing at the lake.

Megan Grodahl, PA-C, is accepting patients at McCrary Rost Clinic.

For appointments, please call:
Lake City Clinic: 712-464-7907
New Occupational Health Equipment Installed at SMCH

As part of our commitment to quality, we strive to provide the equipment and services needed to allow for a positive patient experience. Many patients will benefit from the new occupational health equipment that recently arrived at Stewart Memorial Community Hospital. The new equipment is in place at SMCH and is helping patients.

Whether it’s gauging a patient’s full range of mobility, testing fine motor skills, or increasing strength, patients at SMCH are benefitting from the new equipment. We have expanded our occupational health program through the addition of the new equipment.

The equipment gives our physical therapy staff the necessary tools to help patients return to a quality life after an accident, illness, or injury. The added equipment will be used to help determine a patient’s physical ability to work or go about the daily routine. There are many benefits to an occupational health program. It can improve health and fitness, prevent or reduce workplace illnesses and injuries, help improve employee-employer relationships, decrease absenteeism and workers’ compensation costs, reduce employee turnover, and ensure compliance with OSHA and other regulatory requirements.

The equipment will be used to comprehensively assess injured employees, provide acute care therapy, and perform functional capacity evaluations. By providing this thorough testing, employees can go back to work with confidence in their physical abilities, and employers can provide proper work expectations.

Meet Rachel Judisch

Rachel Dozark Judisch joins the therapy department as the director of rehab/speech-language pathologist. She and her husband Jon, who is an optometrist, and their children Chloe (9) and Cole (6), currently live in Wall Lake but will be moving to Lake City this fall.

Rachel earned her BA in communication disorders from UNI, her masters from the University of Iowa in speech-language pathology, and did a clinical fellowship at the Rehab Institute of Chicago. She has 6 years of experience focused in geriatrics and management and 7 years in providing general SLP services across the spectrum.

Her hobbies include running, triathlons, architecture & design, reading, and acting as taxi driver and sherpa for her kids.

She states her impression of SMCH by saying, “SMCH’s commitment to quality, staff and patients is obvious from the moment you apply for a position. Staff have been very welcoming and enthusiastic about my joining the team.”
Hospice Loving Tree Angels

This December, angel ornaments will decorate the Hospice Loving Trees once again. Each ornament will be printed with the name of a loved one whom family or friends wish to remember during the Christmas season. The Loving Trees will be on display in the Stewart Memorial Community Hospital lobby and the McCrary-Rost Clinic lobby through the month of December. Please pick up your Keepsake Angel after Christmas.

If you wish to remember your loved one with an angel ornament, please mail the form below, along with your $10 minimum donation, to Stewart Memorial Community Hospice, PO Box 114, Lake City, IA 51449.

Community Hospice Loving Tree

Number of Angels needed: ____________

Name(s) to be placed on ornament(s): ___________________________________________________________

(please print clearly) _____________________________________________________________

Donation given by: __________________________________________________________________________

(donor names will be listed in a notebook to be placed near the tree)

Address: ___________________________________________________________________________________

_______________________________________________________________________________________

$10 donation payable to Stewart Memorial Community Hospice, PO Box 114, 1301 W. Main St., Lake City, IA 51449


General Fund Report by Marci Duncan, Treasurer

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$1,865.11

Ending Balance: $7,757.98

SMCH Gift Shoppe Financial Report

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Expenses:

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<tbody>
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Ending Balance: $24,042.44
**Auxiliary Member benefits from New Service at Community Pharmacy**

In January 2015 Carol Laidler was suffering from stomach pain. A diagnosis of Type II diabetes had previously been controlled through diet and exercise, but the disease intensified, causing her to begin taking medicine. She experienced an upset stomach but didn’t become overly concerned. Then her triglyceride (a type of fat found in the blood which convert to energy between meals) levels went haywire. Carol was prescribed another medication to control them. Additionally, she was taking potassium to rectify a deficiency in her system. The three medications interacted and caused Carol to have intense stomach pain.

She contacted registered pharmacist Jane Moeller at Community Pharmacy and asked her to evaluate her medications. Community Pharmacy offers a new service to patients called Medication Therapy Management (MTM). Carol met with Jane and Megan Snyder, PharmD. They went over Carol’s health profile, analyzing all her health issues and the medications she takes to control them. The results were changes in Carol’s medication. The medicine she takes for her triglycerides was swapped for a different prescription, the medicine she takes for her potassium was changed to a more easily swallowed tablet, and the medicine she takes for diabetes was changed to a time-release version. Carol’s stomach pain disappeared. “The medical providers know your health issues. The pharmacists know the drugs. They all have to work together to make a person healthy,” says Laidler.

Jane Moeller attributes the changes in the services pharmacies offer to the changing attitudes of Americans. “We are showing more interest in maintaining our health. In a national survey, 80% of responses indicated Americans expect to be more active in managing their health than ever before. At Community Pharmacy we are responding to that expectation and providing the MTM program.”

The MTM program involves the patient’s healthcare team which includes the patient, the medical provider, and the pharmacist. “It’s all about the patient and healthy outcomes. After analyzing the patient’s medical profile and medications used to control chronic conditions, we send our suggestions for any changes in medications to the patient’s medical provider. Together, the team decides on the best option,” explains Moeller. “So begins a new era in pharmacy - helping patients to better utilize their medications and to enjoy a healthier life.”

The cost of the program is covered on the Medicare Part D Plan. “Every insurance plan has different criteria. Check with your insurance company to find out if MTM is a covered service,” advises Moeller. “If it is not covered under Medicare, this service is available for a fee.”

To learn more about Medication Therapy Management or to set an appointment, call Community Pharmacy at 712-464-7281.

Pictured are Megan Snyder, PharmD, and Jane Moeller, RPh, flanking Carol Laidler who utilized the Medication Therapy Management service at Community Pharmacy. Working with Carol and her medical provider, the pharmacists found alternative medications to eliminate Carol’s stomach pain.
Stewart Memorial Community Hospital Auxiliary Presents

Saturday, February 6, 2016
Doors open at 5:45
Games begin at 7:00 p.m.
at
Opportunity Living, Lake City, IA

How it works: Create your own team of eight OR we can make a team for you. Your team will receive points by answering questions correctly. The winning team receives a prize! Win extra points by decorating your table, dressing as a team, or participating in extra events between rounds.

Popcorn, appetizer buffet, coffee and water provided
Tickets $20 each
Contact the Committee for more details:
Mary Ludwig (712) 464-4117
Danielle Evans (712) 464-4183
Jan Dougherty (712) 464-3728
Marci Duncan (712) 464-3670
Mary Sporleder (712) 464-9991
Marie Schwarm (920) 213-9018

The Premier Event of the Year
Join the Fun and Excitement!
Stewart Memorial Community Hospital Earns Studer Group’s Excellence in Patient Care Award

Stewart Memorial Community Hospital was chosen to receive the Excellence in Patient Care award given by outcomes firm Studer Group®, a Huron Healthcare solution. The organization received the award at Studer Group’s 13th annual What’s Right in Health Care® conference for their achievement across all CG CAHPS composites.

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) program is a multi-year initiative of the Agency for Healthcare Research and Quality (AHRQ) to support and promote the assessment of consumers’ experiences with health care. A goal of the CAHPS program is to generate tools and resources that sponsors can use to produce understandable and usable comparative information for both patients and health care providers.

The CG CAHPS surveys consumers on their experience specifically on access to care, communication, and quality of providers and staff. SMCH consistently earns high scores in several categories. The questions that garnered the highest scores in 2014 are: 88.9% of respondents said their provider saw them within 15 minutes of their appointment times, 94.8% said someone followed up with test results, 93.9% said their providers spent enough time with them, and 95.3% of those surveyed were pleased with the office staff quality.

“It is an honor for our health care team to receive this prestigious recognition. Our team of medical providers and clinic staff are committed to providing quality, compassionate care to every patient, every time,” says Kari Jones, Chief Nursing Officer.

The Excellence in Patient Care awards are given to select organizations that are coached by Studer Group based on various categories. To be eligible for an award, an organization must demonstrate outstanding performance in patient care. Stewart Memorial Community Hospital was selected for achieving significant improvement and/or achievement across all CG CAHPS composites during 2014.

SMCH CEO Heather Cain says, “We are extremely proud of the hard work of our medical providers and the care teams that surround them in achieving this recognition. This award validates that working together as a team, our patients recognize our commitment to providing the highest quality patient experience in our clinics for every patient, every time.”
Outpatient Clinics at Stewart Memorial Community Hospital

Stewart Memorial Community Hospital offers a wide range of outpatient clinics to meet the varying needs of the people in our communities. Appointments for the outpatient clinics can be made by calling 712-464-7907 or 1-800-560-7500.

- **Audiology**
  John W. Reis, Au.D.

- **Cardiology**
  Mark Berry, D.O.
  Iowa Heart Center

- **Dermatology**
  Katherine Blomgren, P.A.-C.
  Scott Green, M.D.

- **Ear, Nose and Throat**
  Diana Smith, ARNP
  Tracey Wellendorf, M.D.

- **General Surgery**
  Ronald Cheney, D.O.
  Marc Miller, D.O.
  Josh Smith, D.O.

- **Ophthalmology**
  Ryan D. Vincent, M.D.
  Wolfe Eye Clinic

- **Orthopaedics**
  Thomas Dulaney, M.D.
  Diane Thi Tran, M.D.

- **Podiatry**
  Mark Hartman, D.P.M.
  Eric Jensen, D.P.M.
  - Surgery Services at SMCH

- **Pulmonology**
  James C. Meyer, D.O.

- **Urology**
  Stephen L. Piercy, M.D.

Stewart Memorial Community Hospital Calendar of Events

- **Diabetes Support Group**

The Diabetes Support Group meets April through October in the evening at SMCH. For more information please call our Diabetes Educators, Maurine Thieszen or Megan Huster at 712-464-3171.

- **Thursday, April 28**, 5:00-6:00 p.m.
- **Thursday, May 26**, 5:00-6:00 p.m.
- **Thursday, June 23**, 5:00-6:00 p.m.
- **Thursday, July 28**, 5:00-6:00 p.m.
- **Thursday, August 25**, 5:00-6:00 p.m.
- **Thursday, Sept. 22**, 5:00-6:00 p.m.
- **Thursday, October 20**, 5:00-6:00 p.m.

- **Oh Baby! Classes**

To register, call 712-464-3171, ext. 6040.

- **Early Bird Classes**
  **Thursday, February 11**, 6:30 p.m.

- **Pre-Natal Classes**
  **Saturday, January 30**, 8:30 a.m.

- **Big Brother/Big Sister Classes**
  **Tuesday, February 2**, 6:00 p.m.
  **Tuesday, April 26**, 6:00 p.m.

- **Auxiliary Meetings**

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome!

- **Tuesday, November 3**, 9:30 a.m.
  “New Equipment in Occupational/Physical Therapy” presented by Occ Health Staff

- **Lunch Connection**

Visit McCrary Rost Clinic, Community Pharmacy, or Stewart Memorial Community Hospital to pick up your copy.

- **Save the Date!**
  **Thursday, March 3**
  SMCH Conference Center
  RSVP: 712-464-4214 by February 26

Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics

- **Danni Anderson, PA-C**
- **Tonja Petersen-Anderson, ARNP-C**
- **Stephanie Bellcock, ARNP-C**
- **Ronald Cheney, DO**
- **Thomas Dulaney, MD**
- **Derek Duncan, DO**
- **Nancy Flink, PA-C**
- **Megan Grodahl, PA-C**
- **Rochelle Guess, FNP-C**
- **Susan Hornback, DO**
- **Marc Miller, DO**
- **Mark Mogensen, PA-C**
- **Josh Smith, DO**
- **Adam Swisher, DO**
- **Kari Swisher, ARNP-C**
- **Diane Thi Tran, MD**
- **Margaret Vitterito-Khan, MD**
- **Barbara Weber, ARNP-C**