SELECTING A CLINICIAN FOR YOUR CHILD
KAISER PERMANENTE FAMILY MEDICINE AND PEDIATRICS

Selecting a personal caregiver 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 with them and prepare for your baby's first visit.

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.

**Parent appointments**
We offer you the opportunity to meet our Family Medicine and Pediatrics care teams while you are pregnant. You can get to know their philosophy of care and ask questions to help you prepare for your baby's arrival.

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:
Brice Chevalier, FNP
PEDIATRICS/FAMILY MEDICINE
I like taking care of families and getting to know everyone; I feel this provides the best care. I have been a nurse practitioner since 2002 and provide care to members of all ages. I work in an outpatient clinic with support from family practice, internal medicine, and pediatric providers. As well as all specialties within Kaiser Permanente. I believe that his team-approach helps me provide the best possible care to patients, their families, and support systems.

Rachael 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

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.

Cynthia 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.

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 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 toward health and recovery, that sometimes a hands-off approach while pursuing healthy lifestyle choices is our best medicine.
Ellen Hall, MD
PEDIATRICS
I have a general pediatric practice up through age 18. I believe in vaccinations, breast feeding, and a healthy lifestyle.

Douglas Hamill, MD
PEDIATRICS
The world is changing rapidly, and I hope to help children and their parents gain all of the tools they need to grow into their world with good health and confidence. Most of pediatrics is giving parents information and options, so they can make the very best choices for their children and families. Preventing serious illness is a key part of pediatric medicine and parenting – I believe that, among other things, giving immunizations completely and on schedule is one of the most important things that parents can do for their newborn infant’s health.

Ben Hersch, MD
FAMILY MEDICINE
I am incredibly excited to practice in a culture that embraces individuality while understanding the importance of our families and communities. Over the years, I have developed a strong commitment to primary care, pediatrics, LGBT health, patient advocacy, and women’s health, including comprehensive family planning. I am especially happy to be at Kaiser Permanente, which, beyond simply managing illness, looks to promote the health and wellbeing of our community.

Jeannine Johnson, MD
PEDIATRICS
When caring for my members, I embrace a family-centered approach. I strive to provide the best medical information available, and I have a particular interest in development and preventive care. My favorite part of my career are the long-term relationships I create with my members and their families. I hope that I can encourage members to strive for their dreams just as my pediatrician did for me.
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 health care 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 decisionmaking that supports the parent’s philosophical and cultural values. As a mother of 2 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.

Ryan 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.

Lyndsey McCartney, MD
FAMILY MEDICINE
I care for newborns, great-grandparents, and everyone in between. My special interests include child health, women’s health, family planning, prenatal care, and minor procedures. I aim to practice evidence-based medicine, focus on preventive care, and develop relationships with my patients over time. I believe in working with my patients, our medical team, and Kaiser Permanente’s specialists to provide individual, diligent, compassionate care.
Bine 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.

Luanne Nilsen, MD  
PEDIATRICS  
I appreciate the challenges of raising kids while working, as I have worked full time all the while I was raising my 3 kids. I believe that vaccines are the most important things we do to prevent disease and keep kids healthy. That said, good nutrition; adequate vitamin D, sleep, and exercise; and limited screen time are important to maintain a normal body weight and stay healthy. As a grandmother now, I advocate for all of these things to enable a healthy future for all our children.

Bichson Pham, DO  
FAMILY MEDICINE  
I love every day when I see my pediatric patients. I have the pleasure as a family practitioner to see all ages, but I particularly enjoy seeing the newborns right after birth and after I had the pleasure of taking care of their moms during pregnancy. It’s enjoyable to see them growing up and the progress they make as they develop and mature. Laughter keeps us healthy and in touch with reality. We touch children’s lives on a daily basis, and we want to provide you the up-to-date resources to keep your child healthy and thriving. I also believe it is important for the body to have access to healthy, wholesome foods, regular exercise, and a positive mindset.

Gabriel Plourde, MD  
FAMILY MEDICINE  
As a Family Medicine resident at Kaiser Permanente Beaverton, I am excited to offer full-spectrum care, from pediatrics to obstetrics. I look forward to partnering with members to help them meet all of their healthcare goals. The science of behavior change is of particular interest to me, and I work with members who have chronic disease to forge treatment and wellness plans that help them live healthier lives on their own terms.
Michelle Ruby, MD  
PEDIATRICS  
I love general pediatrics because keeping kids healthy is the most rewarding part of my practice.

Erin 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 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.

Maggie Wells, MD  
FAMILY MEDICINE  
I provide Family Medicine to members of all ages. It is important to me that they feel comfortable sharing all of their health concerns and that they feel heard and appreciated. I have a personal interest in caring for LGBTIQ members and in providing the full array of family planning services. Mental health care is also a passion of mine. As a physician, I hope to do policy research and health policy design.
Jean Yau, MD

FAMILY MEDICINE

I am excited to provide comprehensive care for the whole family, from newborns to grandparents. I am interested in all aspects of medicine, with a special focus on reproductive health, prenatal care, and obstetrics. These interests led me to develop a sexual health program for adolescents in a Houston high school, and I plan to continue my work on sex education here in Oregon.

Stuart Zeltzer, MD

FAMILY MEDICINE

Primary and preventive care is moving to the forefront of our health care system, making this an exciting time to be in Family Medicine. I believe in continuity, compassion, and consistent improvement as core principles that drive successful relationships, not only between a physician and members but also among the community as a whole. It is my belief that there is much work and investigation to come in the area of health and wellness, and I am here to help lead this charge. I am excited to work as a part of the Kaiser Permanente system, a system which puts such high emphasis on wellbeing. My particular interests include sports medicine, Spanish-speaking communities, and family medicine for solid organ transplant recipients.
Emily Costa, MD
PEDIATRICS
I have worked at the Kaiser Permanente Cascade Park Medical Clinic since completing my medical training and absolutely love the families I have the privilege of working with. Parenting is a complex, challenging and incredibly rewarding experience. I am honored to be considered a trusted resource to help families navigate the developmental stages and various concerns that arise throughout infancy and childhood into young adulthood. I view myself as a partner to the families, respecting their philosophies while providing my medical expertise to develop a treatment plan together.

Joseph Garcia, PA
PEDIATRICS
I am grateful to have a great pediatric team. We are committed to providing the best care for our patients. I believe that optimal care involves parents, the child, and the care team. At this point in my career, I have had the opportunity to see patients from infancy to adulthood and it has been a very satisfying experience.

Minh Ho, MD
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.

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.
Chau 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.

Joyce Liu, MD
PEDIATRICS
As a board-certified pediatrician, my relationship with my patients and their families is very important. Keeping your children healthy and preventing illness are the reasons I chose pediatrics for my life’s work. I am fortunate to work with an incredible health care team, and together we enjoy getting to know the families that we take care of.

Juan Munoz Oca, MD
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.

Cherisa Sandrow, DO
FAMILY MEDICINE
I have always had a passion for women’s health, Pediatrics, and newborn care; I practice full spectrum Family Medicine with obstetrics. I thoroughly enjoy all of the relationships that I develop with my members and their families, including males and seniors.
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.

Samir 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.
Ruth Chang, MD
FAMILY MEDICINE
Raising a family is a rewarding and, at times, challenging journey. I am honored to be a family physician who helps guide patients from infancy through old age on this journey. My health care philosophy is to focus on prevention via a healthy lifestyle, immunizations, and screening. I partner with my patients and families to develop treatment plans while respecting their choices and approach to life. My own two children have taught me a lot about parenting. That experience combined with my medical expertise has prepared me to give you and your family holistic care. I want to treat your family like I would my own family.

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.

Vesna Jovanovic, MD
FAMILY MEDICINE
I have been a practicing family physician in the area since 2001. Family Medicine is a great fit for me because I enjoy caring for the well-being of the whole patient, from birth until the end of life. I especially love treating entire families. I value helping my patients not only during times of crisis but, more importantly, before and afterward. My current passion is preventive medicine. I strive to help my patients become their healthiest selves while understanding their struggles in getting there. Although I see both male and female patients, I particularly enjoy women’s health and am trained in gynecological procedures including IUD placement as well as other implantable contraceptives.
Kathleen Oldread, MD

**PEDIATRICS**

I believe the key to a happy and healthy lifestyle is a nurturing and active childhood. 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 enjoy forming a partnership with my patients and their caregivers as they navigate the joys and difficulties of those first 18 years.

Tamara Oren, MD

**FAMILY MEDICINE**

I am very happy with the way Kaiser Permanente integrates primary and specialty care. As a family medicine provider, I see patients of all ages. I find my practice is enriched by caring for children as well as adults. I enjoy caring for all members of the family and take seriously my role as guide helping as a child grows and develops. In addition, I offer prenatal care to my low-risk patients, and do skin bump removal and toenail care through our procedure clinic. I see patients who have suffered trauma and minor injuries and provide sutures as needed. My practice philosophy is to create a dialogue with my patients around treatment options for their medical care.

Bina Patel, MD, MPH

**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.

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.
Benjamin Burton, MD  
**FAMILY MEDICINE**  
Working with children is one of the highlights of my job. There is something unique about watching a child grow that is refreshing and inspiring. I consider it a privilege to work with them. My hope in treating children is to become a resource that both the children and their families can trust with their health care needs. I work to stay current on mainstream medical practices and am open minded and receptive to complementary and alternative medicine. My goal is to keep children happy and healthy and will use any tool or resources that I believe will achieve that goal.

Davis Coss, MD, MPH  
**FAMILY MEDICINE**  
My initial desire to practice medicine came from a deep-seated drive to help those around me. My goal when treating a patient is to give them the same level of attention, care, and respect that I would give to a member of my own family. I love being able to see patients of all ages and to help them achieve wellness that persists over time.

Kristen Flemmer, MD  
**FAMILY MEDICINE**  
The root of the word doctor is the Latin word docere, meaning “to teach,” and I feel that this is my biggest role. I believe that the key to good health is preventive healthcare, but I am thankful we have the resources to treat members with medicines or surgery when needed. Over the years I have been greatly encouraged by how hard members work and how great a job many do maintaining and improving their health through preventive healthcare. It is especially encouraging when members can discontinue taking some of their medications for chronic illnesses because they have changed their lifestyle habits, including diet and exercise.
Interstate Medical Office East Clinicians

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.

Richard Cohen, MD
PEDIATRICS
Kaiser Permanente has been the ideal job for me. I have been able to pursue a variety of different aspects of pediatric and adolescent care over the years in both specialty and primary care. I love my patients and have always been available at a moment’s notice for those with acute and complex medical issues. I particularly enjoy interacting on a personal and informal level with my patients and 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.

Nilana Gunasekaran, MD
FAMILY MEDICINE
I believe strongly in preventive medicine as the cornerstone of effective medicine. I enjoy the hands-on individual style and the continuity of primary care medicine. Over time it is wonderful to learn about my patients, their interests, and their families as I meet their health care needs. Lastly, I value scientific-evidence-based medicine with regard to screening, testing, and treatment. I believe evidence-based medicine is essential to improving the health care outcomes for our community and our nation.
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 be invited to share in the lives of the families that I follow. I love every phase of childhood and, yes, even adolescence. My hope is that I can help families be healthy and happy by educating them about the different stages and challenges that come with being a parent. Life is full of surprises though, and I appreciate the lessons that families teach me as well, and I will help find answers to those questions that perplex us all.

Jean Nava, PNP
PEDIATRICS
I am a nurse practitioner who loves working with children and their families. I find the strength, honesty, and resiliency of children to be amazingly engaging. Primary care is a wonderful mix of caring for the ill and the well. I have practiced in the care of children for many years and have come to know that there are many approaches to the same challenge. I like to learn from my patients and families, and I suspect many would describe me as having a down-to-earth approach to family health. Every day at work, children bring with them laughter, and with laughter as the best medicine, it is a wonderful place to be!
I enjoy providing care to families. I believe getting to know your family as a whole and what makes you unique allows me to better focus on prevention and quality of life. Early on, we might talk about breastfeeding, starting food, or vaccinations. With my teenage patients, I try to assist the transition from parent-driven health decisions to good self-driven decisions that will carry on to adulthood. I want to be available to listen and help you understand your health and treatments.

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.
Heather Penny, MD

FAMILY MEDICINE

I enjoy providing care to families, individuals and children. I believe getting to know your family as a whole and what makes you unique allows me to better focus on prevention and quality of life. Early on, we might talk about breastfeeding, starting food or vaccinations. With my teenage patients, I try to assist the transition from parent-driven health decisions to good self-driven decisions that will carry on to adulthood. Oftentimes this means letting a teenager tell the story instead of the parent. In adults we tailor care to each person who walks in the door. I treat chronic diseases like diabetes and high blood pressure with the same goals - quality of life and preventative care. While these things can be scary, we have great ways to make you feel better and healthier. In senior citizen patients, individualized care is even more important whether we are treating arthritis to improve activity or discontinuing a medication that causes a side effect. I want to be available to listen and help you have a clear understanding your health and treatments. I will be available to help you manage in times of bad news and also be there to help you celebrate your successes.

Daniel Rappaport, MD

PEDIATRICS

General pediatrics encompasses care for patients from birth through age 18. I enjoy the variety of providing well and ill care and supporting families through difficult situations. We have the resources to provide excellent referral care for children with problems requiring specialty expertise. During my time here I have practiced both in clinic and at Doernbecher Children’s Hospital. I encourage families to participate fully in their children’s medical care and decision-making.

Matthew Reid, MD

FAMILY MEDICINE

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. Do not be surprised if I mention a few fun local gyms and yoga studios. family medicine, from newborns to the elderly. The challenge of the variety of conditions and situations keeps me professionally motivated.
Fern Russak, MD  
**PEDIATRICS**  
People often bring their worries to the doctor. It is our job to use all of our training and experience to identify problems and treat them the best way we know how. Medical problem-solving is a wonderful challenge. In the past, I have worked in specialty settings with kids with complex medical or developmental problems. I enjoy accompanying adults on their journey through parenthood and teenagers becoming adults. I am also humbled by the miracle of healthy growth and family’s strength while coping with disabilities and illness.

Ellen Singer, MD  
**FAMILY AND INTERNAL MEDICINE**  
I was extremely fortunate to train in a medical community that valued primary care and evidence-based community medicine. I also had extensive training in emergency medicine and critical care. My combined internal medicine and pediatrics training allowed me to care for patients of all ages in all care settings. I enjoy caring for patients of all ages.

Alyson Smith, MD  
**FAMILY MEDICINE**  
Caring for families has always been a valued part of my practice. As a parent myself, having the opportunity to participate in the care of newborns and children is especially meaningful to me. I enjoy combining what I’ve learned as a mom, along with what I know as a doctor, to help parents make important decisions for their children from nursing to prevention and illness, and then being able to watch families thrive!

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. 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.
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.

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.
Keizer Station Medical Office Clinicians

Raymond 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 lifelong relationships it allows you to form with your patients.

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.

Mark Margoles, MD
FAMILY MEDICINE
I believe in working to provide you with the best tools and information to improve your health. Whether it is diagnosing, treating, or preventing illness, I want to be thorough and careful that you get everything you need. I enjoy caring for people from all ages and backgrounds. This includes children, pregnancy care, and adults. My team and I want you to know that we are available and here for you when you need us.

Joshua Meador, MD
FAMILY MEDICINE
I am a family medicine physician, which means I take care of people from childhood through the full spectrum of ages. I prefer to prevent disease rather than treat it after it occurs. I view my role as helping people understand what’s going on with them and assisting them in making lifestyle changes to help themselves. I feel that many diseases can be reversed and treated with dietary changes and prefer to encourage patients to make these types of lifestyle changes as opposed to adding medications when possible.
Jennifer Bard, MD
FAMILY MEDICINE
Family medicine allows me to care for all patients from newborns to grandparents and everything in between. I value making connections to parents and children so I can guide them on the journey to adulthood. Through laughter and tears, we can work together to provide the best environment for your child to grow and thrive.

Megan 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 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.

Rebekah Nelson, FNP
FAMILY MEDICINE
The department of family practice at Kaiser Permanente is committed to providing the best care for our members. I love every day that I am a nurse practitioner, and I have been here long enough that I have actually taken care of some newborns right after birth and seen them graduate high school. I believe it is important to work with you so I may help maximize your health. My favorite part of family practice is being with my patients as they grow and journey through all that life brings us.
Olubukola Okafor, MD

**PEDIATRICS**

I enjoy working with parents to enable them to take charge of the health of their children. I also more recently have discovered a knack for connecting with adolescents as they make the transition into adulthood. My areas of interest include childhood obesity, the influence of community violence on the health of children, and skin problems in children. One of the best things about being a Kaiser Permanente provider is having immediate access via a fantastic electronic medical record to all the health information I need to give the best care to my patients.

J Christopher Shaw, MD

**FAMILY MEDICINE**

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.
Mt. Scott Medical Office Clinicians

Kelsey Brody, MD
FAMILY MEDICINE
I was drawn to family medicine for its comprehensive approach to patient care. I enjoy maternity care and becoming the physician for both mother and child. Caring for children, especially in the first year of life, is one of my favorite parts of family medicine. Parenting opens a new world of emotions, decisions, and concerns that can become overwhelming. I believe my role as a physician is to help guide parents as they sort out the best plan to keep child and family safe, healthy, and happy.

Patricia Campbell, MD
PEDIATRICS
I love all aspect of pediatric care-- caring for patients in all age-groups, birth all the way to teens transitioning to adulthood. I love getting to know families and involving them in the care of their children. I enjoy caring for kids and families in all arenas of health-care- development, behavioral, acutely ill kids and chronic illness. I see my job as being an advocate to kids and their families as they navigate through childhood and grow into responsible, contributing adults.

Allison 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.

Jacquelyn Collura, MD
PEDIATRICS
I approach patient care with the mindset of being a consultant, working together with families to achieve their goals. I am fortunate to have received training in general pediatrics, adult and child psychiatry and feel this combination allows me to better care for the whole individual. I also have a strong interest in working to make mental health care more accessible to a broader population.
Daniel Constien, MD
FAMILY MEDICINE
I have been a family physician providing comprehensive family care since 1984. As a father of 4 sons, I can appreciate the challenges that families face keeping the family healthy as well as dealing with injuries and illnesses. Kaiser Permanente medicine provides the tools to allow me to provide that comprehensive care I feel is so important. Our health care system is integrated to allow optimal communication with specialists, imaging, and laboratory services. It provides the ability to provide evidence-based, quality care and cost-effective care. I look forward to establishing relationships with individuals and families with members of all ages.

Geoffrey Dunn, MD
FAMILY MEDICINE
I was drawn to Family Medicine because it provides the greatest breadth of any medical specialty. I am interested in providing care to all age groups—in sickness and in health. I chose to work at Kaiser Permanente because of the way it is organized—our mission to provide high-quality health care is backed up by our structure.

Trixie 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.

Michaeline 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.
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.

Tracey Hanrahan, MD

**FAMILY MEDICINE**

I became a family medicine physician because I value taking care of families, which includes infants, kids, teens, parents, and grandparents. I view my role as a health coach, helping each person with issues that pertain to a specific stage of life. I strive to be a resource for reliable information and work as a team with my patients to help optimize health. Preventive health care is very important for all ages, but especially kids, where we monitor growth and development. Teens need a resource for questions about puberty and transitions to adulthood. Adult care also transitions from early and middle age, to retirement and senior care. It is a privilege to be involved in the lives of others.

Mara Hegel, MD

**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.

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 most female physicians, one focus of my practice is on 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 take care of yourself.
Jill 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.

Kimberly Luft, MD

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 also spend part of each month in the eating disorder clinic working with a multidisciplinary team caring for young people with eating disorders such as anorexia. I speak some Spanish, having lived in a Spanish-speaking country in my youth.

Marie 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.

Daniel Molinaro, MD

FAMILY MEDICINE

As a father of 2 young children, Albert and Susannah, I have developed an incredible admiration for the sacrifice and dedication that goes into parenting. I have also learned that there are many unknowns and concerns that every parent faces, especially in the first few years of a child’s life. I hope to partner with parents to help guide them through these times, answer questions when I can, share my experiences, and learn from yours.
Jennifer Mueller, MD
FAMILY MEDICINE
I feel so fortunate to do the work I do. I have a special interest in women's health, but I love the broad diversity that family medicine offers. 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.

James O’Brien, MD
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.

Tracy Peck, MD
PEDIATRICS
For me, being a pediatrician has been a dream fulfilled. Watching patients grow and develop over time is a privilege. My approach to patient care is to be sensitive and available to families and attentive to patient needs. I take great pride in my clinical skills. I try not to take myself too seriously, but I am strict about advocating for patients. My practice of medicine is strongly based in preventive care and is evidence based. I am especially interested in pediatric oral health. And I speak Spanish.

Eric Shamo, MD
FAMILY MEDICINE
Raising a child is exciting and at times daunting. As a family physician, I have the privilege of caring for every member of the family – from infancy through old age. I look forward to being your child’s doctor and your coach as you undertake this parenting journey.
Jill Sheasley, MD  
**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.

Charles Stein, MD  
**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 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.
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.

Kathy Bak, MD

**FAMILY MEDICINE**

I enjoy the broad spectrum of Family Medicine, but pediatrics are my favorite. I am here to help you live a healthier and happier life, without the restrictions and limitations of illness and disease. I look forward to meeting you and creating a lasting partnership to help in your journey of living life abundantly and fearlessly.

Thongphanh Phanthavady, MD

**FAMILY MEDICINE**

I became a family doctor because I love taking care of patients of all ages. I enjoy having the privilege of being able to form relationships and connections with the entire family. I truly believe in preventive care, taking care of the disease before it starts. I’m here to help support my patients in improving their health as I feel that health care is teamwork.
North Lancaster Medical Office Clinicians

Martin Altschul, MD
PEDIATRICS
I joined Kaiser Permanente as its first pediatrician in Salem because I was interested in finding more family-friendly ways of delivering care. We have worked relentlessly over the years to keep our pediatric group focused on that goal. My special interests include UTI's, circumcision (pros and cons), autism and related developmental problems, GI problems, sports medicine and biomechanics, asthma, recurrent ear infections, autoimmune disorders, and international adoption.

Emma Germann, MD
PEDIATRICS
I enjoy taking care of children of all ages and backgrounds and believe in the importance of taking the time to listen to parents’ and caregivers’ concerns. I specifically am also happy to take care of children with chronic illnesses who may be more medically complex and require specialty care, as well as children who have been in the NICU as infants. Growing 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 speaking with families with the help of an interpreter whenever possible!

John Hayes, MD
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.

Juliette Power, MD
FAMILY MEDICINE
As I see it, my job as a family physician is to act as your personal “health and wellness coach.” Managing your health care is a joint endeavor. It is my responsibility to find something that is realistic and 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. I speak Spanish and conversational German. 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.
Alvaro Rey-Rosa, MD

PEDIATRICS

My philosophy is very simple: Listen to my patients. I still believe that a good history and good personal relationship with my patients is the best way to help them. I have patients from all over the world and really enjoy learning about their cultures and different ways to approach life and parenting. My first language is Spanish; I think I speak English just as good as I do Spanish. However, many patients remind me that I still have an accent; I hear the same thing at home!

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.
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.

Lisa Bisgard, MD

**PEDIATRICS**

Working with children was always the way I knew I would spend my life. Becoming a physician was a goal I set while in college. Studying the amazing biology of the human body sent me on a path to medical school. How perfect that I could pair that fascination and energy with caring for kids? After medical school and residency, I joined Northwest Permanente. I wanted to work here because this organization realizes the value in taking care of the whole person and that preventive care (including recommended vaccines) is the only way we will have a healthy population. I have now been practicing here for more than 10 years. I have met newborns and their parents in the nursery just after birth and followed them through to high school and beyond. My goal with taking care of children is to partner with parents and provide support and advice in raising healthy, happy, resilient children!

David Black, MD

**PEDIATRICS**

I am a generalist pediatrician. I see and take care of whatever issues come to my office. But my first love is helping parents support their child’s growth and development throughout their life. I am happy to share my knowledge and understanding of child development and behavior with anyone who is interested. Children may have medical problems, some very serious, but they still need the support and guidance to grow and learn in all areas of their life.

James Burke, ARNP

**PEDIATRICS**

I have a deep regard for the nursing profession because, of all professions, it is the most family centered. I hope my work as a family nurse practitioner will support the goal of family-centered care.
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.

Ramnish Mandrelle, MD, MPH
FAMILY MEDICINE
I love the challenge of family medicine; we never know what is in store for us in the next exam room. From newborn evaluations to end of life care, I treat each patient with respect and kindness while taking time to understand their unique social circumstances. Family medicine gives me the opportunity to take care of anyone, anywhere, at any time.

Clare Reidy, MD
FAMILY MEDICINE
As a family physician, I believe in specializing in “all of you.” I really enjoy taking care of children, older persons with diabetes, high blood pressure and asthma; but I also enjoy the diversity of family medicine and the opportunity it gives to work with the whole person. That’s how I approach everyone. It means I may run over on the schedule, but it’s because I am trying to give people the time they need.

Cynthia 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.
Mary Boyer, MD
PEDIATRICS
I enjoy watching kids grow and develop through their different stages and especially enjoy helping families make informed decisions for their overall health. I chose pediatrics in order to focus on preventive care. I feel blessed when I can develop ongoing relationships with my patients and their families.

Jencina Butler, DO
FAMILY MEDICINE
I bring a unique, holistic perspective to the patients in my medical practice. I listen carefully to patient concerns and include patients in decisions about their health care. As an osteopathic physician, I passionately believe that preventive medicine, lifestyle changes, and teaching patients about their health are all important parts of what I do. Emotional, spiritual, social, and physical factors influence one’s health, and I consider each of these carefully in our care plans.

Gina Carter-Beard, MD
PEDIATRICS
As a team of professionals, we strive to provide you with the most comprehensive care possible. I feel that patients benefit from sharing in the decision-making process of their care whenever possible, so that I can meet the needs of each individual. I strive to promote a family-centered model of care. I am a firm believer in the power of exercise for the treatment and prevention of a multitude of ailments and behavioral concerns. When we create an environment where children can use their imagination, there is no limit to what they are capable of!

Christine 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.
Daniel 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.

Audrey Crist, MD

FAMILY MEDICINE

As a family physician, I am thankful to be able to care for multiple generations within a family. I delight in understanding the different ages of development and the unique situations that each family encounters as they grow. There is little that is more satisfying than watching a child grow and supporting their parents (or caregivers) to help them achieve lifelong healthy habits. I believe strongly in evidence-based medicine and the importance of immunizations and other preventive care measures. As a parent myself, I am also keenly aware that book answers do not always work, and that each family must find their own rhythm.

David Hindahl, MD

FAMILY MEDICINE

Throughout my entire career, I’ve enjoyed and been challenged by taking care of everyone from newborns taking their first breath, to those over 100 years old who will soon be taking their last. Family medicine is a demanding and yet very broad category of medical practice. It is similar to the older form of general practice, but the training is much more thorough and lasts 2 years longer. We family doctors like to say that we “specialize in you,” meaning that we take care of all aspects of medical care for people of all ages.

Fernanda Huang, MD

FAMILY MEDICINE

As a Family Medicine physician, my focus is to provide the best care for members and their families. I enjoy providing care for members of all stages of life including low-risk prenatal and pediatric care. My goal is to help members become the healthiest people they can be, in all aspects of their health, including mental health, preventive medicine, and evidence-based care for chronic diseases. I also provide some minor office procedures.
Lorissa Klaus, MD
FAMILY MEDICINE
I enjoy being a family doctor because I have the opportunity to help care for individuals from infancy to geriatric age. My role as a family doctor is to listen to and hear the needs of both you the parent and your child. As a team we will work together to keep your child healthy and happy. Every child is unique and wonderful! I look forward to the opportunity of getting to know you and your child while s/he grows over the years.

Rowena Manalo, MD
FAMILY MEDICINE
My family medicine doctor inspired me to become a physician. It is a privilege to take care of the whole family – from newborns to grandparents. I find it very important to provide preventive care to patients, and I appreciate Kaiser Permanente’s emphasis in this area. I am also privileged to take care of low-risk pregnant mothers. My interests lie in promoting wellness, helping kids and parents learn how to eat healthier, and incorporating exercise into their everyday lives. My utmost priority as a clinician is to prevent diabetes.

Eugene Nicholson, MD
FAMILY MEDICINE
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.

Evie 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.
Michelle 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.

Lesley Ryan, MD

**FAMILY MEDICINE**

Prior to Kaiser Permanente, I worked in community health and in women’s and reproductive medicine. I enjoy working with entire families and people of all ages, including babies, kids, and teens. Though not fluent, I speak Spanish and welcome Spanish speakers in my practice. I am comfortable working with interpreters and enjoy working with families from a variety of diverse backgrounds. I cherish getting to know patients and families over time.

Michael 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.

Lorna Shanks, MD

**FAMILY MEDICINE**

As the daughter of a physician, I always knew I wanted to pursue a career in medicine. I chose to practice family medicine as it allows me the opportunity to serve a diverse patient population. I provide prenatal and newborn care because I appreciate the opportunity to support the growth and development of new families. I believe the future of our children depends on the habits that are laid down during the early stages of life and these choices will support a long-term healthy lifestyle. I love the opportunity to learn from my patients and to work together as a team with families to develop a treatment plan and preventive care.
Jimmy Unger, MD  
**PEDIATRICS**  
As a pediatrician, I take pride and enjoyment in my ability to help families prevent medical problems for their children. I have learned after years of listening to parents and patients that there often is more than one correct way to treat or prevent problems. I pride myself in my ability to listen to families, understand what’s important to them, and offer advice based on what best fits their individual needs. I enjoy helping and teaching parents, especially parents of newborns, with a goal of helping them appreciate that they are the real experts on their children.

Ryan Williams, DO  
**FAMILY MEDICINE**  
I practice full-spectrum Family Medicine and enjoy caring for a diverse range of members, from babies to the elderly. I am especially interested in women’s health, low-risk prenatal care, pediatric care, and preventive care for adults and children of all ages. I have specialized training in osteopathic manipulation and am open to many complementary and alternative medical philosophies. I take a holistic approach to wellness, and I think it’s important to work together with my members to help them achieve good health.

Vladislav Yurlov, MD  
**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.
Jeffrey Ford, MD
FAMILY MEDICINE
I enjoy collaborating with patients and their families to encourage health lifestyles where the patient is the decision-maker. I encourage everyone to be active as they can be for as long as they can. My goal is to serve as a resource to assist in these decisions; this method inherently allows respect for differing patients and family values. I especially enjoy caring for multigenerational families as this helps me feel like a true practitioner of family medicine.

Edward Guillery, DO
PEDIATRICS
I have experience and an interest in taking care of children with chronic medical conditions. I have practiced pediatric nephrology in the past and have worked with children and teens who have weight-related medical problems. I am now part of the pediatric diabetes team. I see children of all ages for well-child care as well as for acute and chronic illness. I get my greatest job satisfaction from working with families as their children grow and develop over the years.

Amber Henderson, MD
FAMILY MEDICINE
I love taking care of all patients, but have a particular passion for meeting the medical needs of children. I also enjoy the special privilege of caring for entire families that being a Family Medicine Physician offers. I recognize the importance of the influence of healthy lifestyle, emotional and spiritual care on the health of my patients.

Rebecca Hoffman, MD
FAMILY MEDICINE
Nothing appeals to me more than the stories my patients share with me every day. I love helping members tell their stories and use the stories from their lives to help them live in healthier, more productive and safer ways. Family medicine views the patient as a whole: in their families, work lives and communities. I prefer to work jointly with members to make decisions about their health - helping them adhere to healthy lifestyles, prevent disease and enjoy life.
Mark Johansen, DO
FAMILY MEDICINE
As I have practiced medicine, I have tried to treat each of my patients as I would like to have my family treated. I try to treat the whole patient, not just the disease. Prior to my move to the Northwest, I worked as the Diabetic Champion for the Family Medicine department. I also spent much time doing general medicine and Urgent Care. I have enjoyed working with Kaiser Permanente because of its fully integrated system and because I am able to practice evidence based medicine without worrying about prior approvals for medical care.

Lisa Larman, DO
FAMILY MEDICINE
I truly enjoy caring for families, including infants and the elderly, and at all phases of life in between.

Kristin 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.

Janet Macdonnell, MD
PEDIATRICS
My General Pediatrics practice allows me to meet and work with a wide variety of patients and families. I emphasize prevention through education and access to necessary medical resources. As part of this process, I follow the immunization schedule recommended by the American Academy of Pediatrics and believe it is safe for all children. I chose to work at Kaiser Permanente because I believe in excellent comprehensive health care, providing myriad prevention tools and resources for patients and promoting a great environment in which to interact easily and collaboratively with colleagues, sub-specialists and our support staff.
John Maroney, MD

FAMILY MEDICINE

A literature major since back in the day, primary care medicine to me consists primarily of discovering the narrative history of the lives of my patients; getting the story straight remains job one in diagnosis and treatment planning. So please bring in a picture from a past or present decade of your history, because today’s concerns are just one of many chapters in the context of your story.

Laurel Staton-Smith, FNP

FAMILY MEDICINE

I see a mixture of my own patients, from birth through adolescence, as well as support our team of pediatricians by offering same day and follow up care when they may not be available. I am a strong believer that providing preventative care, including vaccinations, is the best way to promote health as our kids grow into healthy and confident young adults. I enjoy working collaboratively with families and feel privileged to be trusted with the care of our community’s children.

Elizabeth Thorstenson, PA-C

FAMILY MEDICINE

I see each patient as a whole person before seeing the disease. I prefer to use lifestyle modifications before medications when appropriate and safe.

Michael 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.
Candye Andrus, MD
PEDIATRICS
I love watching kids and families grow. Some of my greatest fun is seeing the people children grow up to become. I love their interests, their personalities, their moods, their problems, and their families. Strong families coupled with strong communities and schools make beautiful children. There is something to love in every child. I like helping parents remember this during difficult phases. Kaiser Permanente helps me keep children healthier. I am thrilled to aid during all these transitions.

Justin Gathercoal, DO
FAMILY MEDICINE
My overriding philosophy has always been “to help others.” I feel that through health and health care, I can fulfill my calling. 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.

Brian 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.

Michael 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.
Gwendolyn Oran, MD
FAMILY MEDICINE
Newborn and pediatric has always been a favorite part of medical practice. It has been a great honor to watch children develop over time into unique individuals. Children are our future and are developing in such dynamic and impressive ways it boggles the mind. And let’s face it, babies and kids are just plain fun. I think we always need to be mindful that a child may well be afraid unless we really make it a point to get down and talk to him or her eye to eye. Parents are so critical to the development of a healthy child that health care providers need to be supportive resources and partners to parents.

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.
Sunset Medical Office Clinicians

Rebecca 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.

Otuodita Enyinne Ejiasa, MD

**FAMILY MEDICINE**

I have a broad scope of practice, with a special interest in Women’s Health. I provide newborn and prenatal care to low and moderate risk patients.

Cara 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.

Briana Mejia, MD

**FAMILY MEDICINE**

I enjoy seeing everyone from pediatrics to the elderly. I love the continuity that I see with my patients in primary care.
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.

Caroline Orsini, MD  
FAMILY MEDICINE  
I see pregnant women, children of all ages, and adults of all ages. I greatly enjoy the variety of patients I care for, being able to do procedures, and helping people lead healthy fulfilling lives.

Robert 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.

Julia 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.

Sarah Rozenboom, MD  
PEDIATRICS  
I am the cross-cover physician with the Sunset Medical Office pediatrics team. I do not carry a panel of patients myself, but I’m happy to see you whenever your primary pediatric provider is out of the office.
Saskia van der Wal, MD

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.
Shannon Brown, MD

**PEDIATRICS**

It is a privilege to be able to support the growth and development of children. I believe it is important to work as a partner with families to promote physical and emotional health. Each family has unique strengths and needs, and it is such a pleasure to get to know and assist them as their children mature through the years. Prevention is a crucial part of promoting health, including administering immunizations as recommended by the Centers for Disease Control and the American Academy of Pediatrics to protect children from life-threatening and serious diseases.

Michelle 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 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.

Shefaa George, MD

**FAMILY MEDICINE**

In my practice as a physician, I have great respect for my members, and follow a holistic approach to addressing my members’ needs by partnering with them to make educated choices regarding their health. I practice a full scope of Family Medicine including but not restricted to prenatal care, women’s health, pediatric medicine, geriatric medicine and end of life care. I have a special interest in performing medical procedures including IUD placement, joint injections and toenail removal. I chose to work for Kaiser Permanente because of its longstanding history of striving to provide high quality patient care.
Kathleen 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.

Robin Leslie, MD
PEDIATRICS
I see children from birth to age 18. I enjoy the challenge of caring for such a diverse range of patient needs — from helping parents with those first few weeks of caring for a new baby to talking with teens and teaching them ways to help maintain or improve habits that will allow them to be healthier their entire lives. I work with parents who have a variety of parenting styles, and provide information and recommendations to help their children.

Tamir 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.

Hillary 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.
Suzanne Deschamps, MD  
**FAMILY MEDICINE**  
I enjoy the clinical diversity that family medicine provides. I believe that behind each clinic door is a unique person with unique concerns. As a family physician, I care for patients of all ages. I am also an advocate of wellness and prevention of disease, most importantly preventing childhood obesity. I value the concepts of taking good care of our amazing bodies by simplifying our lives, a team-based approach to health care, and nurturing ourselves with healthy fuel, fitness, sleep, and healthy relationships.

Christopher Schmitt, MD  
**FAMILY MEDICINE**  
After more than three decades of practicing medicine, I have come to believe that it is a sacred privilege for me to share with others in managing their health. Family Medicine for me includes all ages and the entirety of each person: body, mind, and spirit. My practice enlists the scope of primary care tools gleaned from my ongoing medical training and experience, as well as alternative approaches in which I have trained. I believe that our physical health is intricately bound up with our energetic health.