

# Labor and Delivery Clinicians

## Kaiser Permanente Northwest | Portland Area

The birth of your child is exciting! The clinician you have seen during your prenatal care is likely not going to be the same clinician who delivers your child. We would like to introduce you to our team of clinicians on Labor and Delivery. Our clinicians include certified nurse midwives and OB/GYN physicians. Our team is ready 24/7 to support you during your delivery.



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# Kaiser Permanente Sunnyside Medical Center

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Shaanti Abbruzzese, CNM

## OB/GYN CERTIFIED NURSE MIDWIFE

### About me

I grew up in Austin, Texas, and Seville, Spain. I attended the University of Colorado, in Boulder, for my undergraduate degree in Spanish literature, then returned to Austin for a master's degree in nursing at the University of Texas. I practiced as a labor and delivery nurse and women's health clinical nurse specialist, before returning to school for a post-graduate degree in midwifery at UC San Francisco. I was a midwife with Kaiser Permanente in Northern California for 8 years before moving to Portland, nearly 10 years ago, and was thrilled to be able to continue my practice with Kaiser Permanente.

### About my practice

I work part-time for the midwifery service of the OB/GYN Department. I see members at the Salmon Creek Medical Office in Vancouver, and attend births at Sunnyside Medical Center in Portland. I am often meeting members for the first time when they come to the hospital in labor. One of my favorite parts of the job is the art of connecting with women and their families during such a vulnerable and momentous time, establishing the trust necessary to work together as a team.

### How I thrive

Being physically active on a daily basis is important to me, as is fueling my body with nutritious, whole foods. I go to yoga once a week and am working on solidifying a daily 10-minute meditation practice. With this foundation, I'm left with good energy to run around with my family, out in nature, as much as possible. We like to hike, camp, kayak, and paddleboard, always with our dog in tow. I also belong to a hiking club and a book club and am on the board of the PTA of my children's school.



Stephanie Ahmed, MD

## OB/GYN PHYSICIAN

### About me

I was born in Portland. After training and working in North Carolina and New York, I'm happy to be home. In my free time, I enjoy traveling, knitting, and riding my horse.

### About my practice

I am privileged to work as an obstetrics hospitalist, taking care of patients in Labor and Delivery. This includes antepartum care, triage, managing labor, and assisting with vaginal as well as Cesarean deliveries.

### How I thrive

I thrive by spending time with my husband and daughter. Together we travel, exploring the world. We also scuba dive and ride horses.



## Rachel Algenio, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Minneapolis, and attended college at the University of Minnesota, where I met my husband. We then moved to Kansas City to attend medical school, and later moved to the east coast, just outside of New York City, for residency. We made the decision to move to Oregon after training, to be closer to family and have access to all the amazing outdoor activities the Pacific Northwest has to offer!

#### About my practice

I always knew I wanted to be a physician but decided to pursue the field of ob/gyn when I realized how passionate I felt about being an advocate for women's health and wellness. I truly love being able to care for women in all stages of their lives and in all aspects of their gynecological health. I do have a specific interest in pediatric and adolescent gynecology, contraceptive management, and obstetrical care in general.

#### How I thrive

I find great happiness in spending time at home with my husband and our two French bulldogs. We love getting outdoors, going for hikes and to the beach! When we aren't outside exploring, we enjoy going out to eat and trying new restaurants. I also really enjoy reading books and listening to audio books on my commute.



## Julia Barnes, MD

### OB/GYN PHYSICIAN

#### About me

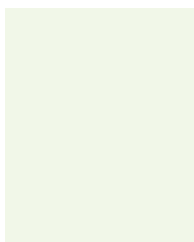
I am a Northwest native. I attended college at the University of Washington and medical school at Tulane University in New Orleans, Louisiana. I returned to the Northwest for residency at the University of Washington. After residency, I moved to Portland, Oregon, got married, and joined Kaiser Permanente.

#### About my practice

I chose Obstetrics and Gynecology to care for women through all stages of life. I focus on communicating and collaborating with patients to determine the best treatment plan for them. I am proud to work at Kaiser Permanente. We strive continually to improve our quality of care and focus on patient needs.

#### How I thrive

I spend my free time with my husband and two children and value our strong family connection. I take advantage of all the Northwest has to offer including great restaurants, hiking, and spending time on the river and with friends.



## Sarah E. Bodian, CNM

### CERTIFIED NURSE MIDWIFE

#### About me

My work in women's health began in 2002, when I worked as a policy advocate in Boston. Later, in Senegal, West Africa, I lived in a small remote village and served as a health care volunteer. Upon returning to the states I

continued my work in policy with Planned Parenthood and began my training in nursing. My years bearing witness to women of all ages and around the globe instilled in me a tireless drive for advocacy and compassion. I'm honored to be a part of women's health and humbled by the women for whom I care.

#### **About my practice**

I love the field of women's health because it allows me to care for women throughout their lives. I believe that each woman should play a central role in the care she receives. I also believe that each woman should feel that her wishes and preferences are honored and valued.

#### **How I thrive**

I enjoy gardening with my amazing husband and am an aspiring baker and cook. I also love to spend time outdoors, hiking, biking, or camping with my son and the family dog.



### **Angela Chiodo, CNM**

#### **OB/GYN CERTIFIED NURSE MIDWIFE**

##### **About me**

I am Northwest born and raised and I enjoy a good hike and kombucha tea. My initial degree is in public health from Oregon State University and I received my nursing and master's degrees from Oregon Health & Science University. My husband and I enjoyed a few years in Detroit, Michigan where I directed a maternal and child community health program and worked as a Nurse Midwife. I have a great love for people, running outdoors, climbing and my sweet baby girl!

##### **About my practice**

I love working at Kaiser Permanente. We are all about patient health, both within and outside our care. My favorite part of my job is listening to women's and families' stories and playing a small part in their life events. There is nothing in the world like watching a mom see her baby for the first time.

##### **How I thrive**

I love time with my loved ones, being a part of my faith community, and eating all kinds of Portland goodness.



### **Rory Clawser, MD**

#### **OB/GYN PHYSICIAN**

##### **About me**

I grew up in the Southeastern United States and completed medical training in Virginia. My wife, two sons and I moved to the Pacific Northwest in 2012. We enjoy all things outdoors - hiking, biking, snow skiing, camping, and are diehard Portland Trailblazers fans. I kept a private practice for five years prior to joining Kaiser Permanente and can say without doubt that I prefer our safe, efficient way of practicing medicine. My partners are the smartest, most dedicated, friendliest, and skilled doctors with whom I have ever had the opportunity to work. I love being part of the Kaiser Permanente family.

##### **About my practice**

I am especially interested in high risk obstetrics and managing the complex medical issues involved in some pregnancies. Labor and Delivery is my favorite place to be! I look forward to the challenges, excitement, and

rewards that a busy day in Labor and Delivery always brings! I also enjoy practicing gynecology and dealing with emergent issues that come to the Emergency Room.

#### How I thrive

I do my best to stay physically, mentally, and spiritually sound. I am an avid bike rider and love to lift weights. My family and I stay fit by hiking, camping and snow skiing. We enjoy family nature walks with our boxer dog, Shatzi.



### Heather Crummett, MD

#### OB/GYN PHYSICIAN

##### About me

I have lived in the Pacific Northwest since seventh grade and attended college locally. I was a Kaiser Permanente patient as an adolescent and feel honored to have worked for this organization since completing my residency in 2005. I enjoy caring for women in all ages and stages of life and value my relationships with my patients. I have two children and enjoy spending time with my family.

##### About my practice

I am privileged to be part of an excellent Obstetrics and Gynecology care team. I have a general Obstetrics and Gynecology practice and also work to optimize organizational efficiency in the department. I strive to treat every patient as an individual with her own story.

##### How I thrive

I thrive by practicing yoga and spending time outside. Family and friends, including my allergy-proof labradoodle, are important to me as well.



### Autumn Davidson, MD

#### OB/GYN PHYSICIAN

##### About me

I am a native Oregonian. I love to travel and decided to pursue medicine after seeing so much need for basic medical services around the world. I completed my medical training on the East Coast and my post-graduate work in Chicago. At the University of Illinois at Chicago I worked as the director of the family planning clinic, taught clinical obstetrics and gynecology, and conducted clinical research. I am thrilled to be back in the Pacific Northwest working for Kaiser Permanente.

##### About my practice

As a board-certified obstetrician-gynecologist, I enjoy providing comprehensive women's health care. I am fellowship-trained in family planning and specialize in complex contraceptive services. I feel privileged to care for women at all phases of their lives, and enjoy working with a diverse patient population. I believe that good patient care starts by listening to each woman's unique story, and I work to help women develop their reproductive life plans based on their individual needs, desires, and aspirations. I believe that the social and emotional well-being of women is as important as the biological one, and that healthy women are the foundation of healthy families, and by extension, healthy societies.

### How I thrive

I love to travel both internationally and domestically (Eastern Europe is my favorite region). I enjoy exploring cities by public transportation and bicycle. I like gardening, cooking with friends and family, and reading novels. I feel privileged in life, and I do what I can to give back to my community. I try to remain active in my neighborhood association, local political groups, and professional organizations. Of all my roles, I am most proud to be a mother.



## Gene de Haan, MD

### OB/GYN PHYSICIAN

#### About me

I grew up in Salem, Oregon, moving to Portland after high school to attend Reed College. After earning a degree in English, I accepted a job as the coordinator of Q Center, Portland's LGBTQ Community Center. While at Q Center, I organized several programs serving Portland's queer and trans communities. After creating a conference promoting LGBTQ cultural competency among health-care providers, I became interested in medicine. I completed a second bachelor's degree in biology from Portland State University and attended medical school at the University of California San Francisco. While at UCSF, I organized a multidisciplinary elective for health professional students focused on trans health care and participated in numerous research projects related to trans health. Following graduation, I moved back to Portland to complete an ob-gyn residency at Oregon Health & Science University.

#### About my practice

My primary interest is LGBTQ health, with a focus in trans care. I am a transmasculine, nonbinary queer person, and I look forward to serving my community in the Portland area. I am also committed to partnering with community members to dismantle racism, classism, ableism, homophobia, transphobia, misogyny, fatphobia, and other systems of oppression that exclude people from accessing care.

### How I thrive

I enjoy spending time with my partner, our twin daughters, and our rescued pitbull. My hobbies include Crossfit, feminist literature, collecting crystals, and houseplants.



## Bridget Dorsey, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

Originally from Michigan, I have lived in several cities from New York to the Northwest. I love the mountains, huge trees, and beautiful water of the Portland, Oregon, and Vancouver, Washington, areas. I became passionate about midwifery while working as a health policy researcher for maternal-child issues and am proud to accompany and guide women through childbearing and the complexities of women's health care.

#### About my practice

As a certified nurse midwife, I'm a nurse with advanced training. I earned my master's degree in women's health from Columbia University in New York

City. I want women and families to feel I put their concerns foremost and support their health-care decisions. I provide gynecologic and obstetrical care to women from early teenage years throughout their lifetimes. This includes family-planning, general women's health care through and beyond pregnancy, and menopausal care.

#### How I thrive

I enjoy hiking through the Northwest forests with my husband, young son, and large furry dog. I swim for peace and exercise. Old homes and baking are mild obsessions. I'm a sports fan, especially of Detroit Red Wings hockey, the University of Michigan's sports teams (my undergraduate school), and Boston's professional sports teams (courtesy of my Massachusetts-born husband).



### Stephanie Joann Evans, MD

#### OB/GYN PHYSICIAN

##### About me

Although I am a Pacific Northwest native, born and raised in Idaho, I spent more than 20 years between Iowa and Los Angeles, before returning to this part of the country. I attended both college and medical school in Iowa, at Graceland University and the University of Iowa, respectively. The Midwest has amazing people, but the weather was tough. I headed west to be closer to home and settled in Los Angeles, where I finished residency at UCLA in obstetrics and gynecology. After residency, I worked at Kaiser Permanente in Panorama City. Although sometimes I still miss those sunny California days, being closer to my family and the outdoors feels amazing.

##### About my practice

My practice is general obstetrics and gynecology. It is truly a pleasure to guide women through their health care, whether pregnancy, gynecology, or preventive care. I see patients in the clinical setting, perform minor surgeries, and also am on call from time to time for the Labor and Delivery Department. I believe communication is key to taking care of my patients, and the ease of communication is one of my favorite parts of the Kaiser Permanente system. I am better able to communicate with my patients and with their primary care providers and specialists regarding their care. I strive to offer the information my patients need to make an informed decision that is right for them. There are often many different options for each clinical scenario, and I enjoy helping women navigate this complicated process. I have a personal interest in family planning and preventive care, and I am always eager to learn new approaches and management in all areas of Obstetrics and Gynecology.

#### How I thrive

Since being back to the Pacific Northwest, I have enjoyed making the outdoors a more central part of my daily life. I enjoy taking my children to the park and exploring the "small forests" of Portland. I am slowly being reintroduced to my love of running outdoors and look forward to the zen of a regular running routine.



## Jodi Farrera, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I learned about nurse-midwifery in a sociology of medicine class at age 19 and knew I'd found my ideal profession. It has a perfect blend of science and compassion. I couldn't imagine doing anything else for a living! I was raised in the Portland, Oregon area from age 10-18, then lived back east for seven years, then returned for my Master's at Oregon Health & Science University and stayed to be near family. I've been lucky enough to practice midwifery in Oregon since 1999, and I've been a part of the Kaiser Permanente team since 2008.

#### About my practice

Midwifery allows me to encounter interesting people at very unique times in their lives. My goal is to make a woman and her partner feel comfortable and informed - whether we're talking about contraception or hormone replacement in the clinic, or celebrating a birth in the hospital, or making choices about a labor that doesn't go as planned. I also speak Spanish and do my best to provide culturally competent care to people of all backgrounds.

#### How I thrive

Working at Kaiser Permanente makes it easier than ever to Thrive. I work with a great team of professionals - midwives, physicians, nurses, medical assistants, and other support staff, and I know that when I'm not working my patients are still in good hands! My time off is truly mine, which is great so that I can enjoy time with my family. We love to explore, cook, hike, read, and travel whenever possible.



## Cynthia Goldor, MD

### OB/GYN PHYSICIAN

#### About me

I am originally from California, but have lived in Washington and Oregon since 2005. The joke is: I will only live in the West Coast! I began my residency training at a Kaiser Permanente medical center in Northern California and have been with Kaiser Permanente almost continuously since. I truly believe in the Kaiser Permanente medical system and feel honored to work here. Obstetrics and Gynecology appealed to me from my first experience as a medical student. I love caring for women throughout their lives and appreciate the diverse health care issues women face.

#### About my practice

I love caring for women from the moment they consider conception, through a healthy pregnancy and to delivery. I enjoy all aspects of Obstetrics and Gynecology and am particularly interested in normal as well as high risk obstetrics, diagnosis and treatment of abnormal pap smears, abnormal bleeding, contraceptive counseling, and menopausal symptoms. Providing a friendly, collegial environment in which patients can share concerns, ideas and information is important to me. I believe communication is key for patients to make informed decisions about their health care.

### How I thrive

My husband and I are parents to triplets who keep us very busy! Our family enjoys traveling with our dogs, hiking, and exploring the amazing vistas of Oregon. I love cooking and experimenting with new recipes. I also enjoy reading, visiting with my extended family, and watching my kids flourish.



### Julia Head, MD

#### OB/GYN PHYSICIAN

#### About me

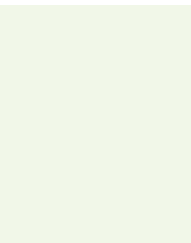
I was born and raised in Michigan and received my degree in biochemistry from the University of Michigan. I moved to Cleveland, Ohio for medical school and was part of the first class at the Cleveland Clinic Lerner College of Medicine. I fell in love with obstetrics and gynecology on my first day of rotation and haven't looked back since. I completed residency training at Beth Israel Deaconess Medical Center in Boston, Massachusetts and worked as an obstetrical hospitalist for a year before moving to Portland, Oregon and joining Kaiser Permanente.

#### About my practice

The diversity of clinical practice drew me to obstetrics and gynecology. I enjoy working with each patient to develop a plan that will work for her unique situation. I believe in educating members to help them understand their bodies and make important health decisions. On the labor floor I aim to be respectful of the significance of the moment your family welcomes a new member while providing excellent medical care. I provide minimally invasive surgical and office-based gynecologic procedures. My other interests include prenatal care, family planning/contraception, and vulvar disorders.

#### How I thrive

I pour the majority of my time and energy outside of work into helping my daughters grow up into amazing young women, alongside my husband, who is a physician researcher. I love the wealth of experiences that are available just outside my door - no matter the weather!



### Elizabeth Gray Herskovitz, CNM

#### CERTIFIED NURSE MIDWIFE

#### About me

I grew up in Southern California but have practiced midwifery in Connecticut, Seattle, and now the Portland area. I was drawn to this field because I wanted the opportunity to make a positive difference in the lives of families and communities.

#### About my practice

Shared decision-making is not just a buzzword for me. I strongly believe that each person is the expert on their body and their pregnancy, and I strive to educate and inform my patients to help them make the best decisions for their family. I have a background in out-of-hospital birth and have pursued additional training in breastfeeding.

#### How I thrive

When not at work I love to spend time with my family and our many pets. I also enjoy horseback riding, yoga, and digging in my garden.



## Sara Elizabeth Holt, CNM

### CERTIFIED NURSE MIDWIFE

#### About me

I grew up in the Midwest and attended the University of Kansas Medical Center for my nursing degree. After working for several years in a busy hospital in Hawaii I came to Portland to attend Oregon Health & Science University for my master's degree. The Pacific Northwest suits me, and I have enjoyed living in Oregon and Washington since 1994.

#### About my practice

I enjoy working with women at all stages of their lives, especially during pregnancy. I believe that supporting and educating women during this important time helps give them the best start as mothers. I also like working with young women and teaching them about their family planning options. After being in a private practice setting for several years I returned to Kaiser Permanente because I believe in our care model. I am honored to work with some of the best midwives and physicians in the region.

#### How I thrive

I love spending time with my two boys and my animals (2 cats and the world's cutest dog). I am happiest when I am outside - walking, biking, skiing and practicing ashtanga yoga. I also love to travel all over the world and am active with a medical clinic in Haiti.



## Shauna M. Hicks, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in rural Northern California but spent significant time in Oregon and Washington with my grandparents. I attended college at Cal Poly, San Luis Obispo, and medical school at the University of California, Davis. I was finally able to make the Pacific Northwest my home for residency training at Oregon Health & Science University. My husband, who is a college professor, and I make our home in Northeast Portland with our 2 school-aged children and loveable golden retriever. I was drawn to medicine and especially obstetrics-gynecology because I enjoy the personal connection between doctor and patient. I love interacting with all types of people and appreciate the science and complexity of the human body. It is truly a privilege to provide ob-gyn care to my patients in all stages of their lives.

#### About my practice

I joined the team at Kaiser Permanente because I believe in the strength of our integrated health care system, where you and your medical information are connected to all of your doctors, nurses, and other care providers. I love my amazing partners and patients. I offer the full spectrum of an obstetrics-gynecology practice, and especially enjoy minimally invasive gynecologic surgery like laparoscopy and vaginal surgery for all indications, including gender-affirming surgery. Collaboratively managing patients' issues and concerns, whether it is preconception and pregnancy, abnormal Pap tests, abnormal bleeding, or menopausal transitions, to name a few, is a cornerstone of my practice. My goal is that my practice is based in the best, most up-to-date science, but keeping in mind that each person is an individual. I value honest and straightforward communication.

### How I thrive

Most of my personal time is devoted to my family. We enjoy spending time with our local extended family, reading, having family movie nights, and traveling together. We take advantage of our location in the beautiful Pacific Northwest by hiking, biking, swimming, stand-up paddleboarding, and skiing. We are a sports family, and many of my weekends are spent on local soccer pitches and baseball diamonds cheering on my kids' teams. And of course, we're big Portland Timbers and Thorns fans! As a doctor who cares for expectant and new parents, and as a parent myself, I understand that it is critical for everyone to have time for self-care. My husband and I make time every morning for a 20-minute walk with the dog to get some exercise, plan our day, and have quality time together. When I make time for myself, I love exercising in barre class, knitting, baking, and reading historical fiction.



## Casey Peyton Homeyer, MD, MPH

### OB/GYN PHYSICIAN

#### About me

I have wanted to be a physician for as long as I can remember, and I am thankful to have a career where I get the privilege of serving others while being challenged to continue learning and growing every day. I was raised in Virginia and completed all of my undergraduate and medical education and training there before moving to the beautiful Pacific Northwest for the next step in my career.

#### About my practice

Having an ob/gyn you can trust for all your gynecologic needs is essential to staying healthy. I have a passion for providing personalized, evidence-based health care to women, and I enjoy building long-term, collaborative relationships with my patients.

### How I thrive

I always find myself energized after spending time in nature. I try to get outdoors as much as possible, whether hiking, biking, camping, or just taking a walk through the city.



## Sara Irwin, MD

### OB/GYN PHYSICIAN

#### About me

My friends from childhood say that I used to proclaim "I want to deliver babies when I grow up." I feel so fortunate to have a career that centers on an idea I have loved for so long, even though I now understand that practicing obstetrics and gynecology entails a lot more than delivering babies! I grew up in San Diego, California, went to Brown University in Rhode Island for my undergraduate education and then returned to California for medical school and residency training. My husband and I have had our sights on the Northwest for its wonderful sense of community, outdoors, and urban-meets-neighborhood lifestyle; we love living and working here. What draws me to OB/GYN is the breadth of care we are able to provide women: from primary and preventative care issues and surgeries to sharing in the magical moment of welcoming new life into the world. It is truly a privilege to practice medicine in this way.

### About my practice

I think it is important for patients to find a provider that they feel comfortable with, especially in the field of OB/GYN. Our department really fosters that connection between patients and providers, and I enjoy working with patients toward their own personal medical goals. I have a particular interest in working with adolescents, contraception management, laparoscopy, and pregnancy care, but I also like office gynecology practice. Since I lived so many years in California, “hablo espanol” for any patients seeking a Spanish-speaking physician.

### How I thrive

To me, “to Thrive” means that I am my best self at work, at home, and in my community. Traveling is a big part of my life, one that helps me explore, inspire and appreciate what I have at home. I also enjoy family time, cooking (and eating), reading, exercising, and being outdoors. And, since work is where I spend a lot of my time, I like to find ways to have fun at work and laugh with my patients.



Jane Izmirlian, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I decided to be a midwife in college because I desired to be with families during such a special time in their lives. I love caring for women at all stages. My husband and I are originally from the Midwest but have lived in Oregon for 20 years. Along with our daughter we love the outdoors and enjoy hiking, skiing, gardening, and walking our dog.

#### About my practice

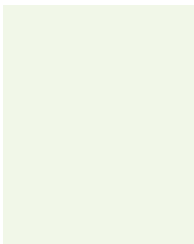
I love working at Kaiser Permanente because it allows me to work as a midwife on a highly qualified, interdisciplinary team. I believe that pregnancy and birth can be normal physiologic events in a woman’s life and see my role as one of promoting that normalcy. I speak Spanish fluently and am happy to provide care to Spanish-speaking families.

#### How I thrive

I thrive by living in the present moment, whether I am at work or home. I find that walking in my neighborhood, going to Zumba classes, practicing yoga and maintaining gratitude for all that I have helps me with mindfulness.

Heather Anne Jacobs, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE





## Robi Jaspín, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I grew up in Tumalo, Oregon, and attended Lewis and Clark College in Portland, where I studied biology. I graduated from the midwifery program at Yale University in 2004. Prior to joining Kaiser Permanente, I worked at a local private obstetrics and gynecology practice and at a migrant health center in California's Central Valley. I speak Spanish and enjoy having the opportunity to use that skill in my practice.

#### About my practice

I am attracted to midwifery because I believe that the world is a better place when thoughtful attention is given to women's health. My goal is to assist women to have safe, healthy pregnancies, childbirths, and parenting experiences, and to partner with women of all ages in personal health education.

#### How I thrive

I enjoy spending time with my partner and our daughter and making time to be outside with family and friends, backpacking, backcountry skiing, cycling, kayaking, hiking, running, and birdwatching. I also like to travel, eat ethnic foods, and bake bread. I am an active member of the Oregon Affiliate of the American College of Nurse-Midwives.



## Teresa Keirns, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE



## Sarah Lambert, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Santa Barbara, California. My path to medicine was non-traditional in that I first majored in Plant Ecology and then took time off from school to work and travel. Finally, after finishing medical school in Irvine, California, I completed my Obstetrics and Gynecology residency with Kaiser Permanente in San Jose, California. My husband (a veterinarian) and I fell in love with the Pacific Northwest on a visit and moved to Oregon after my residency.

#### About my practice

I truly enjoy practicing medicine. It is a privilege and honor to be able to assist women with their health and families. My goal is to make members feel welcome, comfortable and well cared for regardless of their concerns or issues. I believe in empowering patients to learn about every available option and I respect the diversity of opinions regarding those options.

#### How I thrive

I thrive by bicycling to work. When I am not working, I spend time with my husband and our two children (twins!) and love gardening, cooking and

visiting friends and family. I enjoy backpacking, bike-touring, swimming and skiing (although I am a pretty bad skier). I am an avid reader and usually have about three books going at once.

## Grace J. McBride, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I spent most of my life in Minnesota until moving to Oregon in 2020 for a new adventure. I studied Spanish and global studies at the University of Minnesota and during that time had the opportunity to study abroad in Ecuador. While there, I was lucky enough to participate in an internship with an ob/gyn specialist in a small town in the Andes Mountains. I was initially fascinated by the intensity and power of pregnancy and birth (and still am!), but eventually I was also drawn to providing patient education about sexual health, reproductive rights, and bridging the gap between primary care and the ob/gyn world. I completed my master's in nursing and worked as a labor and delivery nurse until I went back for my doctorate of nursing practice in nurse-midwifery at the University of Minnesota. I spent the first several years of my midwifery practice at a community clinic in St. Paul, Minnesota, where I attended deliveries and worked in the outpatient clinic.

#### About my practice

My approach to patient care is to listen and try to understand each patient's needs and hopes so that together we can meet their health care goals. I strive to empower my patients by providing them with knowledge and choices regarding their care. I was initially drawn to this profession through a fascination with pregnancy and birth, and this area continues to bring me great joy in my practice. At the same time, I really enjoy providing well care (think pap smear and screening for sexually transmitted infections) and working with people on their contraceptive goals. I'm thankful for the variety in my work and that I can continue to learn every day here at Kaiser Permanente.

#### How I thrive

I love speaking Spanish, exercising – swimming and walking – reading non-fiction, coffee, tacos, and traveling.



## Elizabeth Melendez, MD

### OB/GYN PHYSICIAN

#### About me

Before arriving in the Pacific Northwest, I had the privilege of studying and practicing in the Northeast and in Texas. My main focus has always been advocating for women's health and access to affordable care. I cannot remember a time when I did not work in the women's health arena. There is no greater joy than participating in the birth of a child! When I am not caring for my patients, I enjoy running and exploring the great outdoors with my 2 rambunctious boys and my loving husband, who is also a Kaiser Permanente physician.

#### About my practice

I approach caring for my patients the way I would want to be cared for and the way I would want my mother and grandmother to be cared for: with respect, compassion, and honesty. I am deeply committed to providing sound,

evidence-based care. As an obstetrician-gynecologist, I believe strongly in helping women achieve physical, mental, and emotional well-being.

#### How I thrive

I am at my best when spending time with my husband and boys, either soaking in the sun at the coast, hiking up steep trails, or enjoying a good movie in the comfort of our home. I am always in awe of their sense of wonder and adventure. Finally, I volunteer in my children's school whenever possible to support their teachers in whatever way I can.



### Samantha Joan Miller, CNM

#### OB/GYN CERTIFIED NURSE MIDWIFE

##### About me

I am a home grown Portlander. Both my mother and grandfather worked for Kaiser Permanente, and returning to my roots has been personally and professionally satisfying. I received my midwifery training and graduate education at Yale in New Haven, Connecticut, but always knew that my heart's work was in Oregon.

##### About my practice

Pregnancy and birth are huge events in a woman's life, and I feel privileged to work in a system that supports the midwifery model of care. The quality of care that Kaiser Permanente delivers is exceptional, consistently based on sound evidence, and tailored to each individual family.

##### How I thrive

Trips to local farmers markets are a regular treat for my family and I love gardening with my kids. It's all about balance between my personal and professional lives.



### Laura Y. Morrison, MD, MPH

#### OB/GYN PHYSICIAN

##### About me

I was born in Taiwan but grew up on our family farm in Michigan. I received my undergraduate degree in Engineering at Swarthmore College and my MD and MPH at the University of Michigan, where I also completed my residency in Obstetrics and Gynecology. While we enjoyed the Midwest, we decided to move to Oregon and haven't looked back. I live here with my family, which includes 4 children, the last two being a set of delightful twins. I have always felt that my background has given me a diverse perspective and variety of experiences that help me connect with my patients.

##### About my practice

I have always been drawn to the wide scope of practice in obstetrics and gynecology, and the ability to help patients as they experience the different phases of their lives. While no two people are exactly alike, we have many commonalities. I believe in meeting my patients where they are and helping them make decisions regarding their care through listening, education, and shared decision-making. I especially enjoy obstetrics and helping my patients navigate complicated pregnancies. I am committed to helping people on their journey to wellness – physically, mentally, and emotionally. This is one of the many reasons I am thrilled to be a part of the Kaiser Permanente team.

### How I thrive

I am an avid runner, have completed several marathons, and enjoy coaching and running with local groups. I knit and enjoy teaching knitting to others. I love to cook and eat interesting foods, and I share this passion with my spouse and children. Most of all, I love to spend time with my family, whether it's at home, traveling, or going on adventures. I generally have an interesting story about any or all of the above. The concept of community and making connections is so important. Life is constantly changing and challenging us, and there is no limit to how we can adapt to continue to thrive.

## Angeline Noriega, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

In 2006 I completed my training as a midwife and received my master's of public health degree at the University of Washington. I have worked in the Northwest as well as in various Latin American and Sub-Saharan African developing countries. I enjoy getting to know my clients in the clinic as well as in the labor and delivery setting. I believe in and strive for individualized care for each person. I speak English and Spanish.

#### About my practice

As a certified nurse midwife, I provide woman-centered care for pre-conception, pregnancy, postpartum, family planning including nexplanon, IUDs, depo provera, the pill, ring and patch, well-woman checks from adolescence through menopause, and STI screening. Often my pregnant patients continue with me after pregnancy for their gynecological care.

#### How I thrive

Outside of my work at Kaiser Permanente, I enjoy spending time with my family outdoors, hiking, exploring, camping, and running. I also support global public health programs that address inequity in health care, particularly in maternal child health.



## Eva Patil, MD, MPH

### OB/GYN PHYSICIAN

#### About me

A native Iowan, I have enjoyed making Portland my home. My love of international travel led me to practice medicine and to focus on obstetrics and gynecology, as I have seen many times how a woman's health is central to that of her family and community. At Oregon Health & Science University, I completed OB/GYN residency and a family planning fellowship focused on international women's reproductive health.

#### About my practice

I am proud to provide comprehensive reproductive health services including family planning, adolescent care, transgender care, and general obstetric and gynecologic care.

#### How I thrive

Traveling, snowshoeing with my husband and dog, bicycling, and singing in a local community choir help keep me grounded and happy.



## Carolyn Piszczek, MD

### OB/GYN PHYSICIAN

#### About me

I spent the first 17 years of my life in Alaska and then set out to explore other places through education and work. This brought me to New York, London, Paris, Liechtenstein, Washington DC, Okinawa, San Diego, and, finally, to Portland, where my family and I decided to stay. I was initially drawn to medicine through my interest in public health and policy but quickly became invested in the lives and health of my individual patients. This ultimately led me to a career focused on clinical medicine. Portland offers a perfect balance of culture and the outdoors, and there's no where else I'd rather be! I love my community, our surroundings, and the lovely patients I am fortunate enough to care for.

#### About my practice

I practice full-scope obstetrics and gynecology, with a focus in gynecology and minimally invasive surgery, including:

- Surgery to optimize fertility (e.g., removal of uterine fibroids, uterine septum, vaginal septum, intrauterine polyps or scar)
- Laparoscopic removal of very large uteri (that would typically require a large open abdominal incision)
- Risk-reducing surgery for patients with hereditary syndromes placing them at high risk of gynecologic and breast cancer (e.g., BRCA gene mutations, Lynch syndrome, high-risk premenopausal breast cancer)
- Transgender care
- Adnexal surgery (abnormal ovarian, fallopian tube, or pelvic masses)

#### How I thrive

Community and connectedness keep me inspired and fulfilled. This comes from my family, friends, nature, and my work. I feel very fortunate to spend my days creating partnerships with my patients and working together to advance their health and well-being.



## Jennifer Rupert, MD

### OB/GYN PHYSICIAN

#### About me

I am a native Northwesterner. I worked in medical research after graduating from Reed College and chose a career in medicine because I desired to stay intellectually challenged while connecting with people on an individual level. I became an Obstetrics and Gynecology physician to form ongoing relationships with patients in the clinic, operating room, and delivery room, and to support women's general and reproductive health. I chose to work for Kaiser Permanente because I believe our health care system allows doctors to practice preventive medicine with freedom to provide the best care for our patients.

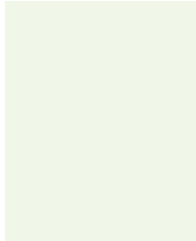
#### About my practice

I practice evidence-based preventive medicine. I try to meet members where they are and collaborate with them regarding their best course of testing and treatments. When indicated, I enjoy performing minimally invasive surgery - hysteroscopy and laparoscopy. I am always happy to help a member achieve

pregnancy. I support a natural birth process but will always take supportive measures to ensure the health and safety of both mom and baby. Every birth is an occasion for wonder!

#### How I thrive

Becoming a wife and mother has been the biggest achievement of my life. I love spending time with my family. Mealtime, story time, camping, exploring our city and the outdoors are the highlights of my time off from work. We also have a German Shepherd and three backyard chickens.



Anna R. Snyder, CNM

OB/GYN CERTIFIED NURSE MIDWIFE



Dawn Stanek, MD

OB/GYN PHYSICIAN



Michael Traynor, MD, MPH

OB/GYN PHYSICIAN



Simone L. Van Swam, MD

OB/GYN PHYSICIAN

#### About me

I was born and raised in eastern Washington, where I played a lot of soccer. After graduating from college at Northwestern, I spent a year with AmeriCorps in Logan, Utah working with a non-profit to make outdoor activities accessible to people of all abilities. I have always relished my time outside. I loved my time working in the outdoors and providing the chance for so many others to enjoy them as well. Before starting medical school, I had the opportunity to travel to Bolivia where I worked in a small rural clinic. There I was able to learn Spanish and experience firsthand the power of patient trust in their provider and education. My time there solidified my desire to practice medicine and to empower my future patients with education about their health and bodies.

### About my practice

I enjoy seeing a wide variety of patients ranging from young adolescents to mature adults to pregnancy. I enjoy the education that I can provide to each of them along the way. I moved to Kaiser from private practice in the Portland area where I cared for obstetric patients at varying levels of risk and have always enjoyed attention to detail that obstetrics requires. I perform in office surgeries, laparoscopic procedures (except hysterectomy) and office procedures like biopsies, colposcopy, LEEP, IUD and Implanon placement. I strive to remain up to date on the current practices and data while taking into consideration that each person is unique. I hope that my patients feel empowered to ask questions about their concerns and leave the office feeling heard and cared for.

### How I thrive

It has been wonderful to return to the PNW after my education took me away. I love the mountains and trees, the rain and the proximity to my home in the desert. I enjoy camping, hiking, telemark skiing, cycling, gardening and almost anything else outdoors; especially in the mountains! As a family my husband, son and I travel whenever possible, generally to visit family and friends who live all over. My husband and I enjoy cooking and eating a diverse range of food and I am always happy to talk favorite coffee shop or food cart/ restaurants with patients.



## Kimberly Vesco, MD

### OB/GYN PHYSICIAN

#### About me

All members of my family were born in the same hospital in San Diego, California. We moved to Utah when I was child but I returned to San Diego for college and medical school, where I witnessed my first birth and fell in love with Obstetrics. One of the most valuable aspects of my Obstetrics and Gynecology residency training was working beside midwives, family practice providers, and perinatologists (obstetricians for high risk pregnancies), all of whom bring shared and unique perspectives to helping women have healthy pregnancies and births.

#### About my practice

I began my Obstetrics and Gynecology practice at Kaiser Permanente in 2001. Since January 2014, I have had a hospital-focused practice. This allows me to do what I have loved since witnessing my first birth – help families have healthy babies. Because of my training, I support women through all types of childbirth experiences, from the least invasive to the most complicated. I love working with Kaiser Permanente because of our collaborative practice and our excellent nurses, midwives, and physicians. We strive not only to provide the highest quality care for you and your family, but also to keep you at the center of decision-making so you can have the best childbirth experience possible.

#### How I thrive

When I am not at the hospital I enjoy spending time with my husband and two children. We love to ski, travel, and make music together. I am very committed to learning more about helping women have healthy pregnancies and conduct research studies at the Kaiser Permanente Center for Health Research. My colleagues and I work to implement new health care practices and improve current practices.



## Emily Watson, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Omaha, Nebraska. My family is filled with health professionals--my mom is a second-generation nurse and my dad is a pharmacist. When I was young I carried around my first aid kit and told everyone I would be a doctor when I grew up. After attending college in California, I returned to the Midwest for medical school and residency and became a general Obstetrics/Gynecologist in Austin, Texas. My husband and I moved to Portland, Oregon in 2012 and love it. The mountains and waterfalls of the Pacific Northwest still amaze me!

#### About my practice

I am an Obstetric/Gynecologic Hospitalist, which means you won't see me in one of our clinics. I work at all of Kaiser Permanente's hospitals. I get to attend a lot of birthdays, and that's the best part of my job. My goal is to help all of our patients have healthy babies and the best Labor and Delivery experience possible.

#### How I thrive

We bring our dog on most of our adventures. She loves hiking, and we love exploring the Columbia River Gorge. I love trying new hobbies and learning new things all the time. My current endeavors include: yoga, meditation, vegetarian cooking, learning to speak Spanish, and running.



## Ann B. Welsh, DO

### OB/GYN PHYSICIAN

#### About me

I grew up just outside of Philadelphia. I completed my undergraduate degree at Monmouth University in New Jersey, where I also played field hockey. I received my medical degree at Philadelphia College of Osteopathic Medicine. I completed my intern year at Temple University Hospital in Philadelphia and finished my obstetrics and gynecology training at the University of Hawaii in Honolulu. I am excited now to call the Pacific Northwest home!

#### About my practice

I provide the full spectrum of obstetric and gynecologic care. I believe the key to health and wellness is being active in your own medical decision-making and care, and my goal is to provide my patients with the knowledge necessary to feel comfortable doing so.

#### How I thrive

I love spending time with family and friends. I also enjoy staying active, partaking of the local food and wine scene, and traveling!



## Emily West, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Colorado. While in college at Colorado State University I started a business working with children with developmental disabilities. I found my passion for anatomy and biomedical sciences and

chose to pursue a career in medicine. I attended both medical school and residency at the University of Colorado. During medical school I spent time in Mexico and became fluent in medical Spanish. My husband and I were thrilled to relocate to Oregon and are continuously exploring the Pacific Northwest.

#### About my practice

I was drawn to Obstetrics and Gynecology because it allows me to interact with women across all stages of life, to perform procedures as well as preventive care and to play a unique role in some of the happiest and challenging events in women's lives. I hope to create a caring environment in which women feel comfortable and informed when making decisions about their healthcare. My clinical interests in Obstetrics include vaginal birth after caesarean (VBAC), natural childbirth, and helping women with more complicated pregnancies. I also love talking about birth control and helping women protect their fertility. I place IUDs and birth control implants, work with patients with cervical dysplasia and perform colposcopy and, when needed, LEEP or cryotherapy. I offer minimally invasive surgeries including hysteroscopy, sterilization, and advanced laparoscopy including hysterectomy.

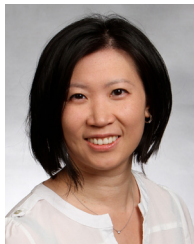
#### How I thrive

I love spending time with my husband and young daughter. We explore the outdoors, hike, camp, travel and eat good food. My other go-to activities are knitting, gardening and yoga.



Stacey L. Wilson, CNM

OB/GYN CERTIFIED NURSE MIDWIFE



Kathy Wood, MD

OB/GYN PHYSICIAN

#### About me

I was raised on the West Coast and have lived in the California bay area, Portland, Oregon, and Seattle, Washington. I'm happy to return to Portland after living in Washington, DC during my Obstetrics and Gynecology residency training. I chose to practice medicine so that I could help women be healthy and enjoy life with their loved ones.

#### About my practice

I love practicing general Obstetrics and Gynecology. I adore helping women through pregnancy and believe in avoiding intervention whenever possible, but am glad to use my skills to help should complications arise. I have particular interest in high risk obstetrics, contraception, and menopausal transition. I was trained extensively in minimally invasive procedures including laparoscopy and office procedures. I strive to get people back to their everyday activities as soon as possible.

### How I thrive

I thrive by spending time with my family and friends. My husband is an engineer, and reminds me there is a world outside medicine! We both love exploring the Pacific Northwest with our energetic young ones - our daughter and our Australian Sheppard. We love good food and trying new restaurants and cuisines.



### Anne L. Ziemba, CNM

#### OB/GYN CERTIFIED NURSE MIDWIFE

##### About me

Annie Ziemba (she/her) is a Certified Nurse Midwife. She was inspired towards midwifery in college in part as a call towards work in reproductive justice. She is also deeply invested in helping people on their journeys toward parenthood and believes that midwifery care can make a difference in that experience. She has practiced in the home, birth center and hospital settings and brings a rich background to supporting physiologic birth in the hospital.

##### About my practice

Annie is passionate about trauma-informed practice, patient relationships and inclusive care. She loves attending births, but in clinic she especially loves caring for teenagers, LGBTQIA+ patients, talking about sexual health and helping people learn about their bodies.

### How I thrive

Annie lives with her daughter and spouse, and they all enjoy the outdoors tremendously. They love to explore the PNW, garden, soak in hot springs and find new restaurants. She also enjoys reading and sitting in her hammock in the summers.



### Jill Zurawski, MD

#### OB/GYN PHYSICIAN

##### About me

After growing up in Chicago, Illinois and finishing my training in the midwest, I practiced at The University of Chicago Hospitals for seven years where I enjoyed directing a community health center and teaching students and residents. However, I loved the idea of having more outdoor experiences with my family. The last nine years have given me fabulous opportunities to practice on the Navajo Reservation with Indian Health Service as well as working at a community health center in Flagstaff, Arizona. Seeking family balance has brought me to Portland, Oregon where I enjoy working with women during the most intense parts of childbirth as an OB-GYN hospitalist while my musician husband and family and I can take advantage of all that the Northwest has to offer, together.

##### About my practice

The most enjoyable and satisfying part of my professional career has always been my time spent on labor and delivery and in the hospital. I have found that helping women find their strength to maneuver the challenge of childbirth is an inspiring and fulfilling experience. I truly enjoy working with women to help them achieve the birth they want, in an environment that keeps them safe as well. Working along with midwives at the Kaiser Permanente hospitals further reinforces my love of family centered birthing.

**How I thrive**

I am inspired by color, nature and exercise: running along the dark blue lakefront in Chicago with my husband, hiking through the oranges and browns of the Southwest and now watching soccer games and watching things grow in the millions of greens (and grays) of the Northwest. My family is indulgent of my ever changing vegetable garden plans, and the city girl in me still laughs that she has chickens in her backyard. Having played college sports, my husband and I are having fun sharing our love of exercise and the outdoors with my son and daughter. Enjoying my musical family and their talents fills my heart with song, and gives me peace.

# Kaiser Permanente Westside Medical Center

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Shaanti Abbruzzese, CNM

## OB/GYN CERTIFIED NURSE MIDWIFE

### About me

I grew up in Austin, Texas, and Seville, Spain. I attended the University of Colorado, in Boulder, for my undergraduate degree in Spanish literature, then returned to Austin for a master's degree in nursing at the University of Texas. I practiced as a labor and delivery nurse and women's health clinical nurse specialist, before returning to school for a post-graduate degree in midwifery at UC San Francisco. I was a midwife with Kaiser Permanente in Northern California for 8 years before moving to Portland, nearly 10 years ago, and was thrilled to be able to continue my practice with Kaiser Permanente.

### About my practice

I work part-time for the midwifery service of the OB/GYN Department. I see members at the Salmon Creek Medical Office in Vancouver, and attend births at Sunnyside Medical Center in Portland. I am often meeting members for the first time when they come to the hospital in labor. One of my favorite parts of the job is the art of connecting with women and their families during such a vulnerable and momentous time, establishing the trust necessary to work together as a team.

### How I thrive

Being physically active on a daily basis is important to me, as is fueling my body with nutritious, whole foods. I go to yoga once a week and am working on solidifying a daily 10-minute meditation practice. With this foundation, I'm left with good energy to run around with my family, out in nature, as much as possible. We like to hike, camp, kayak, and paddleboard, always with our dog in tow. I also belong to a hiking club and a book club and am on the board of the PTA of my children's school.



Amy Barnes, DO

## OB/GYN PHYSICIAN



Sarah Bodian, CNM

## OB/GYN CERTIFIED NURSE MIDWIFE

### About me

My work in women's health started in 2002 while working as a policy advocate in Boston. I then moved to Senegal, West Africa, where I lived in a small remote village and worked as a health care volunteer. Upon returning to the

states I continued my work in policy with Planned Parenthood and began my training in nursing. My years bearing witness to women of all ages and around the globe instilled in me a tireless drive for advocacy and compassion. I'm honored to be a part of women's health and humbled by the women for whom I care.

#### About my practice

I love the field of women's health because it allows me to care for women throughout their lives. I believe that each woman should play an intrinsic role in the care she receives. I also believe that each woman should feel that her wishes and preferences are honored and valued.

#### How I thrive

I enjoy gardening with my amazing husband and am an aspiring baker and cook. I also love to spend time outdoors, hiking, biking, or camping with my son and the family dog.



### Angela C. Chiodo, CNM

#### OB/GYN CERTIFIED NURSE MIDWIFE

##### About me

I am Northwest born and raised and I enjoy a good hike and kombucha tea. My initial degree is in public health from Oregon State University and I received my nursing and master's degrees from Oregon Health & Science University. My husband and I enjoyed a few years in Detroit, Michigan where I directed a maternal and child community health program and worked as a Nurse Midwife. I have a great love for people, running outdoors, climbing and my sweet baby girl!

##### About my practice

I love working at Kaiser Permanente. We are all about patient health, both within and outside our care. My favorite part of my job is listening to women's and families' stories and playing a small part in their life events. There is nothing in the world like watching a mom see her baby for the first time.

##### How I thrive

I love time with my loved ones, being a part of my faith community, and eating all kinds of Portland goodness.



### Rory Clawser, MD

#### OB/GYN PHYSICIAN

##### About me

I grew up in the Southeastern United States and completed medical training in Virginia. My wife, two sons and I moved to the Pacific Northwest in 2012. We enjoy all things outdoors - hiking, biking, snow skiing, camping, and are diehard Portland Trailblazers fans. I kept a private practice for five years prior to joining Kaiser Permanente and can say without doubt that I prefer our safe, efficient way of practicing medicine. My partners are the smartest, most dedicated, friendliest, and skilled doctors with whom I have ever had the opportunity to work. I love being part of the Kaiser Permanente family.

##### About my practice

I am especially interested in high risk obstetrics and managing the complex medical issues involved in some pregnancies. Labor and Delivery is my favorite

place to be! I look forward to the challenges, excitement, and rewards that a busy day in Labor and Delivery always brings! I also enjoy practicing gynecology and dealing with emergent issues that come to the Emergency Room.

#### How I thrive

I do my best to stay physically, mentally, and spiritually sound. I am an avid bike rider and love to lift weights. My family and I stay fit by hiking, camping and snow skiing. We enjoy family nature walks with our boxer dog, Shatzi.



### Sarah C. D'Ambrosio, NP

#### OB/GYN NURSE PRACTITIONER

##### About me

I am a native Oregonian, born and raised in Salem. I moved to Connecticut for college and studied anthropology, then earned a master's in education in Boston, where I taught kindergarten for several years. Over time, I found I wanted to affect the overall well-being of families and communities through a career in health care. I returned to school to study advanced practice nursing and completed a master's degree program. For 11 years, I practiced in a hospital-affiliated obstetrics-gynecology clinic in Massachusetts before my husband and I decided to return to Oregon to enjoy life in the Pacific Northwest and be closer to extended family. I have 3 young children (a son and twin daughters) and am thrilled to be raising them in my beautiful home state.

##### About my practice

I find deep fulfillment working with women of all ages to promote healthy living, whether during adolescence, pregnancy, or menopause. My background in education enables me to teach women and empower them to make healthy choices. I see myself as a partner to my patients in their care, providing evidence-based health care, tools, and education. My special interests within obstetrics-gynecology include treatment of infertility, management of contraception, pre-conception counseling, and prenatal exercise and diet management.

##### How I thrive

When I'm not working, I'm happiest spending time with my husband and 3 young children, especially while being active! We all love being outside, playing, hiking, and exploring. Exercise is a daily routine and passion of mine, including running, strength training, and yoga. I'm thrilled to be back in Oregon to enjoy the outdoors and spend more time with my parents.



### Stella Dantas, MD

#### OB/GYN PHYSICIAN

##### About me

My mother was a Kaiser Permanente physician in Portland, Oregon and I was born and grew up in the Kaiser Permanente system. I attended college at the University of California, Berkeley and medical school at Oregon Health & Science University. During medical school I missed the California sunshine and chose to complete my residency in Obstetrics and Gynecology at the University of Hawaii before returning to Portland permanently.

### About my practice

I enjoy all aspects of Obstetrics and Gynecology; seeing patients in the clinic, caring for patients in the operating room and delivering babies on labor and delivery. I believe I can improve my patients' health care experience by maintaining a good rapport and strong relationship with them. I also enjoy working on broader women's health issues and have several leadership roles within my department and within the American College of Obstetricians and Gynecologists. In addition, I enjoy teaching and mentoring Obstetrics and Gynecology resident physicians and medical students.

### How I thrive

My husband and two wonderful children give me great joy. I thrive by spending as much time as possible with them - especially when that time involves skiing, hiking and travel.



## Gene de Haan, MD

### OB/GYN PHYSICIAN

#### About me

I grew up in Salem, Oregon, moving to Portland after high school to attend Reed College. After earning a degree in English, I accepted a job as the coordinator of Q Center, Portland's LGBTQ Community Center. While at Q Center, I organized several programs serving Portland's queer and trans communities. After creating a conference promoting LGBTQ cultural competency among health-care providers, I became interested in medicine. I completed a second bachelor's degree in biology from Portland State University and attended medical school at the University of California San Francisco. While at UCSF, I organized a multidisciplinary elective for health professional students focused on trans health care and participated in numerous research projects related to trans health. Following graduation, I moved back to Portland to complete an ob-gyn residency at Oregon Health & Science University.

#### About my practice

My primary interest is LGBTQ health, with a focus in trans care. I am a transmasculine, nonbinary queer person, and I look forward to serving my community in the Portland area. I am also committed to partnering with community members to dismantle racism, classism, ableism, homophobia, transphobia, misogyny, fatphobia, and other systems of oppression that exclude people from accessing care.

#### How I thrive

I enjoy spending time with my partner, our twin daughters, and our rescued pitbull. My hobbies include Crossfit, feminist literature, collecting crystals, and houseplants.



## Carmen M. Doom, MD, PhD

### OB/GYN PHYSICIAN

#### About me

I grew up and went to college in Minnesota, then I moved to San Diego to escape the snow. My interest in science and medicine developed later in college, so I went to work in a research lab while I decided between a career

in laboratory research or medicine. Ultimately, I chose both, and moved to Portland where I completed the MD/PhD program at OHSU, studying immunology and virology. I wanted to explore yet another part of the country without snow and headed to Duke University in North Carolina for my residency in obstetrics and gynecology. After completing my training, I moved back to Portland, my adopted home, to begin my career.

#### **About my practice**

Like many OB/Gyns, I was drawn to the field by the privilege of delivering babies, the opportunity to have continuity with patients throughout their lives, and the variety of performing surgery and managing the medical problems of patients both pregnant and not. I also chose my specialty to help empower patients to understand and, ideally, have more control over their bodies and health. My approach to patient care centers on communication. I strive to provide accessible information without using medical jargon and I engage in shared decision-making in a trauma-informed manner, which means that once the options are presented we talk through what is the best choice for you and why. I work hard to address each of my patients' medical concerns while also accepting the many unknowns of our field. My particular interests include adolescent gynecology, infectious disease, contraceptive counseling, and perimenopause and menopause management.

#### **How I thrive**

I thrive by spending time with friends and family, particularly when it involves our two dogs, eating (not cooking!) food, the Oregon Coast (rain or shine), baseball, or professional dance. I also find personal growth and joy in parenting two teenagers, solving multiple word puzzle games daily, reading, trying to improve my Spanish, and traveling abroad.



### **Bridget M. Dorsey, CNM**

#### **OB/GYN CERTIFIED NURSE MIDWIFE**

#### **About me**

Originally from Michigan, I have lived in several cities from New York to the Northwest. I love the mountains, huge trees, and beautiful water of the Portland, Oregon, and Vancouver, Washington, areas. I became passionate about midwifery while working as a health policy researcher for maternal-child issues and am proud to accompany and guide women through childbearing and the complexities of women's health care.

#### **About my practice**

As a certified nurse midwife, I'm a nurse with advanced training. I earned my master's degree in women's health from Columbia University in New York City. I want women and families to feel I put their concerns foremost and support their health-care decisions. I provide gynecologic and obstetrical care to women from early teenage years throughout their lifetimes. This includes family-planning, general women's health care through and beyond pregnancy, and menopausal care.

#### **How I thrive**

I enjoy hiking through the Northwest forests with my husband, young son, and large furry dog. I swim for peace and exercise. Old homes and baking are mild obsessions. I'm a sports fan, especially of Detroit Red Wings hockey, the University of Michigan's sports teams (my undergraduate school), and

Boston's professional sports teams (courtesy of my Massachusetts-born husband).



## Jodi Arnoff Farrera, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I learned about nurse-midwifery in a sociology of medicine class at age 19 and knew I'd found my ideal profession. It has a perfect blend of science and compassion. I couldn't imagine doing anything else for a living! I was raised in the Portland, Oregon area from age 10-18, then lived back east for seven years, then returned for my Master's at Oregon Health & Science University and stayed to be near family. I've been lucky enough to practice midwifery in Oregon since 1999, and I've been a part of the Kaiser Permanente team since 2008.

#### About my practice

Midwifery allows me to encounter interesting people at very unique times in their lives. My goal is to make a woman and her partner feel comfortable and informed - whether we're talking about contraception or hormone replacement in the clinic, or celebrating a birth in the hospital, or making choices about a labor that doesn't go as planned. I also speak Spanish and do my best to provide culturally competent care to people of all backgrounds.

#### How I thrive

Working at Kaiser Permanente makes it easier than ever to Thrive. I work with a great team of professionals - midwives, physicians, nurses, medical assistants, and other support staff, and I know that when I'm not working my patients are still in good hands! My time off is truly mine, which is great so that I can enjoy time with my family. We love to explore, cook, hike, read, and travel whenever possible.



## Amanda C. Gittelman, DO

### OB/GYN PHYSICIAN

#### About me

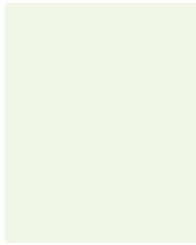
Born and raised in Southern California, I traveled east for college, graduating from the University of Pennsylvania with a degree in visual studies. Following college, I moved to Oaxaca, Mexico, to teach elementary school. It was during this time that I rediscovered my love of science and, upon returning to the United States, attended Arizona College of Osteopathic Medicine for medical school, where I ran a weekly women's health clinic at a local homeless shelter. I completed ob-gyn residency at Kaiser Permanente Los Angeles Medical Center.

#### About my practice

Ob-gyn offers the unique opportunity to provide care for women throughout their entire lives. I enjoy playing a role in some of the most transformative experiences that women go through, from birth to menopause, and strive to create a safe, comfortable environment for my patients to feel heard and supported. My clinical interests include family planning, geriatric care, cervical dysplasia, and office procedures.

### How I thrive

I spend most of my free time with my husband, Max, my son, Elio, and our 2 dogs, Banjo and Louie. We are very excited to live in Portland and explore all the outdoor activities the Pacific Northwest has to offer. We love to hike, garden, and swim! I also enjoy yoga and reading.



## Elizabeth Herskovitz, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I grew up in Southern California but have practiced midwifery in Connecticut, Seattle, and now the Portland area. I was drawn to this field because I wanted the opportunity to make a positive difference in the lives of families and communities.

#### About my practice

Shared decision-making is not just a buzzword for me. I strongly believe that each person is the expert on their body and their pregnancy, and I strive to educate and inform my patients to help them make the best decisions for their family. I have a background in out-of-hospital birth and have pursued additional training in breastfeeding.

#### How I thrive

When not at work I love to spend time with my family and our many pets. I also enjoy horseback riding, yoga, and digging in my garden.



## Sara Holt, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About me

I grew up in the Midwest and attended the University of Kansas Medical Center for my nursing degree. After working for several years in a busy hospital in Hawaii I came to Portland to attend Oregon Health & Science University for my master's degree. The Pacific Northwest suits me, and I have enjoyed living in Oregon and Washington since 1994.

#### About my practice

I enjoy working with women at all stages of their lives, especially during pregnancy. I believe that supporting and educating women during this important time helps give them the best start as mothers. I also like working with young women and teaching them about their family planning options. After being in a private practice setting for several years I returned to Kaiser Permanente because I believe in our care model. I am honored to work with some of the best midwives and physicians in the region.

#### How I thrive

I love spending time with my two boys and my animals (2 cats and the world's cutest dog). I am happiest when I am outside - walking, biking, skiing and practicing ashtanga yoga. I also love to travel all over the world and am active with a medical clinic in Haiti.



## Sara Irwin, MD

### OB/GYN PHYSICIAN

#### About me

My friends from childhood say that I used to proclaim “I want to deliver babies when I grow up.” I feel so fortunate to have a career that centers on an idea I have loved for so long, even though I now understand that practicing obstetrics and gynecology entails a lot more than delivering babies! I grew up in San Diego, California, went to Brown University in Rhode Island for my undergraduate education and then returned to California for medical school and residency training. My husband and I have had our sights on the Northwest for its wonderful sense of community, outdoors, and urban-meets-neighborhood lifestyle; we love living and working here. What draws me to OB/GYN is the breadth of care we are able to provide women: from primary and preventative care issues and surgeries to sharing in the magical moment of welcoming new life into the world. It is truly a privilege to practice medicine in this way.

#### About my practice

I think it is important for patients to find a provider that they feel comfortable with, especially in the field of OB/GYN. Our department really fosters that connection between patients and providers, and I enjoy working with patients toward their own personal medical goals. I have a particular interest in working with adolescents, contraception management, laparoscopy, and pregnancy care, but I also like office gynecology practice. Since I lived so many years in California, “hablo espanol” for any patients seeking a Spanish-speaking physician.

#### How I thrive

To me, “to Thrive” means that I am my best self at work, at home, and in my community. Traveling is a big part of my life, one that helps me explore, inspire and appreciate what I have at home. I also enjoy family time, cooking (and eating), reading, exercising, and being outdoors. And, since work is where I spend a lot of my time, I like to find ways to have fun at work and laugh with my patients.



## Jane A. Izmirlian, CNM

### OB/GYN CERTIFIED NURSE MIDWIFE

#### About Me

I decided to be a midwife in college because I desired to be with families during such a special time in their lives. I love caring for women at all stages. My husband and I are originally from the Midwest but have lived in Oregon for 20 years. Along with our daughter we love the outdoors and enjoy hiking, skiing, gardening, and walking our dog.

#### About my practice

I love working at Kaiser Permanente because it allows me to work as a midwife on a highly qualified, interdisciplinary team. I believe that pregnancy and birth can be normal physiologic events in a woman’s life and see my role as one of promoting that normalcy. I speak Spanish fluently and am happy to provide care to Spanish-speaking families.

### How I thrive

I thrive by living in the present moment, whether I am at work or home. I find that walking in my neighborhood, going to Zumba classes, practicing yoga and maintaining gratitude for all that I have helps me with mindfulness.



Heather Jacobs, CNM

OB/GYN CERTIFIED NURSE MIDWIFE



Robi M. Jaspin, CNM

OB/GYN CERTIFIED NURSE MIDWIFE

### About Me

I grew up in Tumalo, Oregon, and attended Lewis and Clark College in Portland, where I studied biology. I graduated from the midwifery program at Yale University in 2004. Prior to joining Kaiser Permanente, I worked at a local private obstetrics and gynecology practice and at a migrant health center in California's Central Valley. I speak Spanish and enjoy having the opportunity to use that skill in my practice.

### About my practice

I am attracted to midwifery because I believe that the world is a better place when thoughtful attention is given to women's health. My goal is to assist women to have safe, healthy pregnancies, childbirths, and parenting experiences, and to partner with women of all ages in personal health education.

### How I thrive

I enjoy spending time with my partner and our daughter and making time to be outside with family and friends, backpacking, backcountry skiing, cycling, kayaking, hiking, running, and birdwatching. I also like to travel, eat ethnic foods, and bake bread. I am an active member of the Oregon Affiliate of the American College of Nurse-Midwives.



Laura Jenson, CNM

OB/GYN CERTIFIED NURSE MIDWIFE

### About Me

I completed my nurse-midwifery and public health master's degrees at OHSU and worked in a community health center and hospital in the Pilsen area of Chicago before coming back to Portland.

### About My Practice

The desire to promote each woman's self-determination while respecting her unique cultural and personal experiences forms the foundation for my practice as a midwife. I have a keen interest in legislative affairs particularly regarding public health issues; I serve on the American College of Nurse-Midwives Government Affairs Committee.

### How I thrive

I am fluent in Spanish. In my free time, I love exploring the green forests and cool waters of the Pacific Northwest with my husband and son.



Elizabeth Kavanaugh, CNM  
OB/GYN CERTIFIED NURSE MIDWIFE



Teresa Burnelle Keirns, CNM  
OB/GYN CERTIFIED NURSE MIDWIFE



Claire Kendall Learmonth, MD  
OB/GYN PHYSICIAN



Susie Lim, MD  
OB/GYN PHYSICIAN

**About me**

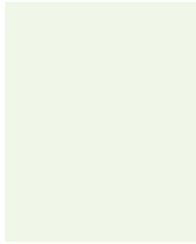
I was born and raised in Ohio, where I completed my medical education. After graduating from residency, my family and I moved west, discovered Portland, Oregon, and never looked back. We still marvel at our proximity to the mountains and ocean.

**About my practice**

I provide comprehensive Obstetrical/Gynecological care for women from their teenage to reproductive and menopausal years. I practice evidence-based medicine and strive to build strong relationships with my patients to individualize their care. I also love delivering babies on Labor and Delivery and performing gynecological (including minimally invasive) surgeries.

**How I thrive**

Life outside of work is filled with family life. We enjoy hiking, camping, and downhill skiing. We love to watch for new restaurants and catch a good movie when we get the chance. Relaxation means stealing a moment to relish a book, arts and crafts, or working on my gardening skills.



Grace J. McBride, CNM  
OB/GYN CERTIFIED NURSE MIDWIFE

**About me**

I spent most of my life in Minnesota until moving to Oregon in 2020 for a new adventure. I studied Spanish and global studies at the University of Minnesota and during that time had the opportunity to study abroad in Ecuador. While there, I was lucky enough to participate in an internship with an ob/gyn specialist in a small town in the Andes Mountains. I was initially fascinated by the intensity and power of pregnancy and birth (and still am!), but eventually I was also drawn to providing patient education about sexual health, reproductive rights, and bridging the gap between primary care and the ob/gyn world. I completed my master's in nursing and worked as a labor and delivery nurse until I went back for my doctorate of nursing practice in nurse-midwifery at the University of Minnesota. I spent the first several years of my midwifery practice at a community clinic in St. Paul, Minnesota, where I attended deliveries and worked in the outpatient clinic.

**About my practice**

My approach to patient care is to listen and try to understand each patient's needs and hopes so that together we can meet their health care goals. I strive to empower my patients by providing them with knowledge and choices regarding their care. I was initially drawn to this profession through a fascination with pregnancy and birth, and this area continues to bring me great joy in my practice. At the same time, I really enjoy providing well care (think pap smear and screening for sexually transmitted infections) and working with people on their contraceptive goals. I'm thankful for the variety in my work and that I can continue to learn every day here at Kaiser Permanente.

**How I thrive**

I love speaking Spanish, exercising – swimming and walking – reading non-fiction, coffee, tacos, and traveling.



Elizabeth Melendez, MD  
OB/GYN PHYSICIAN

**About me**

Before arriving in the Pacific Northwest, I had the privilege of studying and practicing in the Northeast and in Texas. My main focus has always been advocating for women's health and access to affordable care. I cannot remember a time when I did not work in the women's health arena. There is no greater joy than participating in the birth of a child! When I am not caring for my patients, I enjoy running and exploring the great outdoors with my 2 rambunctious boys and my loving husband, who is also a Kaiser Permanente physician.

**About my practice**

I approach caring for my patients the way I would want to be cared for and the way I would want my mother and grandmother to be cared for: with respect, compassion, and honesty. I am deeply committed to providing sound, evidence-based care. As an obstetrician-gynecologist, I believe strongly in helping women achieve physical, mental, and emotional well-being.

### How I thrive

I am at my best when spending time with my husband and boys, either soaking in the sun at the coast, hiking up steep trails, or enjoying a good movie in the comfort of our home. I am always in awe of their sense of wonder and adventure. Finally, I volunteer in my children's school whenever possible to support their teachers in whatever way I can.



Peter Miksovsky, MD

OB/GYN PHYSICIAN



Samantha Joan Miller, CNM

OB/GYN CERTIFIED NURSE MIDWIFE

### About me

I am a home grown Portlander. Both my mother and grandfather worked for Kaiser Permanente, and returning to my roots has been personally and professionally satisfying. I received my midwifery training and graduate education at Yale in New Haven, Connecticut, but always knew that my heart's work was in Oregon.

### About my practice

Pregnancy and birth are huge events in a woman's life, and I feel privileged to work in a system that supports the midwifery model of care. The quality of care that Kaiser Permanente delivers is exceptional, consistently based on sound evidence, and tailored to each individual family.

### How I thrive

Trips to local farmers markets are a regular treat for my family and I love gardening with my kids. It's all about balance between my personal and professional lives.



Joseph D. Murphy, MD

OB/GYN PHYSICIAN

### About me

I was born and raised in Hannibal, Missouri, received my bachelor's degree from Northwestern University in Chicago, Illinois, and attended medical school at the St. Louis University School of Medicine. I completed my residency at the University of Texas Medical Branch in Galveston, Texas, and kept a private practice in Houston before moving to Portland, Oregon to join Kaiser Permanente in 2005. I love the beautiful Pacific Northwest and am incredibly proud to work for Kaiser Permanente.

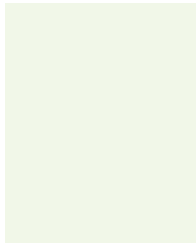
### About my practice

High risk Obstetrics initially drew me to Obstetrics and Gynecology but I realized during my training how much I enjoy the full scope of a generalist Obstetrics and Gynecology practice. I love getting to know my patients and counseling them on available treatment options in order to make informed

healthcare decisions. Of all the places I've practiced, including academic institutions and private practice, Kaiser Permanente is my favorite because of our conscious focus on evidence based medicine and patient safety, our incredible network of talented colleagues across multiple specialties, and our emphasis on what I enjoy most – taking care of patients.

#### How I thrive

Being a runner and an avid fan of exercise is part of my identity, and I have run 11 marathons. I love all of the outdoor activities available in the Pacific Northwest. My partner and I have a house on the Oregon coast where we re-energize. We have two beagles that keep us quite busy!



### Angeline Kimiko Noriega, CNM

#### OB/GYN CERTIFIED NURSE MIDWIFE

##### About me

In 2006 I completed my training as a midwife and received my master's of public health degree at the University of Washington. I have worked in the Northwest as well as in various Latin American and Sub-Saharan African developing countries. I enjoy getting to know my clients in the clinic as well as in the labor and delivery setting. I believe in and strive for individualized care for each person. I speak English and Spanish.

##### About my practice

As a certified nurse midwife, I provide woman-centered care for pre-conception, pregnancy, postpartum, family planning including nexplanon, IUDs, depo provera, the pill, ring and patch, well-woman checks from adolescence through menopause, and STI screening. Often my pregnant patients continue with me after pregnancy for their gynecological care.

##### How I thrive

Outside of my work at Kaiser Permanente, I enjoy spending time with my family outdoors, hiking, exploring, camping, and running. I also support global public health programs that address inequity in health care, particularly in maternal child health.



### Karen A. Ogryzlo, MD

#### OB/GYN PHYSICIAN

##### About me

Originally from Toronto, Canada, I have lived in the Pacific Northwest for more than 20 years and in Portland for more than 15 years. I have always enjoyed helping others and believe health and wellness are a way of life. I was drawn to medicine so that I could help others with their own health and work with them to help themselves – which usually has even longer-lasting effects.

##### About my practice

I am a generalist who practices the full scope of obstetrics-gynecology. I still get a thrill out of “catching” babies while also providing comprehensive gynecologic care through all stages of life from adolescence to reproductive age to menopause and beyond. I frequently see patients through many chapters of their lives and value the relationships that I build with them and their families over this time. I strongly believe in teamwork and advocacy with my patients, colleagues, and support staff.

### How I thrive

When not in the office, I enjoy time with my husband and son and maintain my own wellness through walking my labradoodle, cardio/conditioning classes, hiking in the forest and mountains, downhill mountain biking, and through connection to family and friends.



## Becky Overbeck, MD

### OB/GYN PHYSICIAN

#### About me

I completed medical school at Medical College of Wisconsin and then my obstetrics and gynecology residency at the University of Texas in 1999. I have lived in many different states and feel fortunate to call Oregon my home. My husband and I are raising two great children. As a family we enjoy many of Oregon's outdoor recreational opportunities.

#### About my practice

I joined Kaiser Permanente in 1999 and love being able to practice with a dynamic group of peers. In obstetrics and gynecology, I have a wonderful and exciting practice that includes care of expectant mothers, childbirth, adolescent gynecology and gynecologic care through mid-life and beyond. My goal is to provide compassionate care while partnering with women to achieve their health care needs.

### How I thrive

I spend free time with friends, family, and my children. Balancing work with family life is a challenge but we are an active family that loves to hike, golf, bicycle and ski together. I exercise often, keeping it fresh by varying my routine. I try to live the lifestyle I recommend for my patients: rest well, exercise regularly with friends (canines included), and eat healthy.



## Kevin Overbeck, MD

### OB/GYN PHYSICIAN

#### About me

I grew up in Austin, Texas. I completed college at the University of Texas at Austin and medical school and residency at the University of Texas Medical Branch in Galveston, Texas. I met my wife in Galveston when we were training in Obstetrics and Gynecology. We decided to come to Portland, Oregon and start a family. We have two wonderful children and we love living here in the beautiful Northwest and practicing Obstetrics and Gynecology with Kaiser Permanente.

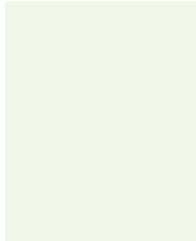
#### About my practice

Like most people, prenatal care and delivery attracted me to Obstetrics and Gynecology, and I find helping families come together exciting and satisfying. I also enjoy treating women with a variety of gynecological issues, including abnormal periods, infertility, menopausal problems, contraception and pelvic pain. I perform minimally invasive surgeries and am experienced with laparoscopic and vaginal hysterectomy and hysteroscopic procedures. My practice philosophy is to involve patients as much as possible in decision making. Once we have identified the cause of a problem, I ask my patients to identify what successful treatment looks like to them. Together we assess

treatment options and decide which are most likely to get them to where they aspire to be.

#### How I thrive

I dedicate ample time to my family and friends. I exercise daily and have greatly improved my diet over the years (although my weakness for BBQ, Mexican food and chocolate continues). To relax, I play with my children, coach their youth sports, beachcomb the Oregon Coast, golf, read and travel with family.



Anna R. Snyder, CNM

OB/GYN CERTIFIED NURSE MIDWIFE



Ann Stanek, MD

OB/GYN PHYSICIAN



Kristen Strength, MD

OB/GYN PHYSICIAN

#### About me

I grew up in Fresno, California where the hot weather mixed perfectly with my love of swimming. I ventured to Auburn University for my undergraduate education and to pursue my passion of swimming at the college level. After completing my bachelors in Biomedical Science, I moved back to California to attend medical school at University of California Los Angeles. During medical school, my husband and I welcomed two amazing girls who teach us new lessons every day. We moved to Santa Clara, California where I completed my residency with Kaiser Permanente in Obstetrics and Gynecology. We chose to lay down roots in Portland due to our love of the outdoors and friendly atmosphere.

#### About my practice

As an Obstetrician and Gynecologist, I have a passion for helping women stay healthy. It is truly a privilege to help guide women through deeply personal and pivotal moments in their lives such as delivering a baby or undergoing surgery. I strive to provide empathetic and high quality care to every person I see. After being introduced to the KP Health System in residency, I believe that it is a great model to deliver integrated health care for all members. I am honored to be part of this team.

### How I thrive

I have always felt at home in the swimming pool and love being part of club teams. When a pool isn't available, my family and I enjoy exploring the beauty of the Pacific Northwest through hiking. My husband and I also enjoy cooking, baking, and tackling home improvement projects.



## Emily Watson, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Omaha, Nebraska. My family is filled with health professionals--my mom is a second-generation nurse and my dad is a pharmacist. When I was young I carried around my first aid kit and told everyone I would be a doctor when I grew up. After attending college in California, I returned to the Midwest for medical school and residency and became a general Obstetrics/Gynecologist in Austin, Texas. My husband and I moved to Portland, Oregon in 2012 and love it. The mountains and waterfalls of the Pacific Northwest still amaze me!

#### About my practice

I am an Obstetric/Gynecologic Hospitalist, which means you won't see me in one of our clinics. I work at all of Kaiser Permanente's hospitals. I get to attend a lot of birthdays, and that's the best part of my job. My goal is to help all of our patients have healthy babies and the best Labor and Delivery experience possible.

### How I thrive

We bring our dog on most of our adventures. She loves hiking, and we love exploring the Columbia River Gorge. I love trying new hobbies and learning new things all the time. My current endeavors include: yoga, meditation, vegetarian cooking, learning to speak Spanish, and running.



## Ann Welsh, DO

### OB/GYN PHYSICIAN

#### About me

I grew up just outside of Philadelphia. I completed my undergraduate degree at Monmouth University in New Jersey, where I also played field hockey. I received my medical degree at Philadelphia College of Osteopathic Medicine. I completed my intern year at Temple University Hospital in Philadelphia and finished my obstetrics and gynecology training at the University of Hawaii in Honolulu. I am excited now to call the Pacific Northwest home!

#### About my practice

I provide the full spectrum of obstetric and gynecologic care. I believe the key to health and wellness is being active in your own medical decision-making and care, and my goal is to provide my patients with the knowledge necessary to feel comfortable doing so.

### How I thrive

I love spending time with family and friends. I also enjoy staying active, partaking of the local food and wine scene, and traveling!



Stacey Wilson, CNM

OB/GYN CERTIFIED NURSE MIDWIFE



Anne L. Ziemba, CNM

OB/GYN CERTIFIED NURSE MIDWIFE

**About me**

Annie Ziemba (she/her) is a Certified Nurse Midwife. She was inspired towards midwifery in college in part as a call towards work in reproductive justice. She is also deeply invested in helping people on their journeys toward parenthood and believes that midwifery care can make a difference in that experience. She has practiced in the home, birth center, and hospital settings and brings a rich background to supporting physiologic birth in the hospital.

**About my practice**

Annie is passionate about trauma-informed practice, patient relationships and inclusive care. She loves attending births, but in clinic she especially loves caring for teenagers, LGBTQIA+ patients, talking about sexual health and helping people learn about their bodies.

**How I thrive**

Annie lives with her daughter and spouse, and they all enjoy the outdoors tremendously. They love to explore the PNW, garden, soak in hot springs, and find new restaurants. She also enjoys reading and sitting in her hammock in the summers.



Jill Zurawski, MD

OB/GYN PHYSICIAN

**About me**

After growing up in Chicago, Illinois and finishing my training in the midwest, I practiced at The University of Chicago Hospitals for seven years where I enjoyed directing a community health center and teaching students and residents. However, I loved the idea of having more outdoor experiences with my family. The last nine years have given me fabulous opportunities to practice on the Navajo Reservation with Indian Health Service as well as working at a community health center in Flagstaff, Arizona. Seeking family balance has brought me to Portland, Oregon where I enjoy working with women during the most intense parts of childbirth as an OB-GYN hospitalist while my musician husband and family and I can take advantage of all that the Northwest has to offer, together.

**About my practice**

The most enjoyable and satisfying part of my professional career has always been my time spent on labor and delivery and in the hospital. I have found that helping women find their strength to maneuver the challenge of childbirth is an inspiring and fulfilling experience. I truly enjoy working with women to help them achieve the birth they want, in an environment

that keeps them safe as well. Working along with midwives at the Kaiser Permanente hospitals further reinforces my love of family centered birthing.

#### **How I thrive**

I am inspired by color, nature and exercise: running along the dark blue lakefront in Chicago with my husband, hiking through the oranges and browns of the Southwest and now watching soccer games and watching things grow in the millions of greens (and grays) of the Northwest. My family is indulgent of my ever changing vegetable garden plans, and the city girl in me still laughs that she has chickens in her backyard. Having played college sports, my husband and I are having fun sharing our love of exercise and the outdoors with my son and daughter. Enjoying my musical family and their talents fills my heart with song, and gives me peace.

# Legacy Salmon Creek Medical Center

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Stephanie Ahmed, MD

**OB/GYN PHYSICIAN**

**About me**

I was born in Portland. After training and working in North Carolina and New York, I'm happy to be home. In my free time, I enjoy traveling, knitting, and riding my horse.

**About my practice**

I am privileged to work as an obstetrics hospitalist, taking care of patients in Labor and Delivery. This includes antepartum care, triage, managing labor, and assisting with vaginal as well as Cesarean deliveries.

**How I thrive**

I thrive by spending time with my husband and daughter. Together we travel, exploring the world. We also scuba dive and ride horses.



Carol Chiu, MD

**OB/GYN PHYSICIAN**



Rory Clawser, MD

**OB/GYN PHYSICIAN**

**About me**

I grew up in the Southeastern United States and completed medical training in Virginia. My wife, two sons and I moved to the Pacific Northwest in 2012. We enjoy all things outdoors - hiking, biking, snow skiing, camping, and are diehard Portland Trailblazers fans. I kept a private practice for five years prior to joining Kaiser Permanente and can say without doubt that I prefer our safe, efficient way of practicing medicine. My partners are the smartest, most dedicated, friendliest, and skilled doctors with whom I have ever had the opportunity to work. I love being part of the Kaiser Permanente family.

**About my practice**

I am especially interested in high risk obstetrics and managing the complex medical issues involved in some pregnancies. Labor and Delivery is my favorite place to be! I look forward to the challenges, excitement, and rewards that a busy day in Labor and Delivery always brings! I also enjoy practicing gynecology and dealing with emergent issues that come to the Emergency Room.

**How I thrive**

I do my best to stay physically, mentally, and spiritually sound. I am an avid bike rider and love to lift weights. My family and I stay fit by hiking, camping and snow skiing. We enjoy family nature walks with our boxer dog, Shatzi.



## Lissa Daimaru-Enoki, MD

### OB/GYN PHYSICIAN

#### About me

I am originally from Hawaii – born in Honolulu and raised in Hilo – and I’ve been in the Pacific Northwest since 2010. I completed my undergraduate studies at the University of California, Davis, before attending the University of Hawaii’s John A. Burns School of Medicine. I then completed a residency in obstetrics and gynecology at Cedars-Sinai Medical Center in Los Angeles. I have always enjoyed science and its practical applications and wanted to do something that gave back to others. I chose the field of medicine because it allowed me both. I worked in private practice in Arizona for several years, but now my husband and I love being near the water and the lush green trees!

#### About my practice

I strive to provide excellent, evidence-based care through communication and education. I am proud to be part of a team here at Kaiser Permanente that not only helps care for those who are ill but, just as importantly, helps to keep people healthy through preventive care. As an obstetrician-gynecologist, I see patients through some of the major crossroads in their lives, from puberty to their child-bearing years, menopause, and beyond. I enjoy helping them navigate these years, and I feel blessed to have built so many wonderful relationships with patients along the way. I take special interest in minimally invasive and vaginal surgery.

#### How I thrive

Outside of work, I am a busy wife and mother of two. My family and I enjoy traveling, hiking, going to museums, and watching movies. Family story time is my favorite time of day – even our pets love it! Reading, arts and crafts, and exercise also help me relax and re-energize.



## Amy Dorius, MD

### OB/GYN PHYSICIAN

#### About me

As a native Oregonian, I’m thrilled to work with women and families in this region. I grew up in rural southern Oregon and received my undergraduate degree in women’s studies from the University of Oregon and a medical degree from Oregon Health & Science University. I completed my residency at Pennsylvania Hospital, which is the nation’s first hospital as well as Philadelphia’s busiest obstetric hospital! I now look forward to raising my daughter here in the Pacific Northwest, near family.

#### About my practice

I’m proud to work with Kaiser Permanente to provide services to women in every stage of life – gynecologic exams, pregnancy, birth control, or gynecologic surgery. I love that my field allows me to connect with patients long-term to explore these issues in an office setting, as well as to provide more acute hospital care and support. I want my patients to feel both medically informed and comfortable with making their own health decisions.

#### How I thrive

I enjoy spending time with family and friends outside of work and frequently host casual dinners and get-togethers in my home. I also maintain a veggie garden and enjoy quilting, watercolor, and neighborhood walks with my daughter.



## Maria Gaspar-Oishi, MD

### OB/GYN PHYSICIAN

#### About me

I was born in the Philippines and soon moved to New York City, where I grew up in Spanish Harlem. My mother was a physician, exposing me to the field of medicine at an early age. Even then, I knew I wanted to pursue a career in medicine. My passion lies in providing comprehensive women's health care and serving my community. I attended undergraduate and medical school at Georgetown University, in Washington, D.C. After completing my training in obstetrics and gynecology at the University of Hawaii, I joined the faculty there as an attending physician and assistant professor. I'm excited to continue my practice with Kaiser Permanente, supported by my loving husband, my beautiful young daughter, and our curious cat, Molly.

#### About my practice

My professional philosophy is to treat every patient individually—recognizing that each person's abilities, struggles, and goals deserve my respect and attention. I strive to provide comprehensive health care to women in the areas of prenatal care, gynecological procedures, and surgeries, as well as obstetric services. Even if a problem falls outside the scope of my specialty, I know that it is my responsibility to help my patients receive the care they need to lead healthy lives.

#### How I thrive

My years in Hawaii taught me the importance of mindfulness, balance, and generosity. I consider myself a life-long learner and believe that increasing my knowledge of the world impacts my professional practice. Therefore, I enjoy traveling, being in nature, exploring cities, trying new foods, and discovering how others live and thrive. These experiences allow me to more mindful of the richness in the diverse backgrounds from which my patients come, while also allowing me to learn about how my own background affects who I am as a physician and global citizen. Balance means exercising the body as well as the soul. Hiking and running help me energize my day, while cooking and baking allow me to unleash my creativity. Generosity and kindness help center all aspects of my life around a single purpose: To serve others.



## Erin Gee, MD

### OB/GYN PHYSICIAN

#### About me

Originally from Northern California, I have had the opportunity to live in many parts of the country, including Rhode Island and Michigan. I have always been drawn to medicine and specifically to women's health. I moved to the Pacific Northwest in 2013, and I am thrilled to be working in the Kaiser Permanente Obstetrics and Gynecology Department in Vancouver, Washington!

#### About my practice

I try to make my office environment collegial and friendly. I believe that physicians provide the best medical care when we collaborate with patients. I offer recommendations based on medical evidence, and hope to engage all my patients in treatment discussions before finalizing plans. I enjoy the variety of Obstetrics and Gynecology and have particular interests in birth control,

teenagers and young adults, minimally invasive surgery, and alternatives to surgical intervention.

#### How I thrive

I love to try new and different foods, savor the great local microbrews here in Portland, Oregon, hike and explore the outdoors, catch up with friends and loved ones, and get lost in a good book with a great cup of coffee.



### Michelle Gruner, MD

#### OB/GYN PHYSICIAN

##### About me

I was born and raised in the Boston area and attended college at Harvard University. I completed medical school in Cleveland and moved to Seattle for my residency training at the University of Washington. My husband, who was raised in Portland, and I are excited to live and work together in the Northwest. I chose a career in medicine because it allows me to combine my interests in physiology, problem-solving, and communication, and wanted to specialize in ob-gyn as it provides a unique privilege to care for women throughout their lives.

##### About my practice

I enjoy providing obstetric and gynecologic care, with particular interests in preventive care including preconception counseling, full-spectrum contraception, and cervical cancer screening. I also have a strong interest in gynecology and minimally invasive vaginal and laparoscopic surgery. I am excited to be a Kaiser Permanente provider because of its integrated model of health care, attention to evidence based medicine, and emphasis on preventive care.

#### How I thrive

Outside of work I enjoy spending time with my husband, as well as our family and friends. We often spend our free time outdoors, whether hiking in the Gorge, surfing at the coast, or skiing at Mt. Hood. I also enjoy cooking and crossword puzzles.



### Sara Irwin, MD

#### OB/GYN PHYSICIAN

##### About me

My friends from childhood say that I used to proclaim "I want to deliver babies when I grow up." I feel so fortunate to have a career that centers on an idea I have loved for so long, even though I now understand that practicing obstetrics and gynecology entails a lot more than delivering babies! I grew up in San Diego, California, went to Brown University in Rhode Island for my undergraduate education and then returned to California for medical school and residency training. My husband and I have had our sights on the Northwest for its wonderful sense of community, outdoors, and urban-meets-neighborhood lifestyle; we love living and working here. What draws me to OB/GYN is the breadth of care we are able to provide women: from primary and preventative care issues and surgeries to sharing in the magical moment of welcoming new life into the world. It is truly a privilege to practice medicine in this way.

### About my practice

I think it is important for patients to find a provider that they feel comfortable with, especially in the field of OB/GYN. Our department really fosters that connection between patients and providers, and I enjoy working with patients toward their own personal medical goals. I have a particular interest in working with adolescents, contraception management, laparoscopy, and pregnancy care, but I also like office gynecology practice. Since I lived so many years in California, “hablo espanol” for any patients seeking a Spanish-speaking physician.

### How I thrive

To me, “to Thrive” means that I am my best self at work, at home, and in my community. Traveling is a big part of my life, one that helps me explore, inspire and appreciate what I have at home. I also enjoy family time, cooking (and eating), reading, exercising, and being outdoors. And, since work is where I spend a lot of my time, I like to find ways to have fun at work and laugh with my patients.



Sarah Lovell Frey, MD

### OB/GYN PHYSICIAN

#### About me

After earning my bachelor’s degree in San Diego, I moved to the Big Apple – New York City – to pursue my medical degree. During medical school, I had the opportunity to work with outstanding obstetricians and gynecologists in the Bronx as well as in Ethiopia and Uganda, where I fell in love with the field of women’s health. I completed my residency and fellowship in Irvine, California. My husband and I then volunteered with the Peace Corps and Seed Global Health, teaching at a medical school in Mbale, Uganda, for one year. We are happy to call the Pacific Northwest home.

#### About my practice

As an obstetrician and gynecologist, I have the opportunity to provide comprehensive care to women throughout their reproductive life and beyond. My practice focuses on educating patients to help them make the best health-care decisions for themselves and their growing families. In the hospital setting I enjoy working with all members of the health-care team to improve practices and policies in an effort to provide the safest and most up-to-date care.

#### How I thrive

Every day I stay active by doing yoga, running, or hiking in the great outdoors. When I’m not outside, I enjoy painting, curling up with a good book, or cooking delicious meals for dinner gatherings. I also love traveling and experiencing the many rich cultures, cuisines, and landscapes throughout the United States and abroad.



Mary Ludwiczak, MD

### OB/GYN PHYSICIAN

#### About me

I have had the privilege of practicing medicine in the specialty of Obstetrics and Gynecology for almost 20 years. I am blessed to have a profession that I love and enjoy daily. It is still amazing to deliver babies and share this moment

with families. I am a mother of two children and enjoy my daily family life of watching soccer games, band performances, and even doing homework. We love to travel as a family. We appreciate spending time with our extended family routinely.

#### About my practice

I have been practicing general Obstetrics and Gynecology for about 20 years. I enjoy women's health and teaching women how to maintain healthy lifestyles. I enjoy delivering babies and performing gynecologic surgery. I feel that if women can maintain a healthy lifestyle and balance, we can maintain our health. I'm a strong believer in exercise and eating healthy. I believe in the practice of medicine that provides quality of life to each individual. I am passionate about patient safety and quality of care. I have served on several committees and have had leadership roles that drive quality of care. I believe every patient deserves to be treated with dignity and respect with standard of care.

#### How I thrive

I start my day with exercise which includes running, walking the dog, Pilates, and engaging with friends. I believe this keeps me healthy and helps me be more present for my patients and team I work with throughout the day. I love to cook fresh foods, especially from my garden, for my family. I enjoy sharing recipes with friends. I enjoy my family and cherish my time with them. I love spending time with friends as well. I believe life is better if we share it with those closest to us. Also, I enjoy going to my children's sporting events, reading, and traveling. I enjoy experiencing other cultures, learning from them, and living amongst them during my travels.



Tiffany Ruth Phillips, DO

OB/GYN PHYSICIAN



Paul D. Pickering, MD

OB/GYN PHYSICIAN

#### About me

I'm originally from the Dallas-Ft. Worth area, and I was drawn to the medical field because I wanted to help people in challenging and vulnerable times in their lives. It's been a wonderful opportunity ever since!

#### About my practice

Patients come first, and patients should always have an active role in how their care happens. I love the concept of shared decision making, and that is my over-arching practice philosophy. I enjoy taking care of patients with abnormal bleeding, contraceptive needs, and I enjoy laparoscopic and vaginal surgery. Obstetrics is particularly special and rewarding, and it's so gratifying to be a part of the wonderful process by which a baby enters the world.

#### How I thrive

I enjoy reading fiction, and I love classical music. Other fun things for me include spending time with my family and DIY projects at home.



## Joy Pretcher, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Philadelphia, Pennsylvania. I double-majored in English and Anthropology and re-directed to medicine when I obtained my Master of Science in Physical Anthropology.

#### About my practice

I appreciate the Obstetrics and Gynecology department and my workplace balance between surgery, the clinic, and the hospital. I consider myself very lucky to work for Kaiser Permanente.

#### How I thrive

I enjoy running, cycling, hula-hooping, kayaking, razor-clamming (I've become an excellent spotter), basic knitting, travel, our proximity to Hawaii, consuming phenomenal Northwest food and wine, and visiting with my truly lovely group of friends. I also love introducing visitors and Oregonians to our great community.



## David Rice, MD

### OB/GYN PHYSICIAN

#### About me

I was born in upstate New York but spent most of my formative years in the middle of the country, where I went to high school, college and medical school. My training continued with OB/GYN residency at the University of Virginia. From there I was drawn across the country to start working with Kaiser Permanente in the Northwest.

#### About my practice

I chose OB/GYN as a medical career because of the personal relationships, and professional challenges. From contraception to pregnancy and through menopause, our members' needs vary widely. Helping members and their families during very emotional and sometimes challenging times in their lives is very rewarding. I have a particular interest in minimally invasive surgery, which allows for rapid recovery from procedures. I feel it is a great privilege to work with members, and I strive to earn their trust every day.

#### How I thrive

I try to exercise at least 4 times a week. I enjoy swimming, hiking, and biking. My wife and I were big travelers before our first baby came along, and we hope to continue that as much as possible in the future. I also like to tinker with old cars and motorcycles. I have many interests to help keep my life balanced, and keeping up with my two boys is the most rewarding and challenging part of my life outside of work.



## Jennifer Rosenbaum, MD

### OB/GYN PHYSICIAN

#### About me

I grew up in New York and have lived and studied in Boston and Chicago. I met my husband while in residency, and we moved west to enjoy an active lifestyle. I chose to pursue a career in medicine because it offered me the

opportunity to combine my primary interests: providing compassionate care to people while studying science.

#### About my practice

I practice general obstetrics and gynecology and focus on delivering evidence-based medicine. My career allows me to empower women by providing thoughtful care. I strive to build trusting bonds with my patients, and I consider it a privilege to be their physician.

#### How I thrive

I enjoy live music and dancing, hiking the trails in my husband's native Montana, reading a good book in a cozy spot, spending quality time with my family, and exploring Portland's unique food-cart scene.



### Emilia Samuel, MD

#### OB/GYN PHYSICIAN

##### About me

I grew up in Southwestern Colorado, and completed my education in Connecticut, Maryland, North Carolina, and Malawi. During my residency, I worked with family planning providers. I have always wanted to be a doctor and dreamed of it as a young child. I feel privileged to continually care for women.

##### About my practice

I practice general Gynecology and Obstetrics, and see patients in the clinic, the delivery room, and operating room. I love that this allows me to form relationships with women throughout their lives. I believe in empowering women by giving them the tools to maximize their wellness.

##### How I thrive

I spend most of my free time with my husband and son exploring the beautiful Pacific Northwest. I recharge by running, practicing yoga, and cooking.



### Courtney Simpson, MD

#### OB/GYN PHYSICIAN

##### About me

I grew up in Eugene and became interested in medicine after volunteering on a medical mission to Guatemala. I went on to receive my degree in microbiology from Oregon State University and completed my medical education at Oregon Health & Science University. I moved to the East Coast to complete my residency at the University of Connecticut, which was the perfect opportunity to experience living, working, and training in a different part of the country before returning home to Oregon. My husband is from Washington, and we are thrilled now to be near our families, exploring the beautiful Pacific Northwest and serving the communities that shaped who we are.

##### About my practice

Caring for women during some of the most challenging and joyful moments of their lives is something that drew me to obstetrics and gynecology, and I continue to consider it the utmost professional privilege. I genuinely enjoy getting to know each of my patients and take pride in providing compassionate, evidence-based medical care. I treat each patient as I would want a doctor to care for my mother, grandmother, sister, or friend. It is

important to me to educate my patients about their bodies and conditions so that they may fully participate in decisions related to their health. My clinical interests include low- and high-risk pregnancy, full-spectrum contraception, cervical dysplasia, and vaginal surgery.

#### How I thrive

I am my happiest self in the company of my close friends and family. In my free time I enjoy traveling internationally, scuba diving, hiking with my rescue dog, gardening, and reading.



### Emily Watson, MD

#### OB/GYN PHYSICIAN

##### About me

I was born and raised in Omaha, Nebraska. My family is filled with health professionals--my mom is a second-generation nurse and my dad is a pharmacist. When I was young I carried around my first aid kit and told everyone I would be a doctor when I grew up. After attending college in California, I returned to the Midwest for medical school and residency and became a general Obstetrics/Gynecologist in Austin, Texas. My husband and I moved to Portland, Oregon in 2012 and love it. The mountains and waterfalls of the Pacific Northwest still amaze me!

##### About my practice

I am an Obstetric/Gynecologic Hospitalist, which means you won't see me in one of our clinics. I work at all of Kaiser Permanente's hospitals. I get to attend a lot of birthdays, and that's the best part of my job. My goal is to help all of our patients have healthy babies and the best Labor and Delivery experience possible.

##### How I thrive

We bring our dog on most of our adventures. She loves hiking, and we love exploring the Columbia River Gorge. I love trying new hobbies and learning new things all the time. My current endeavors include: yoga, meditation, vegetarian cooking, learning to speak Spanish, and running.



### Gregory Wolgamott, MD

#### OB/GYN PHYSICIAN

##### About me

For me, it is a privilege to practice medicine. Growing up in Seattle, I was inspired by our family pediatrician to pursue a medical career. My education at Whitman College and at the University of Washington School of Medicine prepared me well for residency training at Maricopa Medical Center in Phoenix, Arizona. I then worked in academic medicine at Stanford University as an assistant professor for several years before starting my practice in Longview, Washington. I have practiced Obstetrics and Gynecology for more than two decades.

##### About my practice

My primary goal is to serve others, and I love what I do. OB/GYN is a fascinating specialty. Helping to support and guide members through the course of their pregnancies is incredibly rewarding work. Gynecologic care, whether simple or complex, is a large part of my practice, and I look forward to helping you with your specific needs. My philosophy is to focus on education so that my

members feel empowered to direct their own health care. I work in multiple settings: the clinic, operating room, and labor and delivery. Thank you for considering me as your health care provider and partner.

#### How I thrive

We all have so much to be grateful for, and I try to start each day with that thought. As a native Washingtonian, I try to get outdoors to fish, mountain bike, hike, and experience nature as often as possible. I am an avid gardener and “plant rescuer.” Medical mission trips to Central America have allowed me to combine the joy of travel with my desire to serve others. My personal values are hard work, humility, spirituality, integrity, trust, peace, reliability, and family.



### Jill Zurawski, MD

#### OB/GYN PHYSICIAN

##### About me

After growing up in Chicago, Illinois and finishing my training in the midwest, I practiced at The University of Chicago Hospitals for seven years where I enjoyed directing a community health center and teaching students and residents. However, I loved the idea of having more outdoor experiences with my family. The last nine years have given me fabulous opportunities to practice on the Navajo Reservation with Indian Health Service as well as working at a community health center in Flagstaff, Arizona. Seeking family balance has brought me to Portland, Oregon where I enjoy working with women during the most intense parts of childbirth as an OB-GYN hospitalist while my musician husband and family and I can take advantage of all that the Northwest has to offer, together.

##### About my practice

The most enjoyable and satisfying part of my professional career has always been my time spent on labor and delivery and in the hospital. I have found that helping women find their strength to maneuver the challenge of childbirth is an inspiring and fulfilling experience. I truly enjoy working with women to help them achieve the birth they want, in an environment that keeps them safe as well. Working along with midwives at the Kaiser Permanente hospitals further reinforces my love of family centered birthing.

##### How I thrive

I am inspired by color, nature and exercise: running along the dark blue lakefront in Chicago with my husband, hiking through the oranges and browns of the Southwest and now watching soccer games and watching things grow in the millions of greens (and grays) of the Northwest. My family is indulgent of my ever changing vegetable garden plans, and the city girl in me still laughs that she has chickens in her backyard. Having played college sports, my husband and I are having fun sharing our love of exercise and the outdoors with my son and daughter. Enjoying my musical family and their talents fills my heart with song, and gives me peace.



Stephanie Ahmed, MD

**OB/GYN PHYSICIAN**

**About me**

I was born in Portland. After training and working in North Carolina and New York, I'm happy to be home. In my free time, I enjoy traveling, knitting, and riding my horse.

**About my practice**

I am privileged to work as an obstetrics hospitalist, taking care of patients in Labor and Delivery. This includes antepartum care, triage, managing labor, and assisting with vaginal as well as Cesarean deliveries.

**How I thrive**

I thrive by spending time with my husband and daughter. Together we travel, exploring the world. We also scuba dive and ride horses.



Rory Clawser, MD

**OB/GYN PHYSICIAN**

**About me**

I grew up in the Southeastern United States and completed medical training in Virginia. My wife, two sons and I moved to the Pacific Northwest in 2012. We enjoy all things outdoors - hiking, biking, snow skiing, camping, and are diehard Portland Trailblazers fans. I kept a private practice for five years prior to joining Kaiser Permanente and can say without doubt that I prefer our safe, efficient way of practicing medicine. My partners are the smartest, most dedicated, friendliest, and skilled doctors with whom I have ever had the opportunity to work. I love being part of the Kaiser Permanente family.

**About my practice**

I am especially interested in high risk obstetrics and managing the complex medical issues involved in some pregnancies. Labor and Delivery is my favorite place to be! I look forward to the challenges, excitement, and rewards that a busy day in Labor and Delivery always brings! I also enjoy practicing gynecology and dealing with emergent issues that come to the Emergency Room.

**How I thrive**

I do my best to stay physically, mentally, and spiritually sound. I am an avid bike rider and love to lift weights. My family and I stay fit by hiking, camping and snow skiing. We enjoy family nature walks with our boxer dog, Shatzi.



## Leah Cordero, DO

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Minneapolis, and attended college at the University of Minnesota, where I met my husband. We then moved to Kansas City to attend medical school, and later moved to the east coast, just outside of New York City, for residency. We made the decision to move to Oregon after training, to be closer to family and have access to all the amazing outdoor activities the Pacific Northwest has to offer!

#### About my practice

I always knew I wanted to be a physician but decided to pursue the field of ob/gyn when I realized how passionate I felt about being an advocate for women's health and wellness. I truly love being able to care for women in all stages of their lives and in all aspects of their gynecological health. I do have a specific interest in pediatric and adolescent gynecology, contraceptive management, and obstetrical care in general.

#### How I thrive

I find great happiness in spending time at home with my husband and our two French bulldogs. We love getting outdoors, going for hikes and to the beach! When we aren't outside exploring, we enjoy going out to eat and trying new restaurants. I also really enjoy reading books and listening to audio books on my commute.



## Ming H. Hsieh, MD

### OB/GYN PHYSICIAN

#### About me

I was born in Taiwan, moved to Canada at age 11, and have been living in the United States since college. These days, my time away from work is spent with my wife and three young kids. I am fluent in Mandarin Chinese and Taiwanese.

#### About my practice

I truly enjoy working at Kaiser Permanente Skyline Medical Office, which offers the resources of Kaiser Permanente while maintaining the personalized touch of a small practice. Prevention, early detection and treatment of disease are the keys to a healthy and productive life. We are here to help you understand your condition and choose the most effective and safe treatment option. As a general obstetrics physician, I have the privilege of helping women through the various stages of their lives. I am supported by a great group of colleagues who are all dedicated to providing the best care for our members.

#### How I thrive

Exercise, healthy eating, and spending time with family and friends are all key to maintaining good health. I try to practice what I preach. Being married to my wife, who enjoys working out, has helped me stay motivated.



## Kristin Livingston, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Redding, California, where I was active in local performing arts. I was very close with my mother, a teacher, and through that bond developed a deep respect for women. Over the years that respect grew into a desire to care for them so that they stay healthy to nurture others. I obtained my bachelor's degree at University of California, San Diego, and was accepted to Drexel in Philadelphia for medical school right before my mother passed away suddenly in 2005. I have since completed residency at Kaiser Permanente in Los Angeles and practiced on my own in Phoenix, Arizona, where I met my husband and had my 2 beautiful daughters. Being a mother myself I now appreciate my patients and my mother even more. I try to bring her humor, courage, and respect to every visit with a patient.

#### About my practice

Although I practice all aspects of obstetrics and gynecology, I particularly enjoy delivering babies, teen health, contraception management, including complex contraception (for example, difficult intrauterine device placement and removal), miscarriage management, and family planning. I enjoy working at Kaiser Permanente, where I practice in an integrated system that values physician satisfaction, efficiency, patient care, and evidenced-based medicine.

#### How I thrive

I truly believe that laughter is the best medicine, and I thrive when staying busy, surrounded by friends and family. There is definitely no shortage of laughter in our house! With young daughters in the household, I'm lucky if I can get a few hours sleep, a cup of coffee, and a shower, but when I do have time I enjoy going out to lunch or to a movie with friends or getting a pedicure. I was very involved with musical theater during my childhood and throughout college and medical school, and I look forward to enjoying these things with my daughters. With so much family around we are looking forward to road trips to the coast with our cousins and being able to enjoy the great outdoors with my father, a hiker. I grew up camping in the summer and going to the snow in the winter and can't wait to do this with our kids.



## Jonathan Pugmire, MD

### OB/GYN PHYSICIAN

#### About me

I have had the privilege of enjoying living in a number of places including: Southern California; Nebraska; Albuquerque, New Mexico; Houston, Texas; Sweden (on a two year mission for my church) and Guadalajara, Mexico - I lived there when I was a child while my father completed medical school, I wish I had learned more Spanish while we were there! Of all the places that I have lived, however, I absolutely love the Pacific Northwest. It's the best and I never plan to leave.

#### About my practice

I have been practicing obstetrics and gynecology in Salem for over ten years. I was in private-solo practice for five years and then joined Kaiser Permanente so I would have more time to spend with my family.

### How I thrive

I enjoy spending time with my family most of all. I enjoy hiking, backpacking, paintballing, walking and playing with our dogs, reading and good movies. My wife and I have been married for almost 20 years and we have three children.



## Joseph Stalfire, MD

### OB/GYN PHYSICIAN

#### About me

I grew up in Philadelphia, Pennsylvania. After a tour of duty in the United States Navy, I relocated to Texas, where I completed my residency. I moved to Oregon in 2000 after falling in love with the beauty of the Pacific Northwest. I have two wonderful kids, and we love to explore the outdoors – hiking, camping, and fishing. I feel blessed to work as an obstetrician and gynecologist. I am currently the chief surgical officer for Kaiser Permanente in the mid-valley, the president-elect of the medical staff at Salem Hospital, and a clinical professor at Western University of Health Science.

#### About my practice

The department of obstetrics and gynecology at Kaiser Permanente is committed to providing the highest quality health care for our members. My practice is oriented toward educating and partnering with my patients to help guide their medical decisions. My staff and I work together to ensure that each aspect of care is of the highest quality. We want to make each and every patient visit exceptional.

### How I thrive

I have a wonderful family that provides me with strength and support. I am engaged in teaching and community service activities.



## Alison M. Uyemura, MD

### OB/GYN PHYSICIAN

#### About me

I am a native Oregonian and received my undergraduate degree from the University of Oregon before attending Oregon Health & Science University for medical school. I then moved to Houston to complete my residency training at the Baylor College of Medicine. While I enjoyed my time in Texas, nothing compares to the culture and lifestyle of the Pacific Northwest.

#### About my practice

I chose to practice obstetrics and gynecology because it gives me the opportunity to develop relationships with patients throughout the various stages of their lives and to help promote healthy lifestyles through the practice of preventive and evidence-based medicine. I believe that communication is a key component of the physician-patient relationship, and it is a privilege to have the opportunity to both learn from and help educate my patients.

### How I thrive

I am a huge fan of the Oregon Ducks and try to attend as many sporting events as I can. I also enjoy spending time with my family, golfing, trying new restaurants around town, snowboarding, and attempting to learn to cook.



## Emily Watson, MD

### OB/GYN PHYSICIAN

#### About me

I was born and raised in Omaha, Nebraska. My family is filled with health professionals--my mom is a second-generation nurse and my dad is a pharmacist. When I was young I carried around my first aid kit and told everyone I would be a doctor when I grew up. After attending college in California, I returned to the Midwest for medical school and residency and became a general Obstetrics/Gynecologist in Austin, Texas. My husband and I moved to Portland, Oregon in 2012 and love it. The mountains and waterfalls of the Pacific Northwest still amaze me!

#### About my practice

I am an Obstetric/Gynecologic Hospitalist, which means you won't see me in one of our clinics. I work at all of Kaiser Permanente's hospitals. I get to attend a lot of birthdays, and that's the best part of my job. My goal is to help all of our patients have healthy babies and the best Labor and Delivery experience possible.

#### How I thrive

We bring our dog on most of our adventures. She loves hiking, and we love exploring the Columbia River Gorge. I love trying new hobbies and learning new things all the time. My current endeavors include: yoga, meditation, vegetarian cooking, learning to speak Spanish, and running.



## Jill Zurawski, MD

### OB/GYN PHYSICIAN

#### About me

After growing up in Chicago, Illinois and finishing my training in the midwest, I practiced at The University of Chicago Hospitals for seven years where I enjoyed directing a community health center and teaching students and residents. However, I loved the idea of having more outdoor experiences with my family. The last nine years have given me fabulous opportunities to practice on the Navajo Reservation with Indian Health Service as well as working at a community health center in Flagstaff, Arizona. Seeking family balance has brought me to Portland, Oregon where I enjoy working with women during the most intense parts of childbirth as an OB-GYN hospitalist while my musician husband and family and I can take advantage of all that the Northwest has to offer, together.

#### About my practice

The most enjoyable and satisfying part of my professional career has always been my time spent on labor and delivery and in the hospital. I have found that helping women find their strength to maneuver the challenge of childbirth is an inspiring and fulfilling experience. I truly enjoy working with women to help them achieve the birth they want, in an environment that keeps them safe as well. Working along with midwives at the Kaiser Permanente hospitals further reinforces my love of family centered birthing.

#### How I thrive

I am inspired by color, nature and exercise: running along the dark blue lakefront in Chicago with my husband, hiking through the oranges and

browns of the Southwest and now watching soccer games and watching things grow in the millions of greens (and grays) of the Northwest. My family is indulgent of my ever changing vegetable garden plans, and the city girl in me still laughs that she has chickens in her backyard. Having played college sports, my husband and I are having fun sharing our love of exercise and the outdoors with my son and daughter. Enjoying my musical family and their talents fills my heart with song, and gives me peace.

# Perinatology Services

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Elizabeth R. Brass, MD

PERINATOLOGY PHYSICIAN



Katherine M. Gesteland, MD, MPH

PERINATOLOGY PHYSICIAN

## About me

I grew up in Salt Lake City, Utah. I went to Whitman College and during my junior year spent a semester in Kenya. My time in Kenya ignited a deep interest in public health and, more specifically, maternal and fetal health. I went on to study public health at the University of North Carolina, Chapel Hill, and did my medical training at the University of Utah and Oregon Health and Science University. Throughout my training, I enjoyed the excitement of obstetrics and the joy of seeing families through one of the most exciting times of their lives. I chose to specialize in perinatology (high risk obstetrics) because it provides such a great mix of medicine, surgery, genetics, and imaging. I feel incredibly privileged to practice medicine and am humbled every day by the people who entrust their care to us.

## About my practice

As a perinatologist, I help to provide care for pregnant women who are at higher-than-normal risk for complications. This may include things like a poor obstetrical history, hypertension, diabetes, renal disease, lupus, or fetal abnormalities to name a few. I perform ultrasounds to assess fetal anatomy and to diagnose fetal abnormalities. Our office works with a genetic counselor to review options for genetic screening and testing and can do invasive testing such as chorionic villus sampling (CVS) and amniocentesis. I can help develop a plan of care in conjunction with your primary ob/gyn, or at times, I may serve as your primary obstetrician. I am also happy to see patients prior to conception to discuss their pregnancy risks and map out a plan ahead of time. I am passionate about what I do and love nothing more than seeing families through a safe and healthy pregnancy.

## How I thrive

In my free time I find my greatest joy going on outdoor adventures with my family, whether it's a quick trip to a park or a river, camping, or traveling the world. I enjoy hiking, biking, skiing, golf, and playing soccer and squash. I am working on mindfulness and being more present in everyday moments.



## Jason N. Hashima, MD, MPH

### PERINATOLOGY PHYSICIAN

#### About me

I was born and raised Los Angeles, California and migrated south to University of California, San Diego for my undergraduate studies. My desire to pursue medicine brought me to the Pacific Northwest in 1998 where I attended Oregon Health & Science University. I met my wife in Oregon, and our four children keep us busy with the joys and trials of parenthood.

#### About my practice

My practice as a Perinatologist allows me to care for high risk pregnancies and their complications. While a large portion of my job involves the difficulties of pregnancy, I take pride in helping families understand and overcome their particular situations. I enjoy nothing more than continuing care for these families in subsequent pregnancies and circumstances.

#### How I thrive

I fully believe in the “work-life balance” that Kaiser Permanente offers. While I get to practice medicine and help families, I also enjoy time off with my family and friends.



## Solange Marie Wyatt, MD

### PERINATOLOGY PHYSICIAN

#### About me

I grew up in Wisconsin and California and completed residency and fellowship at Washington University in St. Louis. I have directed perinatal, ultrasound, and prenatal diagnosis clinics in Oregon and Washington, and was the director of a telemedicine clinic in The Dalles.

#### About my practice

I am interested in taking care of women with renal disease, hypertension, hematological issues, or significant medical problems who are contemplating pregnancy or already pregnant. In addition, I am challenged and rewarded by helping women who have pregnancies with fetal complications, including growth restriction or anomalies.

#### How I thrive

I spend my time off with my family, as well as my dog, Wolfie.