Patient Centered
Clinic earns top rating as medical home
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We've Got a New Doc For That (PAGE 11)

Making a Splash in Childbirth (PAGE 6)

Osteoporosis Are you at Risk? (PAGE 7)
Diabetes and other endocrine system disorders can be complex to manage. But you don’t have to do it alone.

Expertise and experience in endocrinology is available in the mid-Willamette Valley at The Corvallis Clinic. Care for children and adults is provided by endocrinologists, Dr. Susan Sanderson and Dr. Lindsay Bromley. Both have received the highest level of training in endocrinology, metabolism and diabetes.

Dr. Sanderson and Dr. Bromley take a comprehensive approach to combating diabetes and other endocrine disorders – including osteoporosis and disorders of the thyroid, adrenal and pituitary glands. They emphasize awareness and education in addition to diagnosis and disease management.

They can help you enjoy a better quality of life and avoid serious health complications through careful planning, monitoring and management. If you would like to get your body in balance, please ask your primary doctor to refer you.

Endocrinology
Asbury Building, 3680 NW Samaritan Dr., Corvallis
541-754-1260 | www.corvallisclinic.com
Find-a-Physician: 541-757-3757
Above: Medical Office Specialist Amanda Winningham with The Corvallis Clinic Family Practice assists patients with scheduling appointments. On the cover: Marcheta Sobania of Lebanon with her favorite doctor, Janel Lawrence, M.D., of The Corvallis Clinic Internal Medicine. See story on page 2.

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Clinic Connection
A publication of The Corvallis Clinic.
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Send comments or questions to Judy Corwin, Director of Marketing & Public Relations at judith.corwin@corvallisclinic.com.

www.corvallisclinic.com

More than 100 providers in 26 specialties serving the mid-Willamette Valley at these locations:
Asbury Building | Aumann Building
North Albany Village
Philomath Family Medicine
Surgery Center | Walnut Boulevard
Waverly Drive/Albany
When Marcheta Sobania was diagnosed with diabetes six years ago, she knew she would need help from her doctor to manage the disease. But after waiting almost a year without referrals to specialists for eye checks, foot care, lab work and nutrition counseling — all of which are recommended for patients with diabetes — Sobania started looking for a new doctor.

“I was spinning my wheels,” Sobania recalled.

She shared her frustration with the activities coordinator at an assisted living community in Lebanon where she lives. That’s how she heard about Janel Lawrence, M.D., an internal medicine physician at The Corvallis Clinic.

At her first appointment with Dr. Lawrence, Sobania received a referral to a dietitian where she learned how to manage her diabetes by what she eats. And Dr. Lawrence has been diligent in making referrals to the other specialists.

Internist Janel Lawrence, M.D., has been Marcheta Sobania’s doctor for the last five years. The Corvallis Clinic was recently recognized by Oregon Health Authority as a Patient-Centered Primary Care Home because its doctors take time to know their patients and work with them to improve their health over time.

**Painting a picture of a Medical Home**

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At her first appointment with Dr. Lawrence, Sobania received a referral to a dietitian where she learned how to manage her diabetes by what she eats. And Dr. Lawrence has been diligent in making referrals to the other specialists.
“Dr. Lawrence is the A-1 best doctor,” Sobania said. “She’s so conscientious.”

Patients all over Oregon are discovering better health at new state-certified Patient-Centered Primary Care Homes, including the top-rated Corvallis Clinic. Medical homes are like home base for a patient’s medical care. These model clinics are recognized for their commitment to quality, having coordinated care and for fostering strong relationships with patients and their families. Primary Care Homes offer improved care by catching problems earlier and focusing on prevention, wellness and management of chronic conditions.

One of the things that Sobania likes about The Corvallis Clinic is how Dr. Lawrence and her other care providers communicate with each other and work together. She sees eight other specialists, and they all have access to her medical chart and test results through The Clinic’s electronic medical records system.

Dr. Lawrence takes the time to learn about her patients’ daily routine, their family, work, stresses and challenges. “Getting to know my patients helps me to take care of them,” Dr. Lawrence said. “Knowing a patient over time allows me to have a historical reference to personalize their care and acknowledge their past experiences.”

Sobania said she can talk to her doctor about anything, like when one of the specialists she was referred to wasn’t a good fit. Dr. Lawrence knew of another doctor who would be more compatible.

“Dr. Lawrence goes above and beyond for her patients,” Sobania said. She likes Dr. Lawrence so much that she made an oil painting of pansies, framed it and gave it to her doctor. “She did this in her painting class at the assisted living facility,” Dr. Lawrence said. “I have it hanging in my home.”
Improving access to quality health care is the goal of Oregon’s new Patient-Centered Primary Care Home program.

“Research has shown that access to robust primary care is the best way to get better health outcomes at a better cost,” said Dawn Creach, a policy analyst with Oregon Health Authority, which oversees the program.

For patients, that means having a primary care doctor who knows them, their family and their values.

The voluntary program, established by the 2009 Oregon Legislature as part of the state’s health care transformation, is meant to incentivize medical providers to participate. The Corvallis Clinic’s primary care offices in Albany, Corvallis and Philomath were among the first 323 sites certified in November 2012. As a Tier III Medical Home, The Corvallis Clinic has met the highest level of certification.

In addition to the state program, The Clinic is also certified by the National Committee for Quality Assurance and is piloting a federal health care program under Medicare, said Mohamed Alyajouri, Director of Quality Improvement & Informatics at The Corvallis Clinic. While The Clinic already met many of the quality measures for state certification, there were several changes that have come about through the certification process, Alyajouri said.
For example, a doctor from The Clinic’s new care coordination team now visits Clinic patients who are admitted to the hospital. And when the patient is discharged, a nurse calls to check in and to schedule a follow-up appointment with their primary care physician. Research has shown that following up with a recently discharged patient decreases the likelihood that he or she will be readmitted to the hospital.

Doctors are using technology to track which of their patients are due for important screenings, such as colonoscopies, mammograms and cholesterol checks. Instead of waiting for patients to come in when they are sick, the new approach is for the doctor’s office to call patients to let them know about preventive care measures they can receive. Patients also can access their health information online through the patient portal, www.myclinicconnection.com. Instead of waiting for test results or wondering about immunization records, they can see them through a secure website.

This proactive approach to medicine is transforming health care, Alyajouri said.

“Instead of just treating patients, we’re keeping them healthy,” he said.

Doctors’ offices are also changing their appointment books so that there’s room to add patients who need to be seen right away in their schedules. In the old model, patients who called for an appointment could have waited weeks to get in, said state analyst Creach.

“The new model is you are able to get the care you need,” she said, “and your care team is available when you need them.”

Learn more: Oregon Health Authority has more information and stories about the Patient-Centered Primary Care Home at its website, www.primarycarehome.oregon.gov.
Ask a new mom about her experience with childbirth and she might say that the joy of holding her newborn was worth the hours of painful labor. But labor is a painful process. Now mid-Valley women are finding relief from labor’s discomforts in a warm pool at the Center for Women and Families at Good Samaritan Regional Medical Center in Corvallis. The hospital welcomed the first baby born in the new 375-gallon tub last year.

Innovations in childbirth often come along as a result of research to make labor safer and easier for moms and babies. Water birth is part of a larger trend to accommodate women’s wishes to have minimal intervention as they deliver. Similar to labor in a bed, the health care team and partners are still on hand to coach mom. A partner is even welcome to join her in the pool during delivery.

Water birth is as safe as birth in a bed and studies have shown there is no greater risk of infection for baby or mother. Water birth is for moms who meet certain medical criteria, including:

- Pregnant with only one baby.
- Pregnancy is at full term.
- The baby is positioned head down.
- Body mass index was lower than 35 before pregnancy.
- Weight gain during pregnancy is less than 50 pounds.
- There is not abnormal bleeding.
- Baby’s heart rate is normal.

People often wonder how babies who are born underwater breathe. Surprisingly, babies don’t take their first breath until they are lifted out of the water and come in contact with air.

If a woman starts labor in the tub, she can change her mind and deliver in a bed. Many moms who leave the tub are seeking additional pain relief, which can’t be administered in the tub. In some situations, moms are able to labor in the tub, even if they can’t give birth in the tub. This includes women who are pregnant with more than one baby, those who have had uterine surgery and those with other medical considerations.

Obstetricians Dr. Emily Rangel, Dr. Carol Morcos, Dr. Amy Card and Dr. Amey Lee of The Corvallis Clinic completed water birth certification training and are able to offer water birth to their patients delivering at Good Samaritan Regional Medical Center in Corvallis.

Learn more: Talk to your medical care provider or visit www.waterbirth.org.
Are you at risk for osteoporosis?

BY LINDSAY BROMLEY, M.D.

What’s the biggest mistake people make when it comes to the health of their bones?
Not being screened to determine the risk of fracture.

Each year about 1.5 million people suffer a bone fracture related to osteoporosis, a common disease characterized by low bone mass, skeletal fragility and an increased risk of fracture.

If you are at high risk for a fracture, there are many lifestyle changes that can be made to reduce the loss of bone density and the development of osteoporosis.

Screening for osteoporosis is recommended for all women age 65 and older, men age 70 and older, and for adults who have had a previous fragility fracture, such as a broken hip after a fall, or a vertebral fracture. Screening is also recommended for postmenopausal women and men age 50-69 with risk factors for fracture including low body weight, a family history of hip fracture, current cigarette smoking, excess alcohol intake, and long-term glucocorticoid steroid therapy, such as taking prednisone, hydrocortisone and dexamethasone.

Diseases such as premature menopause, chronic liver disease, malabsorption, hypogonadism and inflammatory bowel disease can also increase the risk of fracture.

There are several screening tests available, including Dual-energy X-ray absorptiometry (DXA) scanning, CT, and ultrasound. Currently, DXA scanning is the preferred and most widely used method of screening. It provides very precise measurements of the hip, spine, and forearm, and is less expensive and results in less exposure to radiation than quantitative CT scanning. In addition, the criteria used for predicting the risk of fracture are based upon bone density measured by DXA scanning.

A DXA scan can be ordered by your doctor after assessing age and risk factors. DXA scanning is covered by most insurance plans, including Medicare, when ordered as a screening test based on age or risk factors. In addition, it is covered every 1-2 years when used for monitoring response to therapy.

Testing is currently available at The Corvallis Clinic.

If you are concerned about bone health, there are several lifestyle changes that can be made. It is important to have an adequate intake of calories to avoid malnutrition.

Postmenopausal women should aim for a total daily calcium intake of 1200mg through dietary intake, calcium supplements, or a combination of both. If supplementation is used, it should be taken in divided doses at mealtimes to improve absorption. In addition to calcium, we recommend 800 IU daily of vitamin D.

Weight bearing exercise can help to both maintain bone and improve balance to avoid falls. Weight bearing exercise includes exercises such as walking, jogging and resistance training, and should be performed for at least 30 minutes three times per week. Smoking cessation is also recommended, as smoking accelerates bone loss.

There are also now several medications available to treat osteoporosis. These medications have been shown to maintain or improve bone density. Talk to your doctor about the risks and benefits of taking medications. And if you’re being treated for osteoporosis, be sure to follow up with your doctor for repeat bone density testing to evaluate your response to therapy.

Endocrinologist Lindsay Bromley, M.D., attended the Osteoporosis Academy, sponsored by the International Society of Clinical Densitometry and the Mayo Clinic’s Endocrine University where she received training on the interpretation of bone densitometry results. She can be reached at 541-754-1260.
Maintain your quality of life with better hearing

by Diane Bach, Hearing Aid Specialist

When I diagnose someone with hearing loss, what do I say to assure my patient about using listening devices and the quality of life they can still enjoy?

I never promise someone that their hearing loss will be restored; it can’t. That said, if a person still has fairly good speech recognition scores (which is done as part of the hearing test) then most likely they are a good candidate for hearing aids.

Hearing aids are not cheap and many people cannot afford them. There are assistive listening devices out there to enable us to hear better and improve telephone conversations, and personal headsets, which can amplify a signal. Each case is unique and everyone has a different lifestyle.

I never recommend the same type of hearing aids for an elderly woman who spends most of her day in front of the television as I would to someone younger, still socially active and traveling. There are levels of hearing aids for daily living. It’s up to the provider to help determine what will work best for the person and what they can afford. The key is retaining a person’s quality of life.

When someone develops hearing loss, it can be very difficult to understand a conversation in a social setting. Many times, people just withdraw from that atmosphere and don’t participate. That can lead to isolation, depression and a plethora of potential problems. We are social beings and want to be active in our friendships and community. Hearing aids can help us maintain those connections.

Have a question you’d like to ask or a topic you’d like to suggest for a future issue of Sound Reasoning? Let us know by emailing soundreasoning@corvallisclinic.com or send us a note at 444 NW Elks Drive, Corvallis, OR 97330.

Director reflects on 20 years at Clinic

It was April Fool’s day 1992, no joke, when Elizabeth Bell began work at The Corvallis Clinic accounting department. “I’m not going to stay here long,” thought Bell, who had recently completed post baccalaureate studies in accounting at Oregon State University. “I’ll get some experience and move on.”

But she grew to love the people and her work that evolved into Director of Physician Services for more than 15 years. Along the way, she helped many employees learn how to save for retirement, an experience she described as “really rewarding.” A comfy chair that she bought at a charity auction and kept in her office was a place where people could come to visit when they needed advice or to take a break. At her retirement party in December, employees thanked Bell for setting them on their own path toward retirement and being there in difficult times.

Bell built a legacy of excellence at The Corvallis Clinic by recruiting the most highly qualified physicians said Medical Director Dennis Regan, M.D. “We will truly miss Elizabeth Bell,” Dr. Regan said.

When she started at The Clinic, people filled out timecards on paper, the IT department was one person with a tool belt, and all records were kept on paper. Nowadays, nearly everything is computerized, digitized and high-tech, from punching the clock to maintaining health records.

Bell grew up in a tiny village in Ireland, where people had to travel great distances to find good doctors. So the quality of doctors who chose to live and work in Corvallis, a relatively small community, came as somewhat a surprise.
With its galleries, the symphony orchestra and numerous choirs, she said the culture of Corvallis is thriving. It’s never been hard to convince providers to move to the mid-Valley.

“The community sells itself,” Bell said.

But it’s become more difficult to compete with the large health systems when new doctors are graduating with tremendous student loan debt loads.

“The medical education system has made it expensive for young Americans to become physicians,” she said.

What makes The Clinic unique is that it is physician owned, Bell said.

“Physicians have more control over their own practices here,” Bell said. “The doctors don’t work for the administrators. The administrators manage the business so the doctors can focus on patient care.”

And the doctors really enjoy the people they work with, Bell said.

“I’m going to miss watching them thrive,” Bell said. “It was really rewarding.”

What she won’t miss is the endless emails and long hours. In retirement, she plans to spend more time with her grandson in Portland, continue her service as president of The Arts Center board and the OSU Credit Union Board, and to do more traveling. Her itinerary this year includes trips to London, New Zealand, Ireland and Australia.

“All I’ve ever wanted to do is see the world,” Bell said. “There’s still so much I want to explore.”

**Karrie Wuerch joins Clinic as Physician Recruiter**

Karrie Wuerch joined The Corvallis Clinic as Director of Physician Recruiting and Relations on Dec. 31. Ms. Wuerch succeeds Elizabeth Bell, who retired at the end of December after 20 years at The Corvallis Clinic.

Ms. Wuerch comes from Swedish Medical Group in Seattle, where she has worked since 2010 as physician recruiter and human resources recruiting supervisor. She has more than 20 years of experience in recruiting, including more than 10 years in health care. Previously, she was director of physician recruitment at Samaritan Health Services in Corvallis.

Medical Director Dennis Regan, M.D., said that Ms. Wuerch will continue the work of recruiting the most highly qualified physicians.

“We are excited to have Karrie join us because of her expertise in physician recruiting and for her knowledge of the mid-Willamette Valley,” said Dr. Regan, “She will be an excellent person to continue the outstanding recruiting program that Elizabeth Bell has built during her tenure.”

Ms. Wuerch has a master’s degree in adult education and training and development from Oregon State University. She received her bachelor’s degree in home economics education and communication. She is a member of the Society for Human Resource Management. Prior to her career in health care, she worked in higher education and as a public school teacher.

**Terry Crowder is new Clinic Pharmacy Manager**

Terry J. Crowder, PhD, RPh, has joined The Corvallis Clinic as Pharmacy Manager. Mr. Crowder succeeds longtime manager Marc Hollingshead, who retired in January after 38 years at The Clinic’s pharmacy.

Mr. Crowder brings a diversified background in both clinical and retail pharmacy arenas. Previously he worked as a pharmacist at Wal-Mart in Salem and as a pharmacy consultant with ZoomCare in Hillsboro. He has nearly 20 years experience in pharmacy management, research and consultation, including five years as Director of Pharmacy at the Lois Bates Acheson Veterinary Teaching Hospital at Oregon State University. At OSU, he received the 2008 Professional Faculty of the Year Award for Outstanding Contribution from the College of Veterinary Medicine.

“His experience not only allows the pharmacy to continue to provide superior customer service but also to provide input into the development of The Clinic’s coordinated care and medical home models,” said Chief Financial Officer Douglas Bourdo.

Mr. Crowder received a doctorate degree in public health and healthcare business administration from Oregon State University. He also received a master’s of business administration and a bachelor’s degree in pharmacy from OSU. He is a registered pharmacist.

The Corvallis Clinic Pharmacy is located in the Asbury Building, 3680 N.W. Samaritan Drive, Corvallis.
After raising more than $142,000 for breast cancer services in 2012, Puttin’ on the Pink has also received a national cancer awareness award. The Corvallis Clinic Foundation’s gala fund raiser celebrating cancer survivorship earned the Judge’s Choice Award from the Cancer Awareness Advertising Awards program.

Puttin’ on the Pink was honored as the top entry for informing and educating the community about cancer risk factors, early detection, as well as diagnosis and treatment services available.

“It is so rewarding to know that a heartfelt event, such as Puttin’ on the Pink, can be further recognized for the visibility we bring to the community about our cancer survivors,” said Judy Corwin, Marketing and Foundation Director. “This recognition was a team effort — one that is shared by those who made the event so successful with all of those who supported it!”

The fourth pink carpet event at the CH2M-Hill Alumni Center in October 2012 raised money for Project H.E.R. (the initials stand for Help, Enlightenment and Resources), which provides awareness, education and support for women in Benton, Linn and Lincoln counties facing breast cancer.

Entries in the Cancer Awareness Advertising Awards are judged by a panel of healthcare marketing experts representing all aspects of medical advertising throughout the industry. Puttin’ on the Pink competed against entries from across the country, as well as from Canada and South America.

There’s even more reasons to manage your health information online with The Corvallis Clinic’s patient portal, www.myclinicconnection.com.

Because your health is our number one priority, we’re proud to announce newly-designed features to help you take a more active role in managing your health. Whether you’re looking to keep an eye on your weight or blood pressure, or need to monitor a chronic condition, My Corvallis Clinic Connection is a tool for everyone.

With an improved and user-friendly navigation, and almost 40 patient-suggested enhancements, My Corvallis Clinic Connection is now even easier to use.

New features include:

- Requires no downloads or installations and is accessible from a modern browser to make registration a simple “click and go” process.
- A video tutorial provides a step-by-step guide of how to use the portal.
- A patient user guide and searchable knowledge base are easily accessible to answer frequently asked questions.
- Request an appointment from any screen in the portal.
- Printing, faxing and emailing of secure messages, scanned documents, appointment information and more can be performed from within the document viewer.
- Share a physician profile with a friend directly from the system.

These enhancements and many more were designed to simplify the process and save you time. For more information or to register for an account, stop by any of our mid-Valley locations, or sign up online at www.myclinic-connection.com.
NEW PROVIDERS

Trusted Care for Every Member of Your Family

DERMATOLOGY  Brad A. Yentzer, M.D. | 541-754-1252

Dermatologist Brad Yentzer, M.D., will join The Corvallis Clinic in August. Dr. Yentzer comes from Winston-Salem, N.C., where he is completing his residency at Wake Forest Baptist Health. Previously, he was a senior research fellow at the Center for Dermatology Research. Dr. Yentzer completed his internship in 2007 at Mercy Catholic Medical Center in Darby, Pa. He received his medical degree in 2006 at Jefferson Medical College in Philadelphia.

Dr. Yentzer is pursuing certification through the American Board of Dermatology.

INTERNAL MEDICINE  Yvonne Keep, FNP-BC | 541-754-1260

Board-Certified Family Nurse Practitioner Yvonne Keep joined The Corvallis Clinic Internal Medicine Department in November. Ms. Keep comes from Cut Bank, Mont., where she worked at Northern Rockies Medical Center.

She brings more than 20 years of experience working in medicine, including primary care and acute and emergency care. She received her Family Nurse Practitioner degree from Gonzaga University in Spokane, Wash., in 2007. She received a Bachelor of Science in Nursing from Oregon Health & Science University in 2005. Previously, she worked as a nurse and emergency department manager at St. Charles Medical Center in Bend.

Ms. Keep is board certified by the American College of Nurse Practitioners.

ORTHOPEDICS  Melissa R. Scott, PA-C | 541-754-1276

Certified Physician Assistant Melissa Scott, PA-C, joined The Corvallis Clinic Orthopedic Department in December. Ms. Scott completed her master’s degree in physician assistant studies in August 2012 at Marywood University in Scranton, Pa. Previously, she worked as a physical activities instructor at Oregon State University and as a physical therapy assistant at Mid-Valley Physical Therapy.

Ms. Scott completed several of her clinical rotations at The Corvallis Clinic, including working with orthopedic surgeon Richard Stanley, D.O., where she assisted with treating patients with musculoskeletal and sports medicine concerns and in- and out-patient surgery procedures. She is certified by the National Commission on Certification of Physician Assistants.

Ms. Scott is a past competitor in the Boston Marathon and a current Corvallis Triathlon Club member.

PEDIATRICS  Veneta V. Vanguelova, D.O. | 541-754-1278

Veneta Vanguelova, D.O., joined The Corvallis Clinic Pediatric Department on Nov. 1. Dr. Vanguelova recently completed her residency in pediatrics at Goryeb Children’s Hospital in Morristown, N.J. She completed an internship in family medicine in 2009 at Sisters of Charity Hospital in Buffalo, N.Y. She received her medical degree in 2008 at New York College of Osteopathic Medicine in Old Westbury, N.Y., where she was named a regional scholar.

Dr. Vanguelova has experience caring for patients in a broad range of settings, from outpatient clinics to inpatient wards, pediatric emergency departments and pediatric and neonatal intensive care units. Dr. Vanguelova treats issues ranging from well-child care to complex critical care issues. Dr. Vanguelova is pursuing certification through the American Osteopathic Board of Pediatrics.
**PHYSICAL THERAPY**  KC Anne Stewart, DPT  |  541-754-1265

KC Stewart, DPT, joined the Physical Therapy department at The Corvallis Clinic at Walnut Boulevard in January. Ms. Stewart has more than 10 years of experience working as a physical therapist. Before joining The Clinic, she worked as an acute care and inpatient physical therapist at McKenzie-Willamette Hospital in Springfield. Previously, she managed a physical therapy and athletic training clinic at Oregon State University’s Student Health Services and worked as an outpatient physical therapist at Health Industry in Albany.

Ms. Stewart received her master’s and doctorate degrees in physical therapy in 2002 from Pacific University in Forest Grove. She is a licensed physical therapist.

**PHYSICAL THERAPY**  Seth J. Kaeser, DPT  |  541-754-1265

Physical Therapist Seth Kaeser, DPT, joined The Corvallis Clinic in February.

Mr. Kaeser received his doctorate in physical therapy from Touro College in New York, N.Y., in 2012. There he received the Excellence in Research award in the physical therapy program. He received a bachelor’s degree in health science from Touro College in 2010. He worked as a personal trainer while completing his studies. Previously, he worked as a physical therapy aide.

Mr. Kaeser is a certified strength and conditioning specialist and a licensed physical therapist.

**PSYCHIATRY**  Jean F. Pointon, M.D.  |  Behavioral Health, 541-754-1288

Psychiatrist Jean Pointon, M.D., joined The Corvallis Clinic Behavioral Health Department in January. Dr. Pointon comes from Tuscaloosa, Ala., where she worked in private practice since 2004.

She received her medical degree from the University of Texas Southwestern Medical School in Dallas in 1997. She completed a residency in psychiatry at Baylor College of Medicine in Houston in 2000 and a fellowship in child and adolescent psychiatry at the University of Texas Houston Medical School in 2002.

Dr. Pointon is certified by the American Board of Psychiatry and Neurology in both general psychiatry and child and adolescent psychiatry.

**URGENT CARE**  Christabeth G. Boyd, M.D.  |  Immediate Care Center, 541-754-1282

Christabeth Boyd, M.D., joined The Corvallis Clinic Immediate Care Center on Nov. 1. Dr. Boyd comes from Ventura, Calif., where she worked as a physician at St. John’s Medical Group of Ventura County.

Previously, she worked at Clinicas del Camino Real in Ventura. Dr. Boyd completed her residency and internship in 2007 at Penn State University/Good Samaritan Hospital in Lebanon, Penn., where she was chief resident in the family practice residency program. She received her medical degree in 2000 from Cebu Institute of Medicine, Cebu City, Philippines, where she was class president.

Dr. Boyd volunteered at Camp Dreamcatcher in Pennsylvania, a summer camp for children whose lives have been affected by HIV/AIDS. Dr. Boyd is certified by the American Board of Family Medicine.
An Informed Mind is a Healthy Mind

To learn about classes and events offered on important health issues that matter to you and your family, see www.corvallisclinic.com.

Healthy Baby
Each Healthy Baby session features one of our expert pediatricians and lactation consultant. Pediatric topics include normal newborn appearance, crying, sleeping and bathing, development, medical care and problems, nutrition and breastfeeding.

7 p.m. Asbury Dining Room
Wednesday, April 3
Wednesday, June 5
Wednesday, Aug. 7
Wednesday, Oct. 2
Wednesday, Dec. 4
Register: 541-738-2075 or www.corvallisclinic.com/classes

Baby Bundle
Each Baby Bundle session features an obstetrician discussing childbirth, including signs of labor, birthing options, pain relief, when to call your doctor, partner help during labor and choosing your baby’s doctor.

7 p.m. Asbury Dining Room
Wednesday, May 8
Wednesday, Aug. 14
Wednesday, Nov. 13
Register: 541-738-2075 or www.corvallisclinic.com/classes

Clinical Research
Do you have a penicillin allergy? The Corvallis Clinic is seeking volunteers:
- Age 18 or older
- Have had a previous allergic reaction to penicillin

Researchers want to find out if you have lost the allergy and can take penicillin again.

Research study involves:
- Puncture and intradermal allergy skin tests
- Single oral dose of amoxicillin, if appropriate
- One study visit

This study is being conducted by Dr. Roland Solensky of the Allergy-Immunology Department.

Please call Lisa Buchheit, RN, at 541-754-1398 Option 3 for more information.

Other currently enrolling studies:
Pulmonary – Vincent Gimino, M.D.
Chronic Obstructive Pulmonary Disease (COPD)

Cardiovascular – Michael Chen, M.D.
Warfarin Dose Optimization Study

To learn more about ongoing and upcoming studies at The Corvallis Clinic Research Center, or to learn more about becoming a study volunteer, see www.corvallisclinic.com/research or call 541-754-1398 Option 6.

An Informed Mind is a Healthy Mind
Back Out of Whack?
We’ve got a doc for that.

Whatever it is that’s happening with your health, there’s a doc for you at The Corvallis Clinic. Here you’ll find exceptional care provided by more than 100 providers, all board certified or board eligible. Expertise and experience you can rely on for every medical need in 26 primary care and specialty fields.

Give us a call. Come see for yourself. Whatever it is that’s ailing you or a loved one, we’ve got just the right doc for that.

Find-a-doc for that 541-754-1368
www.corvallisclinic.com