

# Everywoman's Health

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## Medical Philosophy

As a physician it is my privilege to guide women through the joys and challenges of their reproductive life cycles. A woman's menstrual cycle (from her first to her last), pregnancy, the menopausal transition, healthy aging and sexuality in later life - all of these natural processes can occasionally raise challenging health issues. I work in partnership with each woman I see to individualize my care to her unique circumstances, whether providing counseling and reassurance, offering traditional or complementary medicine or performing minimally invasive surgical procedures. Through this partnership a woman is empowered to make her own choices about caring for her body, which I believe enhances her health and well being throughout her lifetime.

## Background

I am a graduate of Harvard Medical School, where I was President of the Women's Health Association. Following completion of my residency training at Kaiser San Francisco in 1995, I lived and worked on the Navajo Indian Reservation in Northern Arizona, where I was Director of High Risk Obstetrics and an active member of the Maternal Child Health Committee. I have practiced in the Portland area since 1997, joining Everywoman's Health in 2000.

I am Board Certified and a Fellow of the American College of Obstetricians and Gynecologists. I am currently on the staff of Legacy Emanuel Hospital, where I am involved in OHSU resident and medical student teaching.

## Professional Interests

Adolescent Medicine, Family Planning, Sexual Dysfunction, Cervical Dysplasia, Obstetrics (including high risk), Menstrual Problems, Uterine Fibroids, the Menopausal Transition and Minimally Invasive Surgery.

## Personal Interests

I am an avid reader, a wine enthusiast and the proud mother of a delightful 9 year old boy. My family and I enjoy many outdoor activities together such as camping, hiking, biking and kayaking. I volunteer weekly in my son's classroom and am a strong supporter of Portland Public Schools. As an Eastside resident, I frequently enjoy Portland's many cultural offerings, including art walks and music shows.