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Samaritan Healthcare
801 E. Wheeler Road
Moses Lake, WA
98837

 **SAMARITAN**
HEALTHCARE
WINTER 2022

the Samaritan



Dr. Jazab Sheikh, Adult and Internal Medicine

Healthcare specially designed for adults. Adult and Internal Medicine.

Your primary care provider is your partner in healthcare—providing routine care for illness and injuries, managing long-term concerns, and helping you reach your goals. For many adults, the best fit could be an Adult and Internal Medicine provider. Just like Pediatrics is primary care for children, Adult and Internal Medicine is specifically for adults ages 18 and older, with a focus on preventive care, early disease detection, and disease management.

“A majority of adult health issues—blood pressure, kidney disease, heart disease—are first identified in adults by primary care doctors, giving us the opportunity to make a difference early on,” said Dr. Jazab Sheikh, Adult and Internal Medicine provider at Samaritan Healthcare. “Managing predisposed factors such as weight or high blood pressure before they’ve progressed, can help avoid future health issues. I work with my patients to map out the steps they can take to improve their general physical and mental health.”

Care for the complex

Those who have complicated medical histories, who take multiple medications, or who suffer from unknown symptoms can be ideal patients for Adult and Internal Medicine providers. They are experts in recognizing and caring for chronic illnesses and conditions such as COPD, high blood pressure or cholesterol conditions, diabetes, sleep apnea, severe obesity, and other disorders.

“A health issue doesn’t arise overnight—there’s always something that led to it,” said Dr. Sheikh. “I encourage everyone to see their primary care doctor annually to evaluate their overall health, even if they aren’t experiencing specific symptoms.”

To schedule an appointment with Adult and Internal Medicine, call (509) 793-9770. 



Samaritan Clinic on Patton:
8420 Aspi Blvd, Moses Lake
Appointments: (509) 793-9770
Urgent Care: (509) 793-9790

Samaritan Clinic on Pioneer:
1550 S. Pioneer Way, Moses Lake
Appointments: (509) 793-9770

Samaritan Business Building:
1616 S. Pioneer Way, Moses Lake



Does your hip hurt?

Get back on your feet faster with Rapid Recovery Orthopaedic Surgery.

If you have ongoing hip pain, surgery may help. Leo Chough, MD, is Samaritan's full-time, on-staff orthopaedic surgeon—and the area's only sports-medicine fellowship-trained hip and knee surgeon. He has a wealth of surgical expertise in joint replacement—anterior hip replacement, knee replacement, and reverse and regular shoulder surgeries—plus arthroscopic procedures (tiny incisions), such as rotator cuff repair and ACL reconstruction/revision.

Dr. Chough specializes in the state-of-the-art anterior hip procedure. This muscle-sparing, surgical technique allows the hip muscles to be moved aside rather than cut, resulting in a minimal incision at the front of the hip and more rapid recoveries. He has successfully performed this procedure since 2003 and he has also instructed other surgeons in the state-of-the-art, anterior hip technique.

"I want my patients to get back to enjoying their active lifestyles quickly and with as little pain as possible," said Dr. Chough. "By using muscle-sparing surgical techniques, I help patients recover faster, experience less pain, and return to their normal lives."

Talk to your family medicine provider about a referral with Dr. Chough. 




Dr. Leo Chough, Orthopaedics



Heartfelt gratitude for the care received at Samaritan.

Last Thanksgiving was extra meaningful for Danny and his family. Danny's father had been released from Samaritan Hospital after spending a week recovering from COVID-19. He was able to be home to carve the turkey. He was very happy with the care he received.

"We couldn't visit him, so we called for updates," said Danny. "I was blown away—very impressed by their professionalism and level of care and knowledge. After two years of treating Covid, I had expected them to have compassion fatigue and be too tired to provide good care. The opposite was true—they were as attentive as if it was Day One of the pandemic. Props to the nurses and providers for working so hard and showing Dad so much compassion!" 

Welcome, new providers!

Dr. Andrea Matson, General Surgery, is our full-time, on-staff general surgeon who performs a variety of minimally invasive and traditional procedures—appendix removal, breast biopsies, hernia repair, emergency surgeries, and more. Dr. Matson has a compassionate nature that complements her surgical expertise. "My guiding principle is to heal people," said Dr. Matson. "I enjoy getting to know patients as I diagnose their conditions and perform the surgical procedures they need." Speak with your primary care provider about a Samaritan surgery referral with Dr. Matson.

With three nursing degrees, including Doctor of Nursing Practice and Family Nurse Practitioner, **Tricia Stevens, DNP, FNP, Gastroenterology**, has years of experience and enjoys providing care for gastrointestinal and digestive concerns. In collaboration with gastroenterologist Dr. Paul Warfield, Tricia diagnoses and manages conditions such as reflux, ulcers, Crohn's disease, colon cancer, chronic liver diseases, and more. By being approachable and building relationships, she is able to provide the best care.

Visit samaritanhealthcare.com/find-a-doctor to read their full bios. 



Andrea Matson, DO
General Surgery



Tricia Stevens, DNP, FNP
Gastroenterology

Hospital News



Find the right treatment and get back to being you again.

What is the difference between the care provided by a psychiatrist and a therapist? A psychiatrist diagnoses a patient's condition and provides prescription medication to help them. A therapist doesn't prescribe, but meets for talk therapy to help a patient process trauma or other issues.

Dr. George Hneich is a psychiatrist for adults on the Behavioral and Mental Health team. He appreciates the initial 90-minute appointment with a new patient at Samaritan. It allows time to establish rapport with the patient and to build trust.

Dr. Hneich may also refer patients to therapy for some conditions if they need to process trauma, such as post-traumatic stress disorder (PTSD). Medication may reduce flashbacks and nightmares, but therapy helps those suffering from PTSD to process the trauma they had experienced. If a patient who needs medication wants to stop taking it, Dr. Hneich explains to them that it's similar to someone taking medicine for high blood pressure, cholesterol, or diabetes. Their condition would worsen if they stopped the medication.

"If I tell them that an antidepressant keeps the brain from using up serotonin too fast, it demystifies it," said Dr. Hneich. "I answer their questions—explaining how it makes them more comfortable—so they're more agreeable to continuing it. Also, for most conditions, a combination of medication and therapy is likely to achieve remission faster."

If you have concerns about your mental health, make an appointment with your family medicine provider to discuss options for getting help. 



George Hneich, MD, Behavioral and Mental Health

Hernia repair, here. Closer to home.

Pain or enlargement in the belly-button area, abdomen, or groin could be a hernia. Dr. Jordan Smith is our full-time, on-staff general surgeon and he performs the full range of surgical procedures, including hernia surgery.

Three types of hernias that Dr. Smith often treats are:

- **Umbilical:** In adults, commonly found in the belly-button area and usually in older adults. Umbilical hernias are often caused by straining.
- **Ventral:** Can be found in an area of a previous incision, in a weakened abdominal wall, or with obesity.
- **Inguinal:** Usually found in males, but women can get them, too. Inguinal hernias are often caused by heavy lifting or manual labor, leading to groin pain/enlargement.



Dr. Jordan Smith, General Surgery

Most inguinal hernias are surgically repaired using open surgery with an incision of about 1.5–2.5 inches. Umbilical and ventral procedures use laparoscopic (tiny incision) surgery with three separate incisions, each less than 1/2 inch in size. All of these surgeries are outpatient procedures (return home the same day), with a day or two of recovery. The patient returns to work after two to three days, but without lifting.

"Depending on your insurance, you may need a referral for an initial appointment in General Surgery," said Dr. Smith. "However, part of what I enjoy doing is educating patients and diagnosing their conditions so they know whether they need surgery or not."

Talk to your Family Medicine doctor about a referral for surgery with Dr. Smith. 

Foundation News



Samaritan Healthcare Foundation volunteer loves being involved with the community.



Chera Anderson, Samaritan Foundation Volunteer

For more than 15 years, Chera Anderson has been actively involved as a volunteer with the Samaritan Healthcare Foundation. She is a board member, as well as co-chair of its Community Relations team. She began volunteering because she was interested in what the hospital was doing for the community and she wanted to be a part of it. “As board members, we actively spread the good work that the hospital is doing,” said Chera. “The Community Relations team puts on community events as a way to reach out to involve the community through donations and programs.”

Foundation volunteers are currently focused on the #BuildCommunity campaign for the new Samaritan hospital campus. “Our community is growing and thriving,” said Chera. “The new hospital means more opportunities to keep our family members close when they need medical attention. It will allow us to increase access to area healthcare by offering specialty services and a higher level of care across our region.”

Chera is also a board member of the local Boys & Girls Club of the Columbia Basin. She loves being involved with the community and seeing the benefits of volunteerism for both area residents and hospital employees. She is an excellent example of the contributions our volunteers make to Samaritan and to our community!

For more information about volunteering or to apply, call (509) 793-9724 or visit samaritanhealthcare.com/volunteer. Learn more or ask questions about Samaritan Foundation at samaritanhealthcare.com/foundation-about-us.



Ask

SAMARITAN

@samaritan.healthcare

Enter your questions at samaritanhealthcare.com/asksamaritan

Our doctor will answer your questions at our monthly Ask Samaritan event—LIVE on Facebook!

Need a HEALTH PARTNER?

ADULT AND INTERNAL MEDICINE

Zubair Ali, MD
Jazab Sheikh, MD
James Ewell, PA-C

BEHAVIORAL HEALTH

George Hneich, MD
Fiza Khan, MD
Teresa Hutsell, ARNP, PMHNP-BC
Jonathan Ingram, ARNP, PMHNP-BC
Brittany Kesten, PMHNP-BC
Angelica Eldred, LMHC
Fabian Gonzales, LMHC

CARDIOLOGY

Raj Karnik, MD

FAMILY MEDICINE

Andrea Carter, MD
Hayley Heesemann, MD
Lisa Kienecker, MD
Stephen Noorlander, MD
Pranav Patel, MD
Sahand Vafadary, MD
Zachary Thomas, DO
Tara Zamarron, ARNP, FNP-C

GENERAL SURGERY

Andrea Matson, DO
Jordan Smith, DO

GASTROENTEROLOGY

Paul Warfield, MD
Tricia Stevens, DNP, FNP

OCCUPATIONAL MEDICINE

Brandon Penix, DO

OB-GYN

Ryan Rasmussen, MD
Lizzy Bonadies, CNM

ORTHOPAEDICS

Leo Chough, MD
Brett DeGooyer, DO

PAIN MANAGEMENT

Kemesha Delisser, MD
Amanda Yanska, ARNP

PEDIATRICS

Sara Ali, MD
Calle Ann Gonzales, MD
Ladan Modallel, MD, FAAP
Kimberlee E. Poole, ARNP

PEDIATRIC ENDOCRINOLOGY

Sara Ali, MD

PODIATRY

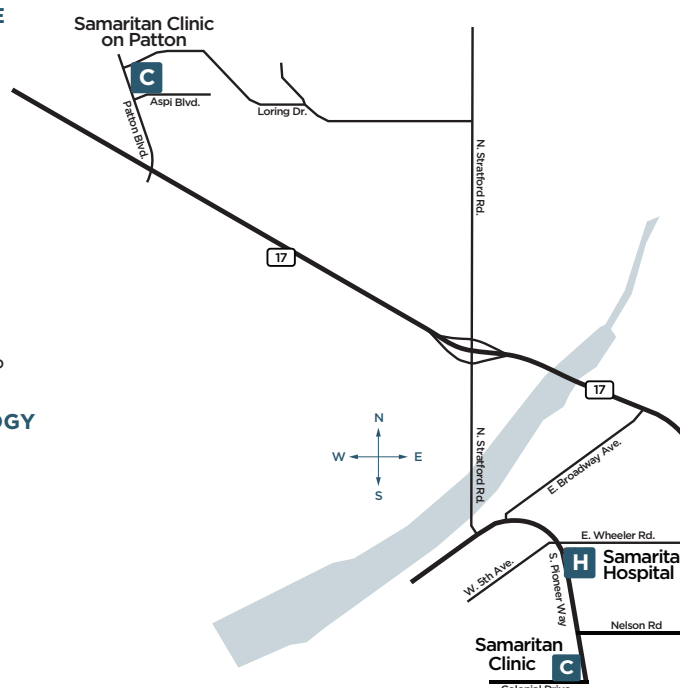
Arezou Amidi, DPM

URGENT CARE

Bob Ebel, PA-C
Brett Hymas, PA-C
Rich Stowe, PA-C
Christina Thurston, PA-C
Robert Weiss, PA-C

UROLOGY

Trisha Kruger, MD



the Samaritan

THE SAMARITAN is published as a community service for the friends and patrons of SAMARITAN HEALTHCARE, 801 E. Wheeler Road, Moses Lake, WA 98837, telephone: 509-765-5606, website: samaritanhealthcare.com.

Gretchen Youngren Chief Development & Communications Officer

Information in THE SAMARITAN comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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Follow us on:

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