Usicians'

An organization of Jackson physicians

who represent 24 medical specialties and practice in independent clinics

> A quarterly newsletter Spring 2014

Achoo! Allergies blossom in spring

T pringtime can be one of the most irritating and uncomfortable times of the year for people who suffer form allergies.

Dr. Alan DeJarnatt, a board-certified physician in internal medicine and in allergy and immunology, said he typically treats more acute and severe cases in the spring when many plants pollinate, causing allergic reactions.

"Everyone always notices the blooming plants. They're not really pollinators, but they are the harbinger of pollinators."

The first plants to pollinate are trees. Oaks, elms, hickories, willows and sycamores are some of the worst offenders in West Tennessee. Pollination can begin as early as the end of February and last 10 weeks. "That's when the pollen covers your car in green."

Allergic symptoms include eye itching, tearing and swelling; nasal congestion and sneezing; itchy ears and palates; and coughing. For most of us, it's not dangerous — it's only an irritation that can make you feel sick, he

said.

However, it can exac-

erbate preexist-

ing con-

ditions

like asthma. "If you have significant asthma, it can create some serious problems."

Cutting down the trees in your yard isn't a solution because trees produce an ocean of the tiny particles, and they drift for up to 12 miles.

The best way to avoid pollen is to stay indoors, he said. Change your clothes after coming in from outside, and take a shower and rinse your nasal passages.

"That limits the amount of pollen exposure."

He also said to close the windows in your home and your car, and have your car's air conditioner recycle air. If working outdoors, wear a particulate mask with a filter, and plan your yard work for times after a rain shower when pollen levels are lowest.

"People who are severely reactive are going to need to limit the amount of time they spend outdoors especially on dry, windy



"For people who are severely reactive, they're going to need to limit the amount of time they spend outdoors — especially on dry, windy days."

— Alan DeJarnatt, M.D.

days."

Treatment most often includes over-thecounter antihistamines such as Zyrtec and Allegra, Dr. DeJarnatt said. Over-the-counter eye drops also are helpful, and Dr. DeJarnatt can prescribe a nose spray for daily use.

For more severe cases, he said a short dosing of oral steroids may be necessary. The next step would be immunotherapy and allergy shots, which don't treat acute symptoms but build your body's resistance, he said.

> Early spring can be a debilitating time for people who have allergic reactions to pollen. Trees are typically finished pollinating by the first of May, but by then, grasses have begun pollinating and will continue through June.

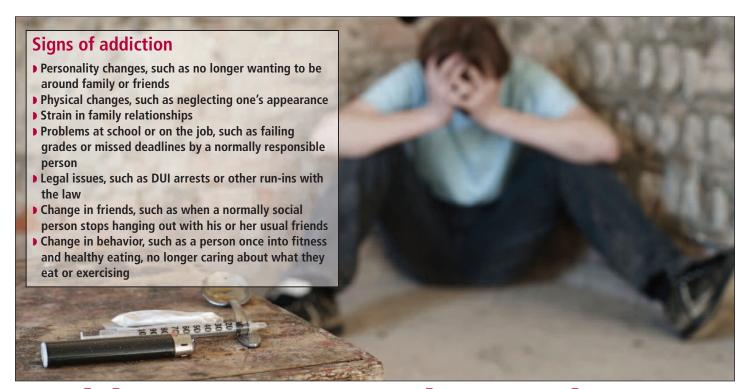
Dr. Alan DeJarnatt practices at Allergy and Asthma Care, 464 N. Parkway, Suite D. For an appointment, call 731.660.0138.

Dr. Allan DeJarnatt, near left, treats a patient with allergies.

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Addiction: an epidemic disease

ddiction is a serious medical issue, and it goes largely unrecognized by family members and the physicians who care for the afflicted, said Dr. John Woods of the Woods Clinic.

"Addiction is really a disease of epidemic proportions in America, and most addicts and alcoholics who want help have no real idea how to navigate the system to get help," he said. "In my experience, most physicians either don't recognize addiction or don't have the knowledge to appropriately treat or refer such patients."

Dr. Woods is board-certified in internal medicine, and he recently received certification in the relatively new field of addiction medicine, which he pursued after realizing how widespread the problem is in the community. He is now the only board-certified physician in addiction medicine in Jackson, and one of only 55 in Tennessee, he said.

"We like to think that we can identify an alcoholic or an addict just by looking at them, but we can't. Addiction is rampant and unrecognized in the community and the country."

The American Society of Addiction Medicine defines the condition as a dysfunction that leads to characteristic biological, psychological, social and spiritual manifestations. It's a complex problem linked to genetics, person-



practices at the Woods Clinic in Jackson.

To make an appointment, call 731.664.7949.

ality disorders and the inability to interact with others — though, there are many other factors that define an addict.

Most importantly, said Dr. Woods, addiction is a disease.

"Addiction is not an issue of lack of will power. It is not an issue of lack of intellect. It is not an issue, in my opinion, of poor moral character."

Because addiction is a disease, the condition can cause someone to lose their job, alienate their family, go to jail and start drinking or using again upon their release, he said. "No rational person would do that. Only an insane person touches a hot stove repeatedly."

Also, addicts are addicts, he said. Different people become dependent on different substances, whether it's alcohol, street drugs or prescription medication.

"The underlying pathophysiology is the same for everybody."

Heroin is becoming more prevalent because new federal regulations have made it harder for addicts to obtain prescription opiates, he said. And benzodiazepines, like Xanax, are particularly dangerous because of a lack of education.

"Many patients and doctors don't even realize that you can be addicted to Xanax or similar medicines."

And a withdrawal from Xanax, like alcohol, can be life threatening without the proper treatment, he said.

Dr. Woods said there are several methods of treatment he can pursue that he did not know of before. He is now better trained on how to handle inpatient and outpatient detox. He knows where to refer people for inpatient detox or long-term care and counseling, and he is better equipped to see who needs a higher level of care.

He also said he recommends 12-step programs from organizations like Alcoholics Anonymous and Narcotics Anonymous because they are proven methods to achieve and maintain sobriety.

More resources are available, for doctors and patients, from the American Society of Addiction Medicine at www.asam.org.



This treatment,

approved by the

FDA, can remove

pre-cancerous

spots over an

entire area at

one time.

Photodynamic therapy removes skin patches

atients with multiple lesions from sun damage can choose an alternative to the liquid nitrogen therapy dermatologists often use to remove spots before they become cancerous.

Photodynamic therapy is an FDA-approved treatment that combines a photosynthesizing solution with a specialized light source to eliminate actinic keratoses, which can develop into squamous cell carcinoma — a common form of skin cancer. Dr. Patrick Teer, a board-certified dermatologist at the Dermatology Clinic of Jackson, said the treatment is generally for people with 15 or more lesions on their face or scalp.

"It depends on the degree of damage they have," Dr. Teer said. "It is really designed for the folks who have a whole lot."

Actinic keratoses are rough-textured, dry and scaly patches on the skin that are caused by exposure to ultraviolet light. They develop after years of sun exposure, generally after a patient is 40.

The sun spots are the most common precancer and affect up to 58 million Americans. Risk factors include a history of sun exposure; fair skin; blonde or red hair — especially when combined with blue, hazel or green eyes; a tendency

to freckle or burn after time in the sun; and a weakened immune system.

With photodynamic therapy, physicians apply the topical solution Levulon Kerastick and wait up to two hours for it to incubate. Physicians then apply the Blu-U

light treatment, which delivers a uniform dose over the entire treatment area for 17 minutes.

"It is a way to treat sun damage in a broad or field effect instead of individual lesions," Teer said.

Four to six weeks later, the patient returns for another round of treatment. After the second round, 70 percent of patients experience 100 percent clearance of

Dr. Patrick Teer, above,

Dr. Patrick Teer, above, uses photodynamic therapy to treat precancerous skin spots. Left: the Blu-U machine emits a bright light as it delivers a uniform dose over the treatment area.

actinic keratoses on their face.

Patients may ex-

perience slight burning, tingling or prickling sensations during the light treatment, and Dr. Teer said they must avoid exposure to sunlight for 40 hours after the procedure.

The benefits to photodynamic therapy include a

low down time and a short visit to the dermatologist. Patients do not have to undergo multiple liquid nitrogen therapy procedures, and they do not have to take prescription creams over the period of several weeks that can cause extreme irritation. It also gives patients more options, and it is covered by insurance, Dr. Teer said.

"It adds to what we can offer patients to treat their precancerous sun damage."

Dr. Patrick Teer practices with Dr. Robert M. Jones at the Dermatology Clinic of Jackson, 1320 Union University Drive.

For an appointment, call 731.422.7999.

"(Photodynamic therapy) is a way to treat sun damage in a broad or field effect instead of individual lesions."

— Patrick Teer, M.D.



Youth baseball injuries on the rise

outh baseball is changing into a year round sport with the growth of youth travel leagues.

Instead of a season in spring or early summer that lasts a couple of months, many kids play longer, and that means kids are exposed to the possibility of more injuries — especially with pitchers, said Dr. Harold Antwine, a board-certified orthopedic surgeon with West Tennessee Bone & Joint Clinic.

"What I've seen more and more with these kids is a lot of elbow and shoulder injuries," Dr. Antwine said.

His son, 12-year-old Logan, plays for a travel team in Mississippi. Dr. Antwine is familiar with the pitching regulations created to protect young athletes. However, the leagues use the wrong metric because they typically cap the number of innings a pitcher can throw, he said.

"I think all of youth baseball needs to move toward pitch counting. It's the volume of pitches — not the number of innings."

Anyone familiar with baseball knows a pitcher

can generate an out with only one pitch. However, an at-bat can easily soar to more than 10 pitches with a full count and a slew of foul balls. One pitcher can get out of an inning with a handful of pitches while another could throw dozens.

In the Major Leagues, Dr. Antwine noted, managers will rest pitchers for several days after they reach a certain pitch count. It allows the damaged tissue around the shoulder and elbow to heal and increases a player's longevity.

High pitch counts, regardless of the number of innings it takes a pitcher to get there, can lead to tendonitis and fractures in young players with open growth plates, Dr. Antwine said. And if a player continues to pitch while hurt, his career could be cut short before he reaches high school.

"They can do some irreversible, permanent damage by continuing to pitch," Dr. Antwine said.

And until their growth plates close, which happens at ages 16 or 17 with boys and ages 14

or 15 with girls, pitchers should avoid throwing breaking balls and curve balls, he said. Instead, they should stick with fastballs and changeups.

Dr. Antwine's young patients usually come in complaining of pain or discomfort while pitching. The treatment prescribed is typically rest and maybe some Ibuprofen, though Dr. Antwine will order an X-ray if necessary to determine if there is a fracture.

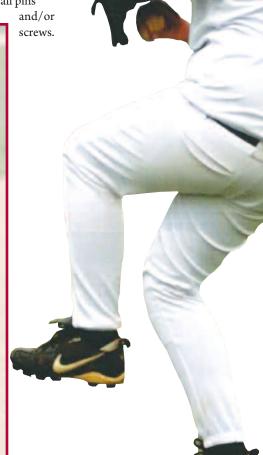
In many cases, the kids can return to play quickly, as long they play a different position until their pitching arm heals.

Some patients require physical therapy to strengthen their injured arms. In rare cases, a patient will have a fracture and need a cast. If the in-

jury caused a significant amount of displacement, surgery could be required to install pins



If removed as a pitcher, the player can play any other position.





Dr. Harold Antwine, above,

r. Harold Antwine practices at West
Tennessee Bone & Joint with Drs. Lowell
Stonecipher, Michael Cobb,
David Johnson, Kelly
Pucek, David Pearce, Jason
Hutchison, Adam Smith,

Doug Haltom, John

Eric Homberg.

Everett, Michael Dolan and

coaches his son, Logan, at left,

during a recent game.

The clinic is at 24 Physicians Drive in Jackson. For an appointment, visit www.wtbjc.com or call 888.661.9825.

New executive director begins work with West TN Physicians' Alliance

he West Tennessee Physicians' Alliance
Board of Directors selected Dustin Summers
— who has a strong
background in health
care, leadership development and organizational
development — as the
new executive director.



Dustin Summers

Summers replaces Tom Reed, who retired in January after leading the organization for 30 years. A native of Paris, Tenn., Summers will assume his new post on March 1, but Reed will continue to work with the Alliance during the transition.

"I am very much looking forward to getting started," Summers said. "I'm anxious to hit the ground running. I've had a unique journey to get here, and this opportunity with the WTPA will serve to incorporate multiple facets of my educational and professional background."

Summers, 31, is the former development manager and chief fundraiser of Young Invincibles, a Washington, D.C.-based advocacy group that was founded in an effort to represent the interests of young people in regard to the national debate over health care reform. Prior to Young Invincibles, he was a program services and policy manager for the National Rural Health Association and research assistant for the U.S. Department of Health and Human Services.

He also was a corporate health screening specialist for LifeSigns in Nashville and an emergency room registration clerk at a small, rural hospital in Fulton, Ky.

He holds a master's degree in public health

from George Washington University, a master's degree in education from David Lipscomb University and a bachelor's degree in chemistry from the University of Tennessee at Martin.

As the new executive director of the West Tennessee Physicians' Alliance, Summers said he wants the region to be a national model for the delivery of health care.

"I think the quality of health care in West Tennessee is superior. My goal is to make Jackson and West Tennessee an exemplary model for quality health care delivery."

As the country debates issues surrounding health care reform, and the health care landscape evolves, Summers said patients will see changes in the way they access care. Doctors also will see changes in the way they are reimbursed for providing care.

"My goal is to determine how to best serve the community of West Tennessee and Jackson with the physicians we have in the alliance in order to provide the best outcomes for patients. The WTPA is comprised of individuals who possess a wealth of critical knowledge and experience that can serve as a means for strengthening the organization as a whole. I intend to do my best to harness that expertise in an effort to further develop and grow the WTPA."

Summers said he is excited about the opportunity to help the alliance and its members make a smooth transition as reforms take place. He also said he is eager to learn the inner workings of the alliance as an organization and excited to return to West Tennessee.

"I'm a native of the area and very proud to be from here," he said. "I am looking forward to getting started."

Conference addresses healthcare reform

The 16th annual General Medicine Conference will be March 1 at Jackson-Madison County General Hospital.

The conference — for physicians, nurse practitioners and other interested health care professionals — will outline the risks facing the United States in the health care industry.

Speakers will discuss strategies for navigating changes in the health delivery system, including practice management and payer reform. They

also will discuss strategies for physician advocacy organizations and how they can impact key decision-makers who impact the health care industry.

The conference directors are Drs. Jacob Aelion and Satish Odhav, who are members of the West Tennessee Physicians' Alliance.

The conference is free, but registration is required. For more information, contact the hospital's Continuing Medical Education department at 731.426.1735.



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- Lauri Anne Gorbet, M.D.
- Timothy Hutchison, M.D.
- Michael Lam, M.D.
- Michael Martindale, м.р.
- Charles Poole, M.D.
- Todd Seabrook, M.D.

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Alexander Alperovich, M.D.

Apex Cardiology: 423-8200

• Henry Lui, M.D.

Cardiovascular Clinic: 256-1819

• Adey Agbetoyin, м.р.

Mid-South Heart Center: 423-8383

Louis Cunningham, M.D.

Skyline Cardiovascular: 410-6777

Ronald Weiner, D.O.

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Dermatology Clinic: 422-7999

- Mac Jones, M.D.
- Patrick Teer, м.д.

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Patient Centered Care: 215-2888

• Kim Howerton, M.D.

Kenneth Warren, M.D.: 664-0103

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Jackson Surgical: 664-7395

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- Dean Currie, M.D.
- David Laird, M.D.
- Garrison Smith, M.D.
- David Villarreal, M.D.

Madison Surgical Clinic: 660-6101

• Thomas Edwards. M.D.

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Woman's Clinic: 422-4642

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- Madhav Boyapati, M.D.
- Michael Epps, M.D. (GYN ONLY)
- Paul Gray, M.D.
- Andrea Harper, M.D.
- Molly Rheney, M.D.
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West TN Bone & Joint: 661-9825

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Goodwin & Associates: 668-9791

Stephen Goodwin, M.D.

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Samuel Bada, M.D.

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- Bruce Herron, M.D.
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- John Everett, M.D.
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• David Long, D.P.M.

Podiatry Clinic: 427-5581

• Terry Holt, D.P.M.

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Physicians Quality Care: 984-8400

Jimmy Hoppers, M.D.Melanie Hoppers, M.D.

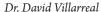
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- Raymond Howard, M.D.
- Peter Lawrence, M.D.Donald McKnight, M.D.
- Scott Yarbro, м.р.









Dr. David Yakin



Dr. Keith Micetich



Dr. Todd Seabrook



Dr. Jason Hutchison



Karen Grace

WTPA elects new board of directors

he West Tennessee Physicians' Alliance elected a new Board of Directors during its recent annual meeting.

Dr. David Villarreal, a general surgeon at Jackson Surgical Associates, is the new board president. He is a native of Corpus Christi, Texas, and earned his medical degree at the University of Texas Health Science Center in San Antonio.

Dr. Villarreal replaces **Dr. David Yakin**, an orthopedic surgeon at Sports, Orthopedics and Spine, who will remain on the board as immediate past president. Dr. Yakin joined Sports, Orthopedics and Spine in 1997 and earned his

medical degree at the Hahnemann University School of Medicine in Philadelphia.

Other board members include **Dr. Keith Micetich**, an OB/GYN physician at Jackson
Regional Women's Center; **Dr. Todd Seabrook**, an anesthesiologist at Professional
Anesthesia Associates; and **Dr. Jason Hutchison**, an orthopedic surgeon at West Tennessee Bone & Joint Clinic.

Dr. Micetich received his medical training from the University of Alberta in Canada and opened the Jackson Regional Women's Center in 1995. Dr. Seabrook grew up in West Tennessee and received his medical degree from the University of Tennessee Health Science Center in Memphis.

Dr. Hutchison is a native of Crockett County and a 1990 graduate of the University School of Jackson. He earned his medical degree at the University of Tennessee School of Medicine.

The final board member is **Karen Grace**, office administrator at the Arthritis Clinic, which specializes in the treatment of rheumatological conditions and metabolic bone diseases, such as osteoporosis. She fills a new position on the board that was created for someone who is not a physician.

A cost-effective, convenient approach to fight allergies

A llergy 123, a convenient service for primary care physicians to help patients combat persistent allergies, has plans to work with doctors in West Tennessee.

The company offers equipment and thorough training for doctors and their staff to empower them to provide home-based immunotherapy for patients. "It is a way of bringing another service into the family doctor's office," said Allergy 123 Medical Director Dr. Tony Vecchiarelli, a primary care physician.

When patients visit their family doctor, pediatrician or internal medicine practitioner, they are tested to determine which allergies are causing their symptoms. Their doctor then provides them with an individualized cocktail serum that desensitizes them to their allergen. Patients take the im-

munotherapy medicine home and administer it themselves via a small syringe.

The process is a cost-effective way to treat the problem rather than the symptoms, according to the company.

The service aims to treat patients who experience mild to moderate reactions to allergies. Patients with severe symptoms would need the help of an allergist.

Allergy 123 is a 4-year-old company with a national presence. It started in Colorado and is currently expanding to states like North Carolina, South Carolina, Georgia, Mississippi and Tennessee where pollen levels are high.

"It's growing phenomenally right now," Dr. Vecchiarelli said. "We can treat patients who otherwise wouldn't go to an allergist."



Specialist in pain management joins Alliance

r. Eric Jon Homberg, a board-certified anesthesiologist who specializes in interventional pain management and helping patients regain an active lifestyle, is the newest member of the West Tennessee Physicians' Alliance.

His membership adds a new medical specialty for the Physicians' Alliance. Dr. Homberg recently joined West Tennessee Bone & Joint Clinic. He uses a multimodal and balanced approach to treating patients with the prescription of therapies, medications and minimally invasive procedures to help with recovery and pain management. He has pursued additional training in new and innovative procedures to provide patients with additional choices.

"Interventional pain management is a relatively new field of medicine," Dr. Homberg said. "It was developed to help patients suffering from chronic pain who are not candidates for, or who do not wish to undertake, surgical correction."

Dr. Homberg has lived in Jackson for 13 years. He earned his medical degree from the University



Dr. Eric Homberg

of Tennessee Center for the Health Sciences in Memphis, which is also where he completed his residency. He is a member of the American Medical Association, American Society of Anesthesiology, American Society of Interventional Pain Physicians and American Academy of Pain Management.

Dedicated to keeping people active, Dr. Homberg has become an advocate for pa-

tients who are desperate for understanding, encouragement and treatment to overcome the physical and mental challenges of chronic pain.

"Before entering the specialty of pain medicine, I didn't appreciate the number of people who suffer with debilitating, chronic pain — especially the elderly population," Dr. Homberg said. "I've just been shocked with the prevalence of it."

Dr. Homberg practices with Dr. Lowell Stonecipher, Dr. Michael Cobb, Dr. David Johnson, Dr. Kelly Pucek, Dr. Harold Antwine, Dr. David Pearce, Dr. Jason Hutchison, Dr. Adam Smith, Dr. Doug Haltom and Dr. John Everett, who are orthopedic surgeons; and Dr. Mike Dolan, who is a hand surgeon.

For an appointment, call 731.661.9825 or visit wtbjc.com.

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