



Olympic Peninsula Medical Conference

November 7 & 8

Speaker Biographies



Virginia Mason
Franciscan Health™

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Ian Mullikin, MD

Board Certification: Orthopedics and Arthroplasty

Franciscan Orthopedic Associates at St. Anthony

Gig Harbor, WA

Title: Carpal Tunnel Syndrome

1. Understand relevant anatomy of the carpal tunnel
2. Carpal tunnel diagnosis
3. Indications for surgery and expected outcomes

Ian Mullikin, MD, is a board-certified orthopedic surgeon with specialty training, certification and experience in hand and upper extremity surgery. His goal is to return patients back to their active lifestyles and passions.

Dr. Mullikin is a member of the American Society of Surgery of the Hand. He is a former military hand surgeon who was based at Tripler Medical Center and recognized teaching faculty.

Away from work, Dr. Mullikin enjoys trail running/marathons, bicycling, hiking, mountain climbing, skiing, and spending time with his wife and two daughters.

Abdul Saidi, MD

Board Certification: Cardiovascular Disease, Interventional Cardiology

Franciscan Cardiovascular Associates at St. Michael

Silverdale, WA

Title: Mitral Transcatheter Edge-to-Edge repair (TEER) : A current status and future directions

1. Review of mitral valve regurgitation
2. Patients selection and current indications
3. Treatment Options • Future directions

Abdul Saidi, MD, is a cardiologist who specializes in interventional cardiology and structural heart disease, with a focus on coronary artery disease and valve disease in adults.

Dr. Saidi treats patients as family. He takes the time to answer questions, address concerns and ensure patients are well-informed about their health issues. He strives to ensure excellent communication with referring physicians, patients and their family.

Dr. Saidi is a Fellow of the American College of Cardiology and a member of The Society for Cardiovascular Angiography and Interventions.

Deepak Sreedharan, MD

Board Certification: Pain Medicine, Interventional Pain, Surgical Pain Management

The Doctors Clinic- Salmon Medical Center

Silverdale, WA

Title: Lumbar Stenosis

1. Learn how to distinguish between the different causes of claudication
2. Learn the different treatment options available for lumbar stenosis and their outcomes

The best method of achieving relief from pain comes from routine exercise, dieting and a focus on lifestyle change. I offer a variety of procedures that provide windows of pain relief, from a few months to a few years. During that time, I will help patients focus on diet and exercise so they can change their lives for the better and become more independent.

Rebecca Ur, MD

Board Certification: Vascular Surgeon

Franciscan Vascular Surgery Associates at St. Micheal

Silverdale, WA

Title: Vascular Surgery for Primary Care.

1. To recognize signs of Chronic Limb Threatening Ischemia.
2. Review indications for referral to a vascular surgeon in the setting of AAA, carotid, and peripheral vascular disease,
3. Review vascular causes of lower extremity swelling

Rebecca Ur, MD, is a board-certified vascular surgeon who holds additional certification as a Registered Physician in Vascular Interpretation (RPVI). Because medicine is complex and its application often differs among patients, Dr. Ur emphasizes patient-centered, individualized care. She also stresses shared decision-making, working to help patients understand their condition and available treatment options so they can participate in making their own medical decisions. She enjoys getting to know her patients as people and not just as a medical problem, and she finds fulfillment helping them recover from serious illness.

Dr. Ur is a member of the Society for Vascular Surgery, and the Vascular and Endovascular Surgery Society.

Away from work, she enjoys water polo, hiking and surfing

1st Speaker Name: Linda Pai, MD

Board Certification: General Surgery

Franciscan Breast and General Surgery Associates

Gig Harbor, WA

2nd Speaker Name: Todd Willcox, MD

Board Certification: Plastic Surgeon

Franciscan Plastic Surgery Associates

Gig Harbor, WA

3rd Speaker Name: Kristin Mellein, ARNP

Specializes: General Surgery - High Risk Breast Clinic

Franciscan Surgical Associates at St. Anthony

Gig Harbor, WA

Title: Managing breast cancer from the PCPs perspective

1. Diagnosis- what now?
2. Surgical management
3. Reconstruction

Linda Pai, MD, is a board-certified general surgeon specializing in advanced laparoscopy. She has special interest in breast surgery, colonoscopy, hernia surgery and thyroid surgery. Drawn to medicine for the opportunity to help others, Dr. Pai believes in educating her patients to help them make informed decisions about their disease.

Dr. Pai is an experienced surgeon with excellent outcomes. She is a Fellow of the American College of Surgeons and is fluent in Chinese.

Todd Willcox, MD, is a board-certified plastic surgeon specializing in cosmetic and reconstructive surgery. He has completed extensive training in both plastic surgery and general surgery from the prestigious Mayo Clinic and has passed the rigorous board examinations from the American Board of Plastic Surgery and American Board of Surgery.

Dr. Willcox has a special interest in breast surgery and focuses the majority of his practice on breast reconstruction after mastectomy and lumpectomy procedures. He also has extensive experience with breast reduction, lifts and augmentation.

Dr. Willcox provides his patients with the highest standard of care. He takes the time to listen to each patient's concerns and carefully explains the treatment options available. He helps patients make decisions to achieve the results they want.

Outside of work, Dr. Willcox enjoys time with his family and dogs, camping and hiking.

Kristin Mellein, ARNP, specializes in breast health and surgery. With her background in family medicine, women's health and medical oncology, she helped develop the High-Risk Breast Clinic at St. Anthony Hospital, where she supports patients at risk for and diagnosed with breast cancer, in collaboration with general surgeon Linda Pai, MD. She received her Advanced Practice Provider certification with The American Society of Breast Surgeons, as well as Genomics Cancer Risk Assessment certification with City of Hope. Kristin is a member of the American Association of Nurse Practitioners, Oncology Nursing Society, American Society of Breast Surgeons and City of Hope Genetics Community.

Claire Bovet, MD

Board Certification: Family Medicine

Franciscan Family Medicine Residency

Bremerton, WA

Title: Trash the “Pump and Dump”: Common pitfalls in the care of lactating patients

1. Identify medications and procedures that require changes to a patient’s breastfeeding plan
2. Recognize common medications, procedures, and imaging that are compatible with breastfeeding
3. Understand interventions that can impact breast milk supply

Claire Bovet, MD, is a board-certified family physician offering full-spectrum primary care for patients and families, including obstetrics. She also serves as a faculty member with the Northwest Washington Family Medicine Residency program. Beyond family medicine and obstetrics, her other special interests include dermatologic procedures, family planning, office gynecologic procedures, and management of chronic diseases such as diabetes and hypertension.

Dr. Bovet is passionate about bringing communities together through whole-family care. She prioritizes active listening and works with patients to develop a shared, comprehensive, evidence-based plan to promote health and well-being.

Dr. Bovet is a member of the American Academy of Family Physicians and American College of Obstetricians and Gynecologists.

Away from work, Dr. Bovet enjoys cooking, travel, reading, painting and spending time with family.

Christopher Baliga, MD

Board Certification: Infectious Disease

Franciscan Pulmonary and Sleep Medicine Associates at St. Micheal
Silverdale, WA

Title: Hot Topics in ID 2025

1. Understand clinical features and diagnosis of malaria, chikungunya, dengue, and measles
2. Understand when to screen for Chaga's
3. Understand clinical features diagnosis of Legionnaire's disease

Christopher Baliga, MD, is an infectious disease specialist with medical interests HIV/AIDS, travel and tropical medicine, bone/joint and artificial joint infections, serious blood stream infections, infections in immunocompromised patients, heart infections and multi-drug resistant bacterial infections. Dr. Baliga likes hiking, kayaking, traveling the world, and spending time with family.

Dominique Pepper, MD, PhD, MHSc, ATSF, FCCP

Board Certification: Pulmonologist, Critical Care and Internal Medicine

Franciscan Pulmonary Associates at St. Joseph

Tacoma, WA

Title: Managing Lung Nodules

1. How do we identify and risk stratify lung nodules?
2. When do we refer for diagnostic evaluation?
3. How do we manage lung nodules?

Dominique Pepper, MD, PhD, MHSc, ATSF, FCCP is a board-certified pulmonologist, critical care and internal medicine physician, bringing over 20 years of clinical experience. A national leader and expert in robotic-assisted bronchoscopy for diagnosing suspicious lung nodules, Dr. Pepper has performed over 500 robotic procedures, demonstrating high diagnostic accuracy and a strong commitment to safety. He leads the Lung Nodule and Robotic Bronchoscopy Program, which emphasizes the expedited diagnosis and treatment of lung cancer.

Dr. Pepper's commitment lies in delivering exceptional, patient-centered care with the fundamental aim of saving lives from cancer. Dr. Pepper believes that patient-centered care necessitates excellence, a patient-first philosophy and collaborative teamwork among health care professionals to ensure the best possible outcomes for each patient.

A Fellow of both the American College of Chest Physicians and the American Thoracic Society, Dr. Pepper also serves as the Podcast Editor for the Society of Advanced Bronchoscopy, where he conducts interviews with prominent experts and specialists in the field of advanced bronchoscopy.

Joseph Rosales, MD

Board Certification: Medicine, Subspecialty in Hematology and Medical Oncology

Franciscan Oncology at St. Joseph
Tacoma, WA

Title: Updates in the Management of Multiple Myeloma

1. Review presentation and workup of monoclonal gammopathy
2. Review diagnostic criteria and risk stratification of multiple myeloma
3. Review recent advances in treatment & management of multiple myeloma

Joseph Rosales, MD, has been a physician for over 20 years and a hematologist-oncologist in Western Washington since 2011 -- in Seattle, Federal Way and Tacoma. He is experienced in general hematology and oncology, with specialties in breast and thoracic oncology.

Dr. Rosales considers himself a guide in his patients' therapeutic journey. He meets his patients wherever they are - physically and emotionally - and strives to provide them the knowledge and perspective required to navigate difficult decisions in their care. His treatment philosophy has been consistent: to make sure that the patient remains in as much control of their care as possible while getting the best care possible.

Dr. Rosales also maintains activity within the community, including involvement in oncologic education and advocacy. He received the **2022 Binaytara Foundation for Excellence in Cancer Care "Rising Star in Health Equity" award** for his demonstration of excellent leadership in improving cancer care in underprivileged communities.

David Corley, MD

Board Certification: Pulmonary Disease, Sleep Medicine, Critical Care,
Internal Medicine

Franciscan Pulmonary and Sleep Medicine Associates at St. Micheal
Silverdale, WA

Title: Obstructive Sleep Apnea; You can do it!

1. Review the clinical presentation and physiology.
2. Review the diagnostic criteria and for sleep apnea.
3. Review the treatment and monitoring of sleep apnea

Dr. Corley is board certified in pulmonary disease, sleep medicine, internal medicine, and critical care medicine. He has expertise in the diagnosis and treatment of obstructive and central sleep apnea, insomnia, narcolepsy, restless legs, lung cancer, interstitial lung disease, respiratory infections, asthma, and chronic obstructive pulmonary disease. He serves as the Medical Director of the Sleep Center at St. Michael Medical Center in Silverdale, Washington.

Dr. Corley respects the goals and opinions of his patients. He believes that communication is the key to shared decision making and results in the best outcomes.

Outside his practice, Dr. Corley enjoys cycling, skiing and spending time with his fam

1st Speaker Name: Deema Soufan, LMHC, LCPC, PMH-C

Partum Wellness

Silverdale, WA

2nd Speaker Name: R. Chris King, MD

Board Certification: Cardiothoracic Surgery

Franciscan Cardiothoracic Surgery Associates at St. Micheal

Silverdale, WA

Title: Provider Well Being; It's time to talk about it

1. Understand the current state of burn out
2. Implications of burnout
3. Effectively addressing the crisis

Deema Soufan has worked as a psychotherapist for the last ten years. She began her career working in academia as an adjunct psychology professor and neuropsychology testing practice. Throughout the last four years Deema has spent her time split between private practice outpatient psychotherapy and working in hospital settings. Deema developed a program for the University of Pennsylvania at Pennsylvania hospital in a split role that allowed her to serve the needs of the medical staff and the patients in neonatal intensive care unit and related floors. From there she began her own private practice and has been serving the providers at St. Michael Medical Center where she is making a concerted effort to combat provider burnout by offering direct intervention both to the individuals and to the system itself. Deema has a unique perspective on the challenges that medical providers are faced with today as her husband is an anesthesiologist and intensivist.

R. Chris King, MD

Board Certification: Cardiothoracic Surgery

Franciscan Cardiothoracic Surgery Associates at St. Micheal
Silverdale, WA

Title: Surgical Options for Atrial Fibrillation Ablation

1. Identifying AF
2. Determining Persistent AF
3. Ablation Options for persistent AF

R. Christopher King, MD, specializes in adult cardiac surgery, including valve repair/replacement, coronary artery bypass grafting, aortic surgery and critical care. He delivers comprehensive and individualized cardiac surgical care in the pursuit of optimizing each patient's outcome.

Dr. King is a Fellow of the American College of Surgeons, and a member of the Society of Thoracic Surgeons and Western Thoracic Surgical Association.

Jennifer Wolf, MD

Board Certification: Obstetrics and Gynecology

Franciscan Surgical Associates at St. Joseph

Tacoma, WA

Title: Workup of Adnexal Masses

1. Recognize the signs and symptoms of adnexal masses
2. Choose an appropriate workup including imaging and lab tests
3. Decide which cysts are safe to follow and how frequently to re-image

Jennifer Wolf, MD, is a board-certified obstetrician-gynecologist who specializes in gynecologic oncology. She performs minimally invasive surgery (robotic, laparoscopic), as well as complex open surgery.

Taking a patient-centered, evidence-based approach, Dr. Wolf gives patients information about their disease and treatment options so they can make the best decisions for their lives. She recognizes that not every patient fits the same treatment mold, and she wants every patient to feel comfortable expressing their questions and needs.

Dr. Wolf is a member of the American Society of Clinical Oncology, Society of Gynecologic Oncology, and American College of Obstetrics and Gynecology. In 2021 she was awarded the University of Cincinnati Residency Gynecologic Oncology Award.

Away from work, Dr. Wolf enjoys hiking, traveling and spending time with her family.

Nick Sich, MD, FACS, FSSO

Board Certification: General Surgery and Complex General Surgical Oncology

Franciscan Surgical Associates at St. Joseph
Tacoma, WA

Title: The Renaissance of Cytoreduction and HIPEC

1. Overview of Cytoreductive Surgery and HIPEC
2. Understand Expanding Indications for Management of Stage IV Cancer
3. Future State/Horizons for Previously Inoperable Patients

Nicholas Sich, MD, is board-certified in general surgery and complex general surgical oncology. His areas of expertise include pancreatic cancer, liver cancer, upper and lower gastrointestinal cancer, advanced gynecologic cancer, melanoma, sarcoma and metastatic cancer. He performs minimally invasive and robotic cancer surgery.

Dr. Sich strives to ensure his patients retain a sense of control over their care by working as an equal partner throughout their cancer journey. He emphasizes open and honest communication, works to understand his patients' priorities and keep those at the center of their treatment plans, and strives to maintain his patients' dignity. Dr. Sich eschews the formality of the traditional doctor-patient approach for one that is more informal and relaxed.

Dr. Sich is a Fellow of the Society of Surgical Oncology (FSSO) and Fellow of the American College of Surgeons (FACS). He is a member of the Society of Surgical Oncology and Americas Hepato-Pancreato-Biliary Association.

Dr. Sich is driven to advance cancer care in his community and minimize barriers to treatment. In his free time, he enjoys building and renovating homes with his wife and father as a hobby, along with spending time with his two children.