



Northwest Primary Care Medical Conference December 5 & 6

Speaker Biographies



Virginia Mason
Franciscan Health™

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Megan Loring, MD

Board Certification: Obstetrics and Gynecology

Virginia Mason Medical Center

Seattle, WA

Title: Unseen pain: Understanding endometriosis and adenomyosis

1. Describe typical symptoms and workup for cyclic pelvic pain
2. Understand options for treatment for endometriosis and adenomyosis
3. Know when to refer patients to a GYN surgical specialist

Megan Loring, MD, is a board-certified gynecologist with a focused practice designation in minimally invasive gynecologic surgery (MIGS). Additionally, she specializes in operative hysteroscopy; endometriosis and pelvic pain; and fibroids and abnormal uterine bleeding.

Dr. Loring strives to involve her patients in their medical decisions by educating them about their conditions and empowering them to advocate for themselves. She enjoys problem-solving and sees surgery as an excellent tool to improve her patients' lives.

Dr. Loring is a Fellow of the American Congress of Obstetricians and Gynecologists. She is a member of the American Association of Gynecologic Laparoscopists and American College of Obstetricians & Gynecologists. She is certified by Intuitive Surgical as a Robotic Console Surgeon.

Away from work, Dr. Loring enjoys exploring the Pacific Northwest with her family and friends, hiking, cooking, running and travel.

Uma Malhotra, MD

Board Certification: Infectious Disease

Virginia Mason Medical Center

Seattle, WA

Title: Primer on Sexual Health: An Infectious Diseases Perspective

1. Taking sexual history in a gender diverse population
2. Discuss screening for common STIs
3. Know clinical manifestations and treatment of common STIs
4. Know how to prescribe PrEP

Uma Malhotra, MD, has over 25 years of experience in clinical infectious diseases and also does translational research in the field, keeping herself at the cutting-edge of new therapies. She specializes in general infectious diseases, infections in immunocompromised patients, HIV care and complex wound management.

Dr. Malhotra loves getting to know her patients and working closely with them as a team to achieve the desired goals in their care. She enjoys the detective work involved in reaching a diagnosis. Ultimately, she is most thrilled to see her patients achieve their treatment goals. She is excited by novel therapies that have become available for various infectious diseases and is overjoyed to see formerly ill patients get back to work and enjoy family time.

Dr. Malhotra is Clinical Professor of Medicine and Infectious Diseases at the University of Washington and a Fellow of the Infectious Diseases Society of America. She has been named a Top Doctor by both *Seattle* and *Seattle Metropolitan* magazines.

Away from work, Dr. Malhotra loves being in nature. She enjoys hiking, gardening and nature photography.

Robert Ryan, MD

Board Certification: Endovascular Neurosurgery

Virginia Mason Medical Center

Seattle, WA

Title: Endovascular Therapy Beyond Brain Aneurysms: Treatment for Subdural Hematoma, Venous Sinus Stenosis and Other Conditions

1. Discuss the indications and expectations for middle meningeal artery embolization for subdural hematoma
2. Discuss the evaluation and endovascular treatment of venous sinus stenosis and idiopathic intracranial hypertension
3. Discuss other neurologic conditions amenable to endovascular therapy

Robert Ryan, MD, MSc, FRCSC, specializes in endovascular neurosurgery, vascular neurosurgery, cranial neurosurgery and general neurosurgery. He enjoys the technological advancements and clinical research that continue to expand treatment options for complex neurosurgical conditions. Dr. Ryan strives to learn about his patients so he can develop a plan of care that meets each individual's needs and goals.

Away from work, Dr. Ryan enjoys spending time with family, sports, food and wine.

Jennifer Kelly, PsyD

Virginia Mason Medical Center

Seattle, WA

Title: The Mindful Clinician: Integrating Mindfulness into Primary Care for Pain and Beyond

1. Describe the evidence-based benefits of mindfulness for chronic pain management and overall well-being in both patients and providers.
2. Demonstrate practical mindfulness techniques that can be easily integrated into brief primary care encounters.
3. Apply strategies for using mindfulness to support provider resilience and reduce burnout in the primary care setting.

Jennifer Kelly, PsyD, specializes in pain psychology treatment, offering both group and individual interventions.

Catherine Miele, MD

Board Certification: Pulmonology

Virginia Mason Medical Center

Seattle, WA

Title: What's now in COPD and ILD?

1. Review standard treatment for COPD
2. Learn new specialty medications and interventions to help recognize when to refer
3. Review new guidelines on what to do with those “other abnormalities” on lung cancer screening CTs.

Catherine Miele, MD, is a board-certified pulmonologist. She has a specific focus in obstructive lung disease, interstitial lung disease, lung cancer, undersea and hyperbaric medicine. She works with her patients to optimize the treatment of their disease so they can have the best life possible.

Dr. Miele has been with Virginia Mason since 2018. She works hard to maintain collaborative collegial relationships with her partners and referring physicians. She loves Team Medicine.

Away from work, Dr. Miele enjoys triathlons, all water-based activities, and spending time with her family.

TJ Templin, MD

Board Certification: Thoracic and General Surgery

Franciscan Cardiothoracic Associates at St. Joseph

Tacoma, WA

Title: Personalizing the Treatment of GERD

1. Define the symptoms of GERD
2. Standardizing the work up
3. Medical and surgical options to address the patients' symptoms

Dr. Thomas (TJ) Templin, II, MD MBA, is a board-certified thoracic and general surgeon with a specialized focus on general thoracic surgery and thoracic oncology for patients aged 15 and older. He possesses extensive expertise in advanced, minimally invasive thoracic and foregut surgical procedures.

A significant area of Dr. Templin's proficiency includes robotic lung and esophageal resections for cancer, utilizing cutting-edge technology for precise, effective outcomes and reduced patient recovery times. Beyond oncological treatments, he provides comprehensive management of benign esophageal disorders. Dr. Templin is also highly experienced in complex chest wall reconstruction, meticulously addressing traumatic injuries or chest wall tumors to restore anatomy and function.

His diagnostic and interventional capabilities are highlighted by his experience in advanced bronchoscopy and esophagoscopy, including expertise in Endobronchial Ultrasound (EBUS). He is also proficient in therapeutic interventions such as airway and esophageal stenting.

Through his comprehensive skill set and commitment to advanced surgical techniques, Dr. Templin delivers exceptional, patient-centered care for a diverse range of thoracic and foregut conditions, emphasizing optimal surgical outcomes. He follows the Jesuit philosophy of *cura personalis*, which translates to "care for the whole person," treating individuals, not just diseases.

Dr. Templin is a Fellow of the Society of Thoracic Surgeons and American College of Surgeons.

Clancy Clark, MD

Board Certification: General Surgery

Virginia Mason Medical Center

Seattle, WA

Title: Advances in Surgery for Metastatic Colorectal Cancer to the Liver

1. Review Advanced Surgical Techniques
2. Discuss Emerging Technologies in Cancer Treatment
3. Apply Evidence-Based Approaches to Complex Cases

Clancy J. Clark, MD is a board-certified surgeon specializing in hepatobiliary and pancreas surgery with expertise in minimally invasive and robotic surgical techniques. His practice focuses on the surgical management of liver, bile duct, and pancreatic cancers, as well as benign conditions such as bile duct injuries, pancreatitis, and liver tumors. With fellowship training from the Mayo Clinic and extensive experience in complex surgical oncology, Dr. Clark is committed to providing the highest standard of care using the latest advancements in surgical technology.

Dr. Clark strives to build trust, transparency, and shared decision-making with his patients. He will take the time to ensure patients and their families fully understand their diagnosis and treatment options, empowering them to make informed decisions. Surgery can be overwhelming, and Dr. Clark helps guide patients through the process with clarity and compassion. By utilizing minimally invasive techniques, Dr. Clark aims to improve surgical outcomes, reduce recovery times, and enhance overall quality of life.

Dr. Clark is an internationally recognized surgeon and researcher focused on improving outcomes in hepatobiliary and pancreatic surgery, with an emphasis on surgical innovation, healthcare informatics, and clinical trials for gastrointestinal cancers. He has led national studies evaluating surgical risk assessment, perioperative optimization, and novel treatment strategies. Additionally, Dr. Clark is actively involved in shaping surgical education and policy through leadership roles in national surgical societies.

Outside of work, Dr. Clark enjoys fly fishing, skiing, and traveling. He has a passion for Formula One racing, which reflects his appreciation for precision, innovation, and continuous improvement—principles that also guide his surgical practice.

Justin Brandler, MD

Board Certification: Gastroenterology

Virginia Mason Medical Center

Seattle, WA

Title: Inspiring Power in the Pelvis - Flipping the Script on the Pelvic Floor Paradigm with Health Coaching

1. Outline current evidence in lifestyle medicine and health and wellness coaching for inspiring behavior change
2. Integrating that evidence to empower patients with pelvic floor conditions

Justin Brandler, MD, cares for patients with gastrointestinal conditions, both general and complex. Dr. Brandler believes it is his calling and responsibility to serve as a healer and teacher for his patients. Through evidence-based medicine and comprehensive, personalized care plans developed through a strong patient-physician partnership, he desires to empower patients with tools for hope and healing.

In addition to using medication to treat disease, Dr. Brandler thoughtfully harnesses therapeutic tools from nutrition, psychology, integrative medicine and spiritual care. He strives to earn his patients' trust and seeks to provide a safe and welcoming space through empathetic listening, humor and compassionate care.

Dr. Brandler holds certification as a Certified Professional Life Coach and the Harvard Health and Wellness Coaching certification. He integrates this additional training to empower patients to achieve their health goals.

Away from work, Dr. Brandler enjoys sipping coffee with his wife and being a jungle gym for his two energetic young boys and sweet daughter. He also enjoys running, swimming and weightlifting, and is a superhero enthusiast.

Sindu Srivatsal, MD

Board Certification: Neurology

Virginia Mason Medical Center

Seattle, WA

Title: Peripheral Neuropathy and Neuropathic Pain Management

1. Understand possibly types of neuropathy and initiation of work up
2. Learn about aspects of management of neuropathic pain
3. Understand what forms of neuropathy require urgent referral/evaluations

Sindhu Srivatsal, MD, is a board-certified neurologist who specializes in Parkinson's disease and other movement disorders such as balance problems and tremors. She also specializes in botulinum toxin (Botox) administration for movement disorders.

Dr. Srivatsal enjoys working closely with her patients, listening to them share their understanding of their disease and helping direct their care accordingly. She considers it both highly rewarding and motivating when her partnership with her patients results in successful outcomes.

Away from work, Dr. Srivatsal and her husband spend a lot of their time with their child and their doodle pup. She also likes hiking and gardening.

Lucas McCarthy, MD

Board Certification: Neurology

Virginia Mason Medical Center

Seattle, WA

Title: Diagnosis and Management of Neuropathic Pain

1. Understand common neuropathic pain etiologies
2. Differentiate neuropathic from musculoskeletal, nociceptive and visceral pain
3. Understand risks and benefits of guideline based neuropathic pain medication and non-medication management

Lucas McCarthy, MD, specializes in neurology with a focus on multiple sclerosis and related conditions.

Dr. McCarthy finds it highly rewarding to assist patients with understanding and treating the symptoms they are experiencing, such as weakness, numbness, or vision or memory problems. His favorite part of the day is when he can arrive at a correct diagnosis and a treatment plan that works for a patient who has been struggling with symptoms for a long time. Understanding each patient's story and the level of care they wish to pursue is the first step toward achieving this.

Away from work, Dr. McCarthy enjoys running, bicycling, hiking and exploring the great Pacific Northwest.

Dominique Pepper, MD

Board Certification: Pulmonary Disease, Internal Medicine,
Critical Care

St. Joseph Medical Clinic

Tacoma, WA

Title: Lung Cancer Screening

1. To understand the lung nodule referral pathway
2. To review the importance of lung cancer screening and incidental lung nodule detection

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.

Matthew S. Smith, MD

Board Certification: Family Medicine

Northwest Washington Family Medicine Residency

Bremerton, WA

Title: Hepatitis C in Primary Care

1. Learn which patients can be treated in the primary care office
2. Learn how to manage the treatment of Hepatitis C
3. Feel confident addressing common questions/concerns

Matthew S. Smith is a board-certified family physician who has a special interest in addiction medicine, viral hepatitis, point of care ultrasound, and medical education. Dr. Smith views his role as that of teacher, guide, and coach on the path to a life well-lived. He practices up- to-date evidence-based medicine, and makes each patient feel comfortable and respected.

Dr. Smith is a member of the American Academy of Family Physicians, American Medical Association and Society for Teachers of Family Medicine.

Bob Geise, MD

Board Certification: Infectious Disease

Virginia Mason Medical Center

Seattle, WA

Title: Vaccines - Truth vs Fiction A Scientific Review of Vaccine Medicine

1. Familiarize audience with history of vaccines - including impact of vaccine morbidity and mortality
2. Discuss evidence-based vaccine recommendations
3. Review potential alternative sources for vaccine guidance

Robert Geise, MD, specializes in HIV, infections in immunocompromised patients (cancer, immunosuppressive agents), bone, joint and soft tissue infections, sepsis and care of the critically ill patient.

Outside of his practice, Dr. Geise enjoys traveling with his family, being involved with his local schools, hiking, biking, exercise, his dogs, goats, chickens, various other pets and most importantly, family time.

Rakesh Kumar, MD

Board Certification: Indian Neurosurgical Board

Virginia Mason Medical Center

Seattle, WA

Title: From Pain to Practice: Practical Insights and New Strategies for Degenerative Disc Disease

1. Identify early signs and risk factors of degenerative disc disease.
2. Identify early signs and risk factors of degenerative disc disease.
3. Apply practical, evidence-based management strategies.
4. Know when to escalate care and explore new treatment options.

Dr. Rakesh Kumar is an internationally trained Neuro spine surgeon with extensive experience in complex spine care. He completed his neurosurgical training and faculty experience in India, followed by specialized fellowships in spinal deformity and complex spine surgery in the UK, including at the Scottish National Spinal Deformity Service and the Royal Devon & Exeter Hospital. He further honed his expertise with advanced spine fellowships in the USA at Virginia Mason Medical Center, Seattle, and the University of Virginia.