

# Medical Directory

paid advertising

## ACUPUNCTURE CHINESE MEDICINE

**CASCADE ACUPUNCTURE  
CENTER**  
Hood River & The Dalles

Acupuncture, Allergy Elimination,  
Custom Chinese Herbs and  
Massage  
40+ Years of Combined  
Experience

- General Acupuncture Practice with a focus on Pain Management
- Effective treatment style, using points below the elbows and knees
- Treatments in Recliner Chairs with massage and heat
- Chinese Herbal Pharmacy, Nutritional Products
- Accept and bill most insurances, Worker's Comp, PIP claims
- Sliding Fee Scale, monthly payment plans, VISA/MC
- Wheelchair accessible locations, free customer parking
- 15 min free consultations available

Monday - Saturday  
No physician referral needed  
New Patients welcome  
**104 5th Street, Hood River  
(541) 387-4325**

**1712 E 12 St., The Dalles  
(541) 298-2378**

[www.CascadeAcupuncture.org](http://www.CascadeAcupuncture.org)

## CLINICS

### NORTHSHORE MEDICAL GROUP

Open Saturdays  
Weeknights until 7 p.m.  
212 Skyline Drive  
White Salmon, WA 509-493-2133  
875 Rock Creek Drive SW  
Stevenson, WA 509-427-4212  
[www.northshore-medical.com](http://www.northshore-medical.com)

### ONE COMMUNITY HEALTH

849 Pacific Ave, Hood River  
541-386-6380

1040 Webber Street, The Dalles  
541-386-6380

Hood River Valley  
High School Center  
1220 Indian Creek Rd.,  
Hood River 541-308-8345

Medical, dental and behavioral  
integrated teams helping  
you meet your health goals  
through whole person  
patient centered care.

## DERMATOLOGY

### HOOD RIVER DERMATOLOGY

**LUKE SLOAN, MD**  
**MELISSA ARNDT, PA-C**  
917 11th Street Hood River  
Phone: (541) 386-2517  
Accepting new patients

## DENTISTRY

**WHITE SALMON  
DENTAL CARE**  
Quality Dentistry in a  
Comfortable Setting

**DR. TIM MIDDAGH, DMD**  
331 E. Jewett Blvd.  
White Salmon, WA 98672  
509-493-4546

- General Dentistry for Adults and Children
- Emergency Care and New Patients Welcome
- Diagnostic and Specialist Referral Service
- Professional and Caring Staff
- Tuesday - Friday 7am to 4 pm

## DENTISTRY ORTHODONTICS

**JAMES WEST  
ORTHODONTICS, LLC**

**James E. West, DDS**  
Orthodontic Specialist  
for Adults and Children  
• Damon, Invisalign, Wild Smiles,  
Clear and Traditional Braces

- Referrals Not Required
- Free initial consultation

**Interest-Free Financing**  
1002 10th Street  
Hood River, 541-386-5800  
[www.jwortho.com](http://www.jwortho.com)

## DENTISTRY PEDIATRIC

**A KIDZ DENTAL ZONE**  
**HAPPY KIDZ, HEALTHY SMILES,  
FOR A LIFETIME!**

*Specialist in comprehensive,  
compassionate pediatric dental  
care for ALL Children  
(Birth to 21 years)*  
• Nitrous Oxide

- Sedation
- Hospital Care
- Growth & Development
- Braces

**New Patients  
& Referrals Welcome**

Hood River News Building  
419 State Street, Suite #4  
Hood River, OR 97031  
**Hood River 541-387-8688**  
**The Dalles 541-296-8901**  
[www.akidzdentalzone.com](http://www.akidzdentalzone.com)

## FAMILY MEDICINE

### COLUMBIA GORGE FAMILY MEDICINE

1750 12th Street  
Hood River, OR 97031  
[www.cgfm.com](http://www.cgfm.com)  
541-386-5070

Elizabeth Foster, MD  
Steve Becker, MD  
Kristen Dillon, MD  
Tony Gay, MD  
Megan Barton, NP  
Ingrid Flanders, NP  
Clara DeLeon, PA  
David MacNally, PA  
Tyler Gray, MD

Regular Hours  
Weekdays until 5 pm  
**Acute Care**  
Open to public  
for minor illnesses  
Walk-ins welcome  
Weekdays 5-7 p.m.  
Sat 8 a.m. - 2 p.m.

## FAMILY MEDICINE OBSTETRICS

**SUMMIT FAMILY MEDICINE**  
Family-centered medical care  
throughout all the seasons of life  
Including family-centered  
maternity care

AAFP Board-Certified physicians:

- **James Brauer, M.D.**  
(541) 386-3883
- **James Pennington, M.D.**  
(541) 386-2204
- **Laura Starrett, M.D.**  
(541) 386-0007
- **Richard Starrett, M.D.**  
(541) 386-0007
- **C. Nic Buser, M.D.**  
(541) 386-2204

Certified Physician Assistant:  
• **Robert J. Fiske, PA-C**  
(541) 386-3626  
1021 June Street, Hood River  
8am-5pm M-F, same-day urgent  
care appointments available

The specialty of family medicine  
trains us to care for the whole  
person, and the whole family, physi-  
cally, spiritually and emotionally.  
Let our family take care of yours  
**Se habla espanol**

## HEARING TESTING/ HEARING AIDS

### CASCADE HEARING AID CENTER

### KORY CASTRO BC-HIS Board Certified in Hearing Instrument Services

- Hearing Evaluations & Consultations
- State of the Art Hearing Instruments
- Hearing Instrument Repair Services and Check-Ups
- Hearing Screenings

1814 Belmont Ave  
Hood River, OR 97031  
**(541) 386-1666**

430 E 3rd St.  
The Dalles, OR 97058  
**(541) 296-3300**

[cascade-hearing.com](http://cascade-hearing.com)

## HOSPICE

**HEART OF HOSPICE**  
*HEART. It's in our name,  
it's in our care.*

- Started and managed by local Hospice nurses who understand pain management, aging and

## HOSPICE

- terminal illness.
- Known for our compassion, Heart to Heart care, and honoring our patient's end of life choices.
  - There is never a charge for our services, no charge, no co-pay.
  - The only VA 4 Star certified Veterans provider in the Columbia Gorge.
  - Licensed by Medicare and accredited/licensed in Oregon and Washington.
  - No charge for a referral and Registered Nurse consultation, investigate your choices before deciding on a Hospice.

Serving all patients from all  
providers and all facilities in the  
Gorge area.

**Hood River: 541-386-1942**  
**The Dalles: 541-296-2289**  
**Toll Free: 888-882-1942**  
Meet our team of caregivers and  
see "How to Choose a Hospice" On  
Line at:  
[www.HeartOfHospice.org](http://www.HeartOfHospice.org)

## PROVIDENCE HOSPICE OF THE GORGE

**Serving residents of the Gorge  
for more than 30 years.**

- A local, multidisciplinary team of experts led by board certified hospice and palliative care physicians
  - Open access to care, no matter where your physician is employed
  - Nursing support available around-the-clock
  - Relationships with all community primary and specialty care providers
  - Service to all patients regardless of insurance coverage
  - Spanish speaking team available
- Please call us for more information  
or to schedule a free consultation  
1630 Woods Court  
Hood River, OR 97031  
541-387-6449  
866-680-6449  
[www.providence.org/hospice](http://www.providence.org/hospice)

## INTERVENTIONAL PAIN MANAGEMENT

### COLUMBIA PAIN MANAGEMENT, P.C.

**David P. Russo, DO**  
Board Certified in PM&R  
and Pain Management  
**Trey Rigert, MD**  
Board Certified in PM&R  
**Michelle Smith, MD**  
Occupational Medicine, Guided  
Imagery, Pain Management  
**Laura Scobie, PA-C**  
**Holly Agnor, PA-C**  
**Machelle Dotson, PA-C**  
**Jessica Russo, LCSW**  
Licensed Clinical Social Worker  
**Angela L. Aurit, CADC-2**  
Drug & Alcohol Counselor

Offering:

- Regenerative Medicine
- Comprehensive diagnosis and treatment of acute & chronic pain.
- EMG & Nerve conduction testing.
- Ultrasound, X-ray guided, minimally invasive treatment for spine, joint and nerve pain
- Industrial injury evaluations
- Interactive Guided Imagery

**1010 10th Street  
Hood River, OR 97031  
541-386-9500**  
[www.columbiapain.org](http://www.columbiapain.org)

## NATURAL MEDICINE

**KARI ZIMMERMAN, ND**  
Naturopathic family medicine  
[www.drkarizimmerman.com](http://www.drkarizimmerman.com)  
• Acute and chronic diseases

- Pediatric, women and men's health
- Preventative health care

**1312 May Ave.  
Hood River, OR 97031  
541-386-6335**

**DENNIS ZIMMERMAN, DC**  
Chiropractic family practice  
since 1978  
• Musculoskeletal rehabilitation  
• Motor vehicle accidents  
• Acute and chronic illness  
• Service for the whole family

**1312 May Ave.  
Hood River, OR 97031  
541-386-6335**

**JOAN LAURANCE, ND**  
[www.joanlaurance.com](http://www.joanlaurance.com)  
• Integrating Western and Natural Medicine  
• Naturopathic Family Physician

## NATURAL MEDICINE

since 1985  
• Lyme Disease Diagnosis and Treatment  
**1940 12th St.  
Hood River, OR 97031  
541-386-4844**

## OPHTHALMOLOGY

### CASEY EYE INSTITUTE-OREGON HEALTH & SCIENCE UNIVERSITY

**Daniel J. Kelly, M.D.**  
Comprehensive Ophthalmology

**Steven Bailey, M.D.**  
Retina

**Eric Steele, M.D.**  
Oculoplastics

The Dalles  
405 E. 7th Street  
The Dalles, OR 97058  
(541) 298-5144

Hood River  
1410 May Street  
Hood River, OR 97031  
(541) 386-1399

### CASCADE EYE CENTER

**John D. Willer, D.O.**  
Board Certified Ophthalmologist  
**Chris Barbour, Ph.D., O.D.**  
Optometric Physician  
**Dr. Jeffery Pulk**  
Optometric Physician

- Comprehensive vision care for all ages
- Diagnosis and treatment of eye injuries and disease
- Eyewear to fit your style and your budget

Hood River  
2025 Cascade Ave. #101  
Hood River, OR 97031  
(541) 386-2402; (877) 386-2402

The Dalles  
301 Cherry Heights Road  
The Dalles, OR 97058  
(541) 296-1101; (800) 548-5487

## OPTOMETRY

### INDIAN CREEK FAMILY EYE CARE

**Rebecca R. Chown, OD, FFAO**  
Focused on personalized  
comprehensive eye care  
for all ages. Local, sustainable  
and community oriented

1700 12th Street, Ste A  
Hood River, Oregon 97031  
**541-386-1700** [www.icfec.com](http://www.icfec.com)

## ORTHOPEDICS SPORTS MEDICINE

### CASCADE ORTHOPEDICS & SPORTS MEDICINE CENTER, PC

541-296-2294  
Appts available in: The Dalles,  
Hood River, White Salmon  
[www.cosmc.org](http://www.cosmc.org)

**Gregory M. Stanley, MD**  
Sports Medicine Fellowship  
**Charles Petit, MD**  
Sports Medicine Fellowship; U.S.  
Ski & Snowboard Team  
Physician  
**Robert A. Staver, MD**  
Board Certified  
**Clara DeLeon, PA-C**  
NCCPA Certified

Providing comprehensive ortho-  
pedic care for all sport and non-  
sport related injuries. Sports  
Medicine trained specialists on  
site.

- Arthroscopic surgery of the knee, shoulder, hip, wrist, ankle, elbow
- Carpal tunnel release (traditional & endoscopic)
- Foot & ankle surgery
- Fracture care
- Arthritis & joint replacement surgery

Serving the Gorge for 35+ yrs.

## PEDIATRICS

### NORTHWEST PEDIATRICS & ADOLESCENT MEDICINE

**MICHELE BEAMAN, MD**  
PEDIATRICIAN  
**CORINDA HANKINS,  
MD, PEDIATRICIAN**  
**RICH MARTIN, D.O.,  
MPH, PEDIATRICIAN**  
810 13th St  
(Across from Providence)  
Hood River, OR  
p. 541.386.2300

## PEDIATRICS

f. 541.436.4113  
[www.nwpediatrics.com](http://www.nwpediatrics.com)  
• Welcoming new patients from  
birth through 21 years old.

- Free orientation visit for new families and expecting parents
- Accepts most insurance plans including OR/WA State Health Plans.

- Office staff fluent in Spanish.
- Same day sick visits, please call early in the day.

- Seven day availability

- Virtual Visits

- On-call urgent care hours 7-10 p.m. weeknights, Saturday and Sunday by appointment. (Leave message for urgent care appt.)

## PODIATRY

**MT. HOOD PODIATRY**  
**KESSA MAURAS, DPM**

### Services:

- Diabetic Foot Care
- Foot and Ankle Wounds
- Diabetic Shoe Program
- Skin and Nail biopsies
- Ingrown Nails/ Infections/Warts
- Custom Orthotics
- Sports Medicine/Injuries and Fracture Care
- In-office Ultrasound and Fluoroscopy
- In-office Non-Invasive Vascular testing
- Pediatric foot care
- Conservative and surgical management of bunions, hammertoes, neuromas
- MLS Laser Therapy Treatment. Painlessly & effectively relieves pain associated with arthritis & bursitis, tendonitis, sprains and strains, sports injuries, post-surgical swelling and occupational injuries

1700 12th St., Ste B  
Hood River, Oregon 97031  
**541.386.1006**  
**541-386-1284 Fax**  
[www.mthoodpodiatry.com](http://www.mthoodpodiatry.com)

## RADIOLOGY

### COLUMBIA GORGE MEDICAL IMAGING, LLC

**BARBARA J. SPEZIA, M.D.**  
Certified, American Board of  
Radiology:

- Digital mammography
- CT
- MRI and MRA
- Ultrasound
- Nuclear medicine
- X-ray/fluoroscopy
- Special procedures including CT- and ultrasound-guided biopsy; arthrography

810 12th Street  
Hood River, OR 97031  
**(541) 387-6328**

## SURGERY

### SKYLINE HOSPITAL

Seth Lambert, D.O.  
Jeffrey Mathisen, M.D.

Specializing in laparoscopic  
surgery for appendectomy, her-  
nia repair and gallbladder  
removal, as well as breast biop-  
sies, soft tissue masses, hemor-  
rhoid surgery and more.

211 Skyline Drive  
White Salmon, WA 98672  
509-637-2810

**To have  
Medical Services  
advertised  
in this Directory,  
please call  
Kirsten Lane  
at the  
Hood River News  
at 541-386-1234**