

inspire

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HEALTH

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MAGAZINE

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Trauma/Critical Care,
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Professor, UCSF

A NEW ERA
Of Compassionate
Care and Innovation

Letter From The CEO

For the past 45 years, healthcare in the Central Valley has continued to grow, change, and respond to the needs of our patients. During those same 45 years, we have done the same: grown, changed, and responded in innovative ways to the needs of our patients. An inspiring change marks a new chapter in our history—a new name, a new identity, but the same world-class healthcare patients deserve. As Inspire Health Medical Group, we continue to expand and find creative ways to address the needs of the diverse communities we serve across the Central Valley.

In these pages, you will find inspiration in how our physicians care for patients, learn more about our history and vision for the future, and even find new ways to care for yourself.

From stories of chance findings that saved a life, to the happenings of Inspire Health physicians across the medical and local communities, to what our patients say about us, we hope you enjoy the inaugural edition of Inspire Health Magazine.

Sincerely,



Joyce Fields-Keene, MPA, CMPE
Chief Executive Officer,
Inspire Health Medical Group



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A New Era Of Compassionate Care And Innovation

Central California Faculty Medical Group is now
Inspire Health Medical Group

Being at the forefront of medical advancements through patient care, education, and research takes determination and grit—characteristics that are shared amongst Inspire Health Medical Group physicians, the communities we care for, and the healthcare partners we serve alongside.

For more than 45 years Central California Faculty Medical Group, now Inspire Health Medical Group, has worked with hospitals and healthcare facilities across

the Central Valley to provide the highest quality care to patients close to home. It is the diversity, beauty, and resolve of these patients that have inspired us to embark on this journey of change and reinvigoration.

While we look to the future of Inspire Health, we also draw our inspiration from the past. In 1979 Steven Parks, MD, along with 37 other physicians banded together to form Central California Faculty Medical Group. They understood the

need to recruit and retain high-quality medical specialists to the Valley to care for patients through the county hospital system and beyond.

“In 1976 when I was working at UCSF in their county hospital, San Francisco General, I was one of the people recruited to Fresno to start this medical education program. In fact, when I came down here, I was asked to come for two or three years to help get the program started, but love it so much in Fresno I’ve



Dr. Steven Parks, founder of CCFMG, now Inspire Health Medical Group

stayed for over 33 years now,” said Dr. Parks in a video about the history of the organization a year prior to his passing in 2010.

Over the course of more than 30 years, Dr. Parks made significant contributions to patient care and medical education. He was a driving force behind establishing a standardized system for trauma care in the Central Valley and was well known and respected internationally for being a renowned trauma educator and surgeon. His legacy lives on not only through his work at Inspire Health, but through his daughter, Nancy Parks, MD, FACS. Inspire Health is proud to have Dr. Nancy Parks in our ranks. Like her father, she is a respected medical educator and surgeon caring for patients through Community Regional Medical Center’s Level I Trauma Center.

Through Dr. Steven Parks’ steadfast leadership for more than 30 years, Inspire Health continued to expand care,

partnerships, and teaching programs at the UCSF School of Medicine regional branch campus in Fresno. More specialties were added, more residency programs offered, and most importantly, more patients were cared for year after year. Inspire Health physicians train and

mentor over 300 residents and fellows through 8 residency programs and 17 fellowship programs at UCSF Fresno every year. With the ever-expanding growth of the Valley, Inspire Health physicians see more than 550,000 patients annually, a number that continues to grow with the population.

Today, Inspire Health Medical

Group’s more than 300 physicians, 80 advanced practice providers and 300 support staff are proud to continue the legacy of expanding healthcare and medical education that began nearly five decades ago. In fiscal year 2024/25, we are excited to welcome at least 50 new providers to our ranks in critically needed specialties such as infectious disease, endocrinology, psychiatry, and more. We continue to expand access to care in our communities with the upcoming opening of a family primary care practice in Clovis in Summer 2025.

The expansion of care does not stop with Inspire Health Medical Group practice sites and services. Many of our physicians continue to find new and innovative ways to provide access to care to

{Story Continues on Page 6}



Dr. Nancy Parks, Trauma/Critical Care Surgery



Dr. Marina Roytman, Gastroenterology & Hepatology

patients across the Central Valley. Dr. Marina Roytman's use of the innovative Fibroscan technology has brought minimally invasive imaging to patients in the Central Valley looking for liver care. As a hepatologist with Inspire Health, Dr. Roytman specializes in viral hepatitis,

done to evaluate the patient's condition. Instead of requiring costly and time-consuming imaging options such as a CT scan, an MRI, or even a biopsy, Dr. Roytman is able to use the FibroScan machine to visualize the patient's liver. This machine utilizes elastography, an ultrasound technology,

Fresno Chief of Psychiatry, Chief Medical Officer of the Fresno County Department of Behavioral Health, and System Medical Director for Behavioral Health Service of Community Health System. Dr. Tran's passion for access to care is evident through action, spending most of his days working with local

Inspire Health physicians train and mentor nearly 300 residents and fellows through 8 residency programs and 17 fellowship programs at UCSF Fresno every year.

drug-induced liver injury, and autoimmune hepatitis.

When caring for patients, Dr. Roytman often needs imaging

allowing patients to receive non-invasive imaging in the office without any sedation, allowing for more efficient care in their time of need. Read more about Dr. Roytman's innovative approach to

patient care on page 14.

John Tran, MD, holds many titles—Inspire Health physician and board member, UCSF





Dr. John Tran, Psychiatry

healthcare organizations to create systems for behavioral and psychiatric care. Through his affiliations with major healthcare entities, Dr. Tran works tirelessly to break down silos and create connections and pathways so that ultimately, patients can be connected

with mental healthcare regardless of whether they sought care for a broken bone or for a psychiatric condition.

Our patients past, present and future, remain at the heart of why our organization was founded—to expand and encourage medical advancements right here in the Central Valley.

“We take pride in medical education because we are teaching the next generation of doctors who are talented thought-leaders who can not only deliver the best care, but also shape the future of medicine,” says Vipul Jain, MD, Inspire Health pulmonologist and Chief of Medicine with UCSF Fresno.

Many Inspire Health physicians

find their home in the Central Valley for a variety of reasons. For some it is their interest in working with trainees through UCSF Fresno. It is through the mentorship, camaraderie, and expertise of Inspire Health physicians that nearly 50% of trainees that rotate through UCSF Fresno stay after they graduate to continue the legacy of caring for patients here in the Valley.

...Dr. Tran works tirelessly to break down silos and create connections and pathways so that ultimately, patients can be connected with mental healthcare...

“What inspires me to be in the Valley is the organization I work for,” says Varsha Babu, MD,

{Story Continues on Page 8}



Dr. Patil Armenian and Dr. Jeff Nahn, Emergency Medicine



Dr. Shreela Mishra and Dr. Varsha Babu, Endocrinology



Dr. Claire Gibson, Pediatrics

Inspire Health endocrinologist. “Everyone comes together, and because of this collaboration we learn from each other. We actually help patients and it’s very rewarding. So, I should say I have found my home.”

Dr. Babu is the medical director of Inspire Health Medical Group – Endocrinology and specializes in thyroid cancer, pituitary and adrenal disorders, PCOS and women’s health, and insulin pump management.

For others, they find their home in the Central Valley because of the opportunity to work in critically underserved communities where their expertise and care make the

biggest impact. “Why did I choose [the] Central Valley? Well, I think the Central Valley chose me,” says Marina Roytman, MD, Inspire Health hepatologist. Prior to coming to the Valley,

“I came to the Central Valley to practice because I wanted to be in a place where I felt useful,” –Jeff Nahn, MD

Dr. Roytman was caring for patients in Hawaii, however, upon seeing the extent of the disease pathology of patients in the Central Valley with liver disease, she knew where she was needed. She then joined Inspire Health to care for patients who desperately needed her

expertise. Dr. Roytman is board certified in internal medicine and cares for patients at the Inspire Health Medical Group – Specialty Kashian practice. Her colleagues within that practice specialize in internal medicine, gastroenterology, and infectious diseases.

Inspire Health physicians provide care in more than 80 specialties and subspecialties. Our providers cover major medical specialties from internal medicine and orthopaedic surgery to obstetrics and gynecology and emergency medicine. We have subspecialized providers such as Eyad Almasri, MD, who specializes in extracorporeal membrane oxygenation to Susanne Spano, MD, specializing in wilderness medicine and Sammy Siada, DO, and Kamell Eckroth-Bernard, MD who

specialize in transcarotid artery revascularization. Patients can get the care they deserve with Inspire Health providers without having to travel upwards of three hours to access that same care in a larger metropolitan area.

“I came to the Central Valley to practice because I wanted to be in a place where I felt useful,” says Jeff Nahn, MD, Inspire Health emergency medicine physician. In the 2023-2024 fiscal year, Inspire Health emergency medicine providers saw more than 113,400 patient visits through the Community Regional Medical Center emergency department.

The vision that Dr. Parks had more than 45 years ago—the expansion of critically needed care for Central Valley patients through partnerships and medical education—continues today as Inspire Health Medical Group. As we reflect on our history, we recognize the foundation that has been laid for our future as we expand primary care, pediatrics, and general surgery for our community in 2025 and look forward to expanding more service lines into the future. We continue to dedicate our efforts to continuing our partnerships with the UCSF School of Medicine, and our hospital and healthcare

facility partners and are excited to explore more opportunities to expand the access to care for Central Valley patients for decades to come.

Dr. Sammy Siada, Vascular Surgery



Dr. Kulraj Dhah, Family and Community Medicine, Sports Medicine



QUALITY, QUANTITY & DEPTH

What these mean for your sleep and overall health.

For decades the recommendation by experts was that adults need eight hours of sleep, and while that is true, as medicine has advanced, findings show that quantity is not the only component of good sleep; quality and depth of sleep are also vital factors.

As the medical director of Inspire Health Sleep Medicine, co-chair of World Sleep Day, an active American Academy of Sleep member, and a world-renowned sleep medicine specialist, Lourdes DelRosso, MD, Ph.D., MS has plenty of experience treating patients, including children, and helping them get the sleep they need. She has practiced across the United States and has researched the

topics of restless sleep, pediatric restless leg syndrome, and more. According to Dr. DelRosso, “There is a reason we have a whole field of medicine dedicated to sleep, because it is more than just ‘I had a bad night’s sleep’ it is really on a long-term scale.”

Dr. DelRosso describes the three factors of effective sleep. The first, and most well-known is quantity—adults getting at least seven hours of sleep a night. The second, quality—how frequently someone wakes up, how much movement they experience, how many sleep disturbances they have, and if they suffer from restless sleep or restless leg syndrome, all of which prevent someone from getting the rest they should. The third, depth—

whether or not sleep is light or deep stages of sleep are achieved.

Research in sleep medicine and sleep disturbances has historically focused on men as they are twice as likely as women to snore and have obstructive sleep apnea. It is also known now that while men have a higher risk for obstructive sleep apnea when they reach adulthood, once women reach menopause, they match men’s risk for obstructive sleep apnea. Women are also more likely to suffer from additional sleep disturbances such as insomnia and restless leg syndrome. Furthermore, sleep can be affected secondarily to other disorders such as fibromyalgia, arthritis, anxiety, or depression. Sleep can also be affected by normal life events

such as menses and pregnancy which is known to increase the risk of restless legs syndrome. Many of these symptoms are seen in isolation; however, all of them can contribute to sleep disruptions, negatively impacting a woman's overall health.

In terms of the importance of sleep quality, Dr. DelRosso says, "Outside of the mood consequences and sleepiness, we are also finding out there are additional serious medical consequences." An individual that is not getting the quality of sleep they need is at a higher risk for high blood pressure and increased heart rate. Additional adverse health consequences include memory issues, poor decision making, glucose dysregulation, lowering of seizure and pain thresholds, and more.

While there are many adverse health outcomes to not getting good sleep, there are ways you can help increase the quality, quantity, and depth of your sleep. The first step is prioritizing sleep. Once sleep becomes a priority in your life, get the family onboard, too. Find a routine that works and stick with it. Dr. DelRosso says, "There is a routine when you wake up that is socially accepted. You shower, brush your teeth, use the restroom, have adequate clothing that is comfortable...if in the morning we need an hour to get up and get ready, we should allow an hour to get ready to go to sleep."

Dr. DelRosso also suggests dimming all the lights in your home and programming your phone into sleep mode to decrease screen time before bed.

Ensure you have comfortable pajamas, a cool room, and dark blinds as science shows a cool environment helps promote sleep. Be mindful of what you eat and drink before bed. Drinking caffeinated or high-sugar beverages can inhibit the ability to fall asleep. But don't be too hard on yourself if you do not fall asleep immediately. Dr. DelRosso recommends giving yourself a good half an hour, because under the right circumstances you will fall asleep.

However, if you are having trouble falling asleep, staying asleep, or experiencing other sleep issues, speak with your healthcare provider before trying any over-the-counter sleep aids. Dr. DelRosso explains, "There is a reason your brain is waking you up. When you have sleep apnea for example you stop breathing, your brain wakes you up so you can breathe. So, if you take a sleeping aid and you sleep through those episodes it could actually be more detrimental."

If you are ever concerned about the quality of your sleep and are not sure if you should speak with your healthcare provider, Dr. DelRosso recommends starting the conversation anyway. Even if you think it might not be a

significant issue, it is better to tell your provider and start the conversation about monitoring your sleep health. If they find there is a pattern of long-term sleep-related issues, you and your provider can take the appropriate steps to address the issues sooner rather than later.

If you or someone you know is experiencing sleep issues, sleepeducation.org is a good place to start, but always speak to your healthcare provider to ensure you have the best quantity, quality, and depth of sleep you need to help you live your healthiest life.

Lourdes DelRosso, MD, Ph.D., MS
Inspire Health Sleep Medicine
Professor, UCSF



Announcing a cure for general surgery wait times.



General surgery is anything but general. It takes skill, precision, and a specialized approach to each patient's unique case. Patients in need of general surgery tend to look for a physician who can perform open or minimally invasive surgical procedures, provide complex patient care in and out of the hospital, and who can ultimately successfully follow them throughout their care journey.

It's no secret that you'll have to wait if you need general surgery in Fresno. What's not as well-known is how Inspire Health Medical Group is inspiring top physicians to join our growing ranks of general surgeons with the recent addition of Gerson P. Araujo, MD.

Dr. Araujo began his educational career at Columbia Union College in Takoma Park, Maryland, where he completed his bachelor's degree in biology and earned high honors graduating Magna Cum Laude. He then went on to pursue his medical degree at Loma Linda University in Loma Linda, California. Dr. Araujo then completed his general surgery residency at Advent Health, formerly Florida Hospital Orlando.

Dr. Araujo is no stranger to caring for under-served communities. After completing his residency training, he flew to Blantyre, Malawi—a small African country that borders Zambia and Mozambique—as

a missionary. His work consisted of performing general surgery procedures, including laparoscopic procedures, endoscopies, colonoscopies, and flexible cystoscopies. Since then, he has spent the past 11 years serving the community of Ukiah, California at Adventist Health.

As one of the most critically under-served counties in the state of California, Fresno has been in dire need of additional general surgical care for many years, with patients often waiting months for much needed procedures. With Inspire Health General Surgery now open, patients across the region will have the means to treat things like hernias, gallbladders, skin lesions, cysts, and much more in a considerably shorter amount of time.

"General surgery diseases are disabling and affect daily living," says Dr. Araujo. "Helping patients return to their goals and walk out of my office happy is very rewarding." Being in Fresno allows Dr. Araujo to impact the community here in meaningful ways. "Providing healthcare for everyone is really important to me, especially to under-served populations. I love being able to use the languages I speak to reach these communities." Dr. Araujo is fluent in English, Spanish, and Portuguese. He speaks conversational German and French and is currently learning Italian.

When he is not caring for patients, Dr. Araujo enjoys various activities like soccer, volleyball, marathons, and triathlons. He also enjoys camping, hiking, rock climbing, and sailing. Dr. Araujo is married to his wife Mina, a Fresno native. He has four children, Ethan, 13, Owen, 11, Levi, 8, Bode, 6, who are all excited to explore the Central Valley.

Reducing wait times by increasing the availability of general surgery and the number of dedicated physicians is just part of Inspire Health's unwavering commitment

"General surgery diseases are disabling and affect daily living. Helping patients return to their goals and walk out of my office happy is very rewarding."

—Gerson Araujo, MD

to the people of the Central Valley. Because every surgery—no matter how major or minor—is life-changing and deserves to be treated with the utmost importance.

To learn more about Dr. Araujo and Inspire Health Medical Group – General Surgery, visit inspirehealth.org/gensurgery.

Gerson P. Araujo, MD
Inspire Health General Surgery
Assistant Professor, UCSF





WHEN EXPERTISE AND CUTTING-EDGE TECHNOLOGY MEET, WORLD-CLASS CARE **THRIVES**

When Dr. Marina Roytman joined Inspire Health Medical Group in 2017, she brought her expertise in hepatology, a board certification in internal medicine, and a heart to serve patients in the Central Valley who desperately need her.

In 2019, born from a passion for proactive liver care, Dr. Roytman organized the inaugural UCSF Fresno Liver Expo, where for the first time, people within the community had the opportunity to not only learn about

liver health and disease, but be screened with innovative FibroScan® technology.

The FibroScan® machines give her the ability to perform vibration-controlled transient elastography, a non-invasive method for assessing hepatic fibrosis in patients with chronic liver disease. The procedure utilizes ultrasound technology to measure liver rigidity. Access to this type of imaging can be challenging to come by, yet it has already proved to be life-changing for many of Dr. Roytman's patients.



Since the first Liver Expo in 2019, Dr. Roytman has continued to organize expos that have resulted in similar stories. Her expertise and access to FibroScan® in the office provide her patients with world-class specialized care from diagnosis to treatment to renewed health.

Dr. Roytman is part of the more than 300 physicians at Inspire Health that provide our communities with the highest level of care and expertise possible. Our specialized physicians are the lifeblood of our communities; without them, lives across the Central Valley would be drastically different.

Marina Roytman, MD, FACP

Inspire Health Hepatology

Professor, UCSF

During the expo in 2019, Dr. Roytman met a gentleman who would go on to become a long-time patient of hers. The man she met was overweight and drinking more alcohol than was safe. At the event, he was screened for liver disease with the FibroScan® and the results were concerning. The patient had significant liver scarring consistent with cirrhosis, as well as a considerable amount of fat in his liver.

After the Liver Expo, the patient began to see Dr. Roytman for treatment and care at University Gastroenterology and Hepatology Associates, now Inspire Health Specialty - Kashian. In the years that have followed, they have changed his life dramatically—together. The patient has stopped drinking, lost a substantial amount of weight, changed his diet, and begun exercising. Over time, they saw significant positive changes in his health, including seeing him out of the cirrhotic range—something Dr. Roytman described as remarkable.





BRIGHTENING THE DARK

Understanding and combating **Seasonal Affective Disorder.**

When days get shorter and the temperatures drop, many of us find ourselves reaching for cozy blankets and warm drinks to combat the winter chill. However, for some individuals, the winter season brings more than just a longing for sunshine—it triggers a condition known as Seasonal Affective Disorder.

Understanding Seasonal Affective Disorder, aptly abbreviated as SAD, is more than just a case of the winter blues. According to Johns Hopkins Medicine, it is a type of depression that occurs at a specific time of year, typically during the fall and winter months

when daylight hours are shorter.

Inspire Health psychiatrist Craig Campbell, MD, FAPA, notes that SAD is a spectrum phenomenon, ranging from mild winter-time blues and irritability to severe depression. This disorder can impact various aspects of one's life, from mood and energy levels to sleep patterns and daily activities.

Mayo Clinic sheds light on the symptoms and causes of SAD, emphasizing the importance of recognizing the signs early on. Common symptoms include persistent low mood, loss of interest in activities, fatigue, and difficulty concentrating. The reduced exposure to sunlight during the winter months is

"It is interesting to note that some individuals struggle in the late spring when daylight is at its maximum,"

– Dr. Campbell



predisposition, changes in melatonin and serotonin levels, and disrupted circadian rhythms may contribute to the development of this condition.

The National Institute of Mental Health (NIMH) provides valuable insights into the diagnosis and treatment of seasonal depression. Consulting a healthcare professional is crucial for an accurate diagnosis, as the symptoms of SAD can overlap with other mental health conditions. Treatment options may include light therapy, psychotherapy, and medication. Dr. Campbell highlights the effectiveness of phototherapy using a light box, but underscores the importance of using the device effectively. He explains the device should provide an adequate amount of light at a reasonable distance. Ideally, the device should deliver 10,000 lux at about 24 inches away and utilized for about 30 minutes each morning.

The emotional journey of dealing with SAD can be challenging, and seeking assistance from

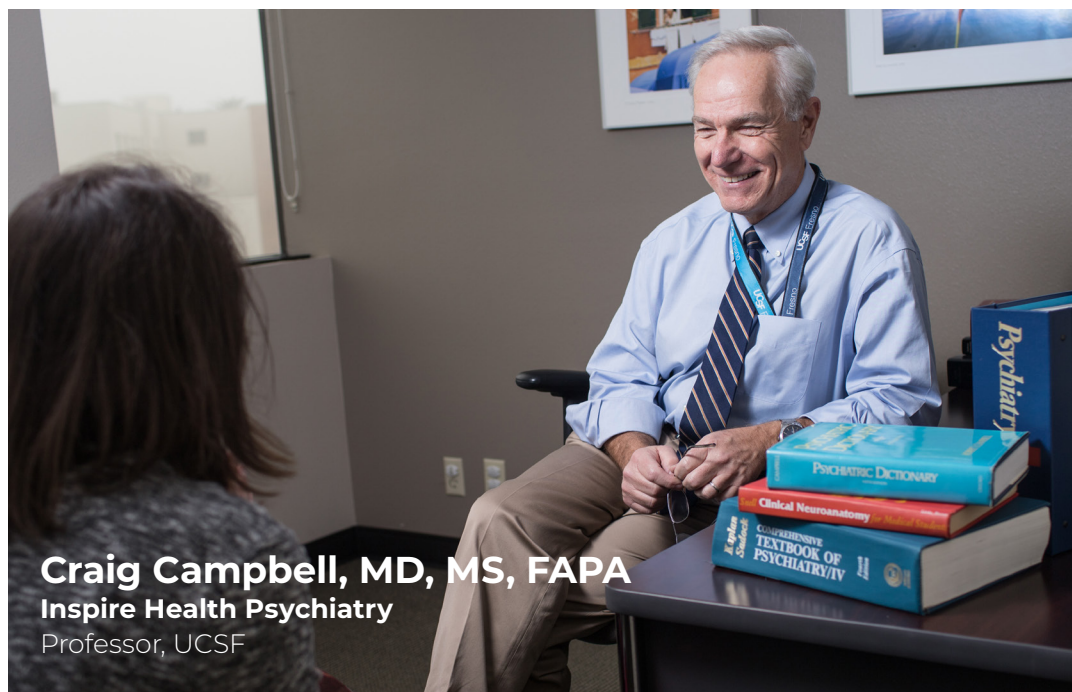
healthcare providers, friends, and family is a crucial step towards finding relief.

Seasonal Affective Disorder is a complex and often misunderstood condition that generally affects individuals during the darker months of the year. By recognizing the symptoms, understanding the causes, and exploring available treatments, we can better navigate the winter blues and provide support for those facing the challenges of seasonal depression.

For information on the services provided at Inspire Health Psychiatry, please visit, inspirehealth.org/psych

believed to play a significant role, affecting the body's internal clock and neurotransmitter levels. Dr. Campbell explains that seasonal changes in mood, associated with the light/dark cycle are especially common in individuals with underlying or pre-existing mood disorders, such as Recurrent Major Depression and Bipolar Disorder. "It is interesting to note that some individuals struggle in the late spring when daylight is at its maximum," says Dr. Campbell.

Cleveland Clinic adds that while the exact cause of SAD is not fully understood, factors such as biological



Craig Campbell, MD, MS, FAPA
Inspire Health Psychiatry
Professor, UCSF



Inspire Health Surgeon Helps the Unsheltered and Children Living in Poverty

On a chilly morning, dozens of cold and hungry people are at Poverello House in Fresno for a safe place to rest, eat a hot meal, take a shower and do laundry. For some it is a chance to get free health screenings and to talk to Farah Karipineni, MD, an Inspire Health endocrine surgeon and faculty member in the UCSF Fresno Department of Surgery.

For the past two years, on every other Monday morning, Dr. Karipineni has come to the Poverello House, a refuge for people who are

unsheltered, to volunteer at the UCSF Fresno Mobile Health and Learning (Mobile HeaL) clinic.

Dr. Karipineni takes blood pressure and checks blood sugar levels and, occasionally, she cleans and dresses wounds — mostly blisters on heels and oozing diabetic foot ulcers that can become infected if left untreated. “Their feet are their wheels,” she said of people who walk to Poverello House, many pushing baby strollers and shopping carts full of belongings.

Bandaging a blister is far removed from the

delicate and complex surgeries Dr. Karipineni performs weekly at Community Regional Medical Center, but she is not acting as a surgeon here. “I really, honestly, haven’t found how I am needed as a surgeon ... and I’m OK with that ... I wanted to be in this community in whatever capacity it needed me.”

Dr. Karipineni invites UCSF Fresno surgery residents to join her at Poverello House and gives them dedicated time to be at the Mobile Heal clinic. Residents who have joined her have found it rewarding, she said. “It’s not a billable event but it is still a good use of our time and I am glad that it is being modeled during business hours for our residents.”

Dr. Karipineni’s volunteer service embodies Inspire Health and UCSF Fresno’s commitment to improving health in the San Joaquin Valley and Central California through teaching, patient care, research and community partnerships. And the needs in the greater Fresno area are many. In 2023, there were 4,493 persons experiencing homelessness in Fresno and Madera counties and 2,338 were unsheltered, according to the latest Point in Time homelessness survey. In Fresno County, 20.6% of residents experience poverty.

And more than half of Black and Latinx households are in relative poverty, according to the Fresno Economic Opportunities Commission.

It is easy to say people are homeless or in poverty because of something they did wrong, but there is little that separates people who are struggling from those who are not, Dr. Karipineni said. “We need to find empathy and understanding for those folks who just didn’t have what we had to succeed.”

Dr. Karipineni began looking for ways to become involved in community service projects shortly after coming to Inspire Health Medical Group five years ago. Volunteering at Poverello House is only her latest commitment. She started as a volunteer four years ago at Live Again Fresno, a nonprofit that provides after school programs and other activities for children of families living in motels in the Parkway Drive

area off Highway 99 in south Fresno.

“These children had a dilemma which is some of their parents would be working inside of the motel rooms or on the street,” Dr. Karipineni said. “And the kids after school or maybe not in school would just be stuck in these parking lots where there would be needles and condoms. It’s just not a safe environment for them at all and there is nowhere for them to go.”

“It is easy to say people are homeless or in poverty because of something they did wrong, but there is little that separates people who are struggling from those who are not”, – Dr. Karipineni

She first began reading to the children as part of the Live Again Fresno after-school program. “I love reading to my kids, but I think reading brings an opportunity for connection, just getting lost in a story, especially when your life is very different from what the story is,” she said. She also has been a mentor to

{Story Continues on Page 20}



Dr. Karipineni with colleagues with the UCSF Mobile Heal clinic. Photo ©UCSF Fresno.

a Live Again Fresno teen. More recently, she has been working with medical students to deliver hot rotisserie chicken meals to families living in motels.

Nearly half of the 227 children enrolled in the after-school program do not have a permanent home with a stove or means to cook a hot, healthy meal, said David Burrell, founder and executive director of Live Again Fresno. "To have a Costco rotisserie chicken with all the stuff that goes with that, is just amazing. It's amazing for the child to have that but it's also a very loving way to support the moms and say you don't have to struggle and try to figure this out. Blessings to you and your family, just for being you. There's no strings attached. Here you go."

Live Again Fresno serves over 200 children, but more could be helped by volunteers for children ages five to 23 with additional financial support. Dr. Karipineni is now a member of the Live Again Fresno board of directors and is hoping to find ways to improve the nonprofit's financial stability.


But Dr. Karipineni's presence alone makes a difference in the children's lives, said JaNessa Williams, Live Again Fresno program director. "It gives the kids someone to look up to as a role model and somebody to show the kids that they can be something like a doctor or a

surgeon," she said. "It just opens the minds of the youth to what they can be ... it opens many doors for the kids' imagination."

Burrell said Dr. Karipineni's time is her most valuable resource. "She is a surgeon; she is a wife and she is a wonderful mother of three very young children – and she finds time – she makes time to invest in the lives of young people. And the return on that investment is life changing – total life changing."

Carving time in her busy work and home schedules is a challenge and Dr. Karipineni wishes she could do more because there are so many unmet needs in the community.

"For my husband and I, we think the same way ... the more that we have, the more we should give. And we have been blessed with a lot more than we think we should have; more than we ever even thought we would have. So, then you have choices to make. Do you want to buy a bigger house? Do you want to buy a better car? Do you want your kids to go to private school? Or do you want to lift up the most vulnerable people in society? And that's what we want to do. I don't think you can be happy if you don't serve the community."

A portrait of Dr. Farah Karipineni, a woman with long dark hair, wearing a white lab coat over a black top. She is standing in a clinical setting with her arms crossed and a slight smile. The background is a blurred hospital hallway.

Farah Karipineni, MD, MPH
Endocrine Surgery and General Surgery
Associate Professor, UCSF



PHYSICIANS ON THE *MOVE*

Some of the inspiring things our physicians have been up to.



HEALTH DISPARITIES SUMMIT

Championing Patient Care and Diversity in Medicine

Dr. Kamell Eckroth-Bernard, a double board-certified surgeon specializing in general and vascular surgery, boasts over 10 years of expertise in the field. A proud alumnus of the UCSF Fresno Surgery Residency Program, he is committed to delivering exceptional patient care. Dr. Eckroth-Bernard advocates for increasing the representation of underrepresented minority physicians in the Central Valley, believing that this will lead to improved healthcare outcomes. Recently, he played a key role at the Health Disparities Summit, where attendees explored ways to address community care gaps and make a positive impact in their practices.

Kamell Eckroth-Bernard, MD, FACS, RPVI

Vascular Surgery

Associate Professor, UCSF

INCOMING PRESIDENT OF THE FRESNO MADERA MEDICAL SOCIETY

Inspire Health Medical Group is proud to recognize Dr. Gregory Simpson for his installation as the 2025 Vice President of the Fresno Madera Medical Society. We look forward to seeing Dr. Simpson's leadership as the 2026 President of FMMS beginning this coming winter.



Gregory Simpson, MD

Dermatology

Professor, UCSF



TOP 10 PROFESSIONAL WOMEN AND LEADING BUSINESS AWARDS RECIPIENT

Dr. Andrea Long was named one of the Top Ten Professional Women and Leading Business Awards. This award, granted by the Marjaree Mason Center, highlights the achievements and commitment of individuals who have raised the bar in their professions and enriched the lives of others. One of her more prominent medical interests is the diversity and inclusion of LGBTQ+ healthcare. She also participates in global health work such as volunteering in clinical and medical education experiences in Ghana and Tanzania. Dr. Long's outstanding contributions, remarkable dedication to her work, and care for the community she serves undoubtedly stand out and are rightfully recognized.

Andrea "Drea" Long, MD, FACS

Trauma Surgery

Associate Professor, UCSF



VALLEY FEVER WEBINAR

Dr. Geetha Sivasubramanian led an informational session on Valley fever that covered real-life cases, diagnostic challenges, and best early detection and treatment practices. She said many doctors are unaware of the illness, test for it too early, or confuse it with another respiratory infection. “A lot of times, patients with Valley Fever are misdiagnosed as having bacterial pneumonia,” says Dr. Sivasubramanian. Such errors can lead patients to take antibiotics they do not need rather than the appropriate antifungal medications. **This emphasizes the importance of such educational sessions as hers.**

In recent years, the number of cases of Valley fever, a fungal infection endemic to Central California, has increased. Valley fever does not spread from person to person; rather, the lung infection results from inhaling spores in dust or soil.

Geetha Sivasubramanian, MD
Infectious Disease

Assistant Professor, UCSF

MEDICAL ‘RECORDS’ DEPARTMENT

Dr. Rais Vohra, known for his passion for music, has launched a new initiative within the Medical Records Department at Community Regional Medical Center that blends the therapeutic power of music with healthcare. Rather than focusing on paperwork and charts, Dr. Vohra’s project uses vinyl records and a record player to bring uplifting sounds to both staff and patients. His belief that music can connect people in ways that medicine alone cannot has inspired this innovative approach to patient care. By incorporating music therapy into the healing process, Dr. Vohra reminds us that medicine is not just a science, but an art, and that creativity plays a vital role in supporting patients’ wellbeing.



Rais Vohra, MD
Emergency Medicine
Professor, UCSF



CURRENT CONCEPTS IN THE TREATMENT OF SHOULDER ARTHRITIS

A Successful Continuing Medical Education Event

Inspire Health orthopaedic surgeon Dr. Fernando Kamalei Cruz, assistant professor in the UCSF Fresno Department of Orthopaedic Surgery, discussed current developments in the treatment of shoulder arthritis. Attendees enjoyed a collaborative atmosphere, networking with peers, and discussing challenging cases. It was an informative and memorable event that underscores Inspire Health’s commitment to ongoing education and professional development in orthopaedics.

F. Kamalei Cruz, MD
Orthopaedics

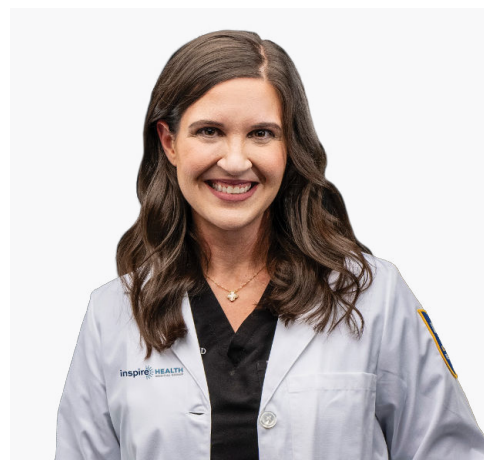
NEWSWEEK'S AMERICA'S BEST VASCULAR SURGEONS FOR 2024

Dedicated surgeon's lifesaving procedures have not gone unnoticed.

Dr. Leigh Ann O'Banion has been acknowledged by Newsweek as one of America's Best Vascular Surgeons for 2024, earning a spot among the top 200 vascular surgeons in the country. This prestigious acknowledgment is a testament to her proficiency, empathy, and unwavering commitment to delivering outstanding healthcare to those under her care.

Our surgeons at Inspire Health Vascular Surgery specialize in vascular surgery and sclerotherapy, emphasizing achieving exceptional outcomes using the most up-to-date procedures and technologies.

Dr. O'Banion is amongst her peers that aim to provide patients with the highest quality care and best possible experience.



**Leigh Ann O'Banion, MD,
FACS, FSVS, RPVI
Vascular Surgery**
Associate Professor, UCSF



USE OF GLP-1 AGONISTS IN MANAGING OBESITY AND DIABETES

Continuing Medical Education Event

Inspire Health endocrinologist, Dr. Tulsi Sharma, hosted a continuing medical education (CME) event featuring the history and uses of GLP-1 agonists to a diverse group of healthcare providers. GLP-1 medications, such as Ozempic and Wegovy, have gained significant attention for their effectiveness in weight management, particularly among individuals struggling with obesity or overweight conditions. These medications contain semaglutide, a synthetic version of the naturally occurring hormone glucagon-like peptide-1. They work by enhancing satiety, slowing gastric emptying, and improving insulin sensitivity, helping users achieve rapid weight loss. While they offer promising results, it's essential to approach their use under medical guidance, as part of a comprehensive weight management plan that includes diet and lifestyle changes.

Tulsi Sharma, MD
Endocrinology & Internal Medicine
Associate Professor, UCSF

CENTRAL CALIFORNIA WOMEN CONFERENCE SPEAKER

From a young age, Dr. Lourdes DelRosso knew she was destined to become a physician and focus her work on public health, social issues, and mental health. In fact, she has expanded the boundaries of global sleep health throughout her professional career.

Dr. DelRosso attended the 35th annual Central California Women's Conference as a breakout speaker in September 2024 in an effort to educate the masses on the importance of sleep health. Her presentation on "The Transformative Power of Healthy Sleep in Women" captivated the audience and inspired many to take action with their sleep.



Lourdes DelRosso, MD, Ph.D., MS
Sleep Medicine
Professor, UCSF



NEW PROVIDERS

Fiscal Year 2024-25, Quarters 1-3

Inspire Health is always adding to our group of specialists. Here are the most recent additions of inspired providers.

Michael Allen, DO
Orthopaedic Surgery/Trauma

Jean Amoura, MD
Obstetrics & Gynecology

Gerson P. Araujo, MD
General Surgery

Angelica Arellano, PA
Trauma Surgery

Arman Bhatti, MD
Psychiatry

Eric Blumenfeld, MD
Psychiatry

Kelsey Bonilla, MD
Orthopaedic Surgery/Trauma

Kelsey Buehler, DO
Psychiatry

Brittany Burris, CNM
Obstetrics & Gynecology

Alice Chen, MD
Obstetrics & Gynecology/
Gynecologic Oncology

Pratishtha Chhabra, DO
Pediatrics

Ferando Kamalei Cruz, MD
Orthopaedic Surgery/Hand
and Upper Extremity

Nancy Dang-Orita, MD
Internal Medicine/Infectious Disease

Denise DeWhitt, MD
Pediatrics

Guadalupe Diaz, DO
Family & Community Medicine

Pete Duarte, NP
Psychiatry

Fatimah Fahimuddin, MD
Perinatology/Maternal Fetal Medicine

Heather Gerrish, PA
Endocrinology

Evanpaul Gill, MD
Pulmonology Critical Care,
Pulmonary Hypertension

Omar Hanafy, MD
Pediatrics

Parveen Hussain, DO
Psychiatry

Rajinder Kaur, NP
Hospice & Palliative Medicine

Danielle Kerrigan, MD
Emergency Medicine

Jiyeon Kim, NP
Sleep Medicine

Guadalupe Klise, NP
Obstetrics & Gynecology/
Gynecologic Oncology

Sarah Koser, MD
Emergency Medicine

Jessica McFarland, MD
Infectious Disease

Alia McKean, DO
Pediatrics

Matab Mohammed, PA
Pulmonology Critical Care
& Sleep Medicine

Michael Mosier, MD
Burns, Acute Care Surgery

Katelyn Murphy, PA
Pulmonology Critical Care

Shirisha Pasula, MD
Infectious Disease

Simran Patel, PA
Trauma Surgery

A. Sarada Rao, MD
Surgery/Trauma

Elizabeth Shanahan, MD
Emergency Medicine/Toxicology

Hollie Shreve, NP
Trauma Surgery & Burn Care

Melissa Thik, NP
Obstetrics & Gynecology

Leonid Vydro, MD
Endocrinology

Johnny Wang, MD
Orthopaedic Surgery/Trauma

COMING SOON!

Ana Ali, PA-C - *Emergency Medicine*
Katee Finks, CNM - *Obstetrics & Gynecology*
Mandeep Kaur, MD - *Endocrinology*
Moon Park, MD - *Sleep Medicine*

David Paul, MD - *Pediatrics*
Sonia Rebeles, MD - *Obstetrics & Gynecology*
Flavia Vazquez, NP - *Burn Surgery*

From the heart of the Valley comes a song of **inspiration.**

Lianna Elmore

*Violinist - The Tower Quartet
Fresno, CA*

Ankit Rathod, MD

Cardiology

Our doctors have always been inspired to not only practice here but to teach the next wave of medical professionals at the highest academic levels. And to pioneer cutting-edge research for treating Valley patients with new advancements in technology and medical discovery. Because, when the best minds in medicine come together, the result is nothing short of inspirational.

Inspired doctors. Inspired outcomes.

inspire  **HEALTH**
MEDICAL GROUP

In Affiliation with the UCSF School of Medicine



WHAT OUR PATIENTS

Inspire Health Medical Group's mission is to advance the health of the diverse communities we serve. We see patients in a variety of settings whether it be in an emergency room, an operating room or an outpatient clinic (just to name a few). Here are some inspiring things our patients have to say about Inspire Health doctors.

Cardiology

"I love the doctors here, they know their job very well. They take time with you and I'm very pleased with the service that me and my husband have received."

- **Makhenda S.**

"Dr. Ambrose is great. He listens, explains everything, and answers questions. That's very comforting. I hope to continue to receive such great care here and I am thankful."

- **Helen B.**

Dermatology

"The medical care I receive is EXCELLENT. The nurse was wonderful — very professional and very pleasant. David Mapes is excellent. I am very satisfied with the care I get. Thank you."

- **Frank S.**

"Dr. Simpson is fabulous as all the staff. They take their time with my daughter. I feel everyone goes out of their way to help her. Highly recommend. It's worth my time driving over to Fresno since I could go to Visalia which is closer to where I live. This says it all."

- **Juana B.**

Endocrinology

"Experience is always extremely professional. The entire staff is friendly. The nurses and doctors are knowledgeable about my medical history and provide the pertinent information I need to feel comfortable with my medical condition."

- **Carl T.**

"Dr. Babu is so kind and encouraging. She makes sure you understand everything about your condition and your medications. I have improved my A1c and have lost a lot of weight due to her close watch of my medications and her caring encouragement."

- **Doris P.**



ARE SAYING

OB-GYN

"Excellent staff! Dr. McCormack is awesome!" - **Raquel S.**

"Dr. Emeney is good at answering questions and anticipating them beforehand." - **Jane H.**

Orthopaedics

"I had a wonderful experience with Dr. Kollmorgen. He listened, answered all of my questions, explained options, and created a plan for my care. His office was efficient and staff were kind." - **Susan H.**

"Dr. Hoekzema has a friendly, compassionate attitude and mannerisms. He is there to answer your questions and give you the knowledge to understand your needs and make decisions. Dr. Hoekzema and the staff make you feel like a friend who has come to visit them. Five stars all day long!" - **Marc L.**

Pulmonology

"Dr. Beutner asked all the right questions to have the most information to form his plan. He had taken the time to review reports going back several years and produced a clear game plan for the future. Great listener." - **Tom T.**

"Dr. Almasri took a sincere interest and explained everything very thoroughly and completely. A top-notch medical staff, very professional and friendly people." - **Robert A.**

Sleep Medicine

"These people are so friendly and caring. Like genuinely. They are also very professional and helpful. Every single person on the staff I spoke with was so very kind. I am so thankful to be a patient here. Thanks!" - **Dortha C.**

Vascular Surgery

"I felt that Dr. Bernard and his staff genuinely care about their patients. Office atmosphere was professional and friendly. I felt comfortable, my visit was not rushed. Dr. Bernard took time to explain and answer my questions and concerns." - **Yolanda R.**

"What an amazing experience. This staff was so attentive. Dr. Siada took his time to explain everything during my procedure step by step. Thank you again to your staff and team!" - **Juan C.**



Inspire Health Medical Group

2625 E. Divisadero Street | Fresno, CA 93721

inspirehealth.org | 559.453.5200

Artistic rendering of Inspire Health Specialty - Shaw, currently under construction.



Inspire Health Practice Locations

Cardiology

2335 E. Kashian Lane, Suite 240, Fresno, CA 93701
559.320.0545 · 833.973.5550 Fax

Dermatology

2335 E. Kashian Lane, Suite 410, Fresno, CA 93701
559.266.4100 · 833.973.6199 Fax

Endocrinology

7085 N. Chestnut Ave., Suite 101, Fresno, CA 93720
559.323.9236 · 833.973.6194 Fax

General Surgery

1247 E. Alluvial Ave., Suite 101, Fresno, CA 93720
559.724.3929 · 833.428.9499 Fax

Obstetrics & Gynecology

2210 E. Illinois Ave., Suite 408, Fresno, CA 93701
559.443.2694 · 833.973.5496 Fax

Orthopaedics

604 N. Magnolia Ave., Suite 100, Clovis, CA 93611
559.320.0531 · 833.973.5539 Fax

Perinatology

2210 E. Illinois Ave., Suite 301, Fresno, CA 93701
559.320.0555 · 833.973.5558 Fax

Psychiatry

2210 E. Illinois Ave., Suite 401, Fresno, CA 93701
559.320.0580 · 833.973.5582 Fax

Sleep Medicine

6733 N. Willow Ave., Suite 107, Fresno, CA 93710
559.435.4700 · 833.974.4951 Fax

Specialty - Kashian

Gastroenterology & Hepatology, Infectious Disease, Internal Medicine, and Pulmonology
2335 E. Kashian Lane, Suite 280, Fresno, CA 93701
559.320.1090 Office · 833.973.5431 Gastro-Hep fax
833.973.5631 Internal Med Fax · 833.973.5831 Pulm Fax

Vascular Surgery

1247 E. Alluvial Ave., Suite 101, Fresno, CA 93720
559.431.6226 · 833.973.6005 Fax