

# FAMILY MEDICINE RESIDENCY PROGRAM

## Residents

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### 3<sup>rd</sup> Year

Class of 2023



#### **Karina Luera, DO – Chief Resident**

Hometown: Las Vegas, NV

Medical School: A.T. Still University College of Osteopathic Medicine in Arizona

#### **Passions in Family Medicine – why do you love the specialty?**

I have the ability to follow my patients from cradle to grave and I am able to learn and utilize knowledge from a variety of medical specialties; Family medicine people are some of the most kind, compassionate, hardworking people I know.

#### **Hobbies outside of residency:**

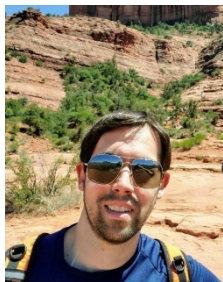
Crossfit; hiking, jigsaw puzzles

#### **Why HonorHealth?**

I choose HonorHealth because the residents here are so capable, confident, and smart; they take excellent care of their patients. This is also an organization that cares very much about their community and works hard to meet the needs of their community.

#### **Fun Fact about living in Scottsdale/Arizona:**

There is beautiful desert hiking all throughout Arizona and there are great restaurants in every part of town.



#### **Jordan Maddox, DO**

Hometown: Buffalo Grove, IL

Medical School: Arizona College of Osteopathic Medicine of Midwestern University

#### **Passions in Family Medicine – why do you love the specialty?**

I love the variety in the sense that I can incorporate all areas of medicine into what I do. I also find it very rewarding to be able to build relationships with patients over time and help them lead better, healthier lives.

#### **Hobbies outside of residency:**

Hiking or any other outdoor activity, running, watching or playing sports, going to concerts, road trips around Arizona

#### **Why HonorHealth?**

HonorHealth has some of the most fun and supportive residents and faculty you will find anywhere. I also like that there is a strong commitment to not only serving our patients but also the community as a whole.

#### **Fun Fact about living in Scottsdale/Arizona:**

Arizona isn't just a big desert! You can also find forests, lakes, and even heavy snowfall within a 2-3 hour drive from Scottsdale.



## **Nikita Mathew, DO – Chief Resident**

Hometown: San Diego, CA

Medical School: Western University of Health Sciences College of Osteopathic Medicine of the Pacific

### **Passions in Family Medicine – why do you love the specialty?**

Being able to see patients across all ages, building long-term relationships, having the opportunity to learn about and participate in many different areas of medicine

### **Hobbies outside of residency:**

Reading, writing, hiking and visiting national parks, calligraphy, baking, spending time with my family and my dog

### **Why HonorHealth?**

Supportive faculty and residents, well-balanced curriculum, well-established program

### **Fun Fact about living in Scottsdale/Arizona:**

More food options than I could possibly eat my way through in three years! 😊



## **Daniel Smoots, MD**

Hometown: Gig Harbor, WA

Medical School: Creighton University School of Medicine

### **Passions in Family Medicine – why do you love the specialty?**

Long-term relationships with patients, patient education

### **Hobbies outside of residency/How do you spend your time away from work?**

Hiking, biking, tennis

### **Why HonorHealth?**

Great people, great location, great educational environment

### **Fun Fact about living in Scottsdale/Arizona that will attract applicants:**

Great recreational areas in the city and awesome outdoor opportunities nearby



## Ryan Stempniak, MD

Hometown: Fullerton, CA

Medical School: Ross University School of Medicine

### Passions in Family Medicine – why do you love the specialty?

I love having the ability to connect with people and develop long term continuity with patients. I enjoy the variety of patients, and having the ability to treat people of all ages.

### Hobbies outside of residency:

I love to golf and spend time outdoors with my wife and dog Bo. I also enjoy running and exercising.

### Why HonorHealth?

I felt very welcomed by everyone I met and felt that this program and organization take care of their residents. It was obvious that HonorHealth was the place I wanted to be, and there is no place better in Arizona than Scottsdale!

### Fun Fact about living in Scottsdale/Arizona:

Despite the fact that the vast majority of people expect Arizona to only be desert, the average elevation combined in the state is actually 4,000 feet!



## Lindy Truong, M.D.

Hometown: Houston, TX

Medical School: Texas Tech University of Health Sciences Center School of Medicine

### Passions in Family Medicine – why do you love the specialty?

What I cherish most about Family medicine we are allowed the unique responsibility of addressing the multiple aspects of well-being, which include the physical, social, and mental health of our patients. I love being their #1 advocate, serving as a resource, and providing help.

### Hobbies outside of residency/How do you spend your time away from work?

During my downtime, I enjoy drawing, cooking, and spending time with the family. And shopping.

### Why HonorHealth?

One of the things that immediately drew me to HonorHealth was the warm faculty and welcoming residents I met on my interview day! I also knew I wanted to be at a FQHC, allowing me to work with patients in our underserved communities.

### Fun Fact about living in Scottsdale/Arizona:

Our hospital is located within walking distance of many great local restaurants and shops!



## **Mason Wedel, MD**

Hometown: Shawnee, KS

Medical School: University of Kansas School of Medicine

### **Passions in Family Medicine – why do you love the specialty?**

The continuity of care, the physician-patient relationships that can be built over the years, and the ability to do a little bit of everything and see all ages

### **Hobbies outside of residency/How do you spend your time away from work?**

Golfing, hiking, spending time with friends and family, watching and playing sports.

### **Why HonorHealth?**

It felt like the best fit for me, at the interview dinner I could tell the camaraderie between the residents of all years was different than everywhere else and that was very important to me

### **Fun Fact about living in Scottsdale/Arizona:**

The weather, the ability to get to the beach, mountains, or anything you want in about 4 hours in any direction if you want to get away for a weekend



## **Zachary Whitaker, M.D.**

Hometown: Kanosh, UT

Medical School: University of North Texas Health Science Center at Fort Worth Texas College of Osteopathic Medicine

### **Passions in Family Medicine – why do you love the specialty?**

Long-term relationships with patients and families; broad scope of practice; focus on prevention and wellness

### **Hobbies outside of residency:**

Anything with family!

Outdoors: hiking, biking, camping, sports, horseback riding, you name it!

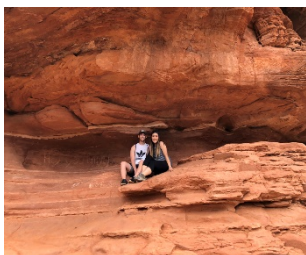
### **Why HonorHealth?**

The people! I immediately felt at home when I met the faculty, staff, and residents. There is a real sense of camaraderie and focus on strengthening each other. Community involvement. Longstanding program with history of academic excellence, strong professional connections, and placement of graduates into fellowships. Graduates practicing in various settings across the country

### **Fun Fact about living in Scottsdale/Arizona:**

Proximity to National Parks, Grand Canyon, West Coast, outdoor recreation

## 2<sup>nd</sup> Year Class of 2024



### **Mitchell Ducett, DO**

Hometown: Milwaukee, WI

Medical School: Arizona College of Osteopathic Medicine of Midwestern University

#### **Passions in Family Medicine – why do you love the specialty?**

Family medicine gives me so many opportunities to have a positive impact on patients, from preventative medicine to the acute care setting. Building relationships with patients and their families is something I look forward to in family medicine as well.

#### **Hobbies outside of residency:**

Golfing, fishing, hiking, watching baseball, going to concerts, spending time with family, crossword puzzles

#### **Why HonorHealth?**

The people here are the best. When I rotated at HonorHealth during my 4<sup>th</sup> year of medical school, the residents were very supportive of each other and fun to work with. The faculty were welcoming and loved to teach. It was easy to see this is a great place to learn Family Medicine.

#### **Fun Fact about living in Scottsdale/Arizona:**

It is pretty much impossible to get bored in Scottsdale, with all the restaurants, breweries, golf courses, sporting events, hiking trails, and beautiful weather.



### **Christine Gibson, DO, MSC**

Hometown: Springfield, MO

Medical School: Arizona College of Osteopathic Medicine of Midwestern University

#### **Passions in Family Medicine – why do you love the specialty?**

After medical school I was fortunate to obtain a general surgery residency position, but after two years decided that I missed working closely with my patients and following them for life. So, I decided to pursue a career in family medicine where I can do what I truly love, which is maintain continuity of patient care while continuing to perform office procedures that I thoroughly learned during my time in surgery. Which leads me to my clinical interests of procedural medicine, sports medicine, and outpatient medicine.

#### **Hobbies outside of residency/How do you spend your time away from work?**

Dog agility training and competitions, for which I enjoy traveling with my husband to various doggie activities throughout the country. Spending time by a body of water of some kind, usually one of the lakes in Arizona.

#### **Why HonorHealth?**

I chose HonorHealth because even while interviewing through ZOOM in the time of COVID-19 Pandemic I felt at home and at ease with the faculty and residents. Additionally, of all of my interviews, Dr. Kegowicz was the only program director who told me how HonorHealth Family Medicine Residency would allow me to continue to grow as an already established physician instead of having to “start over”. Also, there is no better place to go through residency than in sunny Arizona!

#### **Fun Fact about living in Scottsdale/Arizona:**

There is an endless supply of outdoor activities if that is something you are interested in. Plus, Phoenix has everything you could want in a big city with a small-town feel. I have enjoyed living here for the past 8 years and will continue to live here after residency. And lastly, despite the sizzling summer, the weather in Arizona cannot be outdone!





## Annette Liao, DO

Hometown: Boston, MA

Medical School: Midwestern University Arizona College of Osteopathic Medicine

### Passions in Family Medicine – why do you love the specialty?

I love the versatility and diversity in Family Medicine. I can take care of many different patients and handle a wide variety of presentations both in the inpatient and outpatient setting. Most of all, I love the ability to care for patients longitudinally and build connections with them.

### Hobbies outside of residency

Running, hiking, yoga, video games, baking, photography, learning any new skill

### Why HonorHealth?

After completing a subinternship rotation with the family medicine residency program, I was so impressed by the caliber of resident physicians that I knew I would receive the best possible training at this program. On top of that, the residents, faculty, and program coordinators were extremely warm and made me feel at home. Everyone works tirelessly to care for their patients and each other, and is a culture I am excited to be part of.

### Fun Fact about living in Scottsdale/Arizona:

There is something for everyone here – outdoor activities, great restaurants, professional sports, craft breweries, and more!



## Monica Mansour, MD

Hometown: Houston, TX

Medical School: Wayne State University School of Medicine - Detroit, MI

### Passions in Family Medicine – why do you love the specialty?

Family Medicine is my specialty of choice for several reasons. My heart has been tugged in two different directions – pediatrics and women's health. Becoming a Family Medicine physician would give me the best of both worlds. I am also excited by the opportunity to meet new people, understand what brought them in, identify the healthcare barriers they are facing, and continue to follow up with them in order to help them meet their health goals. Lastly, Family Medicine will allow me to take care of a diverse group of patients when volunteering abroad.

### Hobbies outside of residency:

Foodie, Cooking, Orange Theory Fitness, Traveling, Dog Parks, Family Time, Hiking, Netflix and Chill, Game Nights

### Why HonorHealth?

I plan to build my family medicine career around the fields of women's health and pediatrics. Therefore, I was impressed with the excellent opportunities HonorHealth provides in both these fields of interest including excellent inpatient and outpatient pediatric rotations, and a women's health concentration. Additionally, the fact that HonorHealth has formed relationships abroad gives me confidence that I would be able to learn how to incorporate this into my future practice with the goal of creating sustainability in communities that are in need abroad. Furthermore, the entire faculty, staff, and residents were beyond kind and welcoming during my interview! Lastly, being able to attend HonorHealth allows me to be reunited with my husband after doing long distance for 2 years.

### Fun Fact about living in Scottsdale/Arizona:

A foodie's dream! Tons of amazing food at your fingertips!



## Tyler Pascavis, MD

Hometown: Bloomington-Normal, IL

Medical School: The University of Arizona College of Medicine - Phoenix

### Passions in Family Medicine – why do you love the specialty?

I chose family medicine because I love the continuity of care and being able to serve patients at all stages of life. The relationships that you build as a Family Medicine physician are unique, as you care for patients in their best moments, such as the birth of a child, and in their hardest moments.

### Hobbies outside of residency:

When I'm not working, I can be found spending time with my wife! We love board games, traveling (when safe to do so), photography and videography. One of our goals is to visit all the National Park Sites in the United States!

### Why HonorHealth?

I had the privilege to rotate with the HonorHealth Family Medicine Residency in my fourth year of medical school. The camaraderie and relationships between residents, faculty, and staff made the program feel like home! I also love the willingness of the residency to innovate and improve!

### Fun Fact about living in Scottsdale/Arizona:

My wife and I absolutely love the beautiful weather and diverse landscape. You can go from the desert in the Phoenix area up to mountains and pine trees in only a couple hours! One of my favorite places to go to in Arizona is Show Low, AZ. The views along the Mogollon Rim are spectacular in that area!



## Leslie Shelton, DO

Hometown: Mesa, AZ

Medical School: Arizona College of Medicine at Midwestern University

### Passions in Family Medicine – why do you love the specialty?

I fell in love with family medicine because of its breadth and its unique position of being many patient's central compass in the healthcare system. Being able to care for a patient's physical, mental and spiritual health while forming lasting bonds with them and their families is what drew me to the specialty. I am especially passionate about mental health, education and healthcare legislation.

### Hobbies outside of residency/How do you spend your time away from work?

I enjoy playing video games, cooking, camping, reading fantasy and sci-fi and am always looking to try new things!

### Why HonorHealth?

During my audition rotation at HonorHealth I immediately felt the camaraderie amongst the residents and faculty here. I was impressed by their full-spectrum training, strong academics and how they care for their residents.

**Fun Fact about living in Scottsdale/Arizona:**

With over 120 restaurants and multiple food festivals per year this is a great city for food lovers. Another fun fact is that the city's firetrucks are a brilliant chartreuse instead of the traditional red - can't miss them!

**Olivia Wong, DO**

Hometown: Bellevue, WA

Medical School: Arizona College of Osteopathic Medicine of Midwestern University

**Passions in Family Medicine – why do you love the specialty?**

My passion in Family Medicine stems from my desire to foster relationships, to serve communities, and to treat beyond diseases. I hope to cultivate meaningful partnerships with my patients and empower them to engage with their own health.

**Hobbies outside of residency:**

My hobbies include spending time with family and friends, cooking/eating, watching movies, traveling, and heading outdoors to get some fresh air.

**Why HonorHealth?**

I chose HonorHealth for the program's robust training, the great sense of community and camaraderie amongst everyone, and the family I would get to grow in as a resident. I believe HonorHealth will provide a strong platform to become the well-rounded, empathetic, and diligent physician I aspire to be.

**Fun Fact about living in Scottsdale/Arizona:**

For certain, the cacti and the palm trees! Being from Washington State, living in Arizona makes me feel like I am on vacation every day. Let's not exclude the gorgeous sunrises and sunsets.



## 1<sup>st</sup> Year Class of 2025



### Allison DeHart-Marsh, DO

Hometown: Cupertino, CA

Medical School: William Carey University College of Osteopathic Medicine

#### Passions in Family Medicine – why do you love the specialty?

I love the specialty because you get to treat patients potentially for their whole life. You also get to create relationships that other specialties don't get to create.

#### Hobbies outside of residency:

I love to cook and bake. I also enjoy spending time outdoors with my husband, stepson, and dog Zoey!

#### Why HonorHealth?

I was lucky enough to rotate at HonorHealth during my fourth year of medical school. During my time here I felt welcomed and supported by all the residents, faculty, and staff. I was impressed by the learning environment and really felt a strong sense of community between everybody.

#### Fun Fact about living in Scottsdale/Arizona:

Scottsdale is a food paradise! There are a ton of amazing restaurants to try.



### Sunil Kataria, DO

Hometown: Phoenix, AZ

Medical School: Burrell College of Osteopathic Medicine

#### Passions in Family Medicine – why do you love the specialty?

What I love most about Family Medicine is the get-up-and-go nature of the people it attracts. Having such a wide breath of knowledge under my belt means I could be a service wherever I go, whether in a hospital here or a mission trip abroad. Furthermore, being that we are the type of physician a person sees most, we are in an opportune position to address social determinants of health. I strive to be a provider that patients feel comfortable sharing whatever their issues and concerns are with, so that I can lend a helping hand.

#### Hobbies outside of residency/How do you spend your time away from work?

Cycling, graphic design, watercolor painting, movie-watching, traveling

#### Why HonorHealth?

The privilege to train with HonorHealth will push me to learn and grow as a competent and caring physician. From the strong inpatient service, a focus on the underserved, and a beautiful location, there is much to offer. Furthermore, the opportunity to train amongst physicians I looked up to when I was an ED scribe with HonorHealth is very special.

#### Fun Fact about living in Scottsdale/Arizona:

In 2017 Vogue magazine stated Phoenix is poised to be the coffee capital of the Southwest. Whether you're looking for something chic and modern, or something homey and cozy, there is no shortage of excellent cafes to visit.



## Aaron Kubinski, DO

Hometown: Albuquerque, NM

Medical School: Arizona College of Osteopathic Medicine – Midwestern

### Passions in Family Medicine – why do you love the specialty?

I'm passionate about being able to take care of patients at all stages of life. I love the continuity that can be seen with patients in family medicine and the relationships that are built over the years. I'm also passionate about guiding patients towards long-term health prevention strategies to help them live their healthiest life possible.

### Hobbies outside of residency

Golfing, Basketball, Skiing, Cooking

### Why HonorHealth?

I chose HonorHealth because I wanted a program that not only prepared me for any scope of practice after residency, but also have a true “family” feel. After my interview, I felt confident that HonorHealth could provide all of that for me and more. Also, since completing medical school in Arizona, I've fallen in love with the state and wanted to stay here for residency and possible future practice.

### Fun Fact about living in Scottsdale/Arizona:

I have self-proclaimed that the Scottsdale/Phoenix area is the Brunch capital of the world. You can find a delicious brunch spot on every corner... and all of them will be packed.



## Michael Schnepf, DO

Hometown: Mesa, Arizona

Medical School: Campbell University School of Osteopathic Medicine

### Passions in Family Medicine – why do you love the specialty?

I love the broad scope of family medicine! Any problem your patient presents with you can help them, your day can be as varied as you make it.

### Hobbies outside of residency:

I enjoy spending time with my family, hiking, swimming, and boating.

### Why HonorHealth?

I chose this program because it allows me to get everything I was looking for in a residency in strong inpatient medicine, robust addiction medicine, and opportunity to serve underserved populations. On top of that, I get to return to the valley and live nearby family!

### Fun Fact about living in Scottsdale/Arizona:

The valley has really grown significantly in recent years that brings all the amenities you could ever wish for while still being within easy driving distance to lakes and mountains for just about every outdoor recreational activity you could want!



## Shayan Shiehazdean, DO

Hometown: Chandler, Arizona

Medical School: Western University of Health Sciences

### Passions in Family Medicine – why do you love the specialty?

I am drawn to family medicine because I get to treat and prevent disease in patients of all ages and in all specialties. The long-term bonds I get to form with my patients is also an important reason why I love family medicine.

### Hobbies outside of residency:

My hobbies include spending time with family and friends, mountain biking, and trying out the many restaurants that the Scottsdale area has to offer!

### Why HonorHealth?

I chose HonorHealth because of the robust training and the people of this program. I knew I would get excellent training in both inpatient and outpatient medicine in a supportive culture.

### Fun Fact about living in Scottsdale/Arizona:

Arizona has a very diverse landscape. Near Scottsdale the landscape is desert. However, just 1-2 hours north you will find cooler temperatures with pine trees and even snow in the winters!



## Kaleb Ward, DO

Hometown: Idaho Falls, ID

Medical School: Kansas City University College of Osteopathic Medicine

### Passions in Family Medicine – why do you love the specialty?

I have always loved getting to know people and learn more about their lives. Some of my earliest jobs included selling clothes and gym memberships because I always just loved chatting. I knew once I started my family medicine rotation in medical school that this was exactly the type of people family medicine physicians were. They had a passion for learning about their patients and getting to know their stories. I also loved both sports medicine and obstetrics and I figured if I pursued family medicine, I could do both!

### Hobbies outside of residency/How do you spend your time away from work?

My hobbies include a wide array of things from playing video games, to hitting the links and playing pickleball, or just having a barbeque with friends. Recently I've found a new love for Spike ball, such a simple yet incredibly addictive game. Mostly though, I love being able to spend time with my wife, Hayden, and my two kiddos, Knox and Kartney. We also added a new member to our family while in medical school. Her name is Bailey and she's a very loveable and energetic goldendoodle. We love being able to take her to the dog park whenever we have some free time.

### Why HonorHealth?

One of the most intriguing things about HonorHealth was the sense of camaraderie among the residents. Even through a virtual interview with the program, I was able to tell that the residents are not only coworkers, but they're family. I also felt that the unopposed residency allows for residents to truly learn full scope family medicine.

### Fun Fact about living in Scottsdale/Arizona:

Scottsdale holds the record for the largest number of destination spas per capita in the entire nation



## Caitlin Warlick, DO

Hometown: Phoenix, AZ

Medical School: A.T. Still – Kirksville College of Osteopathic Medicine

### Passions in Family Medicine – why do you love the specialty?

I chose family medicine because I love establishing relationships with patients and following them over time. Through building relationships my patients I believe I can help them live healthier lives with a focus on longevity and disease prevention, meaning more time with loved ones.

### Hobbies outside of residency/How do you spend your time away from work?

I love spending time with my family, friends, reading, hiking, yoga, anything outdoors, baking, trying new restaurants, taking care of my indoor plants, and retail therapy!

### Why HonorHealth?

I actually did a Sub-I at HonorHealth and fell in love with the attendings, patient diversity, hospital, and residents. I was impressed by the teaching and knew I would finish residency feeling prepared and ready to pursue any of my interests.

### Fun Fact about living in Scottsdale/Arizona:

I am biased being a native, but we love it here and don't have any plans to leave. There are endless things to do, amazing dining and an easy drive to Flagstaff for cooler weather in the summer, Sedona for beautiful views and hiking, or to California to visit the beach.



## Montgomery Young, DO

Hometown: Orange County, California

Medical School: Midwestern University – Arizona College of Osteopathic Medicine

### Passions in Family Medicine – why do you love the specialty?

I love having the ability to form life-long relationships with our patients and having the opportunity to guide them and their family through their wellness journey.

### Hobbies outside of residency/How do you spend your time away from work?

Hiking, lifting weights, cooking, traveling, spending time with my fiancé Lisa and my golden retriever Oliver.

### Why HonorHealth?

I knew I wanted to join the HonorHealth family because of the welcoming and enthusiastic atmosphere they emitted when we first met. I knew they would provide my colleagues and I with first-rate training and the opportunity for personal and professional growth.

### Fun Fact about living in Scottsdale/Arizona:

Scottsdale has some of the best sporting events, shows, food, and artisan cocktails in Arizona. If you have some free time, take your loved ones (dog included) to the Desert Botanical Garden to see some of the most beautiful cactus, trees, and flowers in Arizona!