

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

We have been asked many times for the names of health practitioners who are supportive of a plant-based diet, regardless of whether they themselves are vegetarian or vegan. We have come up with the following list. Just because someone is not on the list doesn't mean he/she is not veg-friendly; we may not know about them yet. If the listing is followed by RLM, it means the provider is on the team of Rochester Lifestyle Medicine, a practice which uses plant-based diet and other lifestyle measures to reverse chronic disease, in a medically supervised setting; see the listing for RLM at the end of the individual listings. If the listing is followed by PB*, it means the person has taken RLM's Plant-Based Diet course; we assume that anyone who has taken this course is at least supportive of a vegan, plant-based diet.*

WE CAN MAKE CORRECTIONS AND ADDITIONS TO THIS LIST. Please send us any that you have. In particular, if you are a veg-friendly provider whom patients can seek out for care, let us know how they can find you. We have recently divided this growing list into primary care practitioners and specialists; let us know if we made any mistakes in what list we assign people to.

PHYSICIANS, DO's, RN's, NP's, PA's, and DC's (chiropractors) (In alphabetical order): **We have divided this list into PRIMARY CARE PROVIDERS (PCP's) and SPECIALISTS.** Note: not all of these practitioners are accepting new patients.

PRIMARY CARE PHYSICIANS AND LIFESTYLE MEDICINE PROVIDERS: Family medicine, internists, pediatricians. These are providers whose primary care you can seek, or who work with such providers as support staff. Includes providers whose care can be sought through a Lifestyle Medicine practice such as Rochester Lifestyle Medicine. Ob-Gyn is listed with Specialists.

Deborah Abell, MD Pediatrics. Penfield Pediatrics, 21 Willow Pond Way Suite 200, Penfield NY, 14526; (585) 377-0840. PB*

Kim Bruce Abell, MD Family Medicine. UR Medicine Primary Care, 2212 Penfield Rd #100, Penfield, NY 14526; (585) 598-8505. PB*

Richard Acome, PA Family Medicine. Wolcott Medical Center, 6254 Lawville Rd., Wolcott, NY 14590; (315) 594-9444. PB*

Diane Ahlman, MD Internal Medicine. Artemis Health, 2561 Lac de Ville Blvd., Suite 202, Rochester, NY 14618. A RAVS member said Dr. Ahlman recommended a vegan diet to her.

Vythi Alagappan Internal Medicine. Hope Internal Medicine, 498 Collins St., Avon, NY 14414; (585) 399-7788; Caledonia Family Medicine, 3350 Brown Rd., Caledonia, NY 14423; (585) 538-6250.

Jennifer Albrecht, DO Family Medicine. Rochester Regional Health Family and Lifestyle Medicine, 401 South Main St., Suite 200, Canandaigua, NY 14424; (585) 394-1875.

Allison Austin, CPNP, RN, MSN Certified Pediatric Nurse Practitioner. Unity Healthcare. PB*

Ted D. Barnett, MD Diagnostic and Interventional Radiology with Borg & Ide Imaging / Lifestyle Medicine. Founder and Medical Director of Rochester Lifestyle Medicine; <https://rochesterlifestylemedicine.com>; see listing at end of individual listings. Dr. Barnett has been vegan for 29 years as of 2020. Teaches RAVS's Plant-Based Diet course. <drveggie@gmail.com> To schedule a Lifestyle Medicine consult with Dr. Barnett or another Rochester Lifestyle Medicine provider, call (585) 484-1254, or email info@roclifemed.com RLM*: PB*

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Shorna Barrett-Loiseau, NP Family Medicine. 1425 Portland Ave Rochester, NY 14621; (585) 338-1400. PB*

William Bayer, MD Jefferson Family Medicine, 924 Jefferson Ave., Rochester, NY 14611; (585) 463-3870. Bayer's wife took PB course.

Tobi Berchen, MD Pediatrics. 25 N Main St, Perry, NY 14530; (585) 243-4041. PB*

Joanne Bergen, MD Internal Medicine. Southview Internal Medicine, 995 Senator Keating Blvd #100, Rochester, NY 14618; (585) 241-6400. PB*

Sharon Berkowitz, MD Internal Medicine/Pediatrics. East Ridge Family Medicine, 809 East Ridge Rd., Rochester, NY 14621; (585) 341-3610. PB*

Michelle Bernardi, PNP Pediatrics. Panorama Pediatric Group, 220 Linden Oaks, #200, Rochester, NY 14625; (585) 381-4832

Laura Jo Booth, MD Family Practice. 945 E Henrietta Rd, Rochester, NY 14623; (585) 292-6440. PB*

Christine Borghi-Cavallaro, MD Family Medicine. Brighton Family Medicine, 945 E. Henrietta Rd., Suite B1, Rochester, NY 14623; (585) 292-6440. PB*

Jill Brooks, RN, DC Brooks Spinal Care Chiropractic, PLLC, 70 Office Park Way, Pittsford, NY 14534-1746; (585) 385-8790; www.brooksspinal.com. Located on ground level, Tobey Village Office Park, southwest corner of Clover St. and Jefferson Road. Dr. Brooks was a nurse with the VA for 7 years before obtaining her chiropractic degree; she has been a chiropractor in the Rochester area since 1996. PB*; RLM*

Melissa Brown, MD Family Medicine. Canal Park Family Medicine, 1900 State Rte. 31, Macedon, NY 14502; (315) 986-1336. PB*

Anh Bui, MD (woman) Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612, (585) 368-6000. Anh Bui <anhbui06@gmail.com>

Diego Cahn-Hidalgo, MD Internal Medicine of Brighton, 300 White Spruce Blvd # 100, Rochester, NY 14623; (585) 424-5440. PB* Not taking new patients.

Erin Campbell, MD, MPH Obesity Medicine/Preventive Medicine

Tom Campbell, MD Family Medicine/Lifestyle Medicine. Clinical Director UR/Highland Hospital Weight Management & Lifestyle Center, and Medical Director of the T. Colin Campbell Center for Nutrition Studies. Son of T. Colin Campbell, Ph.D. and co-author with him of *The China Study*; author of *The China Study Solution* (previously released as *The Campbell Plan*). See listing at end of individual listings.

Suzanne Cannon, RN Diabetes Educator, Honeoye Valley Family Practice, 23 Ontario St., Honeoye Falls, NY 14472; (585) 624-2121. PB*

Jennifer Carroll, MD Family Medicine. Westside Health Services, 322 Lake Ave., Rochester, NY 14608; (585) 254-6480. Jennifer Carroll <jcarroll6@gmail.com>

Adam Cassel, DC 309 Exchange Blvd., Rochester, NY 14608; (585) 454-4190.

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Mira Chockalingam, MD Internal Medicine. 2550 Baird Road, Penfield, NY 14526

Kristen Christian, MD Pediatrics. Williamson Pediatrics, 4425 Old Ridge Rd., Williamson, NY; (315) 483-3280. PB*

Michael Christie, MD Family Medicine. 601 Elmwood Ave, Rochester, NY 14642; (585) 487-3300. PB*

Michelle Cicilline, MD Family Medicine. Calkins Creek Family Medicine, 200 Red Creek Drive, Suite 100, Rochester, NY 14623. <michelle_cicilline@urmc.rochester.edu>
<http://www.urmc.rochester.edu/primary-care/practices/rush-family-medicine.cfm> PB*

Mary Coan, MD, Ph.D. Family Medicine. Integrative Family Care, 4 Coulter Rd., Clifton Springs, NY 14432.

Ellen Cornett, RN 1555 Long Pond Rd., Rochester, NY 14626; (585) 368-4622. PB*

Gina A. Cuyler, MD Internal Medicine. 2400 Clinton Ave. S., H210, Rochester, NY 14618; (585) 341-7299.

Seema Dahake, MD Internal Medicine/Geriatrics. 1437 Blossom Rd, Rochester, NY 14610; (585) 922-8950. PB*

Timothy Daly, DC Healthsource Chiropractic, 1851 Stone Rd., Suite 100, Rochester, NY 14615; (585) 225-6430.

Pamela Damiani, NP Internal Medicine of Brighton, 300 White Spruce Blvd # 100, Rochester, NY 14623; (585) 424-5440. PB*

Jerold DeSimone, PA Family Medicine. Brighton Family Medicine, 945 E. Henrietta Rd., Suite B1, Rochester, NY 14623; (585) 292-6440. PB*

Jane Dorsey, MSN, FNP, LAc Certified nurse practitioner and licensed acupuncturist. Sleep medicine/Lifestyle Medicine. Rochester Regional Health Sleep Disorders Center and Pulmonary Services Clinic, 10 Hagen Drive, Suite 200, Rochester, NY; (585) 442-4141. To schedule a Lifestyle Medicine consult with Ms. Dorsey or another Rochester Lifestyle Medicine provider, call (585) 484-1254, or email info@roclifemed.com RLM*; PB*

Mitchell Ehrenberg, MD Internal Medicine. Linden Medical Group, 30 Hagen Drive, Suite 300, Rochester, NY 14625. Mitchell Ehrenberg <mitchellehrenberg@gmail.com> PB*

Josephine Ellis, MD Family Medicine

Daniel Erickson, DC Irondequoit Chiropractic Center, 2164 Hudson Ave. Lower, Rochester, NY 14617; (585) 467-7070.

Lara Evans, MD Internal Medicine. Southview Internal Medicine, 995 Senator Keating Blvd., Building E, Suite 200, Rochester, NY 14618; (585) 279-3600. PB*

Susan Friedman, MD, MPH Internal Medicine /Geriatrics/Lifestyle Medicine. Professor, University of Rochester School of Medicine and Dentistry. Highland Hospital; 1000 South Ave., Box 58, Rochester, NY 14620, (585) 341-6770. Dr. Friedman's research interests are in health services and outcomes

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research, and include models of long-term care, falls and fractures in older adults, comorbidity, and healthy aging. “Shining Example” award from Highland Hospital in 2015, 2016. To schedule a Lifestyle Medicine consult with Dr. Friedman or another Rochester Lifestyle Medicine provider, call (585) 484-1254, or email info@roclifemed.com RLM*; PB*

Timothy G. Geen, MD, FAAP, ABLM Pediatrics. Penfield Pediatrics, LLC. 21 Willow Pond Way, Suite 200, Penfield, NY 14526; (585) 377-0840; fax (585) 377-9715. PB*

Mary Lu Gleeson, MD Internal Medicine. 155 Corporate Woods Suite 100, Rochester, NY 14623; (585) 341-6775. PB*

Lesley Glowinsky, MD Primary Care Pediatrician. Pathway Pediatrics, a division of Trillium Health, 170 Science Parkway, Rochester, NY 14620; (585) 545-7200 PB*

David Goede, DNP, ACNP-BC Director, Nurse Practitioner Association of NY State. PB*

Kerry Graff, MD Family Medicine. Rochester Regional Health Family and Lifestyle Medicine, 401 South Main St., Suite 200, Canandaigua, NY 14424; (585) 394-1875.

Gaylinn Greenwood, MD Family Medicine/Lifestyle Medicine. Honeoye Valley Family Practice, 23 Ontario St., Suite A, Honeoye Falls, NY 14472; (585) 624-2121.

Jacqueline Habermacher, FNP-C Internal Medicine. PB*

Diana Herrmann, MD Family Medicine. East Ridge Family Medicine, 999 East Ridge Rd.m Suite 800, Rochester, NY 14621; (585) 341-3610. PB*

Eric Ingerowski, MD Practices with Panorama Pediatrics Group, 220 Linden Oaks. His practice may be closed to new patients.

Sandra Jee, MD, MPH Pediatrics. 601 Elmwood Ave # 655, Rochester, NY 14642; (585) 275-2100.

Lesley James, MD Integrative Medicine. <http://www.lesleyjamesmd.com> Lesley James, MD
<lesley@lesleyjamesmd.com>

Sachiko Kaizuka, MD Family Medicine. UR Medicine Primary Care, 777 S Clinton Ave, Rochester, NY 14620; (585) 279-4620. PB*

Elliot Kaplan, MD, PhD. Pediatrics. Penfield Pediatrics, 21 Willow Pond Way #200, Penfield, NY 14526; (585) 377-0840.

Joshua Keeler, DC Greater Rochester Chiropractic, 1815 S Clinton Ave., Suite 435, Rochester NY 14618; (585) 442-3220. PB*

Rebecca Kelly, RN and Health and Wellness Coach. Rochester Regional Health Family and Lifestyle Medicine, 401 South Main St., Suite 200, Canandaigua, NY 14424; (585) 394-1875. PB*

Aameera Khan, MBBS (British medical degree), **MD** Internal Medicine. PB*

Hwaok Kim, MD Internal Medicine. 2735 Buffalo Rd., Suite 1, Rochester, NY 14624; (585) 436-1620. If gender matters to you in choosing a primary physician, Dr. Kim is a woman.

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Dan King, MD Completing fellowship as of spring 2015 in Geriatric Primary Care; Geriatrics and Medicine Associates of Highland Hospital

Stefenie King, MD Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612; (585) 368-6000.

Brigit Klement, RN, MS, GNP-BC Geriatric Nurse Practitioner, United Health Group. PB*

Ruth Kouides, MD Internal Medicine. 1561 Long Pond Rd., Suite #206, Rochester, NY 14626; (585) 368-4800. PB*

Dolores (Dee) Krebs, NP Family Nurse Practitioner. 601 Elmwood Avenue, Rochester, NY 14642; (585) 341-3015. Actively involved in medical and forensic care of sexual assault patients; in 2011, named NYS Nurse Practitioner of the Year by the Nurse Practitioners Association of NYS. PB*

Andrea Kudel, DO Family Medicine. Leroy Medical Associates, 127 W. Main St., Leroy, NY 14482; (585) 768-2620. PB*

Leslie Lange, DC 30 Allens Creek Rd., Rochester NY 14618.

Ariadne Lie, MD Internal Medicine and Pediatrics. UR Medicine Complex Care, 913 Culver Rd, Rochester, NY 14609; (585) 654-5432. PB*

Jeffrey Levinn, MD Pediatrics. Parkview Pediatrics, 1050 Pittsford Victor Rd., Pittsford, NY 14534; (585) 383-1160. PB*

Regina LoMaglio CPNP-PC, MS (Nurse Practitioner) Pediatrics. Rochester General Pediatrics (Rochester General Medical Group), a hospital-based outpatient primary care office; (585) 922-3981. PB*

Russell Maggio, MD Internal Medicine. 560 White Spruce Blvd., Rochester, NY 14623; (585) 271-5250. PB*

Kathryn Markakis, MD Internal Medicine. 990 South Ave, Rochester, NY 14620; (585) 341-6775. PB*

Katie McMillen, PA Family Medicine. Rochester Regional Health Family and Lifestyle Medicine, 401 South Main St., Suite 200, Canandaigua, NY 14424; (585) 394-1875.

Michael McMullen, MD Family Medicine. 505 Beahan Rd., Rochester, NY 14624.
A couple of people have told us that Dr. McMullen recommended a vegan diet to them.

Kimberly Meacham, NP 601 Elmwood Ave., (585) 276-4966.

Jason Mendler, MD, PhD Internal Medicine, Hematology and Oncology. Wilmot Cancer Center, 601 Elmwood Ave., Rochester, NY 14642; (585) 275-4912, 275-5823.

Susan Gardner Miller, MD Pediatrics. 500 Helendale Rd, Rochester, NY 14609; (585) 473-7028. PB*

Les Moore, ND, DHANP, LAc Naturopathic medicine, homeopathy, and acupuncture. 55 Sully's Trail, Suite E, Pittsford, NY 14534; (585) 267-7339. Formerly Director of Integrative Medicine at Clifton Springs Hospital.

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Gayle Mosher, MD Pediatrics. Wayland Pediatrics, 200 N. Main St., Wayland, NY 14572; (585) 728-2044.

Beth Mucci, NP Family Medicine. Highland Family Medicine, **Address:** 777 S Clinton Ave # 300, Rochester, NY 14620; (585) 279-4800; Hilton Health Care. PB*

Marie Lynd Murphy, MD Pediatrics. Elmwood Pediatric Group, 919 Westfall Rd., Bldg. A, Suite 105, Rochester, NY 14618; (585) 244-9720. PB*

Mary Nasta, PA-C Internal Medicine. Northridge Medical Group; 1338 East Ridge Rd., #101, Rochester, NY 14621; (585) 336-9370. PB*

Karen Nead, MD Internal Medicine/Pediatrics 913 Culver Road, (585) 654-5432.

Cheryl Newman, MD Family Medicine. 2550 Baird Rd., Penfield, NY 14526; (585) 395-1111; cherylnewmanmd.com.

Valerie Newman, MD Internal Medicine, URMC. 2561 Lac de Ville Blvd., #202, Rochester, NY 14618; (585) 244-7330.

Irina Novozhenets, RPAC (Physician's Assistant). 101 Canal Landing Blvd. Suite 8, Rochester, NY 14626; (585) 239-7300. Irina Novozhenets <iraberg89@gmail.com> PB*; RLM*

Michael Obrecht, DO Family Practice. Calkins Creek Family Medicine, Red Creek Office Park, 200 Red Creek Drive, Suite 100, Rochester, NY 14623; (585) 334-0130 PB*

Michael Ockrin, FNP Highland Family Medicine Center, 777 Clinton Ave. S., Suite 700, Rochester, NY 14620; (585) 279-4800. PB*

Karen O'Shea, RN ANP-C Internal Medicine. Pulsifer Medical Associates, 2400 Clinton Ave., S., Suite H210, Rochester, NY 14618; (585) 341-7299. PB*

Laura Petrescu, MD Internal Medicine. Genesee Primary Care, 222 Alexander St #5000b, Rochester, NY 14607; (585) 922-4000. PB*

Naomi Pless, MD Family Medicine. 83 Cattaraugus Drive, Rochester, NY 14623, (585) 334-6684.

Anthony Ragusa, MD Internal Medicine. Greater Rochester Internal Medicine, 1401 Stone Rd., Suite 200, Rochester, NY 14615; (585) 865-1110. PB*

Lavanya Ravindran, MD Family Medicine. Unity Family Medicine at St. Mary's, 89 Genesee St., BK Bldg 3rd Fl., Rochester, NY 14611; (585) 368-3031.

Julie Riccio, MD Pediatrics. 601 Elmwood Ave., Rochester, NY 14642; (585) 275-8373.

Brett Robbins, MD Internal Medicine and Pediatrics. Culver Medical Group, 913 Culver Rd., Rochester, NY 14609; (585) 654-5432. Dr. Robbins cares for patients of all ages in a primary care setting. He has special interests in medical education, adolescent medicine, and the transition of youth with chronic illness to adulthood.

Thomas Roberts, MD Internal Medicine. Northridge Medical Group; 1338 East Ridge Rd., #101, Rochester, NY 14621; (585) 336-9370. PB*

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Sandra Rodriguez, MD Family Practice. Canalside Family Medicine, 10 S. Pointe Landing, Suite 250, Rochester NY 14606. PB*

William Rolls, MD Internal Medicine. Northridge Medical Group, 1338 East Ridge Road #101, Rochester, NY 14621; (585) 922-7140. PB*

Traci Salter, NP Family Medicine. UR Medicine Primary Care, 777 S Clinton Ave, Rochester, NY 14620; (585) 279-4620. PB*

Jesse Schenendorf, MD Internal Medicine. 400 White Spruce Blvd., Rochester, NY 14623; (585) 427-9950. "Dr. Schenendorf aims to work with his patients to try and prevent the development of disease through healthy living and preventive care."

Nancy Shedd, MD Internal Medicine. 1850 E. Ridge Rd., #1 Rochester, NY 14622; (585) 342-3870.

Julie Simmons, FNP Family Medicine. 180 Sawgrass Dr # 230, Rochester, NY 14620; (585) 275-4711. PB*

Linda Sliwoski, MSN, RN Nurse Care Manager 100 Kings Highway South, Suite 2500, Rochester, NY 14617; (585) 922-0033.

Verneice Smiley-Delahanty, MPA-C Canandaigua Veterans Affairs Health Center. PB*

Kristin Smith, DNP, FNP-C, CLC (Nurse Practitioner). Works through Trillium Health. Visit: <http://trilliumhealthny.org>

Robert Smith, MD Family Medicine. Finger Lakes Family Care; (585) 394-8170.

Natasha Sodhi, MD Family Medicine/Lifestyle Medicine.

Marcy Soprano, MD 1425 Portland Ave., Rochester, NY 14621; (585) 922-4136.

Julia Stein, MD Pediatrics. Bay Creek Pediatric Group, 2000 Empire Blvd., Suite 150, Webster, NY 14580.

Scott Stratton-Smith, MD Family Medicine. Unity Family Medicine, 3173 Chili Ave., Suite 400; 3379 Chili Ave., Suite 100, Rochester, NY 14624; (585) 889-0750. PB*

Diana Thangathurai, MD Family Medicine. Rochester Regional Health-Wilson, 1425 Portland Ave., Wilson Building, Rochester, NY 14621; (585) 383-1400.

Scott Tripler, MD Family Medicine. 738 Library Rd, Rochester, NY 14627; (585) 275-2662

Michelle Bernardi Ture, PNP see **Michelle Bernardi, PNP**

Brittany Vakiener, PA Internal Medicine. 425 Portland Ave., Rochester, NY 14621; (585) 922-4000. PB*

Kathleen Wania, MD Pediatrics. English Road Pediatrics and Adolescent Medicine, 1800 English Rd. #10, Rochester, NY 14616; (585) 225-2525. PB*

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Eleanor Weinstein, PNP Pediatric Nurse Practitioner. 220 Linden Oaks, Suite 200, Rochester, NY 14625; (585) 381-4982.

Gail Weiser, PA, LCSW (Physician Assistant, Clinical Social Worker and Family Therapist) Pediatric practice of Joseph Kilimnick, MD, 39 N Goodman St., Rochester, NY 14607; (585) 271-2937. Psychiatry with Margot Fass, MD (Integrative, Functional Medicine with focus on nutrition, lifestyle, and stress management; and Psychotherapy). Holistic Health Consulting (585) 739-2276. <gsweiser@gmail.com>

Myra Wiener, MD Internal Medicine. 601 Elmwood Avenue, Box MED, Rochester, NY 14642; (585) 275-7424. PB*

Eric Wilcox, MD Family Medicine. Rochester Regional Health Family Medicine at RIT, 181 Lomb Memorial Dr., Rochester, NY 14623; (585) 922-3100. Highly recommended by one of our RAVS members.

Patrick Wilmot, MD Internal Medicine. 2400 S Clinton Ave., Bldg H, Suite 110, Rochester NY 14618; (585) 271-0671.

Julie Yoon, MD Internal Medicine with additional specialty in Geriatrics. 300 White Spruce Blvd., Suite 100, Rochester, NY 14623. Practices out of Strong and Highland Hospitals. PB*

Amanat (Amy) Yosha MD, MPH Family Medicine, URMC 10 South Pointe Landing, Suite 250, Rochester NY 14606. (585) 426-4084 PB*

Assaf Yosha, MD Family Medicine. 55 Barrett Drive, Webster, NY 14580; (585) 758-0750. Plant-based for more than 5 years as of 2020 and encourages others on this path. Accepting new patients.

Jules Zysman, MD Family Medicine. 23 Ontario St., Honeoye Falls, NY 14472; (585) 624-212

SPECIALISTS (Physicians, nurses, etc.): Includes cardiologists, endocrinologists (diabetes), nephrologists, etc. Also includes hospitalists (physicians who work on staff at a hospital) and others whose care you cannot receive unless you are admitted to the hospital, professors, and researchers.

Bilal Ahmed, MBBS (British medical degree) Internal Medicine, Hospice and Palliative Care. Associate Chief of Medicine at Highland Hospital. (585) 341-6867. Dr. Ahmed has received more than 30 teaching awards from the University of Rochester in the last 10 years. PB*

Egan Allen, MD Hospitalist; Internal Medicine and Geriatrics. Affiliated Strong and Highland Hospitals. 1000 South Avenue, Rochester, NY 14620; (585) 473-2200. PB*

P. Miller Ashman, MD Urology. 1680 Empire Blvd., Suite 100, Webster, NY 14580; (585) 442-4940; St. Joseph's Neighborhood Center, 417 South Ave., Rochester, NY 14620; (585) 325-5260.

Andrea Avidano, ANP Adult/Diabetes Care Nurse Practitioner. Affiliated with Highland Hospital, 1000 South Ave., Box 58, Rochester, NY 14620.

Kim Bagley, NP URMC Cardiology Clinical Group, 2400 South Clinton Ave., Building G, Rochester, NY 14618; (585) 341-7100. PB*

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Simone Bailey-Brown, MD Cardiology, Rochester Regional Health.

Angela Baker, RN Works at Nine Mile Point nuclear power plant in Oswego. Vegan body builder.

Cheryl Barbieri, ANP Geriatrics. PB*

John Bisognano, MD Cardiology. UR Medical Center Professor of Medicine and Director of Outpatient Services, Division of Cardiology. 601 Elmwood Ave., Rochester, NY 14642; (585) 275-4751, 275-6168.

Alicia Bittner PB*

Erin Bowman, RN URMC Dept. of Endocrinology and Metabolism. PB*

Linda Breen, RN Cardiac Nurse. PB*

Kathleen Bryant McCullough, NP Acute Care Nurse Practitioner, Highland Hospital. PB* Double listed under "McCullough."

Caroline Burtner, CNM, NP, MEd Obstetrics and Gynecology; Certified Nurse Midwife. 500 Helendale Rd, Rochester, NY 14609; (585) 265-1220. PB*

Christopher Caldwell, MD Surgery. Genesee Surgical Associates, 360 Linden Oaks, Suite 300, Rochester, NY 14625; (585) 383-8830.

Deborah Casson, PMHNP, CNS-BC, MS Psychiatric Nurse Practitioner with 25 years of experience. Premier Psychiatry, 4074 Shoalwater Point, Canandaigua, NY 14424; 1120 Old Pines Trail, Penn Yan, NY 14527; (585) 789-0221 PB*

Leigh Anne Chandler, GNP (Geriatric Nurse Practitioner) Certified in hospice and palliative care. Works at Lifetime Care Hospice, 3111 Winton Rd. S., Rochester, NY 14623; (585) 214-1000. PB*

Kumar Chockalingam, MD Cardiology, including Interventional Cardiology. 1400 Portland Ave. #31, Rochester, NY 14621; (585) 342-7090 PB*

Shirley Cirillo, MD Neurology. Rochester Neurology, 1734 E. Ridge Rd., Rochester, NY 14622; (585) 467-8888. Shirley Cirillo <scirillomd@gmail.com>

Yeates Conwell, MD Psychiatry. Professor, Department of Psychiatry, URMC; Director, Geriatric Psychiatry Program ; Director, URMC Office for Aging Research and Health Services. PB*

Karen Critchell, RN, IBCLC Lactation consultant. Rochester Regional Health, Newark-Wayne Community Hospital, Marshall Birthing Center, 1200 Driving Park Ave., P.O. Box 111, Newark, NY 14513; (315) 332-2230. PB*

Therese Dale, RN BSN PB*

Mary Ellen Dennis, MS, RN, PMHNP-BC Psychiatric nurse practitioner with youth. PB*

Karin Dunnigan, MD Gastroenterology. Rochester General Gastroenterology, 1425 Portland Ave., Rochester, NY 14621; (585) 922-4136.

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Dianne Edgar, MD Obstetrics/Gynecology. Parkwest Women's Health, 1800 S Clinton Ave., Rochester NY 14618.

Maryanne Etter, NP Nurse Practitioner specializing in Endocrinology, Diabetes and Metabolism. 601 Elmwood Ave., #655, Rochester, NY 14642; (585) 275-2100. PB*

Margot Fass, MD Psychiatry. 527 Linden St., Rochester, NY 14620; (585) 256-1105. From mlfassmd.com: "My vision is to help you become everything you are meant to be."

Julietta Fiscella, MD Pathology. Director of Pathology, Highland Hospital

David Ross Fries, MD Cardiology. 2365 S. Clinton Ave., #100, Rochester, NY 14618; (585) 442-5320.

Patrick Fultz, MD Diagnostic Radiology. 601 Elmwood Ave #648, Rochester, NY 14642; (585) 275-8366. PB*

Gerald Gacioch, MD Cardiology. Rochester Cardiopulmonary Group, 140 Canal View Boulevard, #102 Rochester, NY 14623; (585) 338-2700; (585) 442-5320.

Ellie Garbade, MD Internal Medicine/Hospitalist.

Caterine Garcia-Ruderman, FNP-BC Obstetrics and Gynecology; Women's Center at Clinton Family Health, 309 Upper Falls Blvd., Rochester, NY 14605; (585) 922-0260. PB*

David Gentile, MD Urology.

Mary Gentile, BSN RN Cardiology Nurse, Unity Hospital. PB*

Jane Giambrone, RN Certified Diabetes Educator, Unity Hospital; Certified Professional Life Coach. Jane Giambrone <janegiam@rochester.rr.com> PB*

Robert Giambrone, MD, MBA Internal Medicine and Personal Development Coach. Rochester General Hospital Emergency Department, 1425 Portland Ave., Rochester, NY 14621. Robert Giambrone <robmg@rochester.rr.com> PB*

Allison Giordano, MD Child and Adolescent Psychiatry. Flower City Psychiatry, 140 Allens Creek Rd., Suite 200, Rochester, NY 14618; (585) 445-8789.

Sarah Goodenough, RN Nurse and WFPD entrepreneur, co-founder of Kitchen Verde, kitchen-verde.com

Paul Gosink, MD Pathology. PB*

Mala Gupta, MD Internal Medicine, Infectious Disease Specialist. 2400 Clinton Road S, Rochester, NY 14618.

Valentin Guset, MD Internal Medicine/Hospitalist. PB*

Rosalind Hayes, MD Obstetrics and Gynecology, subspecializing in Reproductive Endocrinology and Infertility, including Assisted Reproductive Technologies. Rochester Fertility Care, 1561 Long Pond Rd., Suite 410, Rochester, NY 14625; (585) 453-7760.

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Joanna Heal, MBBS (British medical degree) Hematology. Blood Banking and Transfusion Medicine. 4 Hidden Springs Dr., Pittsford, NY 14534.
18 (585) 341-7699.

Susan Hodes, RN Oncology Nurse. Rochester General Hospital Lipson Cancer Center; (585) 922-4853.
PB*

Diane Holland, RN, MS Wound and Ostomy Care Nurse, Highland Hospital. PB*

Kathleen Hoven, RN, BSN Cardiac Support and Rehabilitation PB*

Julie Joyal, RN PB*

Brian Justice, DC Medical Director for Excellus Blue Cross Blue Shield's Pathway Development and Spine Program.

Samira Khera, MD General Surgery. Rochester Regional Hospital. PB*

Connie Lawrence, DNP, MS, FNP-BC Director of RN-BSN Program and Instructor, SUNY Brockport.
(585) 395-5732 / (585) 395-8005; cflawren@brockport.edu PB*

Scott Liebman, MD, MPH Nephrology. Strong Renal Group, 601 Elmwood Ave., #675, Rochester, NY 14642; (585) 442-9201.

Scott MacRae, MD Ophthalmology; LASIK and Advanced Vision Correction. 210 Crittenden Blvd., Rochester, NY 14620; (585) 273-3937. PB*

Paul Manley, PA Highland Hospital. PB*

Robert McCann, MD Internal Medicine, Geriatrics, Hospice and Palliative Care. Chief of Medicine at Highland Hospital. 1000 South Avenue, Rochester, NY 14620; (585) 341-6770. PB*

Kathleen Bryant McCullough, NP Acute Care Nurse Practitioner, Highland Hospital. PB*

Angela McGinnis, NP URMC Cardiology Clinical Group, 2400 South Clinton Ave., Building G, Rochester, NY 14618; (585) 341-7100. PB*

Jennifer McGoff, ACNP Cardiovascular ICU, URMC PB*

Colleen McTammany, PA, ATC Orthopedics. St. James Hospital in Hornell. PB*

Hanna Mieszczanska, MD Cardiology. UR Medicine Heart and Vascular, 2400 S Clinton Ave. Bldg. G, Rochester, NY 14618; (585) 341-7700. PB*

Julia Mitchell, NP Dept. of Psychiatry, Genesee Mental Health Center, 224 Alexander St., Rochester, NY 14607; (585) 922-7791. PB*

Rebeca Monk, MD Nephrology. Clinical Renal Group, 601 Elmwood Ave., #675, Rochester, NY 14642; (585) 275-4517.

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Jennifer Muniak, MD Internal Medicine and Geriatrics/Hospitalist. Dr. Muniak sees hospitalized patients at Highland Hospital and Rehab and Long-Term Care patients at Highlands at Brighton.
jennifer_muniak@urmc.rochester.edu PB*

James A. Murray, DO, FCCP, FAASM Pulmonary Specialist/Critical Care/Sleep Medicine. Unity Hospital; Unity Pulmonary, 1561 Long Pond Rd., Rochester, NY 14626; (585) 723-7575. Offices in Brighton, Greece, and Brockport. PB*

Maggie Odhner, ANP Lead Nurse Practitioner, UR Division of Colorectal Surgery. PB*

Miyeon Oh, MD Hospice and Palliative Care Specialist. Lifetime Care Hospice, 3111 Winton Rd. S., Rochester NY 14623; (585) 214-1000. PB*

Janice Opladen, NP URMC Cardiology Clinical Group, 2400 South Clinton Ave., Building G, Rochester, NY 14618; (585) 341-7100. PB*

Jean Oswald RN, CA, CPC Hospice Nurse at Shepherd Home in Penfield. Health & Wellness Consultant at Compassionate Consulting, 1424 Jackson Road, Penfield, NY 14526;
www.compassionateconsulting.com (585) 872-6242; (585) 703-0189.
jean@compassionateconsulting.com "We're all in this together." PB*

Sara Patrawala, MD Internal Medicine/Hospitalist. Assistant Professor of Medicine, Division of Hospital Medicine, Department of Medicine. Strong Memorial Hospital, 601 Elmwood Ave., Rochester, NY 14642.

Jean Pauk, RN PB*

Christine Peck, MPAS Cardiology. Sands Constellation Heart Institute at Unity. PB*

Dharmendra (Dan) Persaud, MD Internal Medicine/Hospitalist. PB*

Doreen Peters, NP Acute Care Nurse. 601 Elmwood Ave, Suite 675, Rochester, NY 14642, (585) 275-4517. Doreen Peters <doreen_peters@urmc.rochester.edu> PB*

Saul Presberg, MD Ophthalmology. 1425 Portland Ave., Rochester, NY 14621; (585) 9224794. PB*

Christy Quaranto, RN Cardiology Practice, Unity Hospital. PB*

Lisa Reno, NP Dept. of Medicine/Endocrinology, 224 Alexander St. #200, Rochester, NY 14607; (585) 922-8400. Rochester General Hospital-affiliated. PB*

Dustin Riccio, MD Emergency Medicine; Rochester Regional Health System Regional President of Operations for Clifton Springs and Newark Wayne.

Nathan Ritter, MD Cardiology. Affiliated with both Strong and Unity hospitals. Receptive to vegan/plant-based approach.

Rochester Colon & Rectal Surgeons Eight physicians; locations in Brighton/Rochester, Irondequoit, Greece, Canandaigua, Geneseo. (585) 222-6566.

Kathleen Roeland, RN, CEN Cardiac Support and Rehabilitation PB*

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Wendy Rosen, MD Psychiatry. 2273 Clinton Ave. South, Rochester, NY 14618;
(585) 473-8180. Wendy Rosen <wrosen@rochester.rr.com>

Paul Rosenfeld, MD Psychiatry, specializing in children. 2273 Clinton Ave. South, Rochester, NY
14618; (585) 292-1910. Paul Rosenfeld <paulrosenfeld@gmail.com> PB*

Amy Rowe, PA-C Geriatrics. ElderONE, Geriatrics, Rochester Regional Health PB*

Kayleen Sagola, PA-C Urgent care, URMC. PB*

Sandra Sarnoski-Roberts, MD Internal Medicine and Emergency Medicine. 601 Elmwood Ave.,
Rochester, NY 14642; (585) 275-9555. PB*

Melissa Schiff, MD Nephrology. 990 South Ave #207, Rochester, NY 14618; (585) 341-6895.

Julia Pilat Schliff, FNP Wound care specialist. Strong Wound Healing Center, 160 Sawgrass Dr #130,
Rochester, NY 14620; (585) 262-9100.

Ronald Schwartz, MD Cardiology. 2400 Clinton Ave. S., Building G, Rochester, NY 14618; (585)
341-7700.

Doria Scortichini, MD Internal Medicine/Cardiology. Heart Care of the Finger Lakes, 1150 NY-5,
Geneva, NY 14456; (315) 789-5758. PB*

Gwy-Suk Seo, MD Radiology. University of Rochester Medical Ctr/Strong PB*

Sandhya Seshadri, PhD, MS, MA. Assistant Professor of Clinical Nursing, URMC; Project Director for
ENGOAL (Engaging Older Adult Learners as Health Researchers). PB*

Simrankaur Shikh, PA-C Endocrine Practice Group, 601 Elmwood Ave., #655, Rochester, NY 14642;
(585) 275-2100.

Amol Shrikhande, MD Nephrology.

Martin Siegrist, PA Huther Doyle, Drug and Alcohol Addiction Treatment Center, 360 East Ave.,
Rochester, NY 14604; (585) 325-5100. PB*

Eric Spitzer, MD Diagnostic Radiology specializing in Neuroradiology. Rochester Radiology
Associates: Rochester General Hospital and RG Medical Office Building, 1415 Portland Ave., Suite 190,
Rochester, NY 14621 and other locations; (585) 336-5000. PB*

Maryanne Stahlecker-Etter, NP see **Maryanne Etter, NP** in Specialists.

Laura Stannard, FNP-C, MS Assistant Professor, School of Nursing, St. John Fisher College.

Kathleen Steele, RN PB*

David H. Stern, MD Anesthesiology. Associate Professor of Anesthesiology, Box 604, Dept. of
Anesthesiology, 601 Elmwood Ave., Rochester, NY 14642; (585) 275-2141. Dr. Stern does not accept
private patients, but does discuss plant-based diet with selected patients in the pre- and post-operative

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

setting and can suggest resources for further dietary management. He has presented Grand Rounds lectures on diet and disease to physicians and nurses at Strong Memorial Hospital.

Patricia Stewart, NP, MS in Advanced Practice Nursing and in Organization Management Works at RGH in Anesthesia and Occupational Health. 1415 Portland Ave., Rochester, NY 14621; (585) 922-9308. PB*

Jo Ann Streb, NP Psychiatry/Mental Health. 774 W. Main St., Rochester, NY 14611; (585) 279-5609. PB*

Francisco Tausk, MD Professor of Dermatology and Psychiatry, University of Rochester, School of Medicine. University Dermatology Associates, 400 Red Creek Drive, Suite 200, Rochester NY 14623; (585) 275-7546. Head of nation's only center for Integrated Dermatology.
<francisco_tausk@urmc.rochester.edu> PB*

John (Chad) Teeters, MD Cardiology; Chief of Cardiology at Highland Hospital? Head of Accountable Health Partners. Dr. Teeters lost 60 pounds after going on a vegan diet while he was taking the Plant-Based Diet course at Highland Hospital. You can read his testimonial at rochesterlifestylemedicine.com/testimonials/ Highland Hospital is at 1000 South Ave., Rochester NY 14620; (585) 341-6780. PB*

Jo Ann Timkey, RN Works at General Motors facility at 1000 Lexington Ave. PB*

Cheryl Tisler, MD Integrative Psychiatry. 672 Pittsford-Victor Rd., Pittsford, NY 14534 (Bushnell's Basin). Seeing people age 16 and up for psychiatric evaluations, treatment with psychotherapy, medication, nutrition and alternative treatments and recommendations, or a combination. Private practice. Phone (585) 394-6656. Website CherylTislerMD.com PB*

Laticia Valle, MD Endocrinology and Diabetes. 1000 South Ave., Rochester, NY 14620; (585) 341-6775. PB*

Catherine Wall, MD Endocrinology, Diabetes and Metabolism. 601 Elmwood Ave., Ste 693, Rochester, NY, 14642; (585) 275-2901. PB*

Roy Wiener, MD Cardiology. Rochester Cardiopulmonary Group, 140 Canal View Boulevard, #102 Rochester, NY 14623; (585) 338-2700. PB*

Sara Willistein, PA-C Cardiology. 222 Alexander St Ste 3000, Rochester, New York 14607; (585) 922-8350. PA*

Michael E. Yurcheson, MD Neurology. UR Medicine Neurology, 2337 South Clinton Ave., Rochester, NY 14618; (585) 341-7575. Jumpstart*

PHYSICIANS who are certified by the American Board of Lifestyle Medicine (ABLM):

In 2017, the American Board of Lifestyle Medicine began offering a certification examination in Lifestyle Medicine. We are proud to say that the Rochester area has a growing number of physicians who have earned this certification. You will find fuller information on each physician earlier in this list. Health professionals other than physicians and DO's (Doctors of Osteopathy) may also earn certification in Lifestyle Medicine by the American College of Lifestyle Medicine.

Ted D. Barnett, MD

Josephine Ellis, MD

Susan M. Friedman, MD

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Tim Geen, MD
Kerry Graff, MD
Scott Liebman, MD
Karen Nead, MD
Laura Petrescu, MD
Tom Roberts, MD
Sandra Sarnoski-Roberts, MD
Natasha Sodhi, MD

DENTISTS

Frederick Clasquin, DMD 56 Market St., Brockport, NY 14420; (585) 637-4430. PB*

Michael Gburek, DDS Summit Family Dental Care, 34 Duncan St, Warsaw, NY 14569; (585) 786-3676. PB*

Dan Glowinsky, DDS Small to Tall Dentistry for Children, 3171 Chili Ave #400, Rochester, NY 14624; (585) 889-1290. PB*

Bhumija Gupta, DDM 625 Elmwood Ave., Rochester, NY 14620

Cheryl Kelley, DMD Pediatric Dentist. Diplomat Pediatric Dentistry, 370 White Spruce Blvd., Rochester, NY 14472; (585) 424-5005. “ I have been vegan for approximately 2 years, vegetarian for over 30. My 4 children have been vegetarians since birth. My pediatric practice of dentistry is preventatively based and holistic. We have a team based approach and include the whole family.”

Arlene Messer, DDS Contemporary Dentistry, 2052 Clinton Ave. S., Rochester, NY 14618; (585) 244-3337.

Nicholas Nicosia, DDS Nicosia Dental, PLLC, 980 Westfall Rd., #120, Rochester, NY 14618; (585) 442-6600. PB*

Josue Padilla, DDS Progressive Implantology & Periodontics; 151 Sully's Trail, Pittsford NY 14534; (585) 385-4867.

Jeffrey Panara, DDS Fairport Family Dental, 83 Main St., Fairport, NY 14450; (585) 223-9323.

Mary Ann Panara, DDS Fairport Family Dental, 83 Main St., Fairport, NY 14450; (585) 223-9323.

Harry Rosen, DDS East Avenue Dentistry, 1641 East Ave., Rochester, NY 14610; (585) 482-5504. PB*

Carl Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

Craig Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

Judith Shea, DDS Pediatric Dentistry. 2669 Chili Ave, Rochester, NY 14624; (585) 247-6230. PB*

Leonard Van Wyk, DDS 3032 St. Paul Blvd., Rochester, NY 14617; (585) 266-2321. PB*

Lisa Marie Yerke, DDS Periodontics.

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Thomas Zahavi, DDS. Periodontal Health Specialists, 1815 Clinton Ave. S., #510, Rochester, NY 14618; (585) 473-7600.

VEG-FRIENDLY DIETITIANS (Some who work in a clinical setting may not take private patients.)

Angela Baker, RD

Jean Bauch, RD 687 Lee Rd., Suite 160, Rochester, NY 14606; (585) 254-4152.

Julie L. Black, RD Works at Highland Hospital. PB*

Laurie Boone, BS-Dietetics PB*

Sue Czap, RD, CSO, CDN. Dietitian and Board Certified Specialist in Oncology. Pluta Cancer Center, 125 Red Creek Drive, Rochester, NY 14623.

Alexandra (Sandi) DeWispelaere, CNHP, CH Certified Natural Health Professional, Certified Herbalist, and Health Minister for Hallelujah Acres. Offers nutrition counseling through Oasis, where she has taught for 12 years. Oasis is a non-profit educational organization whose mission is “to see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives.” oasisnet.org Sandi also attends the PCRM plant-based nutrition conference in Washington, DC. <sandi49@frontiernet.net>

Joan Entwistle, RD, MS Ed., CDN Renal care. Joan Entwistle <jentwis1@rochester.rr.com>

Julia Inglis, PhD, RD Nutrition researcher on cancer at the University of Rochester Medical Center. Dr. Inglis taught nutrition science at Florida State University, and has worked on vegan and vegetarian meals-on-wheels.

Sue Keleher, RD Dietitian, Lake Plains Renal Dialysis, 11020 W. Center St., Medina, NY 14103. Susan Keleher <tzujan5@yahoo.com> PB*; RLM*

Elizabeth Kirk, RD, CDN Specializes in Renal Nutrition. 31 Chi Mar Drive, Rochester, NY 14624; (585) 766-8157. Practices with Rochester Lifestyle Medicine, roclifemed.com PB*

Emily Cope Kyle, MS, RDN emilykylenutrition.com Website and recipes are not entirely vegan, but this practitioner will work well with vegan clients.

Joanna Lipp, RD Works with cancer inpatients at Strong Memorial Hospital, specializing in hematology/oncology and bone marrow transplants. <joanna_lipp@urmc.rochester.edu>

Kelly Lytle, RD PB*

Margaret Perkins Student pursuing RD. Status? PB*

Linda Rowsick Mitchell, RD, CD-N Has eCornell certificate in Plant Based Nutrition (from the T. Colin Campbell Center for Nutrition Studies) and works with vegetarian and vegan clients. linda.rowsick@thompsonhealth.org; (585) 396-6285; (cell) (585) 397-8237; appointments at (585) 396-6910. RLM*

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Lynn Raffeto Moll, RD Lead Dietitian Nutrition Specialist at Anthony L. Jordan Health Center; (585) 423-5878; lmoll@jordanhealth.org PB*

Brianna Newell, MS in Nutrition/Dietetics Intern. Works at Jewish Home.

Jen Nguyen, RDN Director of Nutrition at Sweet Pea Plant-Based Kitchen, sweetpeaplantbased.com. Sweet Pea offers “a personalized, four-week nutrition coaching program ... that includes a customized nutrition plan for your health goals, daily meals, weekly one-on-one coaching sessions, before and after readings of your blood pressure, cholesterol, and body weight, the education you need to inform and motivate your nutrition decisions, and lots of support.”

Joan Schwabe, RD PB*

Sharon Stall, RD, MPH Specializes in Renal Nutrition. 221 Wilshire Rd., Rochester, NY 14618; (585) 473-5274.

Darlene Steele, RD Fresenius Kidney Care.

Patricia Stewart, RD, PhD (in physiology) Faculty member in the Department of Pediatrics at the University of Rochester Medical Center. Among other responsibilities, Dr. Stewart is the Nutrition Coordinator for the Leadership Education in Adolescent Health Training program in the Department of Pediatrics and is the Nutrition Theme Director for the medical school curriculum. (585) 275-3918; patricia_stewart@urmc.rochester.edu

Joy Valvano, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560 Joy Valvano <joyvalvano@gmail.com> PB*

Alyssa Van Valkenburg, RD Has worked with Tom Campbell, MD at the Weight Management & Lifestyle Center at Highland Hospital.

Elizabeth Woodworth, RD Clinical dietitian at URM; owner of Eat Well Elle nutrition counseling. elizabeth_woodworth@urmc.rochester.edu; eatwellelle@gmail.com PB*

Cassie Wright, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560.

OTHER HEALTH PROFESSIONALS

Yoka Adar-Stam, PT Physical Therapy. 540 White Spruce Blvd, Rochester, NY PB*

Trish Amish Psychologist

Caroline Atti, LMHC (Licensed Mental Health Counselor) 95 Allens Creek Rd., Building 2, Suite 13, Rochester, NY 14618; (585) 451-9607.

Helena Boersma, LMHC (Licensed Mental Health Counselor), **NCC, IIN** Integrative Health and Wellness Counselor, 2000 S. Winton Rd., Building 4, Suite 200, Rochester, NY 14618; (585) 415-3638.

Joseph P. Carlino, LCSW-R More than 30 years of experience in counseling. PB*

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Sisi Chen, MS, LMHC (Licensed Mental Health Counselor) 160 Allens Creek Rd., Rochester, NY 14618; (585) 330-6373; sisilisa@gmail.com. PB*

MaryLynn Dandrea, MS Pharmacy. Park Ridge Apothecary, 1561 Long Pond Rd., Rochester, NY 14626; (585) 723-7340. PB*

Mary (Molly) Deutschbein, LMT, CST. Licensed massage therapist who uses Arvigo Therapy in her bodywork practice. 720 East Ave., Rochester, NY 14607; (585) 746-4682.

Gayle Elledge, MS, RD, JD Office of Sponsored Research, Rochester Regional Health. PB*

Rosemary T. Foos, LCSW-R Counseling & Psychotherapy private practice. 1120 Crosspointe Lane Suite 4B, Webster, NY 14580 (585) 727-4463 www.fooscounseling.com RLM*

Karen Genett, MS, CRRN-BC, ANP-BC Assistant Professor of Clinical Nursing, University of Rochester. PB*

Ruth B. Goldberg, PhD Clinical Psychology. 95 Allens Creek Rd., Building 2, Suite 212, Rochester 14618. (585) 271-3050, Ext. 2. PB*; RLM*

Mark Hasman Public Health. PB*

Peg Haust-Arliss, LCSW-R, CHHP is a certified cognitive therapist, life coach and vegan lifestyle coach. In addition to her psychotherapy practice, she is an AADP certified holistic health coach and completed programs at the Institute for Integrated Nutrition and the Vegetarian Institute's Vegan Mastery Course. Visit PegHaust.com, contact peg@PegHaust.com, or call (315) 398-1989. RLM*

Leena Isac, LMSW Psychotherapist. 1577 South Ave., Rochester, NY 14620; (585) 270-1491. RLM*

Danielle Major Phlebotomist. PB*

Gayle Manfre, LMFT (Licensed Marriage and Family Therapist) 255 Commodore Parkway, Rochester, NY 14625; (585) 267-7593; 203-1501.

Ann Moser, LCSW Clinical social work/therapist. 5 Morven Rd., Rochester, NY 14610; (585) 202-3225. annmoser8@gmail.com

Samuel H. Nelson, PhD is a Guild Certified Feldenkrais Practitioner who has been practicing in Rochester since his graduation in 1987. The co-author of "Singing with Your Whole Self: the Feldenkrais Method and Voice," he offers both Awareness Through Movement classes and Functional Integration one on one work. He can be reached via email at samnel@aol.com or by phone at (585) 271-5296. For more info visit samhnelson.com.

Marsha Raines, LMSW, C-ASWCM. Marsha Raines & Associates, Elder Care Consulting and Care Management, 95 Allens Creek, Bldg. 1, Suite 106, Rochester, NY 14618; (585) 271-0400. <http://www.raineseldercare.com> PB*; RLM*

Letty Leslie Salas-Estrada Biophysics, Structural and Computational Biology Program at University of Rochester School of Medicine and Dentistry. Doing work on lipids and fatty acids in human nutrition. leslie.saes@gmail.com PB*

Linda Sardisco Radiology Technician and yoga instructor. PB*

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Sue Staropoli, MA Therapy and Counseling. (585) 586-4007 <http://suestar.com/healing-our-hearts/>
Sue Staropoli <suestar1@rochester.rr.com> PB*

Stacey Steinmiller, LCSW Psychotherapist who specializes in treating clients who have experienced trauma, especially childhood trauma, and are experiencing issues as a result of their past. Authentic Self Counseling, 595 Blossom Road, Suite #315, Rochester, NY 14610 (585) 967-6996.
www.ascounseling.com "True happiness comes from within"

Estalyn Walcoff, MA Mental health consultant who emphasizes lifestyle and alternative approaches such as meditation. Does couples counseling. 121 Southwood Lane, Rochester, NY 14618; (585) 442-3440.

Robert Wasson, LAC (Licensed Associate Counselor), Empire Acupuncture, 1651 Empire Blvd., Webster, NY 14580; (585) 671-9390. PB*

William Watson, PhD Psychology. 300 Crittenden Blvd., Rochester, NY 14642; (585) 275-6733. Associate Professor, Department of Psychiatry, Family/Marriage, University of Rochester Medical Center. PB*

Xiaozhong Wen, PhD Assistant Professor of Pediatrics, University of Buffalo School of Medicine and Biomedical Sciences. Specialty Public Health and Preventive. Currently working on epidemiological analyses and interventions related to obesity; studying vegetarian diet in pregnancy to prevent gestational diabetes and offspring obesity. (716) 829-6811; xiaozhon@buffalo.edu PB*

Jasmine Wood. URMIC medical or dental student. PB*

VEGAN COACHES:

Sandy Van Allen Baker Trained lifestyle coach as well as teacher (she is a certified Physicians Committee for Responsible Medicine Food for Life instructor), Sandy Van Allen Baker grew up working in her family's organic garden, and later the retail/wholesale produce business, Sandy Van Allen's Fruit Stand. She authored the cookbooklet "Fancy Fruits and Varied Vegetables." Sandy presents tours of Rochester's ethnic markets, gourmet specialty markets, and Healthy You: Food, Herbs and Ancient Practices. She also teaches seasonal plant-based cooking and nutrition classes, and food art workshops. Her specialty is gourmet cooking, using sustainable, organic, locally-grown produce as much as possible. Sandy can be reached at (585) 338-2247, or Sandy@Bluefrog.com PB*

Melaney Bernhardt is an AADP certified Integrative Nutrition Health Coach, and is also certified in T. Colin Campbell's Plant Based Nutrition course through eCornell. She is currently working on her NET certification through Dr. Joel Fuhman. Ms. Bernhardt has taught smoothie making, juicing and general healthy eating through Brighton Continuing Ed. Contact her via e-mail melaney@frontiernet.net or call (585) 683-3680. RLM*

Ian Cramer Wellness coach, competitive cyclist, and blogger (The Ian Cramer Podcast); plant-basedcyclist.com.

Lee Doyle Certified Personal Trainer (585) 455-6845; leesdoyle@gmail.com. Presents an 8-session program in Strength Through Motion.

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Phyllis Fleischman Health Coach and Cooking Instructor; has the eCornell Plant-Based Nutrition Certificate and Rouxbe Plant-Based Professional Cooking certificate.
p_fleischman@hotmail.com; (585) 298-6012 RLM*

Rosemary Foos, LCSW-R completed the eCornell Certification in Plant-Based Nutrition as well as the Rouxbe Culinary School's 3 month course in Plant-Based Cooking. In addition, she worked as a vegan coach with The Ghosts In Our Machine (documentary film) from 2011-2014. As a counselor by profession, Rosemary style is supportive, encouraging and motivational to those interested in exploring a vegan way of life. Contact Rosemary Foos at (585) 727-4463 or email RosemaryFoos@gmail.com
RLM*

Regina Geames Health Coach.

Jane Giambrone, RN Certified Diabetes Educator, Unity Hospital; Certified Professional Life Coach.
Jane Giambrone <janegiam@rochester.rr.com> PB*

Robert Giambrone, MD, MBA Internal Medicine and Personal Development Coach. Rochester General Hospital Emergency Department, 1425 Portland Ave., Rochester, NY 14621. Robert Giambrone <robmg@rochester.rr.com> PB*

Elizabeth Greenwald, MS, CSCS (Certified Strength and Conditioning Specialist), **ACSM EP-C** (American College of Sports Medicine Certified Exercise Physiologist) Certified in T. Colin Campbell's Plant Based Nutrition course through eCornell. Food For Life Instructor. Wellness instructor, fitness coach. PB*

Linda Heeler, PCC (Professional Certified Coach). Live Inspired Life Coaching, liveinspiredlifecoaching.com

Sandy Hicks Yoga Instructor. Grounded By Yoga; classes at 1 Wellness Way, Bloomfield, NY 14469 and also in Canandaigua. Teacher training available. <http://www.groundedbyyoga.com>

Darcie Johnson Health Coach, Meditation Instructor.

Rebecca Kelly, RN and Health and Wellness Coach. Rochester Regional Health Family and Lifestyle Medicine, 401 South Main St., Suite 200, Canandaigua, NY 14424; (585) 394-1875. PB*

Maggie Leonard Certified health coach. PB*

Gia Lioi, CSCS, LMT, RYT Exercise Physiologist Health Coach, NYS license massage therapist with over 18 years of experience. Ms. Lioi is an exercise physiologist certified as a strength and conditioning coach (CSCS) through the National Strength and Conditioning Association (NSCA). In 2017, she completed health coaching certification through Integrative Nutrition, studied plant-based nutrition through eCornell, and completed the Rouxbe Plant-Based Professional Cooking course. Certified Iyengar Yoga Instructor. Believes in taking a holistic approach to healing and offer many services to clients. (585) 944-646; gialioi.com; gialioi09@gmail.com

Jean Longchamps PMA Certified Pilates Teacher; pilatesbyjean@gmail.com; (585) 236-4227.

Alexis N. MacDonald is a Vegan Lifestyle Coach and Educator certified by the Main Street Vegan Academy in NYC. She also is the baker at the vegan Red Fern Restaurant at 283 Oxford Street! Alexis MacDonald <alexisnmacdonald@gmail.com> PB*

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of Nov. 2020)
Compiled by Rochester Lifestyle Medicine Institute and Rochester Area Vegan Society

Adrienne Markus, MS, CHHP is an AADP Certified Holistic Health Coach, Nutrition Consultant, and Juice Plus distributor. She sees clients at either her office in Brighton or the JCC, where she is a staff Health Coach and Nutrition Consultant. In addition to one-on-one coaching, Markus helps people simplify their approach to shopping and cooking with her program, The Kitchen Cleanse, which involves such services as grocery store tours, farmers market tours, and pantry makeovers. (585) 943-4136; www.adriennemarkus.com PB*

Wanda Miller Wellness Coach at Scotland YMCA. Has the eCornell Plant-Based Nutrition Certificate and supports Whole-Food Plant-Based Nutrition with emphasis on avoiding salt, oil, sugar (SOS). “I’ve helped moms, grandparents, teens, deaf, those with special needs and/or in rehab.”

Lori Nolan Certified Integrative Nutrition Health Coach; board-certified with AADP (American Association of Drugless Practitioners). Arbor Health, 613 Pittsford-Victor Rd., Pittsford NY 14534; (585) 755-1880. www.balancedlife.life

Ann Pompa WFPB cooking instructor

Michelle (Bubbie) Staron Food For Life cooking Instructor. theplantbasedheart.com RLM*

Tara Sullivan Yoga Instructor. <Tara@tara-sullivan.com>

Lisa Svengsouk WFPB entrepreneur; coordinates WFPB cooking classes with Ann Pompa

Kim Taylor AADP-certified Holistic Health Practitioner, life coach, and WFPB cooking instructor.

Sue Taylor is a Certified Integrative Nutrition Health Coach, registered with the AADP and IAHC (International Association of Health Coaches). In addition, Sue has the eCornell Plant-Based Nutrition Certificate; and has taken the Rouxbe/Forks Over Knives Plant-Based Cooking Course and the Blueprint for a Healthy Life: Foundational Pillars for Toxic-Free Living through Lara Adler, Environmental Toxins Expert. Contact information: email: staylor51@rochester.rr.com; phone: (585) 472-3065; website: suetaylor.co PB*;

LIFESTYLE MEDICINE PRACTICES AND PROGRAMS

The **Rochester Lifestyle Medicine Group** practices Lifestyle Medicine (LM) as a specialty. Offers LM consults and provides the medical care for programs offered by the **Rochester Lifestyle Medicine Institute**, such as CHIP and Jumpstart. To schedule a Lifestyle Medicine consult with a Rochester Lifestyle Medicine provider, call (585) 484-1254, or email info@roclifemed.com

CHIP Program offered by **Rochester Lifestyle Medicine Institute**: Intensive lifestyle program using plant-based nutrition to prevent and reverse chronic disease, in a medically supervised setting. Visit <https://rochesterlifestylemedicine.com> or call (585) 484-1254.

Jumpstart Program offered by **Rochester Lifestyle Medicine Institute**: 15-day medically-supervised program using very low-fat whole-food plant-based diet to break the cycle of chronic disease. Visit <https://rochesterlifestylemedicine.com> or call (585) 484-1254.

“A Plant-Based Diet: Eating for Happiness and Health”: Class offered by the **Rochester Lifestyle Medicine Institute** and taught by Ted D. Barnett, MD; includes food samples and recipes. Eligible for continuing education credit for physicians and other health professionals. For info on upcoming classes,

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go to roclifemed.com; for handouts and videos from the course, <https://rochesterlifestylemedicine.com/resources/nutrition-course/>

Weight Management & Lifestyle Center at Highland Hospital offers a Plant-Based Diet option staffed by Thomas Campbell, MD, Erin Campbell, MD, MPH, and a plant-based registered dietitian (RD). Individual consultations available. Twenty-six session series on plant-based diet offers the opportunity to start the program any time the patient wishes. Each session includes a catered meal.
<https://www.urmc.rochester.edu/highland/weight-management-lifestyle-center.aspx>

Rochester Regional Health Family & Lifestyle Medicine-Canandaigua with Kerry Graff, MD

PRACTITIONERS WHO FOCUS ON OTHER “PILLARS” OF LIFESTYLE MEDICINE

Jane Dorsey, MSN, FNP, L.Ac Sleep medicine. See full listing above under PCP’s.

Michael Krasner, MD Internal Medicine. Mindfulness. Olsan Medical Group, 2400 Clinton Ave. S., Building H, Suite 230, Rochester, NY 14618. Not accepting new patients.

Tricia Luck, MBChB (British medical degree) Mindfulness.

James A. Murray, DO, FCCP, FAASM Sleep Medicine. See full listing above under Specialists. PB*

Holly Russell, MD Family Medicine. Exercise.

Geoffrey Williams, MD, PhD Smoking cessation.

Joanne Wu, MD Internal Medicine, Pain Management. Rochester Regional Health (585) 723-7705

ALSO: you may want to consult the Rochester Wellness Guide: <http://rochesterwellnessguide.com>

HALL OF FAME

Retired or out-of-town health professionals with Lifestyle Medicine orientation:

Stas Amato, MD U. of Rochester School of Medicine graduate. General Surgery Resident at University of Vermont Medical Center, Burlington, VT. Has done research in plant-based parenteral nutrition. Has Rochester roots. PB*

James Fetten, MD Has moved from Rochester NY area. Hematology/Oncology. Dr. Fetten treats Lung cancer; Breast cancer; Colon cancer; Pancreatic cancer; Prostate cancer; Gastric cancer; Esophageal cancer; Head and neck cancers; Lymphoma; Melanoma; and Myeloma.

Henry Hess, MD, PhD (in Chemistry) Retired. Obstetrics and Gynecology, specializing in Gynecology and Menopause Management. Author of book on menopause: <http://www.amazon.com/The-Perfect-Menopause-Steps-Best/dp/1604029358>

Robert Israel, MD Retired. Internal Medicine, Pulmonology and Sleep Medicine. PB*

Mary Claire Hill Wise, MD Retired. Family Medicine. PB* (sometimes goes by last name Carlino)

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