



# MY THOUGHTS

# Springing Into Health

s we step into this vibrant season of renewal, we are excited to present the Spring 2025 issue of Health Matters, where we share remarkable stories of resilience, transformation and hope. These stories illustrate why Augusta Health is focused on strategies to enhance access to care, equip our clinicians with state-of-theart equipment and explore innovative technologies that are making healthcare more effective and driving better outcomes.

In this issue, you will see how our Hereditary and High-Risk Clinic has empowered Augusta Health team member Kelsey Jamison to address a long family history of cancer. Through early clinical detection and personalized prevention strategies, Kelsey has been able to take control of her health and make informed decisions that could significantly reduce her risk of cancer, paving the way for a healthier future.

Together, we are working to strengthen the health and well-being of all people in our communities.

You'll also learn about the power of physical therapy as we highlight Matt Turner's inspiring journey using a ceiling-mounted robotic gait technology and safety system to regain mobility and confidence after a catastrophic leg break. Through dedicated rehabilitation and personalized therapy, Matt has not only worked hard to restore his physical strength, but also overcome the emotional challenges of recovering from such a traumatic injury. He has grown stronger with each step, proving that resilience and determination can lead to incredible transformation.

We are also thrilled to share the inspiring story of 83-yearold Wenda Henderson, who recently graduated from Cardiac Rehab's Intensive Cardiac Rehab (ICR) program after receiving a stent for an artery blockage. Her journey exemplifies how personalized therapy, heart-healthy nutrition, exercise and a positive mindset can profoundly impact recovery and overall well-being. Through a tailored approach to improve her cardiovascular strength, help her make nutritious dietary choices and become more mentally resilient, Wenda has made remarkable strides in reclaiming her health.

Lastly, we invite you to read about how Augusta Health Foundation continues to make a profound difference at Augusta Health by supporting patients on their health journeys and funding resources and education to help clinicians provide the best care. You'll also learn how you can support the Foundation's mission through volunteering, donations or spreading awareness, helping to ensure that Augusta Health's transformative work touches more lives.

As we continue to enhance care, we recognize that the healthcare industry is facing significant challenges. Growing concerns about federal Medicaid policy, an increase in the number of patients over age 65 and reimbursement reforms threaten healthcare in the future. We want you to know that Augusta Health is leading the fight to protect the high standard of care we deliver to our communities as we meet regularly with state and federal legislators. We welcome the support and involvement of our communities, providers and Board of Directors, who amplify our efforts to create a stronger, more compassionate health system.

From our Board's strategic vision to the hands-on expertise of our providers, the dedication of our team members, and the support of our partners aligned with our mission—every individual plays a crucial role in our community-based approach to healthcare. Together, we are working to strengthen the health and well-being of *all* people in our communities.

Thank you for joining us on this journey, and we hope you enjoy the stories of hope and healing in this issue!

Mary N. Mannix, FACHE

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President and Chief Executive Officer, Augusta Health

### **Health Matters**

#### THE MAGAZINE OF **AUGUSTA HEALTH**

Serving the cities of Staunton and Waynesboro, and Augusta County and its surrounding communities.

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The information contained herein is not a substitute for professional medical care or advice. If you have medical concerns, seek the guidance of a healthcare professional. Health Matters aims to connect the community with healthcare experts within Augusta Health to learn more about issues that may be affecting your health. If you are not receiving *Health* Matters, you can view it or request to be added to the mailing list at augustahealth.com/health-matters.









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The Hereditary and High-Risk Clinic at Augusta Health has become an essential resource for patients facing an elevated risk of developing cancer. The clinic, which opened in 2018, integrates advanced genetic testing, personalized screening schedules and comprehensive support services aimed at early detection and prevention.

"If someone's at a higher risk for cancer, we follow them more closely and screen them differently than everybody else," says Tonia Markel, FNP-C, MSN, a nurse practitioner at the clinic. "The whole point is that if we know they're at a higher risk, we watch them more closely in hopes of catching something early or before it turns into cancer."

Many patients come to the clinic due to a personal or family history of cancer. Genetic testing is often the first step, which involves a blood draw that is sent for analysis.

"If they have a positive test result—meaning a gene mutation—we offer them the high-risk clinic,"

Tonia says.

The clinic isn't solely focused on genetic muta-

tions—it also serves women with an elevated risk for breast cancer due to factors such as family history, reproductive history and breast density. These patients typically

receive screenings twice a year, including mammograms and MRIs, coupled with lifestyle counseling from dietitians and fitness

coaches—services provided at no additional cost. According to Tonia, lifestyle changes alone can reduce cancer risk by 30-40 percent.

In 2024 alone, the clinic handled 788 referrals and conducted genetic testing on 489 individuals. The intensive screening process led to the discovery of nine new breast cancer cases in just eight months, mostly detected through advanced imaging techniques not typically offered to the general population.

"If someone's at a higher risk for cancer, we follow them more closely and screen them differently than everybody else."

—Tonia Markel, FNP-C, MSN

"Most of those we found on breast MRI, which is not something that the general population is typically screened with," says Tonia.

One such patient who benefited from the clinic's proactive approach is Kelsey Jamison, a 33-year-old nuclear medicine technologist at Augusta Health. With a daunting family history of cancer, including an aunt diagnosed with breast cancer at 41 and a cousin at 39, Kelsey has known since her early 20s that she was at significant risk.

"All of the women on my granddad's side got breast cancer, and two of those did die from their breast cancer," she says.

After ongoing concerns and a referral to the clinic, Kelsey opted for genetic testing and discovered she was positive for the BRCA2 gene mutation, which

greatly increases her risk of breast and ovarian cancers.

Faced with this information, Kelsey made the courageous decision to undergo a prophylactic double mastectomy.

"Reality hits you that, oh, I'm having my breasts removed and I don't have breast cancer," she says.

However, this decision reduced her risk of developing breast cancer from 60-80 percent down to approximately five percent. She also chose to delay surgery to remove her ovaries and fallopian tubes due to the absence of ovarian cancer in her family history, opting instead for regular monitoring for now.

Kelsey greatly appreciates the emotional support and thorough care she received at the Hereditary and High-Risk Clinic, which also facilitated free genetic testing for her family members, revealing that the gene mutation came from her father's side.

The impact of the clinic extends beyond individual patients, offering crucial early detection and prevention strategies that protect entire families. Early detection often means less invasive treatments and significantly improved outcomes.

"When you catch cancer early, it's more treatable," says Tonia. "And it can make a big difference in the outcome."

To schedule your cancer risk assessment, call (540) 245-7145.



# Varun Jain, MD

Your Sports Medicine Specialist at Augusta Health

Varun Jain, MD, spent his early years in Kuwait before moving to Canada with his family, where his passion for sports blossomed. His lifelong love of sports led to a deep curiosity about the injuries he'd witness on televised games or in person while participating in activities ranging from soccer and basketball to tennis and martial arts, including injuries he would experience himself.

This curiosity later sent him to the Caribbean, where he began his medical education. Dr. Jain later ventured to the U.S. for medical rotations and a family medicine residency in North Dakota with a one-year fellowship at the University of North Dakota for Sports Medicine.

At Augusta Health Sports Medicine, Dr. Jain finds the answers to the questions he had as a child—how did that injury happen, how will they heal, and how will it impact their lives?

#### How did sports impact your life?

I was always interested in sports—watching sports and playing sports—and anytime there were injuries on TV, or any of the athletes I was playing with were injured, I was always interested in what happened, why it happened, how long it can take to get better, and whether they would ever be able to get back to their normal self. Those are also the big questions many of my patients have, "When will I be able to return to my normal activities?"

However, as I grew up, I realized that the same injuries and questions arose for people like my parents or other members of society doing their jobs, whether that be a desk job or manual labor. That's why it was always interesting to see how injuries affect people and myself, too. When I tore my ACL, I experienced firsthand how the injury affected my lifestyle, my physical and mental health. Sports and exercise are not only good for our physical well-being, but also our mental well-being. That is what got me interested in sports medicine.

## What are common misconceptions about sports medicine?

The biggest misconception about sports medicine is that we only deal with athletes. We also deal with the general



population, whether it's children in middle school or elementary school or geriatric patients; we see people of all ages, from all aspects of society.

# What can sports medicine offer patients?

After an initial evaluation, we'll typically start with X-rays and possibly move on to an ultrasound or MRI, which physicians utilize for injections and evaluating strains and ligament tears to develop a deeper understanding of the affected structures. Once we come up with a diagnosis, we discuss the possibilities for care, which could be PRP injections, shockwave therapy, steroid injections or physical therapy. We work closely with the orthopedic surgeons to determine whether surgical evaluation and intervention are needed. We focus on how we can regain a patient's strength and get them back to a safe activity level.

To schedule an appointment with a sports medicine specialist today, call (833) AHC-HLTH.



# Augusta Health Primary Care **Expands to Harrisonburg**



#### **Primary Care**

ugusta Health is excited to announce the expansion of our primary care services to the Rockingham Family Physicians practice, a true cornerstone of the Harrisonburg community for the past 33 years.

"The Rockingham Family Physicians practice has worked for decades to create timely access to high-quality primary care," says Kris Doan, President of Augusta Medical Group. "They have built a remarkable practice and we are extremely proud to have them continue that care as part of the Augusta Health team."

The ribbon-cutting ceremony held in late September 2024 marked the official start of this partnership designed to expand access and enhance care. Our team, consisting of three doctors and three nurse practitioners, offers general primary care services, like annual physicals, and specialty services, like chronic disease management, to foster compassionate, comprehensive care.

Access to high quality primary care is vital in preventing illnesses and addressing concerns before they progress into more serious conditions that require specialty care.

"Our goal is to prevent problems to the best of our ability, by keeping up with immunizations and screenings—whatever needs to be done to help prevent illnesses down the road," says Kerry Leichty, MD, a primary care physician at Augusta Health Primary Care, Harrisonburg.

"With primary care playing an important role in promoting overall health, we are proud to expand the Rockingham Family Physicians practice's services and offer their team the tools they need to improve the health of the community we share," Doan says. "Primary care is the gateway to medicine."

The Augusta
Health primary
care team eagerly
cuts the ribbon
on the expanded
Rockingham
Family Physicians
practice in the
Harrisonburg
community.

To schedule a primary care appointment, call (833) AHC-HLTH.

# Augusta Health Primary Care, Harrisonburg (Rockingham Family Physicians)

Address: 1751 Erickson Ave., Harrisonburg, VA 22801 Hours: Monday-Friday 9 a.m.-5:30 p.m.

Our team is well-equipped to offer comprehensive healthcare services for patients of all ages. To drive home our mission to make care more accessible, we accept all major insurance providers, including Medicare and Medicaid, and we offer the convenience of virtual care options.



# Safe and Easy

#### Urology

growing number of men are stepping up to relieve the burden of birth control from their partner's shoulders by choosing to undergo a new type of vasectomy. Theo Cisu, MD, a urologist at Augusta Health, offers a "no-needle/no-scalpel" vasectomy at his offices in Fishersville and Crozet.

Dr. Cisu says the traditional vasectomy has been available since around 1900, but urologists have been looking for ways to make the procedure more comfortable for patients. The procedure that Dr. Cisu uses has been

around since the 1970s but has really gained traction with physicians and patients within the last five years or so.

"There's been a tremendous increase in the number of vasectomies that are being done," says Dr. Cisu. "We've been trying, as with any surgical procedure, to make it better, more efficient, faster and less uncomfortable. Those of us fresh out of medical training are offering the no-needle/no-scalpel approach."

This procedure has the advantage of being minimally invasive and uses only a locally applied anesthesia that is infused through the skin with a jet spray. Dr. Cisu makes a small nick in the skin to access the vas deferens (the tube sperm run through), remove a section and cauterize the ends. He places a small butterfly bandage on the skin, and that's it. The whole procedure takes about 15 minutes.

Dr. Cisu says most patients have very little pain afterward, and they only need tight underwear and acetaminophen for a few days—and no heavy lifting or intense exercise for about a week. "Friday is a popular day for the procedure; most guys can rest over the weekend and be back at work on Monday," he says.

Despite a quick recovery, patients need to remember that after the procedure, sperm are still present in the semen for 60–75 days. Couples should continue to use birth control for three months to avoid pregnancy.

"In addition, people should know this is a permanent form of sterilization and birth control," Dr. Cisu empha-



Theo Cisu, MD, urologist

sizes. "Regardless of what you may hear in the media, it's not easy to reverse a vasectomy, and it would be very expensive. You really must go into it 100 percent sure you want the vasectomy."

Visit Dr. Cisu's website to learn more about this safe, effective and minimally invasive vasectomy at **theocisumd.com/vasectomy**.



#### Physical Therapy

n so many aspects of healthcare, the word "support" gets used a lot. Sometimes it is used in the social or emotional sense, but in physical therapy, having the right kind of support for one's body is absolutely vital.

The Augusta Health Foundation recently provided a grant that allowed the physical therapy department to purchase a new system that literally supports patients who need assistance regaining mobility.

The Bioness Vector Gait and Safety System® is a harness-and-track system that dynamically supports a patient's weight, allowing the physical therapist to have their hands free to direct the patient's activities. Amy Cliborne, PT, says the process starts by entering the patient's height, weight and demographics into the Vector's system. Then, she can change how much weight is offloaded the patient at different moments in the session, depending on what they are doing and how the patient is

responding. The system can also be more or less responsive to what it detects as a fall, which can be changed throughout the session as needed. This allows the patient, once strapped into the harness, to stand, balance and walk without fear of falling.

#### Transforming mobility with safe support

"My patients tend to be very wobbly," says Cliborne, "so being able to work with them on more advanced skills safely with limited or no upper body support allows them to progressively reduce how much they rely on a walker, cane or grab bar. This forces them to use their own bodies to maintain their balance and improve their function, which improves their confidence. This allows us to push patients in a manner that's safe and that they feel comfortable doing."

Cliborne's colleague, Amy Mumbauer, PT, also attests to the usefulness of the Vector system. "Traditionally, when a patient would come in to learn how to stand or walk, they would be more dependent on either a walker, crutches, cane or some type of assistive device to prevent them from falling, and the therapist working with them would have to hold on to the patient really closely. That limits our ability to have our hands free to teach other techniques. With the Vector harness system, we're able to take away those devices much earlier, and we can give patients a better sense of what it would feel like normally if they were just standing on two feet versus compensating with the use of an assistive device."

#### Building confidence after a setback

One patient who has benefited from the Vector system is Waynesboro resident Matt Turner, 46, who suffered a catastrophic break in his leg that required four surgeries to repair. He describes how the system provides more than just physical support. "It gave me a lot of confidence. It offloads weight, but it also allows me to use my leg like I hadn't been able to before because I was scared. Inside my head, even now, the last memory I have of the last step I took wasn't a very good one. So, Vector has definitely given me the confidence to know that my legs are underneath me. I guess it sounds weird, but I was struggling with that. Once I got in the Vector, things started to click. Just recently I've had big breakthroughs with it."

"I'm a classically trained French chef," Matt continues. "I wish that I could get you guys to install one somewhere so that I could go back to work."

NEED PT? If you or a friend need physical therapy, visit augustahealth.com/service/outpatient-physical-therapy for a list of services.



# Cardiac Rehab for

# Lifelong Health

Augusta Health's New Intensive Cardiac Rehabilitation Program is Changing Lives

#### Rehabilitation

ugusta Health recently launched an Intensive Cardiac Rehabilitation (ICR) program, offering a comprehensive approach to heart health recovery. The program aims to enhance patient outcomes through a mix of structured exercises, in-depth education and robust support systems.

Traditional cardiac rehabilitation typically involves hourlong sessions focusing on exercise and brief educational components, but Augusta Health goes further with its ICR program, which features two-hour sessions, equally divided between physical activity and education.

"That education is based on the three pillars of heart health recovery: heart-healthy nutrition, exercise and a healthy mindset," says Justin Hill, Supervisor of Cardiac and Pulmonary Rehabilitation at Augusta Health.



#### The Role of Mindset in Recovery

According to Hill, when a patient believes in their ability to recover, physical outcomes are often improved. To that effect,

the program incorporates stress management techniques, such as deep abdominal breathing and guided imagery, to help patients navigate life's stressors, which can greatly impact heart health.

"A good mindset starts with believing you can do something," Hill says. "The brain is powerful, and you almost have to convince it of the positive things you and your body can do."



#### **Next-Level Education** with Pritikin

To deliver high-quality education, Augusta Health partnered with Pritikin, a company that provides ongoing facility support,

program metrics and comprehensive patient educational materials including videos, presentations and a guidebook of resources and heart-healthy recipes. This collaboration helps ensure patients receive evidence-based information to support their recovery.

"Without Pritikin, we wouldn't be able to do this program," Hill says. "They have a fantastic team that is just as important to us as our team here."



#### Program Launch and Patient Feedback

The ICR program launched in October 2024, with educational classes starting in November. Since its inception, 15

patients have completed the program, and around 60 are currently enrolled. Participants have reported increased energy levels, better sleep quality, weight loss and improved confidence.

One such participant is 83-year-old Wenda Henderson of Staunton, Va., who received a stent for an artery blockage in August last year. She began the ICR program on Nov. 1, 2024, and graduated on Feb. 3, 2025.

"It was a great experience, and I felt supported by the whole team," Henderson says. "I learned so much about how to read food labels and why that's so important to my heart health."



#### Tailored Rehabilitation Plans

Recognizing that each patient's needs are unique, the ICR program offers personalized rehabilitation plans. Whether recovering from a heart attack, stent placement, heart

transplant or open-heart surgery, the program adapts to individual goals and medical histories.

"Every patient is different," Hill says. "We tailor the exercise to what they want to achieve, using various equipment and techniques to help them reach their goals."



#### The Importance of Participation

Engaging in cardiac rehabilitation is crucial for reducing the risk of future heart-related events. Participation

in cardiac rehab can lead to a 25 percent reduction in cardiovascular mortality and a 20 percent decrease in hospital readmissions.

"Patients who don't go through cardiac rehab are more likely to have another heart event within five years," Hill says. "Those who do participate and follow the program have a much higher chance of avoiding future hospitalizations."



#### Commitment to Lifelong Health

The ICR program at Augusta Health is more than a short-term intervention—it's a commitment to lifelong health. By equip-

ping patients with the tools and knowledge to maintain heart-healthy habits, the program aims to foster lasting lifestyle changes.

"What we teach isn't just for the time you're in the program," Hill emphasizes. "It's something you can use for the rest of your life."

Take control of your heart health recovery through Augusta Health's Intensive Cardiac Rehabilitation program.





# So Many Ways to Support

#### Philanthropy

hank you for supporting the mission of Augusta Health year after year. Gifts to Augusta Health Foundation continue to enhance the quality of care provided to patients and their families, and offer education and support to care providers. Gifts, no matter the size, make a meaningful difference in many ways, including:



A ceiling-mounted robotic gait and **safety system** designed to accelerate physical rehabilitation of patients with gait or balance impairments. This state-of-the-art system is also used to prevent patient falls and protect physical therapists from injury.



#### New mobile phone charging stations

for the Emergency Department and inpatient area for patients and visitors to securely charge their devices.



A van, medical supplies, vaccines and a neonatal scale to benefit patients receiving care at our 16 Neighborhood Clinics.

#### Get Involved

There are many ways to support healthcare to benefit all people in our communities:

- Send a check by mail
- Make a one-time or recurring credit/debit card payment on our secure site
- Designate a portion of or your full IRA required minimum distribution
- Add a gift to your will or estate plan



#### Wheelchair-mounted totes and insulated

**cups** for patients with limited mobility who are being discharged from the Skilled Nursing and Rehab Units to continue their hydration regimen and prevent urinary tract infections.



#### New technology for first responders to

communicate directly with the Emergency Department when responding to emergencies in the community.



Training devices for clinical teams in the Birthing Suites to maintain their skills

to enhance the quality of care for newborns.



Infant/Adult Lung Simulators to enable clinical teams to provide improved ventilation support to patients of all ages.



Hospice services and support for

patients and their families.

#### Produce at The Farm at Augusta

**Health** to benefit patients who are homebound and in hospice at home, have limited access to nutritious foods or need nutrient-dense foods to recover from or manage chronic health conditions.



#### **Transportation and medication assistance**

for patients experiencing cancer and other health conditions and who lack the resources needed to support their treatment and recovery.



For more details on how you can continue your support now and into the future, please visit augustahealth.com/foundation/give. Thank you for your support!



#### **Dear Friends of Augusta Health,**

# I'd like to introduce you to Dr. Halvor Aaslestad.

Hal is a retired virologist, Associate Dean at Yale University School of Medicine, sculptor, aspiring author, and Waynesboro resident. He is a former member of the AMC Hospice Auxillary and has been a supporter of Augusta Health Foundation since its inception. Each year, Hal uses his IRA to support favorite causes, including Augusta Health's Laboratory Science Scholarship program.

Do you wish you could give more to organizations you love? Do you find yourself with a required minimum distribution (RMD) beyond what you need? Could reducing your taxable income minimize your tax rate?

If so, making a Qualified Charitable Distribution (QCD) could be a tax-wise way for you to support organizations you love. It costs nothing and could save you money at the end of the year.

If you'd like to learn more about simple ways to make a big impact, and the benefits of making a gift to continue Augusta Health's mission, please be in touch. My contact information is below.

#### In gratitude,

Peggy Caister, CFRE
Development Officer

tessy (aist

Augusta Health Foundation

(540) 332-4883

macaister@augustahealth.com

plannedgiving.augustahealth.com

### Powered by gratitude.



I just learned about this giving tool recently. I was proud to be able to make a larger impact with my giving to the Augusta Health Laboratory Sciences Scholarship program, and reducing my taxable income was the icing on the cake. I will continue to give this way into the future.

It just makes good sense.



Silver Transparency 2024

Candid.



### (833) AHC-HLTH

Centralized Call Service for Your Scheduling Needs Monday-Friday 8 a.m.-6 p.m.

#### WALK-IN CARE

#### **Crozet Urgent Care** (434) 823-7896

540 Radford Lane, Suite 250 Charlottesville, VA 22903

#### **Staunton Urgent Care** (540) 245-7470

851 Statler Blvd. Staunton, VA 24401

#### **Stuarts Draft Urgent Care** (540) 245-7880

2570 Stuarts Draft Highway, Suite 100 Stuarts Draft, VA 24477

#### **Waynesboro Urgent Care** (540) 245-7940

201 Lew Dewitt Blvd., Suite A Waynesboro, VA 22980

#### **Weyers Cave Urgent Care** (540) 453-0040

1140 Keezletown Road Weyers Cave, VA 24486

#### PRIMARY CARE

#### Primary Care, Buena Vista (540) 261-1315

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#### **Primary Care, Fishersville** (540) 332-5687

53 S. Medical Park Drive Fishersville, VA 22939

#### **Primary Care, Harrisonburg** (540) 433-3344

1751 Erickson Ave. Harrisonburg, VA 22801

#### **Primary Care, Lexington** (540) 463-3381

55 Comfort Way, Suite 1 Lexington, VA 24450

#### Family Practice, Maury River (540) 258-1700

730 McCullouch St. Glasgow, VA 24555

#### **Staunton Medical Associates** (540) 245-7725

42 Lambert St., Suite 511 Staunton, VA 24401

#### **Primary Care, Stuarts Draft** (540) 245-7870

2570 Stuarts Draft Highway, Suite 101 Stuarts Draft, VA 24477

#### **Family Practice, Verona** (540) 245-7425

1 Green Hills Drive Verona, VA 24482

#### Primary Care, Waynesboro (540) 245-7950

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78 Medical Center Drive Fisherville, VA 22939

#### SPECIALTY CARE

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78 Medical Center Drive Fishersville, VA 22939

#### **Center for Diabetes** & Endocrinology (540) 245-7180

15 Sports Medicine Drive, Suite 100 Fishersville, VA 22939

#### **Diabetes and Nutrition** Education

(540) 213-2537

15 Sports Medicine Drive, Suite 101 Fishersville, VA 22939

#### Gastroenterology (540) 245-7350

70 Medical Center Circle, Suite 302 Fishersville, VA 22939



#### **Hereditary & High-Risk Clinic** (540) 245-7145

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#### **Infectious Disease** (540) 245-7030

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#### **Multispecialty Clinic, Crozet** (434) 823-7896

540 Radford Lane, Suite 250 Charlottesville, VA 22903

#### Multispecialty Clinic, Harrisonburg (540) 214-5682

644 University Blvd. Harrisonburg, VA 22801

#### Multispecialty Clinic, Lexington (540) 464-3465

30 Greenhouse Road Lexington, VA 24450

#### Neurology (540) 332-5878

70 Medical Center Circle, Suite 206 Fishersville, VA 22939

#### **OB-GYN, Fishersville** (540) 213-7750

39 Beam Lane Fishersville, VA 22939

#### **OB-GYN, Harrisonburg** (540) 438-1314

240 Lucy Drive Harrisonburg, VA 22801

#### **OB-GYN**, Lexington (540) 463-7751

110 Houston St., Suite C Lexington, VA 24450

#### Occupational/Employee Health

(540) 245-7520

57 N. Medical Park Drive, Suite 101 Fishersville, VA 22939

#### Otolaryngology (ENT) (540) 245-7010

70 Medical Center Circle, Suite 211 Fishersville, VA 22939

#### **Outpatient Behavioral Health** (540) 213-2544

79 N. Medical Park Drive Fishersville, VA 22939

#### **Pain Management** (540) 332-5747

70 Medical Center Circle, Suite 305 Fishersville, VA 22939

#### **Palliative & Transitional Care** (540) 245-7262

78 Medical Center Drive Fishersville, VA 22939

#### **Pulmonology & Critical Care** (540) 245-7190

70 Medical Center Circle, Suite 308 Fishersville, VA 22939

#### **Rheumatology & Osteoporosis** (540) 245-7170

70 Medical Center Circle, Suite 210 Fishersville,VA 22939

#### **Sleep Clinic** (540) 332-4169

57 N. Medical Park Drive Fishersville, VA 22939

#### **Spine Clinic** (540) 245-7400

70 Medical Center Circle, Suite 103 Fishersville, VA 22939

#### **Sports Medicine** (540) 213-2810

57 N. Medical Park Drive, Suite 105 Fishersville, VA 22939

#### Surgery, Breast (540) 332-4650

23 N. Campus Drive, Suite 102 Fishersville, VA 22939

#### Surgery, General/Vascular (540) 245-7705

70 Medical Center Circle, Suite 213 Fishersville, VA 22939

#### Urology (540) 332-5630

70 Medical Center Circle, Suite 107 Fishersville, VA 22939

#### **Wound Healing & Hyperbaric** (540) 245-7230

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