



Colleagues Connect

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Polyclinic Now Walk-In Clinic Opens at Northgate Meridian

In January, The Polyclinic launched the first walk-in, immediate care clinic at our Northgate Meridian location. Polyclinic Now offers same-day care for common illnesses and injuries seven days a week.

Patient care is provided by nurse practitioners Elizabeth Goldberg, PhD, ARNP and Quy Nguyen, ARNP, FNP-C. Patients can see a provider with or without an appointment and do not have to be established Polyclinic patients. Unlike some same-day and retail clinics, no additional facility fees will be charged.

If you have patients that need to be seen after hours or on the weekend for low-acuity conditions or wellness visits, we appreciate your referrals. Polyclinic Now nurses will provide your office with detailed notes on the encounter, keeping you updated on your patient's medical history.

Diagnostic imaging and lab services are available onsite.

Polyclinic NOW

The Polyclinic Northgate Meridian
11011 Northgate Way, Suite 200 • Seattle, WA 98133
206.860.2222



Conditions treated include:

- colds, flu
- body aches/pain/swelling
- bone breaks and sprains
- fever
- headaches
- heartburn
- joint pain/swelling
- nausea
- rash/hives/minor skin irritations
- shortness of breath
- wellness services: contraception, sports physicals, travel medicine, vaccines
- wound/injury

Polyclinic Adds Mohs Surgery Specialty

To provide comprehensive services to patients with skin cancer, The Polyclinic welcomes Dr. Daniel Berg, a local, fellowship-trained dermatologic surgeon. With more than 20 years of experience in the field, Dr. Berg has performed more than 15,000 Mohs and reconstructive surgeries. Mohs surgery, also known as micrographic surgery, delivers outstanding cosmetic results, has the lowest recurrence rate of any skin cancer treatment method, and offers the highest chance of a complete cure.

Mohs surgery is used to treat basal cell carcinoma and squamous cell carcinoma, as well as some kinds of melanoma and other more unusual skin cancers.

Mohs surgery is useful for skin cancers that:

- Develop on areas where preserving cosmetic appearance and function are important
- Have recurred after previous treatment or are likely to recur
- Are located on scar tissue
- Are large
- Have edges or borders that are hard to define
- Grow rapidly

Dr. Berg performs Mohs surgery in his office on an outpatient basis. In many cases, with proper documentation, patients do not need an initial consultation with Dr. Berg before surgery. Dr. Berg is located at The Polyclinic Nordstrom Tower, Suite 1090, and can be reached at **206.860.5595**.

Hours

Monday – Friday, 9 a.m. – 7 p.m.
Saturday – Sunday, 9 a.m. – 5 p.m.
For more information, visit polyclinicnow.com.

Acupuncture Services



Diana sees a range of patients to treat dozens of common disorders including:

- Anxiety
- Arthritis—large and small joint
- Bursitis—hip, shoulder, knee
- Carpal tunnel syndrome
- Chronic sinusitis
- Dequervian's tenosynovitis
- Fibromyalgia
- Headache pain
- Labor induction
- Low- and mid-back pain
- Menstrual pain and irregularity
- Migraine
- Morning sickness
- Muscle tension
- Neck pain
- Neuropathy
- Repetitive stress injuries
- Sciatica
- Sports injuries
- Sprains/strains
- Stress
- Tendonitis—ie: 'tennis elbow, golfer's elbow'

Patients can schedule an appointment at The Polyclinic Madison Center and Northgate Meridian locations by calling **206.860.5470**.



The Polyclinic Physical Medicine Department offers acupuncture services to Polyclinic patients and the general public. Services are provided by Diana Ferdaña, ARNP, RN, EAMP. Diana has a master of nursing degree from Seattle University and a master of acupuncture degree from the Northwest Institute of Acupuncture and Oriental Medicine. She's certified by the National Council for Acupuncture and Oriental Medicine (NCCAOM) and is a nurse practitioner specializing in physical medicine. She's also a member of the Washington East Asian Medicine Association.

New Polyclinic Specialty Physicians



Daniel Berg, MD – Mohs Surgery

Location: The Polyclinic Nordstrom Tower, Suite 1090

Phone: 206.860.5595

Board Certification: American Board of Dermatology

Education: Dr. Daniel Berg received his medical degree from the University of Toronto. He completed a dermatology residency at Duke University in Durham, N.C. and a fellowship in dermatologic surgery at the University of Toronto. He also completed a fellowship in Mohs surgery at the University of British Columbia.



Nels Sampatacos, MD – Orthopedics

Location: The Polyclinic Madison Center

Phone: 206.860.5578

Board Certification: American Board of Orthopedic Surgery

Education: Dr. Nels Sampatacos received his medical degree from the University of Arizona College of Medicine. He completed his orthopedic surgery residency at the University of Washington /Harborview Medical Center. After his final year as chief resident, Dr. Sampatacos completed a fellowship in sports medicine, arthroscopy, and reconstructive surgery at the prestigious Southern California Orthopedic Institute (SCOI) in Van Nuys, Calif.



Elizabeth Chan, MD – Cardiology

Location: The Polyclinic Madison Center

Phone: 206.860.2302

Board Certification: American Board of Internal Medicine; subspecialty Boards of Cardiology,

Echocardiography and Nuclear Cardiology.

Education: Dr. Chan earned her medical degree from the Rutgers Robert Wood Johnson Medical School in N. J. and completed her internal medicine residency at UCLA Medical Center. She completed her cardiology fellowship at the University of Washington Medical Center.



Saima Kamran, MD – Rheumatology

Location: The Polyclinic Madison Center

Phone: 206.860.5580

Board Certification: American Board of Internal Medicine; subspecialty Board of Rheumatology-Board Eligible

Education: Dr. Kamran received her medical degree from Sind Medical College in Karachi, Pakistan. She completed her internal medicine residency at the North Shore Long Island Jewish Health Systems, Hofstra University School of Medicine, Forest Hills Hospital, in Queens, New York. Dr. Kamran completed her rheumatology fellowship at the University of Washington in Seattle.



Caroline Gore, AuD – Audiology

Location: The Polyclinic Madison Center

Phone: 206.860.4642

Education: Dr. Gore earned her audiology degree from the

University of Washington in Seattle.

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