

Health Services at Waterford Estates

Choosing a Physician: Choosing a physician is a very important and personal decision. As you move to Waterford Estates, you may want to review how your current physicians meet your needs, since your doctor is your partner in health and should willingly guide you through many decisions about protecting your health, staying healthy, and coping with illness. Your goal is finding the doctor that you can trust, puts you at ease, and provides the best care. Consider the following:

- **Location.** A primary care physician located close to your home will limit transportation complications and allow greater ease when quick or unplanned visits are necessary.
- **Doctor's Credentials.** Board certification is one of the most important factors to consider; it tells you that the doctor has the needed training, skills and experience to provide healthcare in their specific field. Also confirm that the doctor has no history of malpractice claims or disciplinary actions.
- **Gender.** It is important for you to feel comfortable with your doctor's gender because you will need to openly discuss personal information. Don't hesitate to ask a doctor about his or her recent training and experience specifically related to your condition and your gender.
- **Communication Style.** Choose a doctor with whom you are comfortable talking and who supports your information needs.

While a good doctor-patient relationship develops with time and is built on trust, you may decide to become a patient of a doctor that practices in your new home -- at Waterford Estates. If so, you can ensure a good start but taking the time to find the best doctor who is right for you or a family member. The following **HealthGrade** Recognized Doctors provide **on-site service** at Waterford Estates Senior Living each week! You can call their office to see if he or she is accepting new patients. If so, request a consultation to meet and interview the doctor.

Internal Medicine / Geriatric Medicine:

Dr. S. Nagubadi, MD (female) - Suite #106 (ZMedi Group)

Dr. A. Zaman, MD SC (male) - Suite #106 (ZMedi Group)

R. Varghese (female), NP - Suite #106 (ZMedi Group)

Dr. R. Malhotra, MD (male) - Geriatric Psychiatry (on-site)

Dr. S. Joshi, MD (male) - Health Center, Terrace Level

Dr. V. Kaistha, MD (male) - Health Center, Terrace Level

Dr. N. Lee (female) - Podiatry

Dr. M. Sedory (male) - Podiatry

Dr. W. Grant (male) - Optometry

In addition to on-site doctors, we have a pharmacy and In Home Health Services on-site:

Advancare, LLC | <http://advancarehealth.com>

Lauren Steiber, RN - AdvanCare LLC - Wellness Center #102 & #111 Therapy Office

Amy O'Donnell, RN - AdvanCare LLC - Wellness Center #102 & #111 Therapy Office

Jackie Murray, LPN - AdvanCare LLC - Wellness Center #102 & #111 Therapy Office

Ingalls Pharmacy | <http://www.ingalls.org>