

Top Doctors

Innovation
Compassion
Excellence





David Honari, MD

Orthopedic surgery, orthopedic sports medicine

 Kaiser Permanente
Bellevue Medical Center

Injured athletes and weekend warriors

are frequent patients of Dr. Honari's. He helps them get back in the game after bone, joint, ligament, tendon, and muscle injuries – with or without surgery. His specialties include joint repair and reconstruction, and arthroscopic surgery.

“Preserving, repairing, or reconstructing the existing body part is often the best and preferred treatment approach,” says Dr. Honari. When that's not possible, minimally invasive arthroscopic surgery helps him minimize his patients' pain, complications, and recovery time.

The Kaiser Permanente difference

“ Our mission is to provide world-class, evidence-based medical and surgical care. It's exciting to be part of our growing outpatient surgical program, to collaborate with other specialists throughout our organization, and to have the resources to provide better and better evidence-based care. ”


Innovations in his practice

- Outpatient knee, hip, and shoulder replacement surgery, with more outpatient surgical procedures on the way
- Smaller and smaller surgical incisions
- Improved post-op pain management that minimizes opioid use and has fewer side effects



Anirban Gupta, MD

Obesity management, bariatric surgery

 Kaiser Permanente
Bellevue Medical Center

Spearheading an obesity management program with the best people, processes, resources, and support is one of Dr. Gupta's passions. The result? High-quality care, individualized decision making, exceptional patient safety, and an unsurpassed patient experience.

“By using the latest bariatric surgery technology and techniques, our patients experience fewer complications, earlier return home, faster recovery, and decreased use of opioids,” says Dr. Gupta. “We care for patients with complex conditions that other health systems don't treat.”

Kaiser Permanente plans to establish a bariatric/advanced gastrointestinal surgery training fellowship program in the next few years.

The Kaiser Permanente difference

“ Data from Kaiser Permanente facilities nationwide and other study sites help us calculate the best care decisions for each patient and optimize their treatment. We offer precision medicine rather than generic medicine. ”

Innovations in his practice

- Robotic assisted laparoscopic bariatric surgery
- Endoscopic bariatric procedures that are less invasive and reduce the risk of complications
- Smart tools that help patients understand the benefits and risks of their treatment options

Top doctors. Exceptional care.

More than 100 Kaiser Permanente clinicians were recognized on Top Doctor/Best Doctor lists in Washington state in 2019.*

We're one of the nation's largest multispecialty medical groups, with over 1,300 specialists and primary care physicians, physician assistants, and midwives in more than 50 specialties.

Our Top Doctors represent many of those specialties, including bariatric surgery, cardiology, endocrinology, orthopedics, and radiation oncology. Each doctor works as part of an integrated team of nurses, pharmacists, and technicians to help our patients live their healthiest lives.

Meet a few of our Top Docs

Learn more about our specialty services and specialists at kp.org/wa/specialty.

*Top Doctor/Best Doctor lists in *Seattle Met*, *Seattle* magazine, and *Spokane Coeur d'Alene Living*.



Avantika
Waring, MD

Endocrinology, diabetes,
metabolism

 Kaiser Permanente
Capitol Hill Campus

As director of the diabetes program, Dr. Waring travels to Kaiser Permanente facilities around the state, caring for patients and training and mentoring diabetes care teams.

"Type 1 and type 2 diabetes affect about 30,000 of our members, and most patients can be cared for in the familiarity and convenience of their primary care clinic," she says. "Our holistic approach involves problem solving with each patient to identify a treatment plan that will help them manage their condition and live life to the fullest."

Dr. Waring has a special interest in treatment strategies for diabetes that improve cardiovascular outcomes.

The Kaiser Permanente difference

“ One of my favorite things about working here is that I can help so many more patients than I could in private practice. Through e-consults with other providers, virtual care visits with patients, and secure messaging, high-quality care is so convenient and accessible. Plus our team approach to care is really effective. ”

Innovations in her practice

- Medications that decrease the frequency of hypoglycemic episodes
- Insulin pumps that respond to glucose monitors and administer insulin automatically
- Drugs that treat diabetes and also improve cardiovascular health



Kasturi Ghia, MD

Cardiovascular disease, cardiac electrophysiology

 Kaiser Permanente Bellevue Medical Center

Treating heart rhythm disorders

– including slow, rapid, or irregular heartbeats, and genetic heart abnormalities – is Dr. Ghia’s specialty. From lifestyle changes and medications to surgically implanted devices and other minimally invasive surgical procedures, she thrives on helping her patients improve their quality of life.

“It’s exciting that Kaiser Permanente embraces evolving technology and so rewarding when a procedure can make a real difference in a patient’s life,” she says. “I often use the exam table as a white board, drawing diagrams that help my patients understand their conditions. I try to ease anxiety and build relationships.”

The Kaiser Permanente difference

“ With Kaiser Permanente’s integrated system and electronic medical records, I get a broad perspective and can coordinate and expedite care with my patients’ other providers. ”

Innovations in her practice

- Leadless pacemakers and defibrillators
- Cryoballoon ablation, a minimally invasive catheter approach to treating atrial fibrillation
- Oral blood-thinning medications that free patients from warfarin therapy, which requires frequent blood tests
- Integration of consumer wearables to allow patients to monitor their heart rhythm conditions



Alvin Cabrera, MD

Radiation oncology

 Kaiser Permanente Capitol Hill Campus

The latest advances in radiation oncology

are focused on precisely targeting and treating cancer – without damaging healthy surrounding tissues and with the shortest possible treatment times. Dr. Cabrera is one of our radiation oncologists at the forefront of these innovations. Prostate, breast, lung, and brain cancer are some of the most common diseases he treats.

“Our patients come to us at a time of personal crisis,” he says. “It’s a privilege to be there for them, and to be able to treat them with advanced techniques most health systems don’t offer.”

The Kaiser Permanente difference

“ We’re early adopters of a variety of procedures that can cure many cancers and get patients back to their lives as quickly as possible. Time is precious to most of our patients. ”

Innovations in his practice

- A noninvasive radiosurgery procedure (SIMT SRS) that can eliminate multiple brain tumors in a single 30-minute session
- Technology that can create a radiation field that exactly conforms to the shape and size of the tumor
- High dose treatments that shorten radiation courses by several weeks and are proven to be at least as safe and effective as longer treatment courses

2019 Kaiser Permanente Top Doctors

Top Doctor/Best Doctor lists in *Seattle Met*, *Seattle* magazine, and *Coeur d'Alene Living*.

Top Doc	Location
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Adolescent Medicine

Gina Sucato, MD, MPH	Bellevue (Factoria)
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Allergy & Immunology

William Butler, MD	Seattle (Capitol Hill)
Howard Alan Krouse, MD	Bellevue

Anesthesiology

Hugh Allen, MD	Seattle (Capitol Hill)
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Activity, Sports, and Exercise Medicine

Rosemary Agostini, MD	Bellevue
Jordan Chun, MD	Renton
Jessie Fudge, MD	Everett

Bariatric Surgery

Anirban Gupta, MD	Bellevue
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Top Doc	Location
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Cardiology

Kasturi (Tina) Ghia, MD	Seattle (Capitol Hill)
Scott Haugen, MD	Bellevue
Gary Mak, MD	Bellevue
Rachael Wyman, MD	Seattle (Capitol Hill)
Ryan Yuan, MD	Bellevue

Colorectal Surgery

Nyle Hendrickson, MD	Bellevue
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Dermatology

Andy Chien, MD	Bellevue
Anjeli Isaac, MD	Bellevue
Scott Isenhath, MD	Seattle (Capitol Hill)
Ravi Ubriani, MD	Lynnwood
Lisa Williams, MD	Seattle (Capitol Hill)

Emergency Medicine

Jamie Nelsen, PA-C	Seattle (Capitol Hill)
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Top Doc	Location
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Endocrinology

Shaji Philip, MD	Seattle (Capitol Hill)
Avantika Waring, MD	Seattle (Capitol Hill)

Family Medicine

Ronda Beckner, MD*	Spokane (Kendall Yards)
Ryan Buchan, PA-C	Seattle (Northgate)
Rory Cavaille, PA-C	Renton
Tammy Ellingsen, MD	Spokane (Kendall Yards)
Colin Fields, MD	Seattle (Capitol Hill)
Stacy Globerman, MD	Seattle (Northgate)
Debra Gore, MD*	Spokane (Riverfront)
Eileen Gwinn, NP	Seattle (Capitol Hill)
Joyce Hogan, PA-C	Lynnwood
Meride Hostetler, PA-C	Bellevue
Eric Li, MD	Renton
Michael Madwed, MD	Rainier
Khushboo Mehta, MD	Redmond
Ngu Thien Nguyen, MD	Renton
Hyung Oh, MD	Renton
Chau Duyen Pham, PA-C	Renton
Julie Rietze, MD**	Spokane (Northpointe)
Josh Rohr, PA-C	Seattle (Capitol Hill)
William Sayres, MD	Spokane (South Hill)
Grant Scull, MD	Seattle (Capitol Hill)

Top Doc	Location
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Family Medicine (cont.)

Noah Silver, MD	Seattle (Capitol Hill)
Rebecca Sorg, PA-C	Tacoma
Michael Stephens, MD*	Spokane (Kendall Yards)
Melissa Szocik, PA-C	Seattle (Downtown)

Gastroenterology

Gaurav Aggarwal, MD	Bellevue
Andrew Feld, MD	Seattle (Capitol Hill)
Christine Pizzute, MD	Seattle (Capitol Hill)
Vaew J. Wongsurawat, MD	Bellevue

General Surgery

George Beito, MD	Bellevue
Kathleen Cozza, PA-C	Bellevue
Larry Dunlap, PA-C	Seattle (Capitol Hill)
Philip Feliciano, MD	Seattle (Capitol Hill)
Eric Froines, MD	Seattle (Capitol Hill)
Tomasz Gondek, PA-C	Tacoma
Maria Salcedo-Wasicek, MD	Seattle (Capitol Hill)
Troy Schulz, PA-C	Seattle (Capitol Hill)
Kathryn Weltzin, PA-C	Bellevue

Genetics

Kathleen Leppig, MD	Seattle (Capitol Hill)
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Top Doc	Location
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Gynecologic Oncology Michelle Benoit, MD	Bellevue
Hematology/Oncology Eric Chen, MD Amir Modarressi, MD	Bellevue Bellevue
Hospitalist Billy Huang, MD* Camtu Thai, MD	Spokane (Sacred Heart) Spokane (Sacred Heart)
Infectious Disease Jason Kettler, MD Paul Thottingal, MD	Bellevue Seattle (Capitol Hill)
Internal Medicine Aaron Apodaca, MD Mary Badger, DO* Lynda Crescenzi, PA-C Michael Erickson, PA-C Abigail Hikida, MD	Bellevue Spokane (Northpointe) Bellevue Seattle (Ballard) Renton
Midwifery Simon Ellis, CNM	Seattle (Capitol Hill)

Top Doc	Location
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Nephrology Michael Vaughan, MD Ilan Zawadzki, MD	Seattle (Capitol Hill) Seattle (Capitol Hill)
Neurology Tim Scearce, MD	Seattle (Capitol Hill)
Neurosurgery Vishal Gala, MD	Seattle (Capitol Hill)
Obstetrics-Gynecology Adrienne Wesol, MD	Seattle (Capitol Hill)
Occupational Medicine Abid Haq, MD	Bellevue
Ophthalmology Michael Brush, MD Michael Lee, MD	Federal Way Bellevue
Orthopedic Surgery Sean Adelman, MD Frederic Chi, MD Gary Keigel, MD Thomas Stoll, MD	Seattle (Capitol Hill) Bellevue Seattle (Capitol Hill) Bellevue

Top Doc	Location
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Orthopedics David Honari, MD	Bellevue
Otolaryngology John Rowland, MD Victor Scapa, MD Steven Short, MD Melissa Yeh, PA-C	Seattle (Capitol Hill) Seattle (Capitol Hill) Bellevue Seattle (Capitol Hill)
Pediatrics Gregory Cain, MD Renatta Craven, MD Tashi Gyaltson, MD Wendy Haas, MD Justin Heistand, MD Sofya Kefely, PA-C Andrew Sinfuego, MD	Port Orchard Factoria Seattle (Northgate) Bellevue Redmond Renton Lynnwood
Physical Medicine & Rehabilitation Randi Beck, MD	Seattle (Capitol Hill)
Psychiatry Ryan Caldeiro, MD Gregory Simon, MD	Seattle (Northgate) Seattle (Capitol Hill)

Top Doc	Location
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Pulmonary Matthew Fei, MD	Bellevue
Radiation Oncology Alvin Cabrera, MD Christopher Canning, MD	Seattle (Capitol Hill) Seattle (Capitol Hill)
Radiology Michael Maxin, MD	Seattle (Capitol Hill)
Rheumatology Natalia Tishkevich, MD	Bellevue
Urgent Care Amy Brustkern, PA-C Randall Dickson, PA-C Robin Moore, PA-C DJ Smith, PA-C	Seattle (Capitol Hill) Seattle (Capitol Hill) Bellevue Bellevue
Urology Josephine Hidalgo-Tamola, MD Jian Ma, MD	Bellevue Bellevue

*Also on 2020 Best Doctor list, *Spokane Coeur d'Alene Living*.
**On 2020 Best Doctor list, *Spokane Coeur d'Alene Living*.



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