

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of May 2015)

Compiled by the Rochester Area Vegan Society, rochesterveg.org

*We have been asked many times for the names of health practitioners who are supportive of a vegan diet, regardless of whether they themselves are vegetarian or vegan. We have come up with the following list. [WE CAN MAKE CORRECTIONS AND ADDITIONS TO THIS LIST. Please send us any that you have; and tell us about any relevant experiences that affect any of our listings.] Needless to say, just because someone is not on the list doesn't mean he/she is not veg-friendly, just that we don't know about them yet. If the listing is followed by PB\*, it means the person has taken the RAVS Plant-Based Diet course (we assume anyone who has taken our course is at least supportive of a vegan diet!)*

MD's, DO's, RN's, NP's, AND PA's (In alphabetical order): Please be aware that information can change, including information about whether or not a practitioner is accepting new patients. Note also that not all of these people are primary care practitioners (PCP's) and you may not be able to seek them out (e.g a pathologist); but we wanted to mention them; and you may have some input regarding which specialist you are referred to.

**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.

**Ted D. Barnett, MD** Diagnostic and Interventional Radiology. Borg & Ide Imaging (practices out of Unity Hospital and various private office locations throughout Rochester area). Dr. Barnett has been vegan for 24 years as of January 2015. Teaches RAVS's Plant-Based Eating course. <[drveggie@gmail.com](mailto:drveggie@gmail.com)> PB\*

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

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

**Anh Bui, MD** Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612, (585) 368-6000. [If gender matters to you in choosing a primary physician, Dr. Bui is a woman.]

**Tom Campbell, MD** Family Medicine. Canalside Family Medicine (Greece), 10 South Pointe Landing, Suite 250, Rochester, NY 14606. Son of T. Colin Campbell, Ph.D. and co-author with him of *The China Study*; author of the newly-released *The Campbell Plan*

**Jennifer Carroll, MD** Family Medicine. Westside Health Services, 322 Lake Ave., Rochester, NY 14608; (585) 254-6480.

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**Deborah Casson, PMHNP** Psychiatric Mental Health Nurse Practitioner at Canandaigua Lake Counseling Services, 42 North Main St., Canandaigua, NY 14424; (585) 919-0014; [info@canandaigualakecounselingservices.com](mailto:info@canandaigualakecounselingservices.com) PB\*

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

**Michelle Cicilline, MD** Family Medicine. Calkins Creek Family Medicine, 200 Red Creek Drive, Suite 100, Rochester, NY 14623.

Michelle Cicilline <http://www.urmc.rochester.edu/primary-care/practices/rush-family-medicine.cfm> PB\*

**Shirley Cirillo, MD** Neurology. Rochester Neurology, 1734 E. Ridge Rd., Rochester, NY 14622; (585) 467-8888.

**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\*

**Robert Davis, MD** Urology. UR Medicine Urology, 601 Elmwood Ave., #656, Rochester, NY, 14642; (585) 275-2838. PB\*

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

**Mitchell Ehrenberg, MD** Internal Medicine. Linden Medical Group, 30 Hagen Drive, Suite 300, Rochester, NY 14625. PB\*

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

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

**Jane Giambrone, RN** Certified Diabetes Educator, Unity Hospital; Certified Professional Life Coach. PB\*

**Robert Giambrone, MD, MBA** Internal Medicine and Personal Development Coach. Rochester General Hospital Emergency Department, 1425 Portland Ave., Rochester, NY 14621. Robert Giambrone PB\*

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**Kerry Graff, MD** Family Medicine. Lake Country Family Medicine, 502 S. Main St., Canandaigua, NY 14424; (585) 394-1875. Dr. Graff's practice is devoted to a plant-based diet.

**Pam Grover, MD** Family Medicine. 4414 Culver Rd., Rochester, NY 14622; (585) 773-4777.

**Jacki Hagelberg, FNP** (Nurse Practitioner). Specializes in diagnosis and treatment of headache disorders. Greater Rochester Neurology, 2101 Lac de Ville Blvd. Rochester, NY 14618. PB\*

**Henry Hess, MD, Ph.D.** (in Chemistry). Obstetrics and Gynecology, specializing in Gynecology and Menopause Management. 2255 Clinton Ave. South, Rochester, NY 14618, (585) 271-7800. Author of book on menopause: <http://www.amazon.com/The-Perfect-Menopause-Steps-Best/dp/1604029358>

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

**Lesley James, MD** Integrative Medicine. <http://www.lesleyjamesmd.com> Lesley James, MD <[lesley@lesleyjamesmd.com](mailto:lesley@lesleyjamesmd.com)>

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

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

**Michael Krasner, MD** Internal Medicine. Olsan Medical Group, 2400 Clinton Ave. S., Building H, Suite 230, Rochester, NY 14618. As of 10/13, not accepting new patients.

**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\*

**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.

**Colleen McTammany, PA** Orthopedics. Strong Memorial Hospital; (585) 758-0584. PB\*

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

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

**Jennifer Muniak, MD** Completing fellowship as of Spring 2015, as Geriatric Hospitalist at Highland Hospital 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\*

**Irina Novozhenets, RPAC** (Physician's Assistant). 101 Canal Landing Blvd. Suite 8, Rochester, NY 14626; (585) 239-7300. PB\*

**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\*

**Maggie Odhner, NP** Adult Health Nurse, Colorectal Surgery, Strong Memorial Hospital; (585) 273-5577. PB\*

**Jean Oswald, RN, CCA CNHP** Hospice Nurse at Shepherd Home in Penfield. Advanced Holistic Wellness @ Compassionate Consulting, 1424 Jackson Road, Penfield, NY 14526; (585) 872-6242 Jean Oswald RN <[jean@compassionateconsulting.net](mailto:jean@compassionateconsulting.net)> PB\*

**Doreen Peters, NP** Acute Care Nurse. 601 Elmwood Ave, Suite 675, Rochester, NY 14642, (585) 275-4517. PB\*

**George Plain, MD** Internal Medicine. 300 White Spruce Blvd., Rochester, NY 14623. A young woman we know, who suffered from chronic intestinal disorders, was told by Dr. Plain to try a vegan diet. As of 10/13, not accepting new patients.

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

**Betty Rabinowitz, MD** Internal Medicine. 2400 Clinton Ave. S., Rochester, NY 14618. As of 10/13, not accepting new patients.

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

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

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**Wendy Rosen, MD** Adult General Psychiatry. 18 Harvard St., Rochester, NY 14607; (585) 473-8180. Dr. Rosen is developing an integrative health care practice at her Harvard St. location, which will offer some or all of these services: chiropractic, acupuncture, massage therapy, naturopathy, nutritional counseling, and yoga space.

**Paul Rosenfeld, MD** Psychiatry, specializing in children. 2273 Clinton Ave. South, Rochester, NY 14618; (585) 292-1910. PB\*

**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 Center/Strong PB\*

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

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

**Marcy Soprano, MD** 1425 Portland Ave., Rochester, NY 14621; (585) 922-4198.

**Laura Stannard, NP, MS** University of Rochester Department of Family Medicine.

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

**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\*

**Carol Stork, RN** Specializes in Hematology/Oncology Works per diem at Rochester General; (585) 922-4020. PB\*

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

**Francisco Tausk, MD** Professor of Dermatology and Psychiatry, University of Rochester, School of Medicine. Unity Dermatology Associates, 400 Red Creek Drive, Suite 200, Rochester NY 14623. Head of nation's only center for Integrated Dermatology. Fax: 585-487-1188 PB\*

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**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](http://CherylTislerMD.com) PB\*

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

**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. Gail Weiser <[gsweiser@gmail.com](mailto:gsweiser@gmail.com)>

**Eric Wilcox, MD** Family Medicine. Pittsford Family Medicine, 115 Sullys Trail #4, Pittsford, NY 14534. Highly recommended by one of our RAVS members.

**Mary Claire Wise, MD** Family Medicine. A Place for Healing, 4138 W. Henrietta Rd., Rochester, NY 14623

**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. Julie Yoon <[julieyoon@gmail.com](mailto:julieyoon@gmail.com)> PB\*

DENTISTS

**Ann Borgstrom, DDS** 191 Parrish St., Canandaigua, NY 14424; (585) 394-0710. PB\*

**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.

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

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

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

OTHER HEALTH PROFESSIONALS

**Jill Brooks, D.C.** Brooks Spinal Care Chiropractic. 3300 Monroe Ave., Suite 204, Rochester, NY 14618 (across from Pittsford Plaza); (585) 385-8790. [brooksspinal.com](http://brooksspinal.com)

**Joseph Carlino, LCSW-R** Social work and 30 years experience in counseling. A Place for Healing, 4138 W. Henrietta Rd., Rochester, NY 14623; (585) 506-8728, 334-8020.

**Ruth B. Goldberg, Ph.D.** Clinical Psychology. Speciality in Anorexia/Bulimia/Compulsive Behavior. 4 Chelmsford Rd. #3, Rochester, NY 14618; (585) 271-3050. PB\*

**Illienne** (pronounced "Eileen") **Martin, RMT, MEd.** Reiki. (585) 301-5226;

**Samuel H. Nelson, Ph. D.** 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](mailto:samnel@aol.com) or by phone at (585) 271-5296. For more information visit [samhnelson.com](http://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\*

**Sue Starapoli, MA** Therapy and Counseling. (585) 586-4007 <http://suestar.com/healing-our-hearts/> Sue Starapoli <[sue@suestar.com](mailto:sue@suestar.com)> PB\*

**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.

**William Watson, Ph.D.** Psychology. 300 Crittenden Blvd., Rochester, NY 14642; (585) 275-6733. Assoc. Prof., Dept. of Psychiatry, Family/Marriage, U of R Medical Center. PB\*

**Xiaozhong Wen, Ph.D.** 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](mailto:xiaozhon@buffalo.edu) PB\*

VEG-FRIENDLY DIETITIANS

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**Jean Bauch, RD** Director, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560

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

**Joan Entwistle, RD, MS Ed., CDN** Renal care.

**Lisa Fischer, MS, RDN, CDN** Pediatric GI Nutrition Specialist. Strong Memorial Hospital, 601 Elmwood Avenue, Box 676, Rochester, NY 14642; (585) 275-9342. Also works part-time in private practice as an integrative dietitian; her practice is called On Nutrition, located in Linden Oaks Medical Campus. Fischer's biography is listed 2nd at this site (she can treat disorders other than those listed): <http://rochesternutrition.com/AboutUs/> Ms. Fischer has completed a masters program in Nutrition and Integrative Health and is committed to using whole foods as medicine for a variety of conditions.

**Sue Keleher, RD** Dietitian, Lake Plains Renal Dialysis, 11020 W. Center St., Medina, NY 14103. PB\*

**Joanna Lipp, RD** Dietitian, Wilmot Cancer Center; can work with a cancer patient at Strong or any of the U of R affiliates. Joanna Lipp <[joanna\\_lipp@yahoo.com](mailto:joanna_lipp@yahoo.com)>

**Joan Schwabe, RD** PB\*

**Ariane Taplin.** Senior nutrition student working towards RD. Ariane Taplin <[ataplin@me.com](mailto:ataplin@me.com)> PB\*

**Joy Valvano, RD** Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560 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." A gourmet cook, Sandy is founder of "Soup Group", an eclectic group of friends who created delicious soup/salad/bread based meals for 25 years. She is a member of the Rochester Area Vegan Society, Heartbeats4Life, and Slow Foods Rochester. 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



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possible. She's considering teaching small-group vegan cooking classes in her home, which would be participatory and would include dinner. Sandy can be reached at 585-338-2247, or [Sandy@Bluefrog.com](mailto:Sandy@Bluefrog.com) PB\*

**Melaney Bernhardt** is an AADP certified Integrative Nutrition Health Coach, also certified in Colin T. Campbell's Plant Base Nutrition course through eCornell. Has taught smoothie making, juicing and general healthy eating through the Brighton Continuing Ed department. Contact her via e-mail [melaney@frontiernet.net](mailto:melaney@frontiernet.net) or call (585) 683-3680.

**Rosemary Foos, LCSW-R**, has been a vegan coach for The Ghosts In Our Machine (documentary film) project from March 2011-December 2014. Rosemary also completed the eCornell Certification in Plant-Based Nutrition in February, 2014. A psychotherapist and counselor by profession, she also brings relevant skills to mentoring and coaching others interested in exploring a vegan way of life. Rosemary has experience in coaching others in food prep and shopping tips, and managing social challenges, and finding household/ personal products that support being vegan. She offers a supportive and encouraging approach, as well as numerous resources to ease your transition. Contact Rosemary Foos at [<rtfoos@aol.com>](mailto:rtfoos@aol.com), or call 585-727-4463.

**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 [<alexismacdonald@gmail.com>](mailto:alexismacdonald@gmail.com) PB\*

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

**Sue Taylor** is a Certified Integrative Nutrition Health Coach, registered with the AADP and IAHC (International Association of Health Coaches). In addition, Sue has taken Dr. T. Colin Campbell's Plant-Based Nutrition Certificate Course through eCornell; Blueprint for a Healthy Life: Foundational Pillars for Toxic-Free Living through Lara Adler, Environmental Toxins Expert; and the Vegetarian Health Institute's Vegan Mastery Course. Contact information: email: [staylor51@rochester.rr.com](mailto:staylor51@rochester.rr.com); phone: (585) 472-3065; website: [suetaylor.co](http://suetaylor.co) PB\*

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