

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of June 2019)
Compiled by the Rochester Lifestyle Medicine Institute (RLMI), roclifemed.com

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS

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. 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 RLM, it means the person is on the team of Rochester Lifestyle Medicine, a practice which uses plant-based diet and other lifestyle measures to reverse chronic disease, in a medically supervised setting; see listing for RLM at the end of the individual listings. If the listing is followed by PB*, it means the person has taken the Plant-Based Diet course, and we assume anyone who has taken this course is at least supportive of a vegan diet.*

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.

PHYSICIANS, DO's, RN's, NP's, PA's, and DC's (chiropractors) (In alphabetical order): Please be aware that information can change, including information about whether or not a practitioner is accepting new patients. Not all of these people are primary care practitioners (PCP's) and you may not be able to seek them out; but we mention them as you may have some input regarding which specialist you are referred to; or you may have some other reason to contact them.

Richard Acome, PA Family Medicine. Wolcott Medical Center, 6254 Lawville Rd., Wolcott, NY 14590; (315) 594-9444. PB*

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.

Bilal Ahmed, MBBS (physician) Internal Medicine, Hospice and Palliative Care. Associate Chief of Medicine at Highland Hospital. (585) 341-6867. Dr. Ahmed has received more than 30 teaching awards from the University of Rochester in the last 10 years. PB*

Vyithi Alagappan Internal Medicine. Hope Internal Medicine, 498 Collins St., Avon, NY 14414; (585) 399-7788; Caledonia Family Medicine, 3350 Brown Rd., Caledonia, NY 14423; (585) 538-6250.

Egan Allen, MD Internal Medicine and Geriatrics. Affiliated Strong and Highland Hospitals. 1000 South Avenue, Rochester, NY 14620; (585) 473-2200. PB*

Stas Amato, MD Recent U. of Rochester School of Medicine graduate; doing medical internship in Vermont starting 2017-18.

P. Miller Ashman, MD Urology. 1680 Empire Blvd., Suite 100, Webster, NY 14580; (585) 442-4940; St. Joseph's Neighborhood Center, 417 South Ave., Rochester, NY 14620; (585) 325-5260.

Andrea Avidano, ANP Adult/Diabetes Care Nurse Practitioner. Affiliated with Highland Hospital, 1000 South Ave., Box 58, Rochester, NY 14620.

Angela Baker, RN Works at Nine Mile Point nuclear power plant in Oswego. Vegan body builder and mom.

Ted D. Barnett, MD Founder and Medical Director of Rochester Lifestyle Medicine; <https://rochesterlifestylemedicine.com>; see listing at end of individual listings. Diagnostic and Interventional Radiology. Borg & Ide Imaging (practices out of Unity Hospital and various private office locations)

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throughout Rochester area). Dr. Barnett has been vegan for 25 years as of 2016. Teaches RAVS's Plant-Based Diet course. <drveggie@gmail.com> RLM*: 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*

John Bisognano, MD Cardiology. UR Medical Center Professor of Medicine and Director of Outpatient Services, Division of Cardiology. 601 Elmwood Ave., Rochester, NY 14642; (585) 275-4751, 275-6168.

Christine Borghi-Cavallaro, MD Family Medicine. Brighton Family Medicine, 945 E. Henrietta Rd., Suite B1, Rochester, NY 14623; (585) 292-6440. PB*

Linda Breen, RN Cardiac Nurse. PB*

Jill Brooks, RN, DC Brooks Spinal Care Chiropractic, PLLC, 70 Office Park Way, Pittsford, NY 14534-1746; (585) 385-8790; www.brooksspinal.com. Located on ground level, Tobey Village Office Park, southwest corner of Clover St. and Jefferson Road. Dr. Brooks was a nurse with the VA for 7 years before obtaining her chiropractic degree; she has been a chiropractor in the Rochester area since 1996. PB*; RLM*

Anh Bui, MD Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612, (585) 368-6000. Anh Bui <anhbui06@gmail.com> If gender matters to you in choosing a primary physician, Dr. Bui is a woman.

Erin Campbell, MD, MPH Program Director, UR Program for Nutrition in Medicine, <https://www.urmc.rochester.edu/nutrition-in-medicine.aspx>; See listing at end of individual listings.

Tom Campbell, MD Clinical Director UR Program for Nutrition in Medicine, <https://www.urmc.rochester.edu/nutrition-in-medicine.aspx>, and Medical Director of the T. Colin Campbell Center for Nutrition Studies. Son of T. Colin Campbell, Ph.D. and co-author with him of *The China Study*; author of *The China Study Solution* (previously released as *The Campbell Plan*). See listing at end of individual listings.

Jennifer Carroll, MD Family Medicine. Westside Health Services, 322 Lake Ave., Rochester, NY 14608; (585) 254-6480. Jennifer Carroll <jcarroll6@gmail.com>

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 PB*

Leigh Anne Chandler, GNP (Geriatric Nurse Practitioner) Certified in hospice and palliative care. Works at Lifetime Care Hospice, 3111 Winton Rd. S., Rochester, NY 14623; (585) 214-1000. PB*

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

Kristen Christian, MD Pediatrics. Flower City Pediatrics, 900 Westfall Rd., Suite 3C, Rochester, NY 14618; (585) 244-5510. PB*

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Michelle Cicilline, MD Family Medicine. Calkins Creek Family Medicine, 200 Red Creek Drive, Suite 100, Rochester, NY 14623. <michelle_cicilline@urmc.rochester.edu>
<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. Shirley Cirillo <scirillomd@gmail.com>

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*

Gina A. Cuyler, MD Internal Medicine. 2400 Clinton Ave. S., H210, Rochester, NY 14618; (585) 341-7299.

Timothy Daly, DC Healthsource Chiropractic, 1851 Stone Rd., Suite 100, Rochester, NY 14615; (585) 225-6430.

Jerold DeSimone, PA Family Medicine. Brighton Family Medicine, 945 E. Henrietta Rd., Suite B1, Rochester, NY 14623; (585) 292-6440. PB*

Jane Dorsey, MSN, FNP, L.Ac Certified nurse practitioner and licensed acupunctrist. Unity Sleep Disorders Center, (585) 442-4141. Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. PB*; RLM* jane.dorsey@rochesterregional.org

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. Mitchell Ehrenberg <mitchellehrenberg@gmail.com> PB*; RLM*

Daniel Erickson, DC Irondequoit Chiropractic Center, 2164 Hudson Ave. Lower, Rochester, NY 14617; (585) 467-7070.

Lara Evans, MD Internal Medicine. Southview Internal Medicine, 995 Senator Keating Blvd., Building E, Suite 200, Rochester, NY 14618; (585) 279-3600. PB*

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

James Fetten, MD Hematology/Oncology. Wilmot Cancer Institute; appointments (585) 475-8700. Dr. Fetten treats Lung cancer; Breast cancer; Colon cancer; Pancreatic cancer; Prostate cancer; Gastric cancer; Esophageal cancer; Head and neck cancers; Lymphoma; Melanoma; and Myeloma.

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

Ellen Fleischnick, MD Pediatrics and Psychiatry. Unity Chemical Dependency, 1565 Long Pond Rd., Rochester, NY 14626; (585) 723-7723. PB*

Susan Friedman, MD, MPH Internal Medicine and Geriatrics. Associate Professor, University of Rochester School of Medicine and Dentistry. Highland Hospital; 1000 South Ave., Box 58, Rochester, NY 14620, (585) 341-6770. Dr. Friedman's research interests are in health services and outcomes

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research, and include models of long-term care, falls and fractures in older adults, comorbidity, and healthy aging. “Shining Example” award from Highland Hospital in 2015, 2016. PB*; RLM*

Jane Giambrone, RN Certified Diabetes Educator, Unity Hospital; Certified Professional Life Coach. Jane Giambrone <janejam@rochester.rr.com> PB*

Robert Giambrone, MD, MBA Internal Medicine and Personal Development Coach. Rochester General Hospital Emergency Department, 1425 Portland Ave., Rochester, NY 14621. Robert Giambrone <robmg@rochester.rr.com> PB*

Kerry Graff, MD Family Medicine. Lake Country Family Medicine, 502 S. Main St., Canandaigua, NY 14424; (585) 394-1875. Kerry Graff <kerrygraft@rochester.rr.com> RLM*

Gaylinn Greenwood, MD Family Medicine. Honeoye Valley Family Practice, 23 Ontario St., Suite A, Honeoye Falls, NY 14472; (585) 624-2121. RLM*

Jacki Hagelberg, FNP (Nurse Practitioner). Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. Has the eCornell Plant-Based Nutrition Certificate. <jacki.hagelberg@gmail.com> PB*; RLM*

Rosalind Hayes, MD Obstetrics and Gynecology, subspecializing in Reproductive Endocrinology and Infertility, including Assisted Reproductive Technologies. Rochester Fertility Care, 1561 Long Pond Rd., Suite 410, Rochester, NY 14625; (585) 453-7760. RLM*

Joanna Heal, MB, BS (British medical degree) Hematology. Blood Banking and Transfusion Medicine. 4 Hidden Springs Dr., Pittsford, NY 14534.

Diana Herrmann, MD Family Medicine. East Ridge Family Medicine, 999 East Ridge Rd. Suite 800, Rochester, NY 14621; (585) 341-3610. PB*

Henry Hess, MD, Ph.D. (in Chemistry). Retired. Obstetrics and Gynecology, specializing in Gynecology and Menopause Management. 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*

Diane Holland, RN, MS Wound and Ostomy Care Nurse, Highland Hospital. PB*

Kathleen Hoven, RN, BSN Cardiac Support and Rehabilitation PB*

Eric Ingerowski, MD Practices with Panorama Pediatrics Group, 220 Linden Oaks. His practice may be closed to new patients.

Robert Israel, MD Internal Medicine, Pulmonology and Sleep Medicine; retiring. Unity Sleep Disorders Center, 919 Westfall Rd., Suite A100, Rochester, NY 14618; (585) 442-4141. PB*

Karen Irvine, RN Highland Hospital. PB*

Lesley James, MD Integrative Medicine. <http://www.lesleyjamesmd.com> Lesley James, MD <lesley@lesleyjamesmd.com>

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Julie Joyal, RN PB*

Brian Justice, DC Medical Director for Excellus Blue Cross Blue Shield's Pathway Development and Spine Program.

Joshua Keeler, DC Greater Rochester Chiropractic since 2013; (585) 442-3220. PB*

Stefenie King, MD Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612; (585) 368-6000.

Hwaok Kim, MD Internal Medicine. 2735 Buffalo Rd., Suite 1, Rochester, NY 14624; (585) 436-1620. If gender matters to you in choosing a primary physician, Dr. Kim is a woman.

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

Brigit Klement, RN, MS, GNP-BC Geriatric Nurse Practitioner, United Health Group. PB*

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.

Dolores (Dee) Krebs, NP Family Nurse Practitioner. 601 Elmwood Avenue, Rochester, NY 14642; (585) 341-3015. Actively involved in medical and forensic care of sexual assault patients; in 2011, named NYS Nurse Practitioner of the Year by the Nurse Practitioners Association of NYS. PB*

Andrea Kudel, DO Family Medicine. Leroy Medical Associates, 127 W. Main St., Leroy, NY 14482; (585) 768-2620. PB*

Jeffrey Levinn, MD Pediatrics. Parkview Pediatrics, 1050 Pittsford Victor Rd., Pittsford, NY 14534; (585) 383-1160. PB*

Scott Liebman, MD Nephrology. Strong Renal Group, 601 Elmwood Ave., #675, Rochester, NY 14642; (585) 442-9201.

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*

Scott MacRae, MD Ophthalmology; LASIK and Advanced Vision Correction. 210 Crittenden Blvd., Rochester, NY 14620; (585) 273-3937.

Russell Maggio, MD Internal Medicine. 560 White Spruce Blvd., Rochester, NY 14623; (585) 271-5250.

Robert McCann, MD Internal Medicine, Geriatrics, Hospice and Palliative Care. Chief of Medicine at Highland Hospital. 1000 South Avenue, Rochester, NY 14620; (585) 341-6770. 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.

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

Kimberly Meacham, NP 601 Elmwood Ave., (585) 276-4966.

Jason Mendler, MD, PhD Internal Medicine, Hematology and Oncology. Wilmot Cancer Center, 601 Elmwood Ave., Rochester, NY 14642; (585) 275-4912, 275-5823.

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

Rebeca Monk, MD Nephrology. Clinical Renal Group, 601 Elmwood Ave., #675, Rochester, NY 14642; (585) 275-4517.

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

Jennifer Muniak, MD Internal Medicine and Geriatrics. Dr. Muniak sees hospitalized patients at Highland Hospital and Rehab and Long-Term Care patients at Highlands at Brighton.
jennifer_muniak@urmc.rochester.edu 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*

Cheryl Newman, MD Family Medicine. 2550 Baird Rd., Penfield, NY 14526; (585) 395-1111; cherylnewmanmd.com.

Valerie Newman, MD Internal Medicine. 2561 Lac de Ville Blvd., #202, Rochester, NY 14618; (585) 244-7330.

Irina Novozhenets, RPAC (Physician's Assistant). 101 Canal Landing Blvd. Suite 8, Rochester, NY 14626; (585) 239-7300. Irina Novozhenets <iraberg89@gmail.com> PB*; RLM*

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*

Michael Ockrin, FNP Highland Family Medicine Center, 777 Clinton Ave. S., Suite 700, Rochester, NY 14620; (585) 279-4800. PB*

Maggie Odhner, NP Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. Margaret_Odhner@urmc.rochester.edu PB*; RLM*

Miyeon Oh, MD Hospice and Palliative Care Specialist. Lifetime Care Hospice, 3111 Winton Rd. S., Rochester NY 14623; (585) 214-1000. PB*; RLM*

Karen O'Shea, RN ANP-C Internal Medicine. Pulsifer Medical Associates, 2400 Clinton Ave., S., Suite H210, Rochester, NY 14618; (585) 341-7299. PB*

Jean Oswald RN, CA, CPC Hospice Nurse at Shepherd Home in Penfield. Health & Wellness Consultant at Compassionate Consulting, 1424 Jackson Road, Penfield, NY 14526; www.compassionateconsulting.com (585) 872-6242; (585) 703-0189.
jean@compassionateconsulting.com "We're all in this together." PB*

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Doreen Peters, NP Acute Care Nurse. 601 Elmwood Ave, Suite 675, Rochester, NY 14642, (585) 275-4517. Doreen Peters <doreen_peters@urmc.rochester.edu> 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. Naomi Pless <naomipless@rochester.rr.com>

Saul Presberg, MD Ophthalmology. 1425 Portland Ave., Rochester, NY 14621; (585) 9224794. PB*

Betty Rabinowitz, MD Internal Medicine. 2400 Clinton Ave. S., Rochester, NY 14618. As of 10/13, not accepting new patients. Betty Rabinowitz <Betty_Rabinowitz@URMC.Rochester.edu>

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.

Brett Robbins, MD Internal Medicine and Pediatrics. Culver Medical Group, 913 Culver Rd., Rochester, NY 14609; (585) 654-5432. Dr. Robbins cares for patients of all ages in a primary care setting. He has special interests in medical education, adolescent medicine, and the transition of youth with chronic illness to adulthood.

Thomas Roberts, MD Internal Medicine. Northridge Medical Group; 1338 East Ridge Rd., #101, Rochester, NY 14621; (585) 336-9370. PB*

Rochester Colon & Rectal Surgeons Eight physicians; locations in Brighton/Rochester, Irondequoit, Greece, Canandaigua, Geneseo. (585) 222-6566.

Kathleen Roeland, RN, CEN Cardiac Support and Rehabilitation PB*

Wendy Rosen, MD Psychiatry. 2273 Clinton Ave. South, Rochester, NY 14618; (585) 473-8180. Wendy Rosen <wrosen@rochester.rr.com>

Paul Rosenfeld, MD Psychiatry, specializing in children. 2273 Clinton Ave. South, Rochester, NY 14618; (585) 292-1910. Paul Rosenfeld <paulnrosenfeld@gmail.com> PB*

Sandra Sarnoski-Roberts, MD Internal Medicine and Emergency Medicine. 601 Elmwood Ave., Rochester, NY 14642; (585) 275-9555. PB*

Jesse Schenendorf, MD Internal Medicine. 400 White Spruce Blvd., Rochester, NY 14623; (585) 427-9950. "Dr. Schenendorf aims to work with his patients to try and prevent the development of disease through healthy living and preventive care."

Barbara Schrage, RN, MS, FNP-BC Geriatric Nurse and Highland Hospital NICHE Coordinator (Nurses Improving Care for Healthsystem Elders) PB*

Ronald Schwartz, MD Cardiology 2400 Clinton Ave. S., Building G, Rochester, NY 14618; (585) 341-7700.

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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 Ctr/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> RLM*

Marcy Soprano, MD 1425 Portland Ave., Rochester, NY 14621; (585) 922-4136.

Eric Spitzer, MD Diagnostic Radiology specializing in Neuroradiology. Rochester Radiology Associates: Rochester General Hospital and RG Medical Office Building, 1415 Portland Ave., Suite 190, Rochester, NY 14621 and other locations; (585) 336-5000. PB*

Maryanne Stahlecker-Etter, NP Nurse Practitioner specializing in Endocrinology, Diabetes and Metabolism. 601 Elmwood Ave., #655, Rochester, NY 14642; (585) 275-2100. PB*

Laura Stannard, NP, MS University of Rochester Department of Family Medicine. Laura Stannard <Laura_Stannard@URMC.Rochester.edu>

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*

Scott Stratton-Smith, MD Family Medicine. Unity Family Medicine, 3173 Chili Ave., Suite 400; 3379 Chili Ave., Suite 100, Rochester, NY 14624; (585) 889-0750. PB*

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

Francisco Tausk, MD Professor of Dermatology and Psychiatry, University of Rochester, School of Medicine. University Dermatology Associates, 400 Red Creek Drive, Suite 200, Rochester NY 14623; (585) 275-7546. Head of nation's only center for Integrated Dermatology. <francisco_tausk@urmc.rochester.edu> PB*

John (Chad) Teeters, MD Cardiology; Chief of Cardiology at Highland Hospital. Dr. Teeters lost 60 pounds after going on a vegan diet while he was taking the Plant-Based Diet course at Highland Hospital. You can read his testimonial at [roclifemed.com: https://rochesterlifestylemedicine.com/testimonials/](https://rochesterlifestylemedicine.com/testimonials/) Highland Hospital is at 1000 South Ave., Rochester NY 14620; (585) 341-6780. PB*

Jo Ann Timkey, RN Works at General Motors facility at 1000 Lexington Ave. PB*

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,

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medication, nutrition and. alternative treatments and recommendations, or a combination. Private practice. Phone (585) 394-6656. Website CherylTislerMD.com PB*

Brittany Vakiener, PA Internal Medicine. 425 Portland Ave., Rochester, NY 14621; (585) 922-4000. PB*

Laticia Valle, MD Endocrinology and Diabetes. 1000 South Ave., Rochester, NY 14620; (585) 341-6775. 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. <gsweiser@gmail.com> RLM*

Eric Wilcox, MD Family Medicine. Rochester Regional Health Family Medicine at RIT, 181 Lomb Memorial Dr., Rochester, NY 14623; (585) 922-3100. Highly recommended by one of our RAVS members.

Mary Claire Wise, MD Family Medicine. Retired. PB*

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> PB*; RLM*

Jules Zysman, MD Family Medicine. 23 Ontario St., Honeoye Falls, NY 14472; (585) 624-2121.

DENTISTS

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

Frederick Clasquin, DMD 56 Market St., Brockport, NY 14420; (585) 637-4430. 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.

Nicholas Nicosia, DDS Nicosia Dental, PLLC, 980 Westfall Rd., #120, Rochester, NY 14618; (585) 442-6600. PB*

Josue Padilla, DDS Progressive Implantology & Periodontics; (585) 385-4867.

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

Carl Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

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Craig Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

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

Lisa Marie Yerke, DDS Periodontics.

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

VEG-FRIENDLY DIETITIANS (Some who work in a clinical setting may not take private patients.)

Jean Bauch, RD 687 Lee Rd., Suite 160, Rochester, NY 14606; (585) 254-4152.

Julie L. Black, RD Works at Highland Hospital. PB*

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

Alexandra (Sandi) DeWispelaere, CNHP, CH Certified Natural Health Professional, Certified Herbalist, and Health Minister for Hallelujah Acres. Offers nutrition counseling through Oasis, where she has taught for 12 years. Oasis is a non-profit educational organization whose mission is “to see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives.” oasisnet.org Sandi also attends the PCRM plant-based nutrition conference in Washington, DC. <sandi49@frontiernet.net>

Joan Entwistle, RD, MS Ed., CDN Renal care. Joan Entwistle <jentwis1@rochester.rr.com>

Sue Keleher, RD Dietitian, Lake Plains Renal Dialysis, 11020 W. Center St., Medina, NY 14103. Susan Keleher <tzujan5@yahoo.com> PB*; RLM*

Elizabeth Kirk, RD, CDN Specializes in Renal Nutrition. 31 Chi Mar Drive, Rochester, NY 14624; (585) 766-8157. Practices with Rochester Lifestyle Medicine, roclifemed.com PB*

Emily Cope Kyle, MS, RDN emilykylenutrition.com Website and recipes are not entirely vegan, but this practitioner will work well with vegan clients.

Joanna Lipp, RD Works with cancer inpatients at Strong Memorial Hospital, specializing in hematology/oncology and bone marrow transplants. <joanna_lipp@urmc.rochester.edu>

Linda Rowsick Mitchell, RD, CD-N Has eCornell certificate in Plant Based Nutrition (from the T. Colin Campbell Center for Nutrition Studies) and works with vegetarian and vegan clients. linda.rowsick@thompsonhealth.org; (585) 396-6285; (cell) (585) 397-8237; appointments at (585) 396-6910. RLM*

Lynn Raffeto Moll, RD Lead Dietitian Nutrition Specialist at Anthony L. Jordan Health Center; (585) 423-5878; lmoll@jordanhealth.org PB*

Joan Schwabe, RD PB*

Sharon Stall, RD Specializes in Renal Nutrition. 221 Wilshire Rd., Rochester, NY 14618; (585) 473-5274.

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Patricia Stewart, RD, PhD (in physiology) Faculty member in the Department of Pediatrics at the University of Rochester Medical Center. Among other responsibilities, Dr. Stewart is the Nutrition Coordinator for the Leadership Education in Adolescent Health Training program in the Department of Pediatrics and is the Nutrition Theme Director for the medical school curriculum. (585) 275-3918; patricia_stewart@urmc.rochester.edu

Joy Valvano, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560 Joy Valvano <joyvalvano@gmail.com> PB*

Cassie Wright, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560.

OTHER HEALTH PROFESSIONALS

Caroline Atti, LMHC (Licensed Mental Health Counselor) 95 Allens Creek Rd., Building 2, Suite 13, Rochester, NY 14618; (585) 451-9607.

Joseph P. Carlino, LCSW-R More than 30 years of experience in counseling. PB*

Sisi Chen, MS, MHC (Mental Health Counselor) Counseling, reiki, and yoga (individual and group classes). 45 Allens Creek Rd., Rochester, NY 14618; (585) 330-6373; sisilisa@gmail.com. PB*

Mary (Molly) Deutschbein, LMT, CST. Licensed massage therapist who uses Arvigo Therapy in her bodywork practice. 720 East Ave., Rochester, NY 14607; (585) 746-4682.

Rosemary T. Foos, LCSW-R Counseling & Psychotherapy private practice. 1120 Crosspointe Lane Suite 4B, Webster, NY 14580 (585) 727-4463 www.fooscounseling.com RLM*

Ruth B. Goldberg, PhD Clinical Psychology. 95 Allens Creek Rd., Building 2, Suite 212, Rochester 14618. (585) 271-3050, Ext. 2. PB*; RLM*

Peg Haust-Arliss, LCSW-R, CHHP is a certified cognitive therapist, life coach and vegan lifestyle coach. In addition to her psychotherapy practice, she is an AADP certified holistic health coach and completed programs at the Institute for Integrated Nutrition and the Vegetarian Institute's Vegan Mastery Course. Visit PegHaust.com, contact peg@PegHaust.com, or call (315) 398-1989. RLM*

Leena Isac, LMSW Psychotherapist. 1577 South Ave., Rochester, NY 14620; (585) 270-1491. RLM*

Gayle Manfre, LMFT (Licensed Marriage and Family Therapist) 255 Commodore Parkway, Rochester, NY 14625; (585) 267-7593; 203-1501.

Ana Moser, LCSW Clinical social work/therapist; 70 Linden Oaks, Rochester, NY 14625; (585) 329-6569.

Samuel H. Nelson, PhD 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 or by phone at (585) 271-5296. For more info visit samhnelson.com.

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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*; RLM*

Letty Leslie Salas-Estrada Biophysics, Structural and Computational Biology Program at University of Rochester School of Medicine and Dentistry. Doing work on lipids and fatty acids in human nutrition. leslie.saes@gmail.com PB*

Sue Staropoli, MA Therapy and Counseling. (585) 586-4007 <http://suestar.com/healing-our-hearts/> Sue Staropoli <suestar1@rochester.rr.com> PB*

Stacey Steinmiller, LCSW Psychotherapist who specializes in treating clients who have experienced trauma, especially childhood trauma, and are experiencing issues as a result of their past. Authentic Self Counseling, 595 Blossom Road, Suite #315, Rochester, NY 14610 (585) 967-6996. www.ascounseling.com "True happiness comes from within"

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.

Robert Wasson, LAC (Licensed Associate Counselor), Empire Acupuncture, 1651 Empire Blvd., Webster, NY 14580; (585) 671-9390. PB*

William Watson, PhD Psychology. 300 Crittenden Blvd., Rochester, NY 14642; (585) 275-6733. Associate Professor, Department of Psychiatry, Family/Marriage, University of Rochester Medical Center. PB*

Xiaozhong Wen, PhD 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 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." 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 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 PB*

Melaney Bernhardt is an AADP certified Integrative Nutrition Health Coach, and is also certified in T. Colin Campbell's Plant Based Nutrition course through eCornell. She is currently working on her NET certification through Dr. Joel Fuhman. Ms. Bernhardt has taught smoothie making, juicing and general healthy eating through Brighton Continuing Ed. Contact her via e-mail melaney@frontiernet.net or call (585) 683-3680. RLM*

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Lee Doyle Certified Personal Trainer (585) 455-6845; leesdoyle@gmail.com. Presents an 8-session program in Strength Through Motion.

Phyllis Fleischman Health Coach and Cooking Instructor; has the eCornell Plant-Based Nutrition Certificate and Rouxbe Plant-Based Professional Cooking certificate. p_fleischman@hotmail.com; (585) 298-6012 RLM*

Rosemary Foos, LCSW-R completed the eCornell Certification in Plant-Based Nutrition as well as the Rouxbe Culinary School's 3 month course in Plant-Based Cooking. In addition, she worked as a vegan coach with The Ghosts In Our Machine (documentary film) from 2011-2014. As a counselor by profession, Rosemary style is supportive, encouraging and motivational to those interested in exploring a vegan way of life. Contact Rosemary Foos at (585) 727-4463 or email RosemaryFoos@gmail.com RLM*

Regina Geames Health Coach. RLM*

Linda Heeler, PCC (Professional Certified Coach). Live Inspired Life Coaching, liveinspiredlifecoaching.com

Sandy Hicks Yoga Instructor. Grounded By Yoga; classes at 1 Wellness Way, Bloomfield, NY 14469 and also in Canandaigua. Teacher training available. <http://www.groundedbyyoga.com>

Darcie Johnson Health Coach, Meditation Instructor. RLM*

Jean Longchamps PMA Certified Pilates Teacher; pilatesbyjean@gmail.com; (585) 236-4227.

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 <alexisnmacdonald@gmail.com> PB*

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

Michelle (Bubbie) Staron Cooking Instructor. RLM*

Tara Sullivan Yoga Instructor. <Tara@tara-sullivan.com>

Sue Taylor is a Certified Integrative Nutrition Health Coach, registered with the AADP and IAHC (International Association of Health Coaches). In addition, Sue has the eCornell Plant-Based Nutrition Certificate; and has taken the Rouxbe/Forks Over Knives Plant-Based Cooking Course and the Blueprint for a Healthy Life: Foundational Pillars for Toxic-Free Living through Lara Adler, Environmental Toxins Expert. Contact information: email: staylor51@rochester.rr.com; phone: (585) 472-3065; website: suetaylor.co PB*; RLM*

“A Plant-Based Diet: Eating for Happiness and Health”: Class offered by Ted D. Barnett, MD; includes food samples and recipes. Eligible for continuing education credit for physicians and other health

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professionals. For info on upcoming classes, go to roclifemed.com; to access handouts and videos from the course, <https://rochesterlifestylemedicine.com/resources/nutrition-course/>

CHIP Program offered by **Rochester Lifestyle Medicine**: Intensive lifestyle program using plant-based nutrition to prevent and reverse chronic disease, in a medically supervised setting. Visit <https://rochesterlifestylemedicine.com> or call (585) 484-1254.

UR Nutrition in Medicine Program Offered by Thomas Campbell, MD and Erin Campbell, MD, MPH. Lifestyle Intensive program includes individual assessment, medical monitoring, instructional program, catered meals and cooking classes. Also offers an immersion program, and educational outreach to the general public in the “Lunch with Docs” series. (585) 794-8746;
<http://www.urnutritioninmedicine.com>

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