

PRIMARY MEDICAL

# Senior Focused Medicine

in Ventura County



Dr. Flor Mounts  
Family Physician

## Learn more inside!

- Quality Senior Care
- 25+ Providers
- More Offices Near You
- Accepting New Patients
- Same-Day Appointments

Call today!

805.702.8337

## Easy & Healthy Recipes



# Quality Primary Care Since 1994

We are primary care physicians serving Ventura county with the highest quality of care. We also have Internal Medicine, Pediatrics and Endocrinology here at Primary Medical Group.

**Our goal is to approach medicine differently by offering more cohesive care and education that extends beyond the four walls of the exam room.**

We do not just make suggestions and write prescriptions, we have taken steps to improve the health of our patients. Our family physicians have developed educational content that empowers their community to make healthy lifestyle changes. We pride ourselves on going beyond the exam room to make our community healthier and happier.

[primarymedical.net](http://primarymedical.net)

## Want to meet your doctor before switching?

Call our senior advocates today to learn more about our upcoming Meet the Doctor events!



**805.702.8337**

# West Telegraph



Learn more about  
Dr. Mounts on page 5

2953 Telegraph Rd  
Ventura, CA 93003

Office Number  
**805.652.5252**

## Care Team

Dr. Mounts  
Dr. Chase  
Dr. Williams  
April Terry, FNP-BC

## Other offices near you



## East Telegraph

10885 Telegraph Rd  
Ventura, CA 93004

Office Number  
**805.647.7704**

## Care Team

Dr. Alaimo  
Dr. Bailey  
Dr. Wheaton  
Mike Diaz, PA



## Johnson

2772 Johnson Dr. #200  
Ventura, CA 93003

Office Number  
**805.642.1430**

## Care Team

Dr. Banman  
Dr. Lazzarotto  
Dr. Westfall  
Dr. West  
Dr. Ficks  
Natalie Nichols, PA

# Why Primary Medical Group?



- 25+ Providers
- 7 Locations
- Care Management
- Same-Day Appts.
- Senior Advocates

**Accepting  
new patients!**

Ventura | Oxnard  
Camarillo | Santa Paula

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# Flor Mounts, MD

## Family Physician

Dr. Flor Mounts is a southern California native, she attended Point Loma in San Diego for her bachelor's degree and stayed to attend medical school at UC San Diego School of Medicine. After receiving her degrees, she traveled to southern Oregon for her residency program in family medicine where she spent seven years at a community clinic treating the underserved.

Dr. Mounts chose to study family medicine because she loved learning about the body, but also because she desired to help people be their best and healthiest self throughout all stages of life. Her approach to medicine is holistic, encouraging preventative care for her patients in order to maintain health and catch conditions before they become serious.

Some of Dr. Mounts passions and hobbies include vegetable gardening, going to the beach and swing dancing! She is now practicing out of our West Telegraph office. If you would like to schedule an appointment with Dr. Mounts please give us a call, Dr. Mounts looks forward to partnering with you in your health journey.



Interested in seeing  
our W. Telegraph Team?  
Call our senior advocates today  
to learn more!

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Accepting  
new patients!

[primarymedical.net/flor-mounts-md/](https://primarymedical.net/flor-mounts-md/)

# Matthew Westfall, DO

Family Physician

Accepting new patients!

Dr. Matthew Westfall is a family physician working out of our Johnson location. Dr. Westfall always knew he had an affinity for the sciences, but he knew he did not want to be in a lab setting. After volunteering in Santa Barbara and his work in Peru, Africa, and South East Asia, Dr. Westfall knew he wanted to merge his love for people with his love for science. He attended Touro University in Las Vegas and did his residency at Community Memorial Hospital in Ventura.

As a Southern California local, Dr. Westfall knew he wanted to stay local to his home. After doing his residency at Community Memorial, he knew he wanted to stay in Ventura County to use his vocation as a doctor to serve the community. Dr. Westfall's favorite part about family medicine is the variety of patients he gets to see. He enjoys treating the whole family and the older adult. His special interest is in sports medicine and musculoskeletal related injuries.

Outside of the clinic, Dr. Westfall enjoys any type of outdoor activity. Having travelled to many different countries, he is a self-proclaimed "foodie", enjoying foods from many cultures and backgrounds. Dr. Westfall's perfect day outside of clinic would be sitting down with an adventure novel at Rumfish y Vino and finishing the day off surfing.

## Johnson Office



[primarymedical.net/matthew-westfall-do/](http://primarymedical.net/matthew-westfall-do/)

# Elizabeth Alaimo, DO

## Family Physician

Dr. Elizabeth Alaimo always knew she wanted to be a doctor, even from a young age. Her father was a family practitioner and she spent a good amount of time around patients. This fueled her love for people and science which ultimately led her to pursue medicine at George Fox University. She graduated medical school from Western University and continued on to do her residency training in Illinois.

Dr. Alaimo's love for the west coast and outdoor activities ultimately brought her to Ventura County. She is a doctor of osteopathic medicine and does treat the whole family, however, she does have a special interest in sports medicine. Being able to advocate for her patients and build close relationships is what she loves most about being a doctor.

When Dr. Alaimo is not in the clinic, she enjoys any outdoor activities with her dog, Finn. The weather in Ventura county is a literal breath of fresh air from where she was in Illinois. Dr. Alaimo enjoys cooking fresh Italian food and curling up with one of her favorite fantasy books.

You can find Dr. Alaimo at our East Telegraph Office. She would love to get to know you and have you as one of her patients!

### E. Telegraph Office



Ventura, CA



Accepting  
new patients!

[primarymedical.net/elizabeth-alaimo-do/](https://primarymedical.net/elizabeth-alaimo-do/)

# Are you ready to become a patient?



Our Patient Relations team is here to help you switch your doctor! Call us!

**805.702.8337**

Make sure to ask us about our Meet the Doctor events!

**Here are some major insurances that we accept!**

If you don't see your insurance please call us for assistance. 805.702.8337



If you have  
**Medicare Supplement  
PPO • Tricare for Life**

Call the Rancho Family office you would like to see and make an appointment.

If you have  
**Medicare Advantage  
HMO Insurance**

Call our Patient Relations, and they can help you with everything!

[primarymedical.net/senior-care/](https://primarymedical.net/senior-care/)

# What is a MD, DO, NP, and PA?



## (MD & DO) Family Physician

A Doctor is responsible for promoting the health and safety of their patients by providing proactive treatment and diagnoses. Their duties include speaking with patients to address their health concerns, conducting physical examinations to ensure their patients' health and administering vaccinations for common illnesses or allergies.

## (NP) Nurse Practitioner

A nurse practitioner (NP) is an advanced practice registered nurse and a type of mid-level practitioner. NPs are trained to assess patient needs, order and interpret diagnostic and laboratory tests, diagnose disease, formulate and prescribe medications and treatment plans. NP training covers basic disease prevention, coordination of care, and health promotion, but does not provide the depth of expertise needed to recognize more complex conditions.

## (PA) Physician Assistant

(PA-C) Physician Assistants-Certified are healthcare providers who are educated at medical schools, in the medical model. They are trained to diagnose and treat illness, as well as provide preventative care in partnership with a physician supervisor.

Physician Assistants can work in any medical specialty to provide basic care to patients. Their duties vary depending on what kind of Physician they report to. Many Physician Assistants work under Primary Care Practitioners to provide basic medical care, handling common issues on their own and seeking guidance from the Physician on complex problems. They meet with patients, perform physicals, discuss symptoms, and educate them on their condition.

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# APPs & Office Locations

## Garden Street Ventura, CA



Zena Aladdin, NP-C



Colette Frena, FNP-C

## W. Telegraph Ventura, CA



April Terry, FNP-BC

## Lombard Oxnard, CA



Nicolas DeJong, PA-C



Sue Houx, FNP-C

## E. Telegraph Ventura, CA



Mike Diaz, PA-C

## Johnson Ventura, CA



Natalie Nichols, PA-C

## Camarillo Camarillo, CA



Karen Popp, ACNP-C



# The Importance of Hydration

Staying hydrated is the absolute key when maintaining your health. It may seem obvious, but this truth is worth repeating: hydration is essential for your health. Drinking water and eating foods with electrolytes and high water content aid significantly in hydrating your body. Hydration impacts many different body systems including joint health, digestion, and body temperature.

## Joint Health

Being properly hydrated helps manage joint pain and Arthritis flare ups. Our joints are made up of 65-80% water, so consuming the appropriate amount of water allows joints to stay lubricated, and therefore alleviates friction so the body has less pain and a better range of motion. Walking, writing, bending, and lifting are all range-of-motion activities we do regularly, and these motions are impacted by our level of hydration. By continually supplementing our bodies with water and electrolytes, it allows our bodies to function at a better level.

## Digestive System

The digestive system also relies on water to keep things moving. When you eat, your body breaks down food into diverse types of fiber, one of them being soluble fiber. How does soluble fiber get broken down? With water! A lack of fluid can cause bowel discomfort from fiber build up and may lead to constipation. Drinking enough water aids in fiber breakdown so our digestive tract can stay regular.

## Body Temperature

Another area that hydration impacts is how the body regulates temperature. When you are dehydrated, your body stores more heat. When the body stores heat it lowers the tolerance level for hot temperatures, making issues



like heat stroke and heat related fatigue more likely. Proper hydration allows the body to produce healthy amounts of sweat so that if you get overheated, that sweat can evaporate and ultimately cool down your body. If you are sweating more frequently, it's not a bad thing—just don't forget to replenish!

Did you know that hydration can also come from eating electrolyte-replenishing fruits and vegetables? Eat foods like watermelon, peaches, and citrus fruit as well as cucumber, tomatoes, and cabbage to get more water in your diet!

## Electrolyte-replenishing Foods

Watermelon  
Peaches  
Citrus fruit  
Cucumber  
Tomatoes  
Cabbage

# How Diet Affects Mental Health

We all know that food is fuel for the body, but most of us forget that it also fuels our brain. While it is easy to see how processed and sugary food can negatively affect physical health (weight gain, obesity, pre-diabetes etc.), it is not always so apparent how it affects our mental health. The food we decide to eat does impact our mental health and it is important to eat good fuel to regulate appetite, moods, and emotions.

Eating healthy foods promotes the growth of beneficial bacteria in the gut, which in turn supports healthy neurotransmitter production. A diet high in sugar and processed foods, on the other hand, can cause inflammation and impair function. This can lead to negative mood changes. Therefore, it is important to eat a balanced diet that includes healthy fats, complex carbohydrates, and vitamins to support optimal mental health.

There are several foods that can help improve mental health.

**Omega-3 fatty acids, for example, are known to support healthy brain function. Foods rich in omega-3s include salmon, walnuts, and flaxseeds.**

Getting enough omega-3s is important for mental health because they have been shown to help with symptoms of depression, anxiety, and ADHD.

Complex carbohydrates like whole grains found in brown rice and whole wheat are important for mental health as they help to regulate blood sugar levels. When blood sugar levels are stable, it helps to keep energy levels up and prevents mood swings.

There are certain vitamins and minerals that are especially important for mental health, as they are all found to improve both mood and cognition. These include magnesium, zinc, iron, and vitamin B12. Magnesium is found in dark leafy greens, nuts, and seeds and can help to reduce stress and anxiety. Zinc can be found in foods like oysters, poultry, beans, and nuts. Iron is typically found in red meat although you can also get it from plant based substances such as dark leafy greens and legumes. Vitamin B12 is found in poultry and eggs and Vitamin D is found in fatty fish, mushrooms, and fortified milk.

The foods we eat have a direct impact on our mental health. If you are struggling with your mental health, consider making changes to your diet and speaking with a mental health professional to see if nutrition therapy could be right for you.



## Healthy Brain Foods

- Salmon
- Brown rice
- Dark leafy greens
- Nuts & seeds
- Poultry & eggs
- Beans & legumes
- Mushrooms

# Walnut-Rosemary Crusted Salmon

SERVES 4

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## Ingredients

2 teaspoons Dijon mustard  
1 clove garlic  
½ teaspoon lemon zest  
1 teaspoon lemon juice  
1 teaspoon chopped fresh rosemary  
½ teaspoon honey  
½ teaspoon kosher salt  
¼ teaspoon crushed red pepper  
3 tablespoons panko breadcrumbs  
3 tablespoons finely chopped walnuts  
1 teaspoon extra virgin olive oil  
4 skinless salmon fillets, fresh or frozen  
Olive oil cooking spray  
OPTIONAL GARNISH: parsley and lemon wedges

## Directions

**STEP 1** Line a large baking pan with parchment paper and heat oven to 425°F.

**STEP 2** In a small bowl combine the mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper. In another small bowl, combine panko, walnuts, and olive oil.

**STEP 3** Place the salmon onto the baking sheet and spread the mustard mixture on top. Coat the fish with the panko mixture and lightly press in to adhere. Lightly coat with cooking spray.

**STEP 4** Bake in the oven for about 8-12 minutes or until the fish flakes easily with a fork (this will depend on the thickness of the salmon).

**STEP 5** Sprinkle with parsley and then serve with lemon wedges.

SERVES 4

# Ground Turkey White Bean Kale Soup

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## Ingredients

1 lb ground turkey  
2 bay leaves  
1 can white cannellini beans  
2 carrots  
3 cloves garlic  
1 cup kale  
1 cup onion  
1 turnip  
2 springs fresh rosemary  
6 cups chicken stock  
1 cup water  
Salt & black pepper  
Paprika or cayenne  
Italian seasoning

## Directions

**STEP 1** Add chopped onion and garlic to a pot on medium heat. Add in ground turkey and season with salt, pepper, and Italian seasoning and optional paprika.

**STEP 2** Add in turnip, carrots, beans, chicken stock, rosemary, and bay leaves.

**STEP 3** Bring to a simmer and remove rosemary and bay leaves.

**STEP 4** Serve and enjoy!



For more recipes like these! Go to  
[becomewellwithin.com](http://becomewellwithin.com)

# Chicken Sausage Sheet Pan

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SERVES 4



## Ingredients

2 cups brussels sprouts, trimmed & halved  
2 cups butternut squash, peeled, deseeded & cut  
1 sweet potato  
2 tablespoons olive oil

1 tablespoon pure maple syrup  
2 tablespoons fresh rosemary, finely chopped  
12 ounces apple chicken sausage, fully cooked & sliced into ¼ inch pieces

2 tablespoons pine nuts  
Coarse kosher salt & freshly ground black pepper  
Optional: shaved parmesan, balsamic glaze, etc.

## Directions

**STEP 1** Preheat the oven to 425°F.

**STEP 2** Place the trimmed brussels sprouts, cubed butternut squash and cubed sweet potato on a foil lined sheet pan. Drizzle the olive oil & maple syrup over ingredients.

**STEP 3** Season with the fresh herbs, 1 teaspoon kosher salt, & ground black pepper as desired. Toss to coat the veggies in the seasoning, then arrange in an even layer on the sheet pan.

**STEP 4** Add the thinly sliced chicken sausage to the pan.

**STEP 5** Transfer the sheet pan to the oven. Roast for 25 minutes, flipping the veggies & sausage halfway through.

**STEP 6** After 20 minutes, add the pine nuts to the sheet pan and roast for the remaining 5 minutes.

**STEP 7** Add parmesan and balsamic dressing if desired and serve!



## Want to meet your doctor before becoming a patient?

We want you to be 100% comfortable with the doctor you choose. Meet our doctors before you join!

Call today to learn more about our upcoming Meet the Doctor events!

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