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Medical Guide



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Germantown Area Chamber of Commerce Community. Partnership. Growth. The Medical Guide reaches into one of the many facets of what makes our city truly special: our medical district and community. Produced by the Germantown Area Chamber of Commerce and The City of Germantown in conjunction with Customedia, LLC, this guide, published annually, promotes medical businesses and community engagements in a powerful way.

Your advertising supports the Chamber and our mission to "promote a vibrant business environment by cooperative interaction among business, government, and community."

The City of Germantown and our residentstaffed Economic Development Commission fully supports this effort and encourages your participation in building a comprehensive Germantown Medical Guide to ensure that our residents and residents of the greater region have a full understanding of the extensive medical and healthcare services located in Germantown.

#### **PHYSICIAN PROFILE**

#### **Requirements:**

- 250 WordsBio/Highlight Write Up of Physician
- Professional Head Shot
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#### METHODIST LE BONHEUR HEALTHCARE

# Teenage Mental Health: What Parents Can Do

American teens face a broad range of challenges these days. Some are the same challenges their parents faced in their youth – exploring identity, balancing the need for independence from parents with rules and expectations and peer pressure. But, now the challenges facing our youth today are unique to our times and circumstances. Data from the CDC indicate adolescents today report more unhappiness, sadness and anxiety than adolescent teens in previous generations. Parents, teachers and others who love and care about teens want to do all they can to support their adolescents' mental health and well-being. Here are some key areas to look out for when thinking about your teen's mental health.

#### They're still developing.

Even though it seems like teens are quite savvy and independent, often having the maturity or attitude of an adult, they are still growing and developing. A lot of key brain development happens in the teen years, especially around planning, decision-making and future-oriented thinking. Teens can't necessarily look several steps ahead at what might be the consequences of their actions, so it is important to lovingly help them see the potential outcomes of decisions they make. At the same time, teens are exercising more independence and want less direction from parents. Having an open conversation with teens aimed at helping them reach their own conclusions can help give them the independence they need while also supporting them in big decisions.

#### Sleep is essential.

Teens have so much going on with school, work, extracurricular activities and a social life, and sleep is often overlooked as a priority. During the adolescent years, most teens need eight to 10 hours of sleep per night. If sleep is being impacted by involvement in too many other aspects of life, it could be helpful to take stock of where the time is going and make decisions about whether some activities can be cut. One big time thief can be technology.

#### Be aware of time spent on devices.

Many people have positive experiences interacting with phones, video game consoles or other devices. Technology use isn't inherently bad as long as it isn't interfering with other important things like sleep and social interaction. The type of online activity is also something to monitor. Posting, liking and commenting on social media – actually interacting – can have more positive benefits than simply scrolling or watching posts made by others. If tech is getting in the way of sleep, it can be useful to set a bedtime for devices, ideally two hours before human bedtime. Some phone companies offer parental controls as part of their plans, allowing parents to set time limits. Devices should be charged and stored outside of bedrooms while we're sleeping, as research has shown poor sleep quality for people of all ages who sleep with a phone in the room.

#### Listen and respond when someone asks for help.

If your teen or someone you know talks about thoughts of wanting to harm themselves, it is important to take that seriously. Listen without judgment, and encourage them to get help from a trained professional. The National Suicide Prevention Lifeline is available 24 hours a day by calling or texting 988. Teens can also get connected with trained mental health professionals through their doctor's office. Le Bonheur Pediatrics and Methodist Medical Group have a team of psychologists, counselors and social workers who are available to help our patients. You can also contact your insurance company to get a list of mental health providers.

The adolescent years are challenging, and we all want to make sure we are caring for our kids as best we can. Helping your teen through these times with love, patience and understanding will equip them to handle stressors they face each day.

**Colby Butzon, PhD** Psychologist Le Bonheur Children's Hospital



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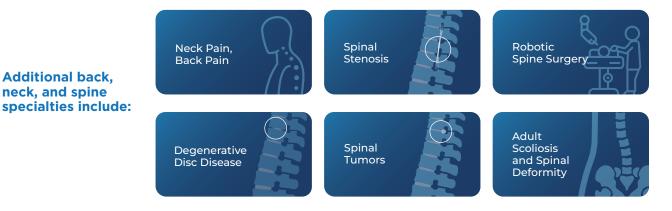
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#### **ABOUT GERMANTOWN MEDICAL GUIDE**

The Germantown Medical Guide is published once a year by Customedia LLC, in conjuction with the City of Germantown and the Germantown Area Chamber of Commerce.

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Additional copies available at the Germantown Area Chamber of Commerce and at Germantown Community Library.

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# FROM THE MAYON AND CHAMBER PRESIDENT

#### Dear neighbors,

As your City's Mayor and Chamber of Commerce President/ CEO, we're proud to bring you this comprehensive guide to Germantown's burgeoning medical sector.

Germantown is known for its slogan "Excellence. Every day," and its medical district is no exception to that standard. Our specialty clinics, hospitals, skilled medical practitioners and medical researchers elevate the quality of life not only for our residents, but also for patients throughout the region.

At the heart of this guide, you'll find a complete directory of a full range of those health practitioners, specialists and healthcare resources to serve every aspect of your wellbeing.

Additionally, within these pages, you'll find inspiring stories about ways various professionals and volunteers are working hard to promote healthy living and accessibility - even for our pets.

You'll read about Germantown Parkway Animal Hospital and the veterinarians there who dedicate themselves to caring for our furry family members, elevating vet medicine to a human standard. You'll meet an award-winning Houston High School teacher by day and registered nurse by night who's working hard to fuel a passion for health sciences in her students - while also delivering a high level of compassion and care to her patients.

Photography by Alex Ginsburg Photographics

You'll learn about the Memory Cafe at Germantown Community Library, which provides monthly engagement for seniors with dementia, along with fellowship for their caregivers.

And we'll introduce you to a very special dog who delivers therapy and joy to groups of very special patients.

We hope this guide will give you insight into the regional excellence of our very talented healthcare providers. Our goal is to connect you to the proper medical care so you can obtain the highest level of health. Our medical sector is just one of the many reasons why Germantown remains the community of choice!

City of Germantown

Mike Palazzolo

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Monthly engagement for seniors living with dementia and fellowship for their caregivers

Written by Stephanie Painter Photography by Alex Ginsburg Photographics

S eniors with dementia can easily feel isolated in a fast-moving world. Difficulty communicating with others or losing the ability to participate in favorite activities affect quality of life. But a visit to the Memory Café at Germantown Community Library on the second Thursday of each month can provide fellowship and the opportunity to engage in stimulating and inclusive activities. The Alzheimer's Association estimates that one in 10 adults over age 65 have some form of dementia. "By 2050, the number will double because the population is getting older," says Kristen Miller, a Certified Dementia Practitioner and owner of Midsouth Aging Consultant. Miller brought the Memory Café program to the local area to serve those with memory loss and their caregivers. The free monthly program invites participation in conversation starters, brain games, sensory integration, movement and creative arts activities, offering a morning of positive experiences.

"We don't have enough dementia resources to go around," says Miller. "I was passionate about bringing it here because it opens conversations and erases the stigma around dementia. It's a low-key way to train caregivers in better communication techniques." She started the nonprofit Memory Makers of the Midsouth to fund and expand Memory Café programs and by 2025 plans to add 20 new locations. While helping individuals who have memory loss, she collects "One participant who was hesitant to come now comes monthly. He meets others who are struggling with the same thing and no longer feels alone."

> – Kristen Miller, Certified Dementia Practitioner

rewarding stories. "One participant who was hesitant to come now comes monthly. He meets others who are struggling with the same thing and no longer feels alone. He was in denial, but now he has a growing acceptance of what is happening in his brain."

Miller is a Certified Professional Service Coordinator, a Certified End-of-Life Planning Facilitator and a Medicare counselor. After her career as a social worker for two decades, she founded Midsouth Aging Consultant. "I started working with seniors in 2008, and it was my niche. I was involved in my church's caring ministry. People would call me with questions, and finally it was suggested that I start my own business. I love older people and what they can teach the rest of us."

Families often face complex decisions related to dementia and memory-loss care like senior living and aging-in-place options, Medicare and Medicaid, end-of-life planning and conservatorships. Miller helps individuals and their families navigate these uncharted waters. To identify areas of strength and pinpoint where services and referrals are needed, she provides comprehensive assessments of clients' health. Wellness points include physical and cognitive, mental and emotional, environmental, financial, occupational, social, and spiritual health. A member of the Professional Network on Aging, she provides referrals as well as training, education and advocacy for age-friendly communities.

"One of the biggest areas where I'm seeing increased need are families that are caring for a person with dementia, and they just don't know where to start or where to turn," she says. "I meet with those families and bring them a lot of resources and come up with a game plan for right now and also for the future."

Miller recommends addressing end-of-life planning with a Power of Attorney document, a will or trust, and an Advanced Directive. "Consider how you want to be treated at the end of your life and have conversations with your family to make sure that they are aware of your wishes and know the location of your documents. Even if you don't feel like you have much of an estate,

#### **CAREGIVER RESOURCES:**

Alzheimer's Association, *alz.org* National Caregiving Foundation, *caregiver.org* Dementia Friends USA, *dementiafriendsusa.org* 

you need to have some kind of plan in place on how you want your assets distributed, how you want to be treated at the end of your life and who will be in charge of making decisions if you can't speak for yourself."

Miller supports clients as their needs change. "I met with a client who was searching for assisted living options. He had a terrible experience with a placement service and asked me for guidance." After meeting with him and learning about his needs, she helped him choose a place that fit his budget and had what he needed related to bathing assistance, meals and help taking medications. "I helped him get his medical paperwork together, shop for new furniture and set up his new apartment. Two years later, he's still my client, and I'm helping him with care management."

Join Memory Café from 10 a.m. to 12 p.m. on the second Thursday of the month at Germantown Library. A community resource information table and refreshments are provided. To register, call (901) 757-7323.



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# PRACTICE WHATYOU

NEW TEACHER OF THE YEAR BY DAY, REGISTERED NURSE BY NIGHT

Written by Erinn Figg Photography by Alex Ginsburg Photographics uch like a superhero, Germantown resident Kendall Kinler has a dual persona. By day, she's a health sciences teacher at Houston High School – an awardwinning one, in fact. By night, she's a registered nurse at Baptist Memorial Hospital in Collierville. Regardless of whether she's teaching students or educating patients, her passion about expanding horizons makes a difference.

"I like seeing that lightbulb come on," says Kinler, who holds a doctorate in nursing practice from Vanderbilt University. "Healthcare is constantly changing, and I like learning new ways to teach people about it. With students, I love everything that I can teach these kids to help them explore what they want to do. I get to learn along with them while helping them fulfill their potential."

In early 2023, Kinler won the Germantown Education Commission's New Teacher of the Year award sponsored by the Leadership

DHO

Germantown Alumni Association. The award, based on nominations from parents and peers, recognizes an outstanding, first-year teacher who has made a significant difference in the lives of their students, school or community. The award was particularly meaningful to Kinler because she attended Houston High School as a student.

"It was very surprising," Kinler reflects on receiving "It the award. felt reaffirming. It made me feel like I am in the exact place where I need to be."

A practicing nurse since 2018, Kinler's enthusiasm for healthcare began at an early age. Almost everyone on her mother's side of the family was involved in medicine, but an even stronger influence was Kinler's own health. As a Type I diabetic, she spent a lot of time in doctors' offices. There, she came to rely greatly on her nurses for information and advice.

"I realized that most of the education and care I received was from the staff," nursing Kinler says. "I really appreciated everything the nurses did to make sure I had a good quality of life. Nurses do a lot of the heavy lifting and follow-through."

She earned her Bachelor of Science (2018) and Master of Science (2020) degrees in nursing from the University of Memphis. From 2019 to 2020, she worked as a clinical instructor at Union University, sparking a love for teaching and solidifying her decision to pursue a doctorate degree.

"Healthcare is constantly changing, and I like learning new ways to teach people about it."

- Dr Kendall Kinler

and teaching, are her keen listening skills, her knack for connecting with patients and students and her ability to break down complicated information into small pieces.

"She wants to make sure the patient feels like they're in control and learning. She's excellent at that," Richardson says. "As a nurse, it's important for families and patients to feel like you're their advocate. When the patient feels like you're there for them, they can relax and be a better patient. That's what Kendall is. It's an art. A lot of folks are so worried about the science of it that they can't give enough attention to the art of it, and it takes both of them."

While Kinler has mastered that balance in her professional life, she also strives to keep balance in her personal life. Aside from teaching high school, she puts in 36 hours of hospital floor time in her six-week schedules, including fourhour shifts after some school days and on weekends.

"Caffeine is my best friend." she jokes. She finds release in perfecting her golf game and volunteering with the youth group at Germantown United Methodist Church. She's also president of her

Also influencing her decision to move her career forward was her mentor Teresa Richardson, a former clinical professor who met Kinler when she was a young bachelor student.

"From the minute I met her, she was a good teacher," Richardson says. "She wanted to practice as a nurse, but she knew she wanted to do something in the future like teach or something for which she would need a Sunday school class. "I have at least five calendars going at once."

Her advice to others who want to pursue nursing, teaching or both:

"It's not going to be easy, but it's worth it. And you're going to be learning along the way no matter what you do, so be willing and open to learning." -



master's degree. She jumped right in." Richarson recalls Kinler's participation in extracurricular activities like tutoring undergrad students. "Kendall's fire is to show how amazing healthcare is."

Richardson says Kinler's strengths, both in nursing

# Getting the GREEN LIGHT

Intersection project to improve traffic flow on City's medical corridor

Written by Erinn Figg

ne of the highlights of living and working in Germantown is access to its thriving medical community.

"With so many highly specialized medical professionals here, we're proud to be a medical destination where patients know they'll receive the highest level of care," says City of Germantown Mayor Mike Palazzolo.

The heart of the City's medical district, informally referred to as the medical corridor, runs along Wolf River Boulevard from Riverdale Road to Kimbrough Road. And now, a new roadway improvement project ultimately will make access to the corridor's medical clinics and centers – such as Campbell Clinic Orthopaedics and West Cancer Center and Research Institute – more accessible with increased intersection capacity, resulting in smoother and safer traffic flow.

"The intersection of Wolf River Boulevard and Germantown Road is one of the busiest intersections in the City. It serves almost 80,000 vehicles every day. Many of these trips are directly attributed to the outstanding medical service providers throughout our medical district corridor in Germantown," says Ethan Skaggs, director of Engineering for the City of Germantown. "The intersection improvement project will reduce congestion and delay. It will also improve safety, capacity, reliability and mobility for all users of our local and regional transportation network."

# The phased project will include the following improvements:

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- Roadway widening, adding lanes in all directions and additional turn lanes at all legs of the intersection
- Resurfacing, either by new construction or milling and overlay of the existing pavement
- New signage and striping throughout the project, enhancing visibility for roadway users
- Traffic signal improvements, converting the existing span wire construction to the City's standard mast arms with video detection devices and emergency vehicle preemption devices. These improvements include timing and coordination adjustments that are designed to reduce delays and congestion and enhance throughput for the entire corridor.
- Americans with Disability Act (ADA) upgrades, such as wider sidewalks, higher visibility crosswalks and updated traffic signal pedestrian equipment
- Drainage modifications and improvements

The project is scheduled to be completed in early February 2025.

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# Madonna Learning Center

Written by Donna Infurchia | Photography by Lisa Abart

Madonna Learning Center (MLC) lives out a mission of empowering children and adults with developmental disabilities to reach their greatest potential. The school serves those with Downs syndrome, autism, cerebral palsy, traumatic brain injuries and rare genetic disorders. "We are honored to be able to work with God's beautifully made children who face challenges in their lives with a smile, often teaching us more about life than we teach them" says Jo Gilbert, Executive Director,

Madonna's school program is designed for ages 4 to 19 with purposeful small class sizes ranging from 6 to 12 students. Classes include reading, math, science, technology and current events. Madonna's educational philosophy

focuses on developing the "whole" child, improving their academic, physical, spiritual, behavioral, vocational and independent living skills. Students participate in music, dance and visual arts classes. After school activities include cheerleading, dance, team sports, golf, art and yoga. Summer camp programs are offered to both



MLC students and children in the surrounding communities who have disabilities.

Specialized behavioral. speech and language and occupational therapists support students and a full-time medical nurse is on staff. Madonna recently built a complete ADA accessible fitness center. "We found that many of our families were hesitant to take their child to a local fitness center as they didn't have the skills to use the various exercise machines." said Jo. Madonna's fitness center is fully equipped with everything one would find in a community athletic club. Students and adults are learning the proper use of the various cardio and strength training machines. The intention is for them to take

their skills and knowledge and be able to apply them to community fitness clubs. Madonna also understands the importance of good nutrition. The school campus has an extensive garden where the students learn how to grow fresh herbs and vegetables and learn the importance of eating healthy foods.



Madonna's Monarch Program is designed to serve students 19+ who have graduated high school or have surpassed the skills taught in the school program. The

Monarch program offers three advancing tiers which focus on independent living skills, job readiness skills, vocational internships, employment and community engagement.

Adults enrolled in Madonna's Monarch Program practice their learned skills by participating in the "Monarch Market." The Monarch Market consists of beautiful art and pottery and delicious "take and bake" frozen dips and casseroles all created in-house at Madonna by Madonnna adults. They manage the prep, cooking, inventory and sale of both the meals and art pieces.

Madonna recently acquired Bluff City Toffee (BCT). BCT is a non-profit, confectionary sweet shop which makes small batch, handcrafted toffee, popcorn and cookies. The Madonna adults have learned the process of preparing, weighing, packaging and selling the BCT products to the community. BCT empowers adults with special needs through vocational opportunities and real-life job experiences so they may excel in today's world.











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NOTALL MEDICINE COMES IN A BOTTLE

Batman of Mid South Therapy Dogs volunteers for a Friday shift.

n certain Friday mornings, Batman gets a bath and good brushing before he picks up a shift at Baptist Medical Group Outpatient Care Center. The six-yearold German Shepherd volunteers in the newly redesigned pediatric department working with speech therapy patients. Batman loves squeaky toys, but his favorite activity is playing ball, according to his trading card. San Chambers, his handler, gives out the cards to anyone who pets him, along with a squirt of hand sanitizer from a bottle labeled "dog slobber."

"It's empowering for children to use words and be the boss of this big dog," says Chambers, a registered handler for Mid South Therapy Dogs for 10 years. Batman is her second trained Shepherd. After identifying the daily skill with therapists, Chambers incorporates play-based interaction with children working on communication.

Written by Candice Baxter Photography by Alex Ginsburg Photographics



"We try to take what the dog loves and what the therapist is working on to come up with activities that motivate patients."

- San Chambers, MSTD registered handler

Justin Hall, Pediatric Rehabilitation Manager for the center, says animal assisted therapy is great for kids working to string together two-word phrases. "They pronounce commands like 'Roll ball' or 'Catch ball,' and get excited when the dog obeys."

For a two-year-old patient learning to make the "S" sound, Batman sits. He stays. He leaves a treat on the floor until given permission to gobble it up. With a timid girl learning to name her colors, Batman lies still while she brushes the brown part of his coat, then spots of black fur.

In occupational therapy sessions, he stands regal and proud as little hands put scrunchies on his ears and tail, making fine motor-skills practice into a fun game of doggie dress up. Batman even has a work vest hand-sewn by a member of MSTD, complete with laces, buckles and buttons for patients to practice fastening.

"We try to take what the dog loves and what the therapist is working on to come up with activities that motivate patients," says Chambers. "Batman

loves the ball. I didn't teach him to push it across the floor gently like that. He sees a small kid, and that's his own calm, playful game. It's all him."

#### TRAINING ON BOTH ENDS OF THE LEASH

Different animals have different job classifications according to the American Kennel Club. Service dogs are certified to help a specific person with a disability such as visual impairment, diabetes or seizures. Therapy dogs are trained to visit clinical settings like hospitals, schools and assisted living facilities to provide comfort and affection to many different people.

"The best therapy animals have a naturally calm demeanor, love human interaction and are comfortable in unfamiliar settings," says Mary Ehrhart, Executive Director of MSTD.

Since it opened in 1999, each team, meaning dog and handler, undergoes a detailed qualifying process involving interviews and screening, workshops and competency-based evaluations. All 30 of the current MSTD therapy dogs are trained, insured and licensed by the nonprofit. Teams meet rigorous standards and get reevaluated every two years.



#### **HELPING HUMANS IN NEED**

From hospice to acute care facilities, MSTD therapy animals work in the environments they are most comfortable. "Our priorities are always to make sure the dog is safe and happy," Chambers explains. "We put each one in a position to shine."

MSTD also assists in educational settings. For the Reading Education Assistance Dogs (R.E.A.D.) program, teams visit schools and libraries where the dogs snuggle down for young children to read stories aloud. During finals week and board exams, teams provide "stress-free zones" at local universities and medical schools where students can pet pups to unwind.

Every year, several teams attend Camp Good Grief where oftentimes dogs form a bond with a grieving child in a way human volunteers cannot.

#### HARD AT WORK

Batman works two days a week in two-hour shifts. It requires much effort and energy to assist so many people with unfamiliar smells and loud noises. His last patient of the day, a happy redhead named Lucas, is nonverbal and uses a device to communicate by choosing pictures on a screen.

"I. Want. Throw. Batman. Ball. Please."



Batman places the ball in his patient's lap and sits back to wait as Lucas scoops it carefully with one hand. Chambers encourages the therapists, parents and kids to count together. "One, two, three." Lucas launches the ball which makes a high bounce off the floor. Batman jumps and catches it in the air.

Everyone cheers and pets him one last time before the session ends. Chambers hands out trading cards and squirts of dog slobber.

Lucas taps on his device, "Goodbye. Batman." When he raises a hand in the air, Batman sits and waves a paw. Good boy.



#### **Comprehensive Behavioral Healthcare in Germantown**

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901.623.3323 / mcculleyallergy.com

# GERMANTOWN PARKWAY Quimal Hospie

er 25 year journey began at this clinic back when railroad tracks covered the Greenline just steps away from the front door. Dr. Angie Zinkus, Veterinarian and Medical Director of Germantown Parkway Animal Hospital, graduated from Rhodes College in 1999 and expected to heal humans. Instead, after working as a technician, she pursued her degree in veterinary medicine from Mississippi State University and returned as a doctor. Recently, Zinkus was named to the Tennessee State Board of Veterinary Medical Examiners.

Since she began, Zinkus has noticed a societal shift not only in the acceptance of animals, but in the rise of pet care and as a result, an increase of females entering the field.

"We really saw a boom during COVID. So many people got pets for companionship, and our volume went through the roof." She stresses the importance of the human-animal bond. "Now you have a lot of people, myself included, who would do anything for their pets."

Zinkus enjoys the comprehensive nature of working on the entire animal, often from the beginning of life to the end. She has delivered puppies who later became mamma dogs and eventually needed hospice. "We develop deep relationships with the animals and the families who bring them in. Being here for gosh, a quarter century, I've watched the kids grow up along with the pets."

Her years of experience help her to find balance between productivity and compassion. "We're not a 'treat and street' clinic. We take time with each patient. It's emotionally difficult to go from one exam room and grieve a euthanasia, and then you shift to the next room for new kitten vaccinations." Zinkus says they must meet rigorous standards as members of AAHA, and vets can't do their job without good support staff.

Zinkus says, "You have to love it, and everyone here does." On tough days, she reaches in the back of her bottom desk drawer and pulls out a four-inch stack of cards and notes from patients past and present.

Associate Veterinarian Dr. Susannah Mays handles more regular appointments and specializes in internal medicine and urgent care. She also offers an in-home euthanasia service for owners who want their pets to pass peacefully at home. "We elevate vet medicine to a human standard, which includes everything from vaccines and heartworm prevention to endof-life care."

Written by Candice Baxter Photography by Alex Ginsburg Photographics -Serence

Medical Directory

Welcome to the 2024 Germantown Chamber Healthcare Directory. Developed in coordination with the City of Germantown, this directory can be used as a comprehensive overview of medical and healthcare resources in and around Germantown. Members of the Germantown Chamber are noted with the Chamber crest, and sponsors of the directory are highlighted in green.





#### ACUPUNCTURE

#### Journey to Wellness

7503 Queens Court, Suite 1 Germantown, TN 38138 (901) 647-5519

#### ACUTE CARE

#### Humphreys Family Practice Clinic (BMG) 🗇

6685 Poplar Avenue, Suite 120 Germantown, TN 38138 (901) 685-8245 **humphreys.webflow.io** 

#### St. Francis Medical Partners - Germantown ↔

2018 South Germantown Road Germantown, TN 38138 (901) 754-8880 sfmp.com/sfmp-germantown

#### St. Francis Medical Partners - Wolf River 🏈

9947 Wolf River Boulevard Suite 110 Germantown, TN 38139 (901) 979-5652 **sfmp.com/sfmp-wolf-river** 

#### AESTHETICS

#### 901 Aesthetics 🗇

9057 Valley Crest Lane, Suite 101 Germantown, TN 38138 (901) 910-7652 **901aesthetics.com** 

## Advanced Dermatology & Skin Cancer Associates 🗇

7658 Poplar Pike Germantown, TN 38138 (901) 759-2322 advanceddermatologymemphis. com

# Ashtoria Aesthetics & Wellness 🇇

4630 Merchants Park Circle Suite 703 Collierville, TN 38017 (901) 295-7700 **ashtoria.com** 

#### Dermatology Realm 🇇

2120 Merchants Row, Suite 2 Germantown, TN 38138 (901) 362-7170 **dermrealm.com** 

#### Germantown Day Spa 🧇

9030 Poplar Pike, Suite 104 Germantown, TN 38138 (901) 737-2840 germantowndayspa.com

#### Jewel Spa & Boutique 2095 Exeter Road, Suite 85 Germantown, TN 38138 901-754-4505

jewel-spa.myshopify.com

#### La Bella Skin Bar 🗇

3065 E. Corporate Edge Drive Germantown, TN 38138 901-480-7170 **labellaskinbar.com** 

#### Lifestyle Neurology / Lifestyle Aesthetics, Inc. �

2215 West Street, Suite 100 Germantown, TN 38138 (901) 440-8482 **lifestyleneuro.com** 

#### Magic Mirror Beauty Studio 🇇

1914 Exeter Road., Suite 2 Germantown, TN 38138 901-607-6657

#### Solutions Medical Center 🍄

7465 Poplar Avenue, Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

#### The Langsdon Clinic

7499 Poplar Pike Germantown, TN 38138 (901) 755-6465 **drlangsdon.com** 



#### The Skin Clinics 1300 Wolf Park Drive Germantown, TN 38138 (901) 345-7546

theskinclinics.com

We have highly experienced nurse injectors and aestheticians at our medspa that would love to help you become the best version of you. We pride ourselves in natural results, so why not "Let our experience give you the best experience!"

# Wildflower Aesthetics and Wellness Medspa

3180 Professional Plaza Street Suite 105 Germantown, TN 38138 901-402-9609 wildflowermedspa.com

#### AESTHETICS, COSMETIC SURGERY

#### **Germantown Aesthetics**

7475 Poplar Pike Germantown, TN 38138 (901) 624-5605 germantownaesthetics.com

#### Goshorn Aesthetics 🗇

1364 Cordova Cove Germantown, TN 38138 (901) 682-4456 **goshornaesthetics.com** 

# ALLERGY AND ASTHMA

#### Daher Asthma & Allergy 🍄

2136 Exeter Road, Suite 103 Germantown, TN 38138 (901) 203-6055 **daherallergy.com** 

#### Hanissian Allergy

2101 Merchants Row, Suite 3 Germantown, TN 38138 (901) 751-9696 **memphisallergist.com/index.php** 

#### McCulley Allergy Sinus & Asthma Center

2155 West Street Germantown, TN 38138 (901) 623-3323 mcculleyallergy.com

#### ALTERNATIVE HEALTH

#### Journey to Wellness

7503 Queens Court, Suite 1 Germantown, TN 38138 (901) 647-5519

## Natural Healthcare of Germantown

2123 South Germantown Road Suites 1 & 2 Germantown, TN 38138 (901) 493-8954

#### AUDIOLOGY

#### Memphis Hearing Aid

7675 Wolf River Circle, Suite 101 Germantown, TN 38138 (901) 682-1529 **memphishearingaid.com** 

#### **BEHAVIORAL HEALTH**

#### Beebe Psychological

2034 Exeter Road, Suite 4 Germantown, TN 38138 (901) 753-6773 **beebepsych.com** 

#### **Bradford Health Services**

8566 Cordes Circle Germantown, TN 38139 (901) 300-2930 **bradfordhealth.com/locations/ memphis-tn** 

#### Church Health 🗇

1350 Concourse Avenue, Suite 142 Memphis, TN 38104 (901) 701-2113 **churchhealth.org** 

#### Crestwyn Behavioral Health 🍄

9485 Crestwyn Hills Cove Germantown, TN 38125 (901) 759-0273 **crestwynbehavioral.com** 

#### **Daybreak Treatment Center**

2262 South Germantown Road Germantown, TN 38138 (901) 753-4300 daybreaktreatment.com

## Germantown Psychological Associates

7516 Enterprise Avenue, Suite 1 Germantown, TN 38138 (901) 755-5802 germantownpsych.com

# Memphis Pediatrics (Lebonheur)

1255 S Germantown Road Germantown, TN 38138 (901) 432-1591 **memphispediatrics.com** 

#### **BLOOD BANK**

#### Vitalant 🗇

2095 Exeter Road, Suite 75 Germantown, TN 38138 877-258-4825

vitalant.org/Locations2/ Southeast-Region-(AL,-AR,-LA,-MO,-MS,-TN)/Germantown-Donation-Center

#### BRAIN AND SPINAL CORD CARE

#### Baptist Memorial Rehabilitation Hospital ��

1240 South Germantown Road Germantown, TN 38138 (901) 275-3303 **baptistrehab.com** 

## Semmes-Murphey Clinic, PC 🏈

6325 Humphreys Boulevard Memphis, TN 38120 (901) 522-7700 semmes-murphey.com

#### CARDIOLOGY

#### Heart and Vascular Institute (Methodist) 7205 Wolf River Boulevard Suite 201

Germantown, TN 38138 (901) 507-3100 methodisthealth.org/locations/ the-heart-and-vascularinstitute-germantown

#### Methodist Le Bonheur Germantown Hospital 🗇

7691 Poplar Avenue Germantown, TN 38138 (901) 516-6000 methodisthealth.org/locations/ methodist-le-bonheurgermantown-hospital



#### **ProActive Heart & Vascular**

7751 Wolf River Boulevard Germantown, TN 38138 (901) 297-4000 proactivehy.com

Diagnosis and Treatment for Cardiac, Vascular, and Arterial Disease.

# Stern Cardiovascular Foundation

8060 Wolf River Boulevard Germantown, TN 38138 (901) 271-1000 sterncardio.com

#### Sutherland Cardiology Clinic (Methodist)

7460 Wolf River Boulevard Germantown, TN 38138 (901) 763-0200 methodisthealth.org/locations/ sutherland-cardiology-clinic

#### CHILD AND ADOLESCENT PSYCHIATRY

#### Irfan Ali, MD

1384 Cordova Cove, Suite 1 Germantown, TN 38138 (901) 753-7700

#### CHIROPRACTICS

#### Active Health Chiropractic

7844 Farmington Boulevard Germantown, TN 38138 (901) 340-1837 **activehealthtn.com** 

#### Launch Wellness Center

9056 Poplar Pike, Suites 105 & 107 Germantown, TN 38138 901-341-6554 **launchwellnesscenter.com** 

#### **Pyramid Chiropractic Clinic**

1996 Exeter Road Germantown, TN 38138 (901) 362-2800 We diagnose & treat common spinal misalignments from lifestyle or injuries causing pain, discomfort & degenerative conditions. We treat back, neck & shoulder pain, sciatica, headaches, sports injuries, & auto accident injuries. We NOW offer PT as well!

#### CHRONIC CARE

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6685 Poplar Avenue, Suite 120 Germantown, TN 38138 (901) 685-8245 humphreys.webflow.io

#### Lifesigns Physical Exam Clinic 🇇

1727 Kirby Parkway, Suite 100 Memphis, TN 38120 (901) 685-5520 **lifesigns.com** 

#### COMPOUNDING PHARMACY

#### **Regel Pharmalab**

1352 Cordova Cove Germantown, TN 38138 (901) 757-9434 regelpharmalab.com

#### Solutions Compounding Apothecary 🏈

7465 Poplar Avenue, Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

#### COSMETIC SURGERY

#### **Aviation Medical Specialists**

8578 Cordes Circle Germantown, TN 38139 (901) 754-6733

#### **Germantown Aesthetics**

7475 Poplar Pike Germantown, TN 38138 (901) 624-5605 germantownaesthetics.com

#### Goshorn Aesthetics 🗇

1364 Cordova Cove Germantown, TN 38138 (901) 682-4456 **goshornaesthetics.com** 



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9037 Poplar Avenue, Suite 101 Germantown, TN 38138 901-235-5753

#### nubodyconcepts.com

A cosmetic surgery practice known for excellent patient care and results, helping patients feel confident with minimal disruption of their lifestyle; services include skin treatments, weight loss programs, and a wide range of plastic surgery.

#### **Oasis Health Center**

3087 Professional Plaza Germantown, TN 38138 (901) 517-7874 oasiskin.com

#### The Langsdon Clinic

7499 Poplar Pike Germantown, TN 38138 (901) 755-6465 **drlangsdon.com** 

#### **CRITICAL CARE**

#### **Memphis Lung**

2120 Exeter Road, Suite 250 Germantown, TN 38138 (901) 767-5864 **memphislung.com** 

#### DENTISTRY

# American Family Dentistry

7700 Poplar Avenue, Suite 212 Germantown, TN 38138 (901) 754-4200 afdgermantown.com

#### Bellano Dental Health 🇇

2002 Exeter Road Germantown, TN 38138 (901) 509-2823 **bellanodental.com** 



## Compton Family Dentistry

2026 Exeter Road, Suite 1 Germantown, TN 38138 (901) 754-2500

#### wdcomptondds.com/about-us/ william-d-compton-junior

Family owned & operated general dentistry practice serving Germantown since 1976. With expertise ranging from veneers to dental implant restorations/ prosthetics, crowns & bridges. Providing conservative, gentle & honest care to all our patients.

#### Dr. Donald Goldstein Family Dentistry

2219 S Germantown Road, Suite A Germantown, TN 38138 (901) 757-0057

#### **Dr. Kutas Family Dentistry**

7512 Corporate Centre Drive Suite 1 Germantown, TN 38138 (901) 754-2273 **kutasfamilydentistryofgerman**town.com

#### Elite Dental Care 🗇

9064 Corporate Gardens Drlve Germantown, TN 38138 (318) 741-6778 elitedentalcare.com/dentistgermantown-tn

#### Forest Hill Dental 🇇

3011 Centre Oak Way, Suite 102 Germantown, TN 38138 (901) 701-7500 **vickdds.com** 

#### Germantown Advanced Dentistry

7938 Wolf River Boulevard Germantown, TN 38138 (901) 754-3117 germantownadvanceddentistry. com

#### Germantown Cosmetic and Family Dentistry

9045 Forest Centre Way, Suite 101 Germantown, TN 38138 (901) 347-3527 **alexandragarrettdds.com** 

#### Germantown Dental Group 🏈

2165 West Street Germantown, TN 38138 (901) 754-0540 **memphissmiledesigns.com** 

#### Germantown Park Family Dentistry 🏈

8590 Farmington Boulevard Suite 5 Germantown, TN 38139 (901) 756-0688 **germantownparkdental.com** 

#### **Graves Family Dentistry**

7503 Queens Court, Suite 3 Germantown, TN 38138 (901) 754-9248 gravesfamilydentistry.com

#### Great Southern Smiles 🇇

9407 Poplar Avenue Germantown, TN 38138 (901) 309-6821 greatsouthernsmiles.com

#### JC Brown, DDS

9055 Corporate Gardens Drive Germantown, TN 38138 (901) 758-1000 **jcbrowndds.com** 

#### Kizer Dental Associates 🇇

7685 Wolf River Circle, Suite 102 Germantown, TN 38138 (901) 767-4882 **kizerdentalassociates.com** 

#### Mark A. Skidmore, DDS

3059 Forest Hill Irene Road Suite 105 Germantown, TN 38138 (901) 754-2223 **memphis-smiles.com** 

## Maroda & Hopkins Oral and Implant Surgery

2136 Exeter Road, Suite 202 Germantown, TN 38138 (901) 382-8500 **marodahopkins.com** 

#### Meade Moore Pediatric Dentistry

1908 Exeter Road, Suite 1 Germantown, TN 38138 (901) 759-9781 germantowndds4kids.com

#### **Memphis Oral Aesthetics**

7685 Wolf River Circle, Suite 101 Germantown, TN 38138 (901) 753-2225

#### Padma Lyons, DDS 🧇

7598 Poplar Pike Germantown, TN 38138 (901) 753-4748 **palyonsdds.com** 

#### Pat Clark DDS

1941 South Germantown Road Suite 101 Germantown, TN 38138 (901) 309-3045 **patclarkdds.com** 

# Pediatric Dental Group & Orthodontics �

1365 South Germantown Road Germantown, TN 38138 901-363-8191 pdgosmiles.com/germantownoffice

#### Person & Darlington Family and Cosmetic Dentistry

7675 Wolf River Circle, Suite 201 Germantown, TN 38138 (901) 681-0777 **persondds.com** 

#### Poplar Pike Dental 父

3023 Centre Oak Way Germantown, TN 38138 (901) 755-7600 **poplarpikedental.com** 



# River City Dental and Implant Center

7730 Wolf River Boulevard Suite 104 Germantown, TN 38138 901-755-6440 **thegermantowndentist.com** 

#### Sherry A. Gates, DDS

2036 Exeter Road Germantown, TN 38138 901-755-4876 smilegermantowntn.com

### **Smile Center**

1941 South Germantown Road Suite 101 Germantown, TN 38138 (901) 309-1333 smilecentermemphis.com

#### Smiles by Dr. Price

3100 Professional Plaza Germantown, TN 38138 (901) 295-2995 smilesbydrprice.com

## Ty H. Barkley, DDS & Associates

2008 Exeter Road Germantown, TN 38138 (901) 755-4132 **tybarkleydds.com** 

#### Waddell Restorative Dentistry

1900 Kirby Parkway, Suite 200 Germantown, TN 38138 (901) 756-8855 **drwaddell.com**/

#### Weston Family and Cosmetic Dentistry

7500 Enterprise Avenue Germantown, TN 38138 (901) 754-3562 **neilwestondds.com** 

## Wilkinson Orthodontics and Children's Dentistry 🗇

5610 Murray Ave. Memphis, TN 38119 901-767-3390 www.gregwilkinsondds.com

#### Wilson Dental Care

7520 Enterprise Avenue Germantown, TN 38138 (901) 751-1100 wilsondentalcare.net

## DERMATOLOGY

## Advanced Dermatology & Skin Cancer Associates 🗇

7658 Poplar Pike Germantown, TN 38138 (901) 759-2322 advanceddermatologymemphis. com

#### **Dermatology East**

1335 Cordova Cove, Suite 1 Germantown, TN 38138 (901) 753-2794 **dermatologyeast.com** 

#### Dermatology Realm 🧇

2120 Merchants Row, Suite 2 Germantown, TN 38138 (901) 362-7170 **dermrealm.com** 

#### DIABETES MANAGEMENT

#### Endocrinology and Diabetes Specialists

1920 Kirby Parkway, Suite 102 Germantown, TN 38138 (901) 334-5464 **diabetesandendo.com** 

## DIAGNOSTIC IMAGING

#### Methodist Diagnostic Center

1377 South Germantown Road Germantown, TN 38138 901-759-7500 methodisthealth.org/locations/ methodist-diagnostic-centergermantown

## Mid-South Imaging and Therapeutics 🏈

7600 Wolf River Boulevard Suite 200 Germantown, TN 38138 (901) 747-1000 **msit.com** 

## PHYSICIAN PROFILE



## L. Jeff Harris, MD, FACP

Hematologist / Oncologist West Cancer & Research Institute

Dr. Jeff Harris is a board-certified hematologist / medical oncologist with a focus on disorders of the blood and bone marrow.

His educational background includes:

- Fellowship in Hematology and Oncology from the University of Tennessee Health Science Center (UTHSC)
- One Year of dedicated training in Hematopoietic Stem Cell Transplant and Cellular Therapies
- Medical Degree from the Medical College of Georgia
- Combined residency in Internal Medicine and Pediatrics at Vanderbilt University Medical Center 2005-2009, where he served Internal Medicine Chief Resident in 2010.
- Master of Science Degree in Epidemiology 2010-2012

Dr. Jeff Harris is a recent addition to the West Cancer Center & Research Institute network, serving their Germantown and Midtown Memphis campuses. His clinic is available for appointment via physician referral, 2nd opinion, or some self-referrals.

Dr. Harris' passion for oncology comes from walking alongside his sister during her own battle with cancer. He is a passionate supporter of local and distant clinical trial enrollment to support the advancement of new and improved protocols and therapies, but he also prioritizes a safe and comfortable environment for his patients to ask questions and participate in decisions regarding their care.

To learn more about Dr. Harris, please visit westcancercenter.com or call 901.683.0055.



## **PHYSICIAN PROFILES**

## Methodist Le Bonheur Healthcare Welcomes New Breast Surgical Oncologists

Two nationally recognized, highly skilled surgical breast oncologists recently joined Methodist Le Bonheur Healthcare. Ryland J. Gore, MD, MPH, FACS, and Melanie Crutchfield, MD, FACS, FSSO, practice at the Methodist Comprehensive Breast Center in Germantown, which offers patients a variety of breast health services including screening, ultrasounds, diagnostic mammograms and biopsies.

Dr. Gore is a board-certified physician specializing in breast surgery for oncology patients. Her areas of expertise include lumpectomy, mastectomy, breast and lymph node biopsy plus techniques to minimize scars. It was during her general surgery residency in Chicago where she connected her love of supporting women's health with her dream of becoming a surgeon.

"I'm constantly inspired by my patients who overcome incredible challenges to lead amazing lives after a cancer diagnosis," she said. "It's a privilege to walk beside our patients and their families in this fight. We take seriously our mission to support them at every turn."

Dr. Gore received her medical degree from Morehouse School of Medicine in Atlanta and her master's of Public Health from George Washington University School of Public Health in Washington, D.C.

Dr. Crutchfield, a board-certified general surgeon, also specializes in surgical breast oncology.

"I felt called into this profession to make a difference for all

women facing a breast cancer diagnosis," she said. "Often a diagnosis is the hardest thing for patients to hear; however, we take each step together. My patients become like family. I want to see them thrive."

Dr. Crutchfield earned her medical degree from the Chicago Medical School at Rosalind Franklin University. She completed her residency in New Jersey and a fellowship in Los Angeles. Her areas of expertise include breast reconstruction, cosmetic surgery and minimally invasive breast surgery.

Prior to joining Methodist Le Bonheur Healthcare, both physicians were breast surgical oncologists in Georgia.

Dr. Gore and Dr. Crutchfield also practice at the Methodist Comprehensive Breast Center in Midtown and the Methodist Cancer Institute on the campus of Methodist University Hospital.

To schedule an appointment with the Methodist Comprehensive Breast Center, please call 901-516-9000.



Ryland J. Gore MD, MPH, FACS



Melanie Crutchfield MD, FACS, FSSO

## The Imaging Center at Wolf River

7600 Wolf River Boulevard, Suite 100 Germantown, TN 38138 (901) 312-4033 wolfriverimaging.com

## DIAGNOSTIC SERVICES

#### Baptist Medical Group-Outpatient Care Center 🗇

2100 Exeter Road Germantown, TN 38138 (901) 757-1350 baptistdoctors.org/locations/ baptist-medical-groupoutpatient-care-center

## ENDOCRINOLOGY

## Endocrinology and Diabetes Specialists

1920 Kirby Parkway, Suite 102 Germantown, TN 38138 (901) 334-5464 **diabetesandendo.com** 

## Methodist Le Bonheur Germantown Hospital �

7691 Poplar Avenue Germantown, TN 38138 (901) 516-6000 methodisthealth.org/locations/ methodist-le-bonheurgermantown-hospital

#### **ENDODONTICS**

## American Family Dentistry

7700 Poplar Avenue, Suite 212 Germantown, TN 38138 (901) 754-4200

afdgermantown.com

#### **Midsouth Endodontics**

1918 Exeter Road, Suite 1 Germantown, TN 38138 (901) 207-8686 **midsouthendodontics.com** 

## FAMILY CARE

## Church Health 🧇

1350 Concourse Avenue, Suite 142 Memphis, TN 38104 (901) 701-2113 **churchhealth.org** 



#### Germantown Pediatric and Family Medicine

3180 Professional Plaza, Suite 111 Germantown, TN 38138 (901) 854-5455 germantownphysicians.com

## FAMILY MEDICINE

#### **East Memphis Nephrology**

7640 Wolf River Circle, 2nd Floor Germantown, TN 38138 (901) 755-0208

#### Methodist Medical Group -Primary Care

9047 Poplar Avenue, Suite 105 Germantown, TN 38138 (901) 755-5556 methodisthealth.org/locations/ methodist-medical-group-

primary-care-9047-poplar-avenue

Mid-South Pain & Anesthesia

3087 Professional Plaza Germantown, TN 38138 (901) 761-0800

#### **Sanitas Medical Center**

9155 Poplar Avenue, Suite 27 Germantown, TN 38138 (901) 747-3501 **mysanitas.com/en/tn/sanitasgermantown** 

## Solutions Medical Center 🏈

7465 Poplar Ave., Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

### St. Francis Medical Partners - Germantown 🏈

2018 South Germantown Road Germantown, TN 38138 (901) 754-8880 sfmp.com/sfmp-germantown

#### St. Francis Medical Partners - Wolf River 🗇

9947 Wolf River Boulevard Suite 110 Germantown, TN 38139 (901) 979-5652 sfmp.com/sfmp-wolf-river

#### William W. Bucy, MD

2162 Judicial Drive Germantown, TN 38138 (901) 756-1539 mdvip.com/doctors/ williambucymd

## GASTROENTEROLOGY

Gastro One 8000 Wolf River Boulevard Suite 200

Germantown, TN 38138 (901) 747-3630 gastro1.com

## Phillip R. Bowden 🧇

1417 Monroe Avenue Memphis, TN 38104 (901) 272-7200 **doctorbowden.com** 

## HAIR RESTORATION

#### **Memphis Hair Doctor**

9037 Poplar Ave., Suite 101 Germantown, TN 38138 901-881-2183 **memphishairdoctor.com** 

#### HEALTH AND WELLNESS DEVELOPMENT

## **Beebe Psychological**

2034 Exeter Road, Suite 4 Germantown, TN 38138 (901) 753-6773 **beebepsych.com** 

#### EXCEED Hormone Specialists 🗇

7512 Second Street Germantown, TN 38138 (901) 312-7899 **exceedhs.com** 

## Germantown Wellness & Preventive Medicine 🏈

1900 Exeter Road, Suite 100 Germantown, TN 38138 (901) 435-2200

#### Imagine Laserworks-Memphis 🏈

5865 Ridgeway Center Parkway Suite 300 Memphis, TN 38120 901-264-9711 **imaginelaserworks.com** 



## Restoration Infusions Center, PLLC $\diamondsuit$

7796 Wolf Trail Cove, Suite 102 Germantown, TN 38138 (901) 300-5433

#### restorationinfusions.com

Revitalize your wellness routine & nourish your body with IV Nutrient Infusions Unlock the psychedelic power within, find hope & healing through IV Ketamine Therapy for treatment of psychiatric and chronic pain disorders

## Solutions Medical Center 🍄

7465 Poplar Ave., Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

## Transforming Wellness LLC 🗇

2298 S. Germantown Road Germantown, TN 38138 901-206-4006 **transforming-wellness.com** 

## **HEARING AIDS**

## Memphis Hearing Aid

7675 Wolf River Circle, Suite 101 Germantown, TN 38138 (901) 682-1529 **memphishearingaid.com** 

## HOLISTIC HEALTH

## Natural Healthcare of Germantown

2123 S Germantown Road Suites 1 & 2 Germantown, TN 38138 (901) 493-8954

## HORMONE SPECIALISTS

## EXCEED Hormone Specialists 🇇

7512 Second Street Germantown, TN 38138 (901) 312-7899 exceedhs.com



## McDonald Murrmann Center for Wellness & Health 🏈

7205 Wolf River Boulevard Suite 150 Germantown, TN 38138

(901) 752-4000

## mmcwh360.com

Hormone therapy for men and women, weight management, women's health, state of the art imaging and mammography, and sexual wellness solutions are just a few of the many specialized services we provide.

## Solutions Compounding Apothecary

7465 Poplar Avenue, Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

## HOSPITAL

#### Methodist Le Bonheur Germantown Hospital 🍄

7691 Poplar Avenue Germantown, TN 38138 (901) 516-6000 methodisthealth.org/locations/ methodist-le-bonheurgermantown-hospital

#### St. Francis Hospital, Memphis 🏈

5959 Park Avenue Memphis, TN 38119 (901) 765-1000 saintfrancishosp.com

### IMMIGRATION MEDICAL EXAMS

#### Caballero Family Healthcare Group

1920 Kirby Parkway, Suite 202 Germantown, TN 38138 (901) 751-9997 **caballerofamilydoctor.com** 

## IMMUNIZATIONS & WELLNESS

#### The Shot Nurse Immunization & Wellness

7596 W. Farmington Boulevard Germantown, TN 38138 (901) 685-9999 shotnurse.com

## INJECTIONS

#### **Miller Medical Clinic**

1900 Kirby Parkway, Suite 100 Germantown, TN 38138 (901) 624-6885 artmillermedical.com

#### INPATIENT AND OUTPATIENT SERVICES

## Crestwyn Behavioral Health

9485 Crestwyn Hills Cove Germantown, TN 38125 (901) 759-0273 crestwynbehavioral.com

## INTERNAL MEDICINE

#### Dr. Roger O. Gibson

1374 Cordova Cove, Suite 102 Germantown, TN 38138 (901) 751-0150 baptistdoctors.org/find-a-doctor/ roger-o-gibson-md

## East Memphis Nephrology

7640 Wolf River Circle, 2nd Floor Germantown, TN 38138 (901) 755-0208

#### **Foundation Medical Group**

7690 Wolf River Circle Germantown, TN 38138 (901) 756-1231

## Kraus Internal Medicine (Methodist)

7550 Wolf River Boulevard Suite 103 Germantown, TN 38138 (901) 761-9097 **methodisthealth.org/doctors/ robert-kraus** 

## Mary Margaret Hurley, MD

7514 Corporate Center, Suite 100 Germantown, TN 38138 (901) 757-5333 medicalofmemphis.com/ contact-locations/marymargaret-hurley-md

## Memphis Internal Medicine (BMG) 🗇

7205 Wolf River Boulevard Suite 100 Germantown, TN 38138 (901) 684-1322

## Memphis Primary Care and Wellness Associates

7645 Wolf River Circle, Suite 200 Germantown, TN 38138 (901) 432-1591

#### INTERVENTIONAL CARDIOLOGY

## Stern Cardiovascular Foundation 🍄

8060 Wolf River Boulevard Germantown, TN 38138 (901) 271-1000 sterncardio.com

#### Sutherland Cardiology Clinic (Methodist)

7460 Wolf River Boulevard Germantown, TN 38138 (901) 763-0200 methodisthealth.org/locations/ sutherland-cardiology-clinic

## INTERVENTIONAL PAIN MANAGEMENT

## MidSouth Pain Treatment Center 🏈

1365 West Brierbrook Road Suite 1 Germantown, TN 38138 (901) 531-8549

## Pain Management Center of America

8000 Centerview Parkway Suite 100 Cordova, TN 38018 (901) 249-5905 **pmcoa.us** 

## Semmes-Murphey Clinic, PC �

6325 Humphreys Boulevard Memphis, TN 38120 (901) 522-7700 semmes-murphey.com

## INTERVENTIONAL PULMONOLOGY

Memphis Lung 2120 Exeter Road, Suite 250 Germantown, TN 38138 (901) 767-5864 memphislung.com

#### MEDICAL EQUIPMENT RENTAL AND SALES

#### **Integrity Home Medical**

9087 Poplar Avenue, Suite 105 Germantown, TN 38138 (901) 759-1919 **integrityhomemedical.com** 

## MEDICAL LABORATORY

#### American Esoteric Laboratories Rehab Hospital

2100 Exeter Road Germantown, TN 38138 (901) 757-3451 **ael.com/locations/tennessee** 

### American Esoteric Laboratories TSC Wolf River

7460 Wolf River Boulevard Germantown, TN 38138 (901) 516-4266 **ael.com/locations/tennessee** 

## **Quest Diagnostics**

2075 Exeter Road, Suite 20 Germantown, TN 38138 (901) 755-5656 **questdiagnostics.com/locations/** detail.html/W2W/38138/75/1

## MEDICAL SOCIETY/ NON-PROFIT

## Memphis Medical Society 🏈

1067 Cresthaven Road Memphis, TN 38119 901-761-0200 **mdmemphis.org** 

## MEDICAL SPA

## 901 Aesthetics 🗇

9057 Valley Crest Lane, Suite 101 Germantown, TN 38138 (901) 910-7652 **901aesthetics.com** 

## Advanced Dermatology & Skin Cancer Associates 🗇

7658 Poplar Pike Germantown, TN 38138 (901) 759-2322 advanceddermatologymemphis. com

## Ashtoria Aesthetics & Wellness 🏈

4630 Merchants Park Circle Suite 703 Collierville, TN 38017 (901) 295-7700 **ashtoria.com** 

## Dermatology Realm 🗇

2120 Merchants Row, Suite 2 Germantown, TN 38138 (901) 362-7170 **dermrealm.com** 

## Jewel Spa & Boutique 🇇

2095 Exeter Road, Suite 85 Germantown, TN 38138 901-754-4505 **jewel-spa.myshopify.com** 

## La Bella Skin Bar 🧇

3065 E. Corporate Edge Drive Germantown, TN 38138 901-480-7170 **labellaskinbar.com** 



#### BEAUTFUL + SEF + 300°™ McDonald Murrmann Skin & Laser Center �

7205 Wolf River Boulevard Suite 155 Germantown, TN 38138 (901) 322-7020

#### mmcwh360.com/

We offer fillers, botox, brow laminations, personalized facials, non-invasive lifting by PDO threads, skin resurfacing, hair restoration, body contouring, laser hair reduction & more aesthetic services to help you look and feel your best!

## Wildflower Aesthetics and Wellness Medspa

3180 Professional Plaza St. Suite 105 Germantown, TN 38138 901-402-9609 wildflowermedspa.com

## MEDICAL TRAINING

## HeartBeat-CPR 🧇

1255 Lynnfield Dr., Suite 106 Memphis, TN 38119 901-324-8556 **heartbeat-cpr.com** 

## MEN'S HEALTH

#### Ageless Men's Health

9067 Poplar Avenue, Suite 109 Germantown, TN 38138 (901) 522-6745 agelessmenshealth.com/ locations/memphisgermantown-testosteronereplacement-therapy-clinic/

## MIDWIFERY

## Abundant Life Midwifery

2123 South Germantown Road Suites 1 & 2 Germantown, TN 38138 (901) 315-0835 **abundantlifemidwifery.com** 

## NEPHROLOGY

## DaVita Inc.

8000 Wolf River Boulevard Suite 106 Germantown, TN 38138 1-800-424-6589 davita.com/locations/TN/Germantown/8000WolfRiverBlvd--11283

## East Memphis Nephrology

7640 Wolf River Circle, 2nd Floor Germantown, TN 38138 (901) 755-0208

#### Fresenius Kidney Care Memphis Germantown

7640 Wolf River Circle Germantown, TN 38138 (800) 881-5101 freseniuskidneycare.com/dialysis-centers/tennessee

#### **Kidney Group of Memphis**

7645 Wolf River Circle, Suite 202 Germantown, TN 38138 (901) 726-1161

#### REACH Kidney Care

7700 Wolf River Boulevard Suite 102 Germantown, TN 38138 (833) 447-4397 reachkidneycare.org/locations/ TN/Memphis

#### **Sanderling Renal Services**

7710 Wolf River Circle Germantown, TN 38138 (901) 726-3878

#### The Conrad Pearson Clinic 🏈

1325 Wolf Park Drive, Suite 102 Germantown, TN 38138 901-252-3400 **conradpearson.com** 

## NEUROLOGY

## Baptist Medical Group-Outpatient Care Center 🇇

2100 Exeter Road Germantown, TN 38138 (901) 757-1350 baptistdoctors.org/locations/ baptist-medical-group-outpatient-care-center

## Irfan Ali, MD

1384 Cordova Cove, Suite 1 Germantown, TN 38138 (901) 753-7700

#### Lifestyle Neurology / Lifestyle Aesthetics, Inc. �

2215 West Street, Suite 100 Germantown, TN 38138 (901) 440-8482 **lifestyleneuro.com** 

#### Memphis Neurology

7645 Wolf River Circle, Suite 100 Germantown, TN 38138 (901) 310-1884 **memphisneurology.com** 

#### **Mid-South Neurology Clinic**

8577 Cordes Circle Germantown, TN 38139 (901) 590-0886

#### Semmes-Murphey Clinic, PC 🏈

6325 Humphreys Boulevard Memphis, TN 38120 (901) 522-7700 semmes-murphey.com

## NEUROPHYSIOLOGY

## Mid-South Neurology Clinic

8577 Cordes Circle Germantown, TN 38139 (901) 590-0886

## NEUROPSYCHOLOGY

## Neurosource 758 Walnut Knoll Lane, Suite 101 Cordova, TN 38018 (901) 624-0100 neurosource.net

## NUTRITION

## Lifestyle Neurology / Lifestyle Aesthetics, Inc. �

2215 West Street, Suite 100 Germantown, TN 38138 (901) 440-8482 **lifestyleneuro.com** 

## OBSTETRICS & GYNECOLOGY

#### Betty Jo Dulaney, M.D. P.C

2157 Judicial Drive Germantown, TN 38138 (901) 309-6745 **bettyjodulaneymd.com** 

#### **Women's Health Specialists**

7800 Wolf Trail Cove Germantown, TN 38138 (901) 682-9222 whsobgyn.com

## OCCUPATIONAL AND PHYSICAL THERAPY

## Campbell Clinic Orthopaedics - Arlington�

11851 Will Harris Street Arlington, TN 38002 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics - Center for Bone Health and Surgery Center 🏈

1410 Brierbrook Road Germantown, TN 38138 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Collierville

1458 W. Poplar Avenue Collierville, TN 38017 901-759-3111 campbellclinic.com

### Campbell Clinic Orthopaedics -East Memphis 🍄

585 S. Mendenhall Road Memphis, TN 38117 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Germantown �

1400 South Germantown Road Germantown, TN 38138 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics - Medical Center �

1211 Union Avenue Memphis, TN 38104 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics - Midtown Surgery Center �

255 South Pauline Memphis, TN 38104 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Olive Branch 🏈

6760 Goodman Road, Suite 110 Olive Branch, MS 38654 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Southaven

7545 Airways Boulevard Southaven, MS 38654 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics - Wolf River Surgery Center 🏈

7887 Wolf River Boulevard Germantown, TN 38138 901-759-3111 campbellclinic.com

## Cordova Wellness & Rehabilitation Center ��

955 North Germantown Parkway Cordova, TN 38018 (901) 754-1393 **cordovactr.com** 

## OrthoOne Sports Medicine and Orthopedics 🗇

99 Market Center Drive Collierville, TN 38017 (901) 861-9610 orthoOne.org

## OrthoSouth - Bartlett 🗇

3045 Kate Bond Road Bartlett, TN 38133 901-641-3000 orthosouth.org

## OrthoSouth - Briarcrest 🍄

6286 Briarcrest Avenue, Suite 200 Memphis, TN 38120 901-641-3000 orthosouth.org

#### OrthoSouth -Germantown 🇇

2100 Exeter Road, Suite 200 Germantown, TN 38138 901-641-3000 orthosouth.org

## OrthoSouth - Poplar 🏈

4515 Poplar Avenue, Suite 206 Memphis, TN 38117 901-641-3000 orthosouth.org

## OrthoSouth - Primacy Parkway 🏈

1244 Primacy Parkway Memphis, TN 38119 901-641-3000 orthosouth.org

## OrthoSouth - Southaven 🇇

7581 Clarington Cove Southaven, MS 38671 901-641-3000 orthosouth.org

#### OCCUPATIONAL THERAPY

## Janna Hacker & Associates

3180 Professional Plaza Drive Suite 101 Germantown, TN 38138 (901) 328-2110 **jhatherapy.com** 

## ONCOLOGY

## West Cancer Center & Research Institute 🏈

7945 Wolf River Boulevard Germantown, TN 38138 (901) 683-0055 westcancercenter.org

## OPHTHALMOLOGY

## Eye Specialty Group 🇇

1456 West Poplar Avenue Suite 101 Collierville, TN 38017 (901) 820-2325

eyespecialtygroup.com

## OPTOMETRY

## **Cullison Eye Care**

2059 South Houston Levee Road Suite 125 Germantown, TN 38139 (901) 850-8572 cullisoneyecare.com

## Currey Family Eyewear & Eye Specialists Association

1900 Kirby Parkway Suite 100 A & B Germantown, TN 38138 (901) 754-0930

## Eyecare East, PLLC 🗇

9031 Valley Crest Lane Germantown, TN 38138 (901) 757-2020 **eyecareeast-visionsource.com** 

## MyEyeDr.

2075 Exeter Road, Suite 70 Germantown, TN 38138 (901) 754-2020 locations.myeyedr.com/tn/germantown/2075-exeter-road

## Richard P. Villane, OD, MD

9155 Poplar Ave, Ste 12 Germantown, TN 38138 (901) 755-7887

## The Optical Boutique 🇇

2109 West Street, Suite 1 Germantown, TN 38138 (901) 754-6020 **drstevenrshum.com** 

#### OPTOMETRY, VITREORETINAL DISEASE & SURGERY

### **Charles Retina Institute**

1432 Kimbrough Road Germantown, TN 38138 (901) 767-4499 charlesretina.com

#### ORAL AND IMPLANT SURGERY

## Maroda & Hopkins Oral and Implant Surgery

2136 Exeter Road, Suite 202 Germantown, TN 38138 (901) 382-8500 marodahopkins.com

## ORTHODONTICS

#### Getman Orthodontics

9067 Poplar Avenue, Suite 113 Germantown, TN 38138 (901) 843-2483 **getmanortho.com** 

#### Lyle Muller, DDS / Germantown Orthodontics 🇇

2121 South Germantown Road Suite 2 Germantown, TN 38138 (901) 614-0455 Iylemuller.com



## Parris Orthodontics 🇇

2136 Exeter Road, Suite 201 Germantown, TN 38138 (901) 683-6387

#### parrisorthodontics.com

We create great smiles for families! Offering over 35 years of orthodontic expertise in the Germantown community.

## Pediatric Dental Group & Orthodontics �

1365 South Germantown Road Germantown, TN 38138

#### 901-363-8191 pdgosmiles.com/germantownoffice

## Saddle Creek Orthodontics

2176 West Street, Suite 320 Germantown, TN 38138 (901)726-3878 saddlecreekortho.com

## Weston Family and Cosmetic Dentistry

7500 Enterprise Avenue Germantown, TN 38138 (901) 754-3562 **neilwestondds.com** 

## Wilkinson Orthodontics and Children's Dentistry 🇇

5610 Murray Ave. Memphis, TN 38119 901-767-3390 www.gregwilkinsondds.com

#### ORTHOGNATHIC SURGERY



## Parris Orthodontics 🇇

2136 Exeter Road, Suite 201 Germantown, TN 38138 (901) 683-6387

#### parrisorthodontics.com

We create great smiles for families! Offering over 35 years of orthodontic expertise in the Germantown community.

## ORTHOPEDICS

#### Baptist Memorial Rehabilitation Hospital �

1240 South Germantown Road Germantown, TN 38138 (901) 275-3303 **baptistrehab.com** 

### Campbell Clinic Orthopaedics - Arlington��

11851 Will Harris Street Arlington, TN 38002 901-759-3111 campbellclinic.com

## PHYSICIAN PROFILE



## Dr. Steven Gubin Stern Cardiovascular

Dr. Steven Gubin is a cardiologist and president of Stern Cardiovascular. With a focus on preventative cardiology, he promotes proactive patient education to address modifiable risk factors like blood pressure, cholesterol, obesity, sedentary lifestyle and others. He also works in

consultative cardiology, echocardiography and nuclear cardiology.

A third generation physician, Dr. Gubin earned his Bachelor's degree in chemistry from the University of North Carolina and attended medical school at the University of Tennessee Health Sciences Center in Memphis.

Afterward, during an internship at the University of Michigan in Ann Arbor, Dr. Richard Judge, a member of the team who developed the first successful pacemaker, introduced Gubin to cardiology. He completed fellowships with the University of Illinois and Penn State before returning to Memphis in 1991 at what was then called the Stern Clinic as only their tenth cardiologist.

Stern Cardiovascular now has 44 physicians in locations across the Mid-South. In addition to treating patients, the private practice also offers the benefits of an academic center, including research and testing facilities.

The medical group has a long running history of groundbreaking advancement. Founded more than a century ago by Dr. Newton Stern who brought the first EKG machine to Memphis, today Dr. Steven Gubin serves as only the fourth president of Stern Cardiovascular Foundation.



## Campbell Clinic Orthopaedics - Center for Bone Health and Surgery Center �

1410 Brierbrook Road Germantown, TN 38138 901-759-3111 campbellclinic.com

### Campbell Clinic Orthopaedics -Collierville 🏈

1458 W. Poplar Avenue Collierville, TN 38017 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -East Memphis 🍄

585 S. Mendenhall Road Memphis, TN 38117 901-759-3111 **campbellclinic.com** 

#### Campbell Clinic Orthopaedics -Germantown �

1400 South Germantown Road Germantown, TN 38138 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Medical Center 🏈

1211 Union Avenue Memphis, TN 38104 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics - Midtown Surgery Center �

255 South Pauline Memphis, TN 38104 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Olive Branch �

6760 Goodman Road, Suite 110 Olive Branch, MS 38654 901-759-3111 campbellclinic.com 44 Germantown Magazine

#### Campbell Clinic Orthopaedics -Southaven 🏈

7545 Airways Boulevard Southaven, MS 38654 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics - Wolf River Surgery Center 🇇

7888 Wolf River Boulevard Germantown, TN 38138 901-759-3111 campbellclinic.com

## OrthoOne Sports Medicine and Orthopedics

99 Market Center Drive Collierville, TN 38017 (901) 861-9610 orthoOne.org

#### OrthoSouth - Atoka Physical Therapy

13690 US-51, Suite 104 Atoka, TN 38004 901-641-3000 orthosouth.org

## OrthoSouth - Bartlett 🇇

3045 Kate Bond Road Bartlett, TN 38133 901-641-3000 orthosouth.org

## OrthoSouth - Briarcrest 🏈

6286 Briarcrest Avenue, Suite 200 Memphis, TN 38120 901-641-3000 orthosouth.org

## OrthoSouth -Germantown 🇇

2100 Exeter Road, Suite 200 Germantown, TN 38138 901-641-3000 orthosouth.org

## OrthoSouth - Poplar 父

4515 Poplar Avenue, Suite 206 Memphis, TN 38117 901-641-3000 orthosouth.org

#### OrthoSouth - Primacy Parkway 🏈

1244 Primacy Parkway Memphis, TN 38119 901-641-3000 orthosouth.org

## OrthoSouth - Southaven 🇇

7580 Clarington Cove Southaven, MS 38671 901-641-3000 orthosouth.org

#### OrthoSouth Surgery Center - Germantown

2100 Exeter Road, Suite 100 Germantown, TN 38138 901-641-3000 orthosouth.org

## **Tri-State Orthopedics**

7656 Poplar Pike Germantown, TN 38138 (901) 333-2525 **tri-stateorthopaedics.com** 

## OTOLARYNGOLOGY

## BMG Otolaryngology Specialists

7675 Wolf River Circle, Suite 202 Germantown, TN 38138 (901) 737-3021

## Mid-South Ear, Nose and Throat

7600 Wolf River Boulevard Suite 220 Germantown, TN 38138 (901) 755-5300 **mid-southent.com** 

## PAIN MANAGEMENT

## Mid-South Pain & Anesthesia

3087 Professional Plaza Germantown, TN 38138 (901) 761-0800

## MidSouth Pain Treatment Center 🏈

1365 West Brierbrook Road Suite 1 Germantown, TN 38138 (901) 531-8549

## OrthoSouth - Crosstown 🇇

1350 Crostown Avenue, Suite 363 Memphis, TN 38104 901-641-3000 orthosouth.org

## Pain Management Center of America

8000 Centerview Parkway Suite 100 Cordova, TN 38018 (901) 249-5905 **pmcoa.us** 

## PATHOLOGY

## Trumbull Labs, LLC / Pathology Group of the Midsouth (PGM)

7550 Wolf River Boulevard Suite 200 Germantown, TN 38138 (901) 542-6800 **trumbulllabs.com** 

## PEDIATRICS

## Church Health 🗇

1350 Concourse Avenue, Suite 142 Memphis, TN 38104 (901) 701-2113 **churchhealth.org** 



## Germantown Pediatric and Family Medicine

3180 Professional Plaza, Suite 111 Germantown, TN 38138 (901) 854-5455 germantownphysicians.com

## Mary Margaret Hurley, MD

7514 Corporate Center, Suite 100 Germantown, TN 38138 (901) 757-5333

medicalofmemphis.com/ contact-locations/marymargaret-hurley-md

## Memphis Pediatrics (Lebonheur)

1255 South Germantown Road Germantown, TN 38138 (901) 432-1591 **memphispediatrics.com** 



#### **Monarch Pediatrics**

7675 Wolf River Circle, Suite 102 Germantown, TN 38138 (901) 755-8300

#### monarchmemphis.com

Monarch Pediatrics is a boutique pediatric office that runs efficiently and specializes in continuity of care. The vision of the practice has always been a small-town practice in a large city.

## Pediatrics East 🇇

7465 Poplar Avenue, Suite 201 Germantown, TN 38138 (901) 757-3535 pedseast.com/germantownpediatricians

## **The Little Clinic**

7735 Farmington Boulevard Germantown, TN 38138 (901) 757-6805

kroger.com/health-services/ clinic/details/855/00211?cid=l oc\_85500211\_gmb

## PHARMACY

## Germantown Pharmacy 🍄

7465 Poplar Avenue, Suite 101 Germantown, TN 38138 (901) 729-6429 germantown-pharmacy.com

## **Regel Pharmalab**

1352 Cordova Cove Germantown, TN 38138 (901) 757-9434 **regelpharmalab.com** 

## Solutions Compounding Apothecary 🏈

7465 Poplar Avenue, Suite 102 Germantown, TN 38138 901-334-9500 www.solutionsmedicalcenter.com

## PHYSIATRY

#### Memphis Psychiatric Services

1900 Kirby Parkway, Suite 201 Germantown, TN 38138 (901) 755-9905 **memphispsychiatric.com** 

## PHYSICAL THERAPY

#### **Apex Physical Therapy**

2136 Exeter Road, Suite 102 Germantown, TN 38138 (901) 480-8336 **apexptmemphis.com** 

## Janna Hacker & Associates

3180 Professional Plaza Drive Suite 101 Germantown, TN 38138 (901) 328-2110 **jhatherapy.com** 

#### OrthoSouth - Atoka Physical Therapy �

13690 US-51, Suite 104 Atoka, TN 38004 901-641-3000 orthosouth.org

## OrthoSouth - Hernando 🍄

2670 McIngvale Road, Suite J Hernando, MS 38632 901-641-3000 orthosouth.org

## Pittman Physical Therapy

9087 Poplar Avenue, Suite 103 Germantown, TN 38138 (901) 627-3280 **pittmanpt.com** 



# Your VP Memphis Vascular Team



VASCULAR

## We're here for your health

**§** 901.747.1007

yip@msit.com
wipvascularteam.com

## Rehab etc. Physical Therapy 🇇

871 Ridgeway Loop Road Suite 100 Memphis, TN 38120 (901) 759-1282 **myrehabetc.com** 

## PHYSIOTHERAPY

#### **Results Physiotherapy**

9289 Poplar Ave., Suite 101 Germantown, TN 38138 901-756-4818 resultspt.com/germantowntennessee-shelby-farms

## PLASTIC SURGERY

#### **Aviation Medical Specialists**

8578 Cordes Circle Germantown, TN 38139 (901) 754-6733

## PRIMARY CARE

#### Caballero Family Healthcare Group

1920 Kirby Parkway, Suite 202 Germantown, TN 38138 (901) 751-9997 **caballerofamilydoctor.com** 

## Dr. Roger O. Gibson

1374 Cordova Cove, Suite 102 Germantown, TN 38138 (901) 751-0150 baptistdoctors.org/find-a-doctor/ roger-o-gibson-md

## Humphreys Family Practice Clinic (BMG) 🗇

6685 Poplar Avenue, Suite 120 Germantown, TN 38138-3690 (901) 685-8245 **humphreys.webflow.io** 



Experience the best in orthopedics and sports medicine when let us help you get back to those experiences you love.

## OrthoSouth orthosouth.org







#### TRANSFORM YOUR MIND TRANSFORM YOUR LIFE

A transformational journey of deeper connection begins with greater self-awareness. Are you ready?

Through deliberate mindfulness based activities we challenge and dissolve barriers, soften edges, and move toward embracing a life of meaning and purpose.

Our programs include developing a deep understanding of how lifetime development and experiences shape our current selves, mindfulness-based practices to develop better internal and external communication, breath work, movement, and prayer to offer a transformative bridge from life up to now and life from now on.

#### MINDFULNESS-BASED Wellness Programs & Retreats For Individuals and Teams

www.transforming-wellness.com 901.2064006 info@transforming-wellness.com

## Memphis Internal Medicine (BMG)

7205 Wolf River Boulevard Suite 100 Germantown, TN 38138 (901) 684-1322

## Memphis Primary Care and Wellness Associates

7645 Wolf River Circle, Suite 200 Germantown, TN, 38138 (901) 432-1591

## Methodist Medical Group -Primary Care

9047 Poplar Avenue, Suite 105 Germantown, TN 38138 (901) 755-5556 methodisthealth.org/locations/ methodist-medical-groupprimary-care-9047-poplar-avenue

## Sanitas Medical Center

9155 Poplar Avenue, Suite 27 Germantown, TN 38138 (901) 747-3501 **mysanitas.com/en/tn/sanitas**germantown

## St. Francis Medical Partners -Germantown 🍫

2018 South Germantown Road Germantown, TN 38138 (901) 754-8880 sfmp.com/sfmp-germantown

#### St. Francis Medical Partners -Wolf River 🇇

9947 Wolf River Boulevard Suite 110 Germantown, TN 38139 (901) 979-5652 **sfmp.com/sfmp-wolf-river** 

## The Light Clinic (BMG)

7715 Wolf River Boulevard Germantown, TN 38138 (901) 328-6031

## The Medical Group (BMG) 🏈

8040 Wolf River Boulevard Suite 200 Germantown, TN 38138 (901) 726-0200

## **UT Internal Medicine (BMG)**

8040 Wolf River Boulevard Suite 102 Germantown, TN 38138 (901) 685-8245

## Wolf River Wellness 🗇

7550 Wolf River Boulevard Suite 102 Germantown, TN 38138 (901) 747-1000 **wolfriverwellness.com** 

## PROSTHETICS

## Thomas Ocular Prosthetic Labs

1900 Kirby Parkway, Suite 102 Germantown, TN 38138 (901) 753-4724

### **PSYCHIATRY**

#### **Bradford Health Services**

8566 Cordes Circle Germantown, TN 38139 (901) 300-2930 bradfordhealth.com/locations/ memphis-tn

#### Crestwyn Behavioral Health 🏈

9485 Crestwyn Hills Cove Germantown, TN 38125 (901) 759-0273 crestwynbehavioral.com

#### Daybreak Treatment Center

2262 South Germantown Road Germantown, TN 38138 (901) 753-4300 **daybreaktreatment.com** 

#### Irfan Ali, MD

1384 Cordova Cove, Suite 1 Germantown, TN 38138 (901) 753-7700

## Mid-South Pain & Anesthesia

3087 Professional Plaza Germantown, TN 38138 (901) 761-0800



#### Monarch Pediatrics

7675 Wolf River Circle, Suite 102 Germantown, TN 38138 (901) 755-8300

#### monarchmemphis.com

Monarch Pediatrics is a boutique pediatric office that runs efficiently and specializes in continuity of care. The vision of the practice has always been a small-town practice in a large city.

#### PSYCHOLOGY

#### Exeter Psychotherapy Group

2014 Exeter Road Germantown, TN 38138 (901) 757-1468

#### Germantown Psychological Associates

7516 Enterprise Avenue, Suite 1 Germantown, TN 38138 (901) 755-5802 germantownpsych.com

## Neurosource 🗇

758 Walnut Knoll Lane, Suite 101 Cordova, TN 38018 (901) 624-0100 **neurosource.net** 

## PSYCHOTHERAPY

#### Exeter Psychotherapy Group

2014 Exeter Road Germantown, TN 38138 (901) 757-1468

## RADIOLOGY

## Diagnostic Ultrasound Consultants

2120 South Germantown Road Germantown, TN 38138 (901) 755-5562 **theflinnclinic.com** 

## Memphis Radiological, P.C.

7695 Poplar Pike, Suite 101 Germantown, TN 38138 (901) 682-9747 **memphisradiological.com** 

#### Methodist Comprehensive Breast Center- Germantown

1381 South Germantown Road Germantown, TN 38138 (901) 516-9000 methodisthealth.org/ locations/methodistcomprehensive-breast-centergermantown

## Methodist Diagnostic Center

1377 S Germantown Road Germantown, TN 38138 901-759-7500

methodisthealth.org/locations/ methodist-diagnostic-centergermantown

## Mid-South Imaging and Therapeutics

7600 Wolf River Boulevard Suite 200 Germantown, TN 38138 (901) 747-1000 **msit.com** 

## The Imaging Center at Wolf River

7600 Wolf River Boulevard Suite 100 Germantown, TN 38138 (901) 312-4033 **wolfriverimaging.com** 

#### RECONSTRUCTIVE SURGERY

#### **Aviation Medical Specialists**

8578 Cordes Circle Germantown, TN 38139 (901) 754-6733

## REHABILITATION

#### Baptist Medical Group-Outpatient Care Center ��

2100 Exeter Road Germantown, TN 38138 (901) 757-1350

baptistdoctors.org/locations/ baptist-medical-groupoutpatient-care-center

#### Baptist Memorial Rehabilitation Hospital �

1240 South Germantown Road Germantown, TN 38138 (901) 275-3303 **baptistrehab.com** 

## Cordova Wellness & Rehabilitation Center 🇇

955 North Germantown Parkway Cordova, TN 38018 (901) 754-1393 **cordovactr.com** 

#### Pittman Physical Therapy 父

9087 Poplar Avenue, Suite 103 Germantown, TN 38138 (901) 627-3280 **pittmanpt.com** 

## RHEUMATOLOGY

## Rheumatology East 🧇

7612 Poplar Pike Germantown, TN 38138 901-730-7700

## SKILLED NURSING

#### Belmont Village 🗇

6605 Quail Hollow Road Memphis, TN 38120 (901) 624-8820 **belmontvillage.com** 

#### Brookdale Dogwood Creek 🇇

8199 Poplar Avenue Germantown, TN 38138 (901) 617-7128 brookdale.com/en/communities/ brookdale-dogwood-creek.html

### Germantown Plantation Senior Living Community

9293 Poplar Avenue Germantown, TN 38138 (901) 757-4114 germantownplantation.com/ contact.html

## HarborChase of Germantown 🇇

6300 Briarcrest Avenue Memphis, TN 38120 (901) 805-7218 harborchase.com/contactharborchase-germantown

## Hearthside Senior Living 🇇

601 Wolf River Boulevard Collierville, TN 38017 (901) 854-6590 **hearthsideseniorliving.com** 

## Kirby Pines Retirement Community 🏈

3535 Kirby Parkway Memphis, TN 38115 (901) 365-3665 **kirbypines.com** 

## Schilling Gardens Assisted Living 🍄

15 Schilling Bend Commons Collierville, TN 38017 901-850-2272

americareusa.net Assisted Living and a Secured Dementia Care Unit Follow us on Facebook

## South Breeze Assisted Living 🏈

3168 Hacks Cross Memphis, TN 38125 901-748-1738 **americareusa.net** 

## The Farms at Bailey Station 🗳

3300 S. Houston Levee Road Collierville, TN 38017 901-799-8200 **thefarmsatbaileystation.com** 

## The Gardens of Germantown 🗇

3179 Professional Plaza Drive Germantown, TN 38138 (901) 755-5450

vitalityseniorliving.com/ senior-living-locations/tennessee/ gardens-of-germantown/

#### The Village at Germantown 🏈

7820 Walking Horse Circle Germantown, TN 38138 (901) 752-2500 **village-germantown.com** 

## **SLEEP STUDIES**

## Focus Sleep Centers 🇇

7730 Wolf River Boulevard Suite 106 Germantown, TN 38138 (901) 405-1023 **focussleepcenters.com** 

## **Memphis Lung**

2120 Exeter Road, Suite 250 Germantown, TN 38138 (901) 767-5864 **memphislung.com** 

## Mid-South Neurology Clinic

8577 Cordes Circle Germantown, TN 38139 (901) 590-0886

## SPEECH-LANGUAGE THERAPY

## Cordova Wellness & Rehabilitation Center 🗇

955 North Germantown Parkway Cordova, TN 38018 (901) 754-1393 **cordovactr.com** 

## Janna Hacker & Associates

3180 Professional Plaza Drive Suite 101 Germantown, TN 38138 (901) 328-2110 **jhatherapy.com** 

## SPORTS MEDICINE

Campbell Clinic Orthopaedics -Arlington �

11851 Will Harris Street Arlington, TN 38002 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Collierville 🍄

1458 W. Poplar Avenue Collierville, TN 38017 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -East Memphis 🍄

585 S. Mendenhall Road Memphis, TN 38117 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Germantown �

1400 South Germantown Road Germantown, TN 38138 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Medical Center 🍄

1211 Union Avenue Memphis, TN 38104 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Olive Branch 🏈

6760 Goodman Road, Suite 110 Olive Branch, MS 38654 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Southaven 🍄

7545 Airways Boulevard Southaven, MS 38654 901-759-3111 campbellclinic.com

## OrthoOne Sports Medicine and Orthopedics 🗇

99 Market Center Drive Collierville, TN 38017 (901) 861-9610 orthoOne.org

## OrthoSouth - Atoka Physical Therapy 🇳

13690 US-51, Suite 104 Atoka, TN 38004 901-641-3000 orthosouth.org

## OrthoSouth - Bartlett 🍄

3045 Kate Bond Road Bartlett, TN 38133 901-641-3000 orthosouth.org

## OrthoSouth - Briarcrest 🇇

6286 Briarcrest Avenue, Suite 200 Memphis, TN 38120 901-641-3000 orthosouth.org

## OrthoSouth -Germantown 🇇

2100 Exeter Road, Suite 200 Germantown, TN 38138 901-641-3000 orthosouth.org

## OrthoSouth - Poplar 🗇

4515 Poplar Avenue, Suite 206 Memphis, TN 38117 901-641-3000 orthosouth.org

## OrthoSouth - Primacy Parkway 🏈

1244 Primacy Parkway Memphis, TN 38119 901-641-3000 orthosouth.org

## OrthoSouth - Southaven 🇇

7582 Clarington Cove Southaven, MS 38671 901-641-3000 orthosouth.org

## OrthoSouth Surgery Center - Germantown 🏈

2100 Exeter Road, Suite 100 Germantown, TN 38138 901-641-3000 orthosouth.org

### Pittman Physical Therapy 🇇

9087 Poplar Avenue, Suite 103 Germantown, TN 38138 (901) 627-3280 **pittmanpt.com** 

## SUBSTANCE ABUSE

#### **Bradford Health Services**

8566 Cordes Circle Germantown, TN 38139 (901) 300-2930 **bradfordhealth.com/locations/memphis-tn** 

#### **Daybreak Treatment Center**

2262 South Germantown Road Germantown, TN 38138 (901) 753-4300 **daybreaktreatment.com** 

#### SURGERY CENTER

### Campbell Clinic Orthopaedics -Center for Bone Health and Surgery Center 🗇

1410 Brierbrook Road Germantown, TN 38138 901-759-3111 campbellclinic.com

## Campbell Clinic Orthopaedics -Midtown Surgery Center 🏈

255 South Pauline Memphis, TN 38104 901-759-3111 campbellclinic.com

#### Campbell Clinic Orthopaedics -Wolf River Surgery Center 🏈

7889 Wolf River Boulevard Germantown, TN 38138 901-759-3111 campbellclinic.com

#### **Methodist Surgery Center**

1363 South Germantown Road Germantown, TN 38138 (901) 624-6634 methodisthealth.org/locations/ methodist-surgery-center-germantown



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## OrthoSouth Surgery Center - Germantown

2100 Exeter Road, Suite 100 Germantown, TN 38138 901-641-3000 orthosouth.org

## **Wolf River Surgery Center**

1325 Wolf Park Drive, Suite 101 Germantown, TN 38138 (901) 252-3403 wolfriversurgery.com

## **URGENT CARE**



### People First Urgent & Primary Care

9301 Poplar Avenue Germantown, TN 38138 (901) 587-6100

**peoplefirsturgentcarenow.com**/ Where we put People First 8-6 Mon-Fri 8-5 Sat

## Urgent Care of Saint Francis - Germantown 🗇

1941 South Germantown Road Suite 103 Germantown, TN 38138 (901) 624-6055

saintfrancishosp.com/locations/ detail/urgent-care-of-saintfrancis-germantown

## UROLOGY

#### Pediatric Urology Associates of the Mid South

1920 Kirby Parkway, Suite 100 Germantown, TN 38138 (901) 751-0500

## The Conrad Pearson Clinic 🏈

1325 Wolf Park Drive, Suite 102 Germantown, TN 38138 901-252-3400 **conradpearson.com** 

#### VASCULAR & INTERVENTIONAL RADIOLOGY

## Memphis Radiological, P.C.

7695 Poplar Pike, Suite 101 Germantown, TN 38138 (901) 682-9747 **memphisradiological.com** 

## Mid-South Imaging and Therapeutics

7600 Wolf River Boulevard Suite 200 Germantown, TN 38138 (901) 747-1000 **msit.com** 

#### VASCULAR INTERVENTION

## Sutherland Cardiology Clinic (Methodist)

7460 Wolf River Boulevard Germantown, TN 38138 (901) 763-0200 methodisthealth.org/locations/ sutherland-cardiology-clinic

## Vascular & Vein Institute of the South, PLLC

1355 West Brierbrook Road Germantown, TN 38138 (901) 390-2930 vascularandveininstitute.com

## VEIN TREATMENT



## **ProActive Heart & Vascular**

7751 Wolf River Boulevard Germantown, TN 38138 (901) 297-4000 proactivehy.com

Diagnosis and Treatment for Cardiac, Vascular, and Arterial Disease.

## Stern Cardiovascular Foundation 🏈

8060 Wolf River Boulevard Germantown, TN 38138 (901) 271-1000 sterncardio.com

### Vascular Interventional Physicians

6286 Briarcrest Avenue, Suite 300 Memphis, TN 38120 (901) 747-1007 **vipphysiciansmemphis.com** 

## VETERINARIAN

## Forest Hill Animal Hospital

3133 Forest Hill Irene Road Suite 102 Germantown, TN 38138 901-754-5007 www.foresthillah.com

## Germantown Animal Hospital 🍄

2185 Germantown Road Germantown, TN 38138 901-754-4940 twistmarkmedia.net/channel/ germantown-animal-hospital

## Germantown Farmington Animal Hospital 🏈

1975 Exeter Road Germantown, TN 38138 901-754-4870 **gfah.net** 

#### Germantown Parkway Animal Hospital 🏈

886 Cordova Station Avenue Cordova, TN 38018 901-757-5093 germantownah.com

## The Pet Hospitals Germantown

9947 Wolf River Boulevard Suite 104 Germantown, TN 38139 901-850-7330 **thepethospitals.com** 

## Wolf River Pet Hospital

7700 Wolf River Boulevard Germantown, TN 38138 901-317-4416 worlfriverpethospital.com

## VITREORETINAL DISEASE & SURGERY

## **Charles Retina Institute**

1432 Kimbrough Road Germantown, TN 38138 (901) 767-4499 charlesretina.com

## WEIGHT MANAGEMENT

## Caballero Family Healthcare Group

1920 Kirby Parkway, Suite 202 Germantown, TN 38138 (901) 751-9997 **caballerofamilydoctor.com** 

## **Miller Medical Clinic**

1900 Kirby Parkway, Suite 100 Germantown, TN 38138 (901) 624-6885 **artmillermedical.com** 

## **Oasis Health Center**

3087 Professional Plaza Germantown, TN 38138 (901) 517-7874 **oasiskin.com** 

## WOMEN'S HEALTH

## Betty Jo Dulaney, M.D. P.C

2157 Judicial Drive Germantown, TN 38138 (901) 309-6745 **bettyjodulaneymd.com** 

#### EXCEED Hormone Specialists 🇇

7512 Second Street Germantown, TN 38138 (901) 312-7899 **exceedhs.com** 

## **Women's Health Specialists**

7800 Wolf Trail Cove Germantown, TN 38138 (901) 682-9222 **whsobgyn.com** 

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