



WISHING YOU AND YOUR FAMILY
Happy Holidays

Happy Holidays from all of us at Praxis Health!

As the year comes to a close, we want to express our heartfelt gratitude for entrusting us with your healthcare. Serving you has been a privilege, and we value the trust you've placed in us.

Thank you for allowing us to be part of your journey, we look forward to continuing to provide the highest quality care in the coming new year.

Warmest wishes to you and your loved ones—may the new year be filled with good health, joy, and moments of peace!



Pacific Medical Group

PRAXIS HEALTH

WE ARE OFFERING A NEW SERVICE

Chronic Care Management

Our nurses are here to help you manage your care

This Program Provides You With:

- ✓ Your own phone-based nurse care manager
- ✓ Direct answers to your medical questions
- ✓ Better coordination of care among all your providers
- ✓ Help navigating the healthcare system
- ✓ Medication advice
- ✓ Assistance with symptom management

Program Goals

- ✓ Help you achieve health and wellness goals
- ✓ Help keep you healthy, independent and out of the hospital
- ✓ Educate you on your health conditions and how to best manage them

How do I enroll?



**Our Nurse Will Call You By
Phone If You Qualify**

Or reach out to our enrollment specialists
for more information

[**\(503\) 200-5330**](tel:(503)200-5330)

What are the Costs?

- Your insurance will be billed.
- Services are subject to deductible and coinsurance.
- This service is voluntary and you may opt out at any time.



Do You Suffer From Allergies?

We can help you find allergy relief!



Did You Know?

Effectively treating these allergies has proven to decrease childhood asthma cases by 47%!

Studies have shown nasal allergies affect about **50 million people** in the United States with as many as **30% of adults and 40% of children**. Allergic conditions are the most common health issues affecting children today.



Allergy Testing and Immunotherapy Treatment Services

Customized Immunotherapy is the **ONLY treatment protocol proven** to alter the underlying disease process, effectively treating the disease.

Patients who have taken Immunotherapy as directed have reported as much as **85% desensitization**.

Our allergy program is unique in that you can conveniently administer the majority of your therapy at home with only 6 office visits scheduled per year. Our nurse will give you all the tools and education needed to safely complete our treatment protocol, instead of going into an Allergist's office several times a week for a much longer and delayed treatment regimen.



Looking for Relief?

Call [\(503\) 316-2088](tel:(503)316-2088)

-or-

Let your Primary Care Provider know that you would like to be referred for allergy testing. One of our Clinical Lab Specialists will call, answer any questions you may have, and get you scheduled.

NOW ACCEPTING NEW PATIENTS!





Amal Alyusuf, MD

Quick Facts About Our Provider

- Practicing medicine has been a calling for Amal Alyusuf, MD, MPH since she was eight years old,
- Dr. Alyusuf developed a passion for public health and helping people through life adversities.
- She has a Master's in Public Health at The George Washington University
- She has a passion for promoting individual & public health and health equity.
- Her hobbies include hiking, listening to music, practicing Tai Chi and spending time with her family.

Pacific Medical Group - Tigard

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Tigard, OR 97223

 [\(503\) 598-2000](tel:(503)598-2000)

Services that we offer include:



Family
Medicine



Pediatrics

Find Out More

PacificMedicalGroup.com/provider/amal-alyusuf-md/