



Yakima Valley Medical Conference

March 20 & 21

Speaker Biographies



Albert Brady, MD

Board Certification: Internal Medicine and Oncology

Pacific Northwest University of Health Sciences

Yakima, WA

Title: Management of Various Types of Anemia

1. New understanding of “normal” iron levels and recognize the importance iron beyond oxygen carrying capacity
2. Know how to identify deficiencies in pregnancy
3. Understand the complexity of amacrocytic anemia

Dr. Brady attended medical school at the University of Los Angeles (UCLA) before entering Internal Medicine Residency at Oregon Health Sciences University (OHSU). He served two years as a Commander in the Navy at the National Institute of Health. Following his fellowship in Oncology at University of Minnesota, he partnered in private practice in Portland, Oregon for 12 years.

Dr. Brady worked to establish multidisciplinary Oncology Programs. The programs sought to better serve cancer patients by bringing together all physicians involved in the patient’s care to develop a single, cohesive, coordinated plan of care for the patient. This pursuit led him to hospital systems in Denver, Fort Worth, and suburban Detroit. Following the high school graduation of his youngest daughter (of four), he and his wife returned to the Pacific Northwest to be near family. He headed a private practice in hematology/oncology in Yakima from 2005-2015, while continuing his passion for teaching by counseling medical, nursing, and physician assistant students throughout his career.

Daniel Fosmire, MD

Board Certification: Neurology

Overlake Medical Center

Bellevue, WA

Title: Migraine Diagnosis and Treatment

1. Diagnosing migraine headaches using IHS criteria and clinical clues to aid in diagnosis
2. Understand acute and prophylactic treatment options for migraines
3. Be able to help patients recognize lifestyle changes to improve migraine control

Dr. Fosmire has been practicing neurology for over 30 years, with the majority of his career at Overlake Medical Center. He is interested in muscle and nerve disorders—performing electromyography (EMG) and nerve conduction velocity (NCV) testing as an extension of his neurological examination to help with diagnosis and treatment. He's also interested in diagnosing and treating headaches, such as migraines.

Dr. Fosmire's primary goal in any patient encounter is to address the patient's concerns first. He believes that listening to and addressing the patient's concerns results in a more rewarding experience for both the patient and the provider. Dr. Fosmire actively listens to every patient's unique story to reach the correct diagnosis and appropriate treatment.

James Lord, MD

Board Certification: Gastroenterology

Virginia Mason Franciscan Health

Seattle, WA

Title: Contemporary Management of IBD

1. Understand how ulcerative colitis and Crohn's disease can be characterized
2. Differentiate low and high risk IBD patients
3. Become familiar with the major medical treatments for IBD

James Lord, MD, PhD, specializes in immunological disorders of the bowel, teaching and research.

Dr. Lord enjoys hiking, fishing and playing musical instruments. Dr. Lord's wife is also a physician of internal medicine and trained at Virginia Mason in the 1990s. They have two sons.

Jamie Simmons, MD

Board Certification: Psychiatry

Triumph Treatment Services

Yakima, WA

Title: Fentanyl in Yakima: Why Overdose Risk Is Different Now—and What Primary Care Can Do Today

1. Understand why fentanyl is driving unprecedented overdose risk in Yakima, including how high-potency synthetic opioids, polysubstance use, and loss of tolerance are changing the clinical landscape for primary care.
2. Gain practical, clinic-ready tools to support patients using fentanyl, including screening approaches, harm-reduction counseling, naloxone distribution, and office-based strategies for initiating or continuing medication for opioid use disorder (MOUD).
3. Understand how primary care clinicians can effectively connect patients actively using fentanyl to Yakima's continuum of care, including residential treatment, outpatient treatment programs, peer recovery support, and EMS-linked services, using clear referral pathways and warm handoffs to reduce gaps in care.

Dr. Simmons is a deeply respected physician in the Yakima Valley, bringing nearly 25 years of experience as a psychiatrist in behavioral health facilities and hospital settings.

Dr. Simmons has an unwavering and heartfelt commitment to Yakima, where she was born and raised. While many pursue opportunities elsewhere, she chose to return and dedicate her life to serving her community through nonprofit organizations. Her deep connection to Yakima fuels her passion to give back and create lasting, positive change where she grew up.

In addition to her professional achievements, Dr. Simmons is an avid trail runner, having completed over 28 trails and 18 ultra-distance races ranging from 50K to 100 miles.

Tony Chen, MD

Board Certification: Cardiology

Virginia Mason Franciscan Health

Seattle, WA

Title: Pathophysiology and Treatment of HFrEF

1. Understand the pathophysiology of HFrEF
2. Understand the role of quadruple therapy
3. Understand the role of device therapy

Tony Chen, MD, is a board-certified general cardiologist whose practice spans the full spectrum of cardiovascular care, from preventive medicine to the management of critically ill patients in the cardiac ICU. Conditions he commonly treats include heart failure, cardiomyopathy, coronary artery disease and cardiac rhythm disorders. Dr. Chen's goal is to collaborate with patients to develop individualized care plans that align with their personal goals of care. He strives to educate, partner with and meet patients where they are in their health journey.

Dr. Chen is a member of the American College of Cardiology.

Away from work, Dr. Chen enjoys endurance sports, having completed two half-marathons, one full marathon and a Half-Ironman triathlon. He also keeps busy with his wife and four boys.

Stuart Cardon, DPM

Board Certification: Forefoot Surgery, Rearfoot/Ankle Surgery

Cascade Foot & Ankle

Yakima, WA

Title: Diabetic Foot Wounds

1. Circulation
2. Offloading
3. Nutrition and HbgA1C

"I chose podiatry because it is an interesting, challenging, results-oriented profession that allows me to help all types of people. When I see patients I've treated walk out of my office, pain-free, it only reinforces the fact that I made the right decision by becoming a foot and ankle specialist in Yakima, Washington (WA) and Ellensburg, Washington (WA)."

"Since earning my podiatry degree, I have broadened my capabilities by becoming a board-certified foot surgeon with extensive postgraduate training in foot and ankle care. What this means to you is that I am well-versed in the latest, gentlest foot and ankle treatments. My goal is not only to effectively treat foot and ankle problems but to use my years of experience to prevent them from occurring in the first place."

In his free time, Dr. Cardon enjoys spending time with his wife, Janene, and their eight children, Spencer, Kylee, Sadie, Brigham, Madelyn, Abigail, Eliza and David.

Val Simianu, MD

Board Certification: General Surgery, Colon & Rectal Surgery

Virginia Mason Franciscan Health

Seattle, WA

Title: Contemporary Management of Diverticulitis

1. Managing complicated diverticulitis
2. Strategies for personalizing outpatient medical management of uncomplicated diverticulitis
3. Surgery in improving quality of life for diverticulitis

Val Simianu, MD, specializes in surgery for conditions of the colon, rectum and anal canal, such as cancer, inflammatory bowel disease, Crohn's disease and ulcerative colitis. He also treats pelvic floor problems such as prolapse and incontinence. He has specialty training in laparoscopic, robotic and trans-anal approaches for these conditions.

Dr. Simianu works very closely with other specialists, such as gastroenterologists, oncologists, radiation oncologists and urogynecologists, to plan the best course of treatment for each patient. He enjoys playing a part in his patients' journeys to recovery.

Beyond his clinical expertise, Dr. Simianu actively conducts research studies on colorectal cancer, diverticulitis, inflammatory bowel disease and pelvic health problems. He has a special interest in population health, health-services research and surgical education, and serves as the Medical Director of the colorectal service line for Virginia Mason Franciscan Health's Center for Digestive Health.

Away from work, Dr. Simianu enjoys hiking, mountaineering, soccer, and traveling and exploring local cuisine with his wife.

Sung Cho, MD

Board Certification: General Surgery

Overlake Medical Center

Bellevue, WA

Title: Management of Pancreatic Adenocarcinoma

1. Understand it's common presentations and workup
2. Determining who is a candidate for surgery and what the surgery entails
3. Chemotherapy and radiation therapy as well as the palliative treatment available

I am passionate about doing what is best for my patients. I try to see from their perspective, and gauge their understanding of what is going on, their anxiety and expectations. In this way, I can provide evidence-based, up-to-date treatment in a humanistic and empathic way. In essence, I try to treat my patients how I want my family to be treated.

Creighton Don, MD

Board Certification: Interventional Cardiology and
Cardiovascular Disease

UW Medicine

Seattle, WA

Title: Atrial Fibrillation

1. Describe goals of therapy for atrial fibrillation
2. Identify which patients benefit from rate control, cardioversion, antiarrhythmics, or ablation for Resistant Hypertension
3. Risks/benefits for antiplatelet therapy, anticoagulation or left atrial appendage occlusion

Creighton W. Don, M.D, PhD is an interventional cardiologist and Professor of Medicine, Section Chief of Cardiology at the Puget Sound Veteran's Administration Hospital in Seattle and Director of the Interventional Cardiology and Structural Heart Fellowships at the University of Washington Medical Center in Seattle, WA. He completed his cardiology fellowship at the University of Washington and an interventional fellowship at Massachusetts General Hospital before joining UW Medicine in 2009.

Dr. Don is an expert in complex coronary interventions including advanced therapies for in-stent restenosis and brachytherapy, percutaneous treatment for valvular heart disease (including TAVR, TMVR, TTVR, MitraClip, mitral annular devices), and other structural interventions such as left atrial appendage closure, PFO closure, and paravalvular leak closure. He earned an MPH at UW and his research focuses on evaluating outcomes in real-world practice of patients undergoing complex coronary and structural heart procedures. He has been recognized in the Seattle Magazine as a Top Doctor in Seattle for interventional cardiology for several years.

Michael Mitchell, MD

Board Certification: Otolaryngology – Head & Neck Surgery

MultiCare Ear, Nose & Throat

Yakima, WA

Title: Sinusitis 2025

1. Paranasal sinus anatomy and physiology
2. Diagnosing and managing sinusitis
3. Overview of 2025 guidelines published by the American Academy of Otolaryngology

Dr. Michael Mitchell, MD is an otolaryngology-head and neck surgery specialist in Yakima, WA and has over 35 years of experience in the medical field. He graduated from University of Texas At Dallas in 1989.

Sajal Kumar, MD

Board Certification: Nephrology

Nephrology Associates of Yakima

Yakima, WA

Title: Update on CKD, Chronic Kidney Disease, Dialysis and Kidney Transplant

1. Review recent trends in CKD and medications
2. Review recent trends in Dialysis
3. Trends and expectations in Kidney transplant

Dr. Sajal Kumar, MD is a nephrologist in Yakima, WA and has over 25 years of experience in the medical field. He graduated from All-India Institute of Medical Science / Ansari Nagar in 1997. He is affiliated with medical facilities such as Kittitas Valley Community Hospital and Prosser Memorial Hospital.

John Eaton, MD

Board Certification: Neurology and Epilepsy

Overlake and Evergreen Hospitals

Bellevue, WA

Title: Epilepsy Specialist Workup

1. Compare epilepsy surgery and device options
2. Diagnosis and treatment of PNES and FND
3. Identify optimal treatment of seizure emergencies, including status epilepticus

Dr. Eaton specializes in epilepsy and seizure care. Originally from Seattle, they completed their medical training in New Orleans and Phoenix. Dr. Eaton is focused on building a leading epilepsy program that offers expert care — services that are currently available at only a few locations across the Pacific Northwest.

Dr. Eaton welcomes all patients experiencing epilepsy or symptoms that may be related to seizures. They have a particular interest in helping individuals who continue to have seizures despite taking medication regularly.

Mohan Mallipeddi, MD

Board Certification: General Surgery

Virginia Mason Franciscan Health

Seattle, WA

Title: Multimodal Management of Obesity & GLP-1 RAs in Practice

1. Understand that obesity is a chronic disease without a single solution.
2. Appreciate use cases for bariatric surgery and pharmacotherapy in severe obesity.
3. Implement proactive strategies to counsel patients and mitigate common GLP-1 RA-related gastrointestinal side effects

Mohan Mallipeddi, MD, specializes in minimally invasive (laparoscopic/robotic) surgery for hernias, benign esophageal disorders, stomach and intestinal cancer, and obesity.

For all his surgical patients, Dr. Mallipeddi gives them the opportunity to express their own story. As a specialist in bariatric (obesity) surgery, he enjoys the opportunity to follow his patients over a long period of time, getting to know them along the way and witnessing their transformation toward better health.

Away from work, Dr. Mallipeddi enjoys board games, movies, travel, family time and playing sports (soccer, volleyball, basketball, ultimate, badminton).

Jacklyn Lee, DO

Board Certification: Obesity Medicine

Virginia Mason Franciscan Health

Seattle, WA

Title: Multimodal Management of Obesity & GLP-1 RAs in Practice

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Jackie Lee, DO, DABOM, DABLM, is board-certified in obesity medicine and lifestyle medicine who takes a comprehensive approach to medical weight loss. Dr. Jackie treats obesity not just with medication, but also by creating personalized plans that support every aspect of a healthy lifestyle, including nutrition, physical activity, behavior change and long-term support.

Dr. Jackie considers medicine an art, not a one-size-fits-all solution. She recognizes that every patient is unique and tailors treatment plans to fit individual needs, goals and lifestyles. She empowers patients to take the driver's seat in their care, while she supports, guides and provides insight to help them make informed decisions.

Away from work, Dr. Jackie enjoys foodie-venturing, scenic driving, hiking, snowboarding, traveling and learning new things.

Allison Bauer, MD

Board Certification: Internal Medicine

Blue Mountain Heart to Heart

Walla Walla, WA

Title: PrEP Essentials

1. Identify candidates for PrEP within primary care
2. PrEP medications, considering oral vs injectable options, drug-drug interactions, and lab monitoring
3. Develop strategies for follow-up care, including adherence support and addressing patient concerns

Dr. Allison Bauer is an internist in Walla Walla, Washington and is affiliated with Providence St. Mary Medical Center. She received her medical degree from Perelman School of Medicine at the University of Pennsylvania and has been in practice between 6-10 years. She has expertise in treating diabetes, heart failure, hypertension & high blood pressure, among other.