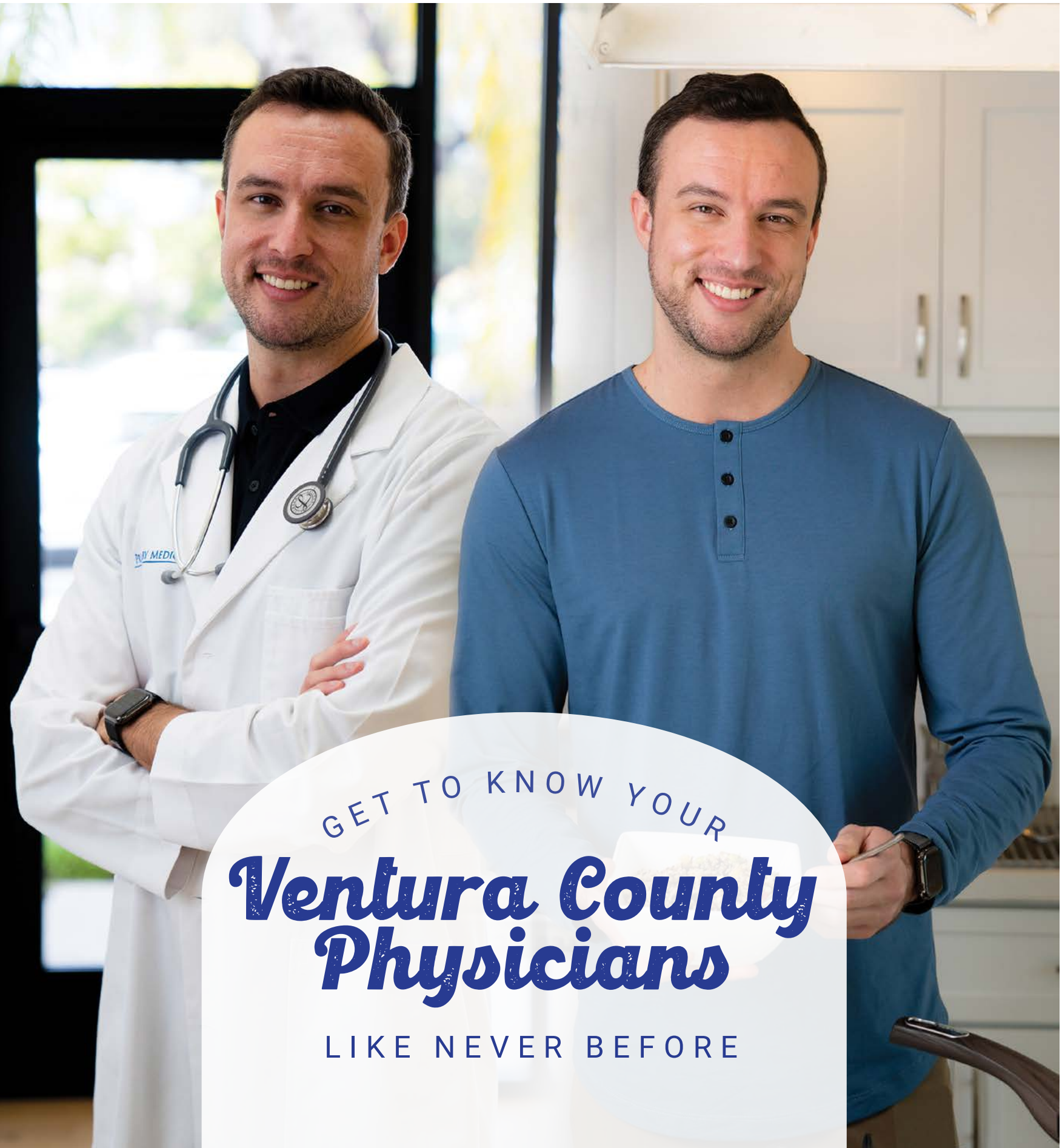


# PRIMARY MEDICAL

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GET TO KNOW YOUR

## *Ventura County Physicians*

LIKE NEVER BEFORE

# PRIMARY MEDICAL

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## *About us*

We are family physicians serving Ventura County with the highest quality of care. We also have Internal Medicine, Pediatrics, and Endocrinology here at Primary Medical Group. Our goal is to approach medicine differently by offering more cohesive care and education that extends beyond the four walls of the exam room. We do not just make suggestions and write prescriptions, we have taken steps to improve the health of our patients. Our family physicians have developed educational content that empowers their community to make healthy lifestyle changes. We pride ourselves on providing resources that make our community healthier and happier.

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## EASY STEPS TO JOIN *Primary Medical Group*

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**STEP 1** CHOOSE THE DOCTOR & OFFICE you would like to see (ie. Dr. Elizabeth Alaimo at PMG in Ventura).

**STEP 2** LOCATE YOUR INSURANCE CARD and call the Customer Service phone number on the back of the card.

**STEP 3** LET THE REPRESENTATIVE KNOW the doctor you would like to switch to and tell them the doctor is with SEAVIEW IPA.

**STEP 4** ASK THE REPRESENTATIVE when you will be effective with the new doctor (most likely the 1st day of the following month).

**STEP 5** CALL THE OFFICE to make an appointment! Let them know you would like to establish care with us after your effective date.

Call at  
**(805) 702-8337**



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### IF YOU HAVE **MEDICARE SUPPLEMENT | PPO | TRICARE FOR LIFE**

All you have to do is call the Primary Medical office you would like to see and make an appointment.

### IF YOU HAVE **MEDICARE ADVANTAGE | HMO INSURANCE**

You can follow the steps above or just call our Patient Relations, and they can help you with everything!

# Our Locations



## West Telegraph

2953 Telegraph Rd.  
Ventura, CA 93003



## Johnson

2772 Johnson Dr. #200  
Ventura, CA 93003



## South Garden Street

26 South Garden St. Suite I  
Ventura, CA 93001

# Our Staff

**FAMILY  
PHYSICIAN**  
Dr. Chase

**PHYSICIAN  
ASSISTANT**  
Carla Mull

**PEDIATRICS**  
Dr. Williams

**NURSE  
PRACTITIONERS**  
Rhonda Moore  
April Terry

**(805) 652 - 5252**

**FAMILY  
PHYSICIANS**  
Dr. Banman  
Dr. Westfall  
Dr. Lazzarotto

**ENDOCRINOLOGIST**  
Dr. Ficks  
**PHYSICIAN  
ASSISTANT**  
Carla Mull

**(805) 642 - 1430**

**FAMILY  
PHYSICIANS**  
Dr. Castel  
Dr. Barrell

**NURSE  
PRACTITIONERS**  
Colette Frena  
Tessa Enright

**(805) 507 - 2225**



## **East Telegraph**

10885 Telegraph Rd.  
Ventura, CA 93004

**FAMILY  
PHYSICIANS**  
Dr. Alaimo  
Dr. Bailey  
Dr. Wheaton

**PHYSICIAN  
ASSISTANT**  
Mike Diaz

**(805) 647 - 7704**



## **Lombard**

1751 Lombard Suite A  
Oxnard, CA 93030

**FAMILY  
PHYSICIANS**  
Dr. Ruelas  
Dr. Duong

**PHYSICIAN  
ASSISTANTS**  
Nicolas Dejong  
Alexis Murray

**NURSE  
PRACTITIONER**  
Sue Houx

**(805) 981 - 9111**



## **Camarillo**

888 W. Ventura Blvd. Suite A  
Camarillo, CA 93010

**FAMILY  
PHYSICIAN**  
Dr. Algra

**NURSE  
PRACTITIONER**  
Karen Popp

**(805) 383 - 7701**



## **Santa Paula**

570 W. Main Street  
Santa Paula, CA 93060

**FAMILY  
PHYSICIANS**  
Dr. Kehoe  
Dr. West

**(805) 507 - 2242**



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

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

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

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



## *Elizabeth Alaimo, DO*

FAMILY PHYSICIAN

📍 EAST TELEGRAPH OFFICE

***What she loves most about being a doctor is being able to advocate for her patients and building close relationships.***



# Paul Algra, DO

FAMILY PHYSICIAN

📍 CAMARILLO OFFICE



*Dr. Algra had an opportunity to live in Key Largo and perform research in an underwater habitat known as Aquarius Reef Base.*

Dr. Paul Algra was born and raised in Michigan. He loved his home state so much that he chose to receive his medical degree from Michigan State University. He completed his internship in Family Medicine at Naval Hospital Camp Pendleton, then proceeded to the Naval Experimental Dive Unit in Panama City, Florida, where he served as an Undersea Medical Officer specializing in hyperbaric and saturation diving medicine for the US Navy. While in Florida, Dr. Algra had an opportunity to live in Key Largo and perform research in an underwater habitat known as Aquarius Reef Base.

Dr. Algra returned to Naval Hospital Camp Pendleton to complete his residency in Family Medicine. He was then relocated to Naval Branch Health Clinic Port Hueneme as Senior Medical Officer. After honorable discharge from the Navy, Dr. Algra joined Primary

Medical Group and we are thrilled to have him as one of our most beloved doctors.

**Dr. Algra is board certified in Family Medicine. He enjoys getting to know patients and partnering with them in preventive medicine to achieve overall health.**

Something that sets Dr. Algra apart as a family physician is the care of his daughter, who has a rare genetic disorder known as Cri du Chat (or 5P-). Due to his daughter's special needs, Dr. Algra is especially sensitive towards patients with developmental delays, shunt placement, feeding tubes, dysphagia, failure to thrive, severe constipation, and sensory issues since his family confronts these challenges on a daily basis. Dr. Algra is happy to be the primary care physician for any individual with special needs.

Dr. Algra resides in Newbury Park, California, with his wife and four children. He participates in Kindermusik and swim lessons with his children. He also enjoys exploring new places and hiking with his family.



*Jacob West, MD*

FAMILY PHYSICIAN





📍 SANTA PAULA OFFICE

**Dr. West's favorite part about practicing medicine is truly to get to know each patient on an individual level. His passion is to work through illnesses by educating his patients and guiding them to make wise life choices.**

**D**r. Jacob West knew his whole life that he wanted to be a doctor. As a young boy in Idaho, he remembers watching his dad work as a physician and wanted to translate that care for people into his love for science. In high school, he took his first biology class, and that is when it clicked that he wanted to be a physician as well. Dr. West studied Cellular and Molecular Biology at Westmont and went to Loma Linda for his medical training.

Dr. West was drawn to Ventura County because of his medical residency at Ventura County Medical Center. His wife has family here as well, so it was an easy choice to stay locally in Ventura County. Dr. West's favorite part about practicing medicine is truly to get to know each patient on an individual level. His passion is to work through illnesses by educating his patients and guiding them to make wise life choices. He views medicine as a partnership and wants to walk alongside his patients to help them achieve their health goals.

When not in the clinic, Dr. West loves to do anything outdoors with his wife. He loves to bike, run, surf, camp, ski... you name it. You can find Dr. West riding the waves or reading Lord of the Rings on the beach eating his favorite food: Mexican. Dr. West loves Ventura because of its laid-back beach vibe, but specifically loves PMG because of how supportive the staff is.

***You can find Dr. West at our Santa Paula location. He would love to be entrusted with your medical care.***





# Victor Duong, DO

FAMILY PHYSICIAN

📍 LOMBARD OFFICE

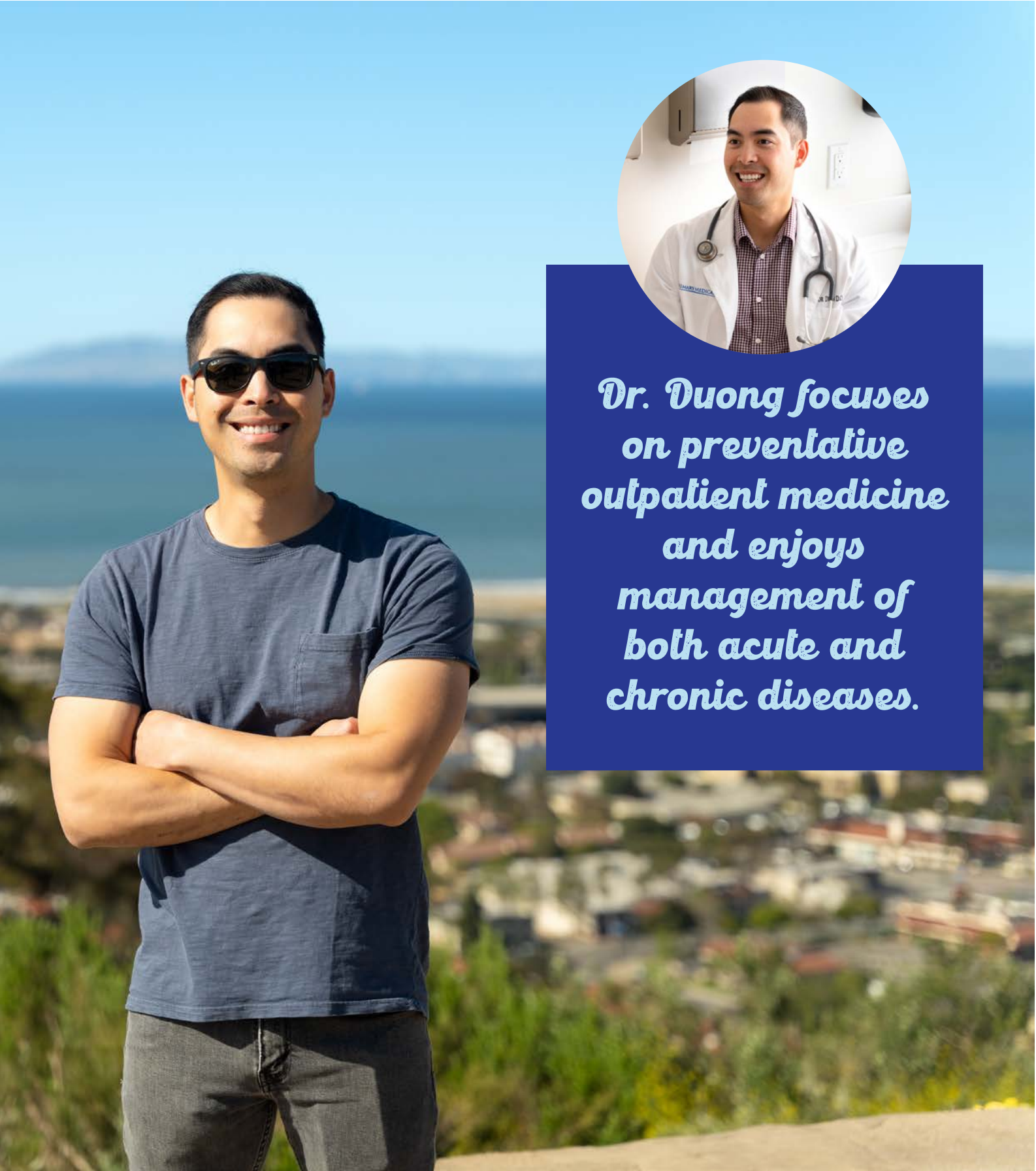
**D**r. Victor Duong is a board-certified family medicine physician. His passion for medicine was realized his senior year of high school while taking an anatomy and physiology class. He wanted to merge his passion for serving people with his passion for science. Dr. Duong completed his undergraduate studies at University of Oregon and matriculated medical school at Western University of Health Sciences. Dr. Duong came to Ventura to complete his family medicine training at Community Memorial Hospital where he was chief resident. He fell in love with the people in Ventura and the laid-back atmosphere and decided to pursue family medicine with PMG. Dr. Duong focuses on preventative outpatient medicine and enjoys management of both acute and chronic diseases. He is invested in building relationships with patients and service to the community.

Outside of medicine, you can find Dr. Duong at Prospect Coffee Roasters in Ventura or finding a new adventurous hike. He loves reading biographies and is always eager to eat Chinese food. His favorite part about working at Primary Medical group are his coworkers and the support they offer him.

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**Dr. Victor Duong is accepting new patients and is excited to be entrusted with your medical care. He currently works out of our Lombard location.**





*Dr. Duong focuses on preventative outpatient medicine and enjoys management of both acute and chronic diseases.*



# Mana Lazzarotto, DO

FAMILY PHYSICIAN

📍 JOHNSON OFFICE

Dr. Mana Lazzarotto is unique in that she knew she wanted to be a doctor as long as she can remember. She jokes that she came out of the womb knowing she was going to be a doctor one day. She was born and raised in Virginia and studied at the University of Virginia. Growing up, Dr. Lazzarotto's parents were diplomats, so she travelled all over the world. It was this travel that allowed her to experience the global underserved communities. She also had the privilege of traveling to Eastern countries that developed her love for a more holistic approach to medicine.

Dr. Lazzarotto is her patient's confidantes. Her favorite part of practicing medicine is being that safe space for patients to come and figure out what is going on with their bodies, together. She likes to look at the whole picture when it comes to an individual's wellness. That can mean looking into their relationships, their eating habits, sleeping patterns, stress levels, and more. As a Doctor of Osteopathic medicine, Dr. Lazzarotto often treats chronic diseases with an approach that does not use medications as the first step.

When Dr. Lazzarotto is not in clinic, she loves cooking and going to the beach with her husband

and kids. A newfound love for Dr. Lazzarotto is going to the library! While she is in clinic, she is thankful for the support staff and for working with wonderful colleagues like Dr. Castel and Collette.

**Dr. Lazzarotto is accepting new patients at our Loma Vista location, she would love for you to entrust her with your medical care!**





***Dr. Lazzarotto is her patient's confidante.  
Her favorite part of practicing medicine  
is being that safe space for patients to  
come and figure out what is going on  
with their bodies, together.***



# Matthew Westfall, DO

FAMILY PHYSICIAN

📍 JOHNSON OFFICE

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

As a Southern California local, Dr. Westfall knew he wanted to stay local to his home. After doing his residency at Community Memorial, he knew he wanted to stay in Ventura County to use his vocation as a doctor to serve the community. Dr. Westfall's favorite part about family medicine is the variety of patients he gets to see. He enjoys

treating the whole family and the older adult. His special interest is in sports medicine and musculoskeletal related injuries.

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

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**Dr. Westfall is accepting new patients, come visit him at our Johnson location!**



*Dr. Westfall's favorite part about family medicine is the variety of patients he gets to see. He enjoys treating the whole family and the older adult.*

# BECOME WELL WITHIN

Welcome to Well Within, formerly known as Choose Health. Well Within is an online educational library created to educate our patients and community on how to live a health-focused lifestyle.

Health is at the forefront of our minds constantly, whether that be through getting enough steps in the day, making healthy food choices, or moving our bodies. There is so much information on the internet on how to stay healthy, but very few articles are created by doctors for patients.

That is where Well Within comes in. We have educational courses created by local professionals and our primary care physicians, teaching how to truly become well within.

Well Within features many of our providers, but more importantly it is about creating a healthier you. Here is the exciting part!

All of this content is completely **FREE** to our patients and community.



[becomewellwithin.com](http://becomewellwithin.com)