

PRIMARY MEDICAL

# Senior Focused Medicine

in Ventura County

Voted 2022  
Ventura Star

Best  
Medical  
Group

Dr. Victor Duong  
Family Physician

## Learn more inside!

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

## Easy & Healthy Recipes



Call today!

805.702.8337

# Quality Primary Care Since 1994

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

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

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

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

## Did you know you can switch doctors at anytime?

Call today to learn more about how you can switch to a Primary Medical doctor.



**805.702.8337**

# Lombard Office



1751 Lombard #A  
Oxnard, CA 93030

Office Number  
**805.981.9111**

## Care Team

Dr. Duong  
Dr. Ruelas  
Nicolas DeJong, PA  
Sue Houx, PA



Learn more about  
Dr. Duong on page 6

# Johnson Office



2772 Johnson Dr. #200  
Ventura, CA 93003

Office Number  
**805.642.1430**

## Care Team

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



Learn more about  
Dr. Dr. Lazzarotto on page 8



# Why Primary Medical Group?



## Accepting new patients!

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

Ventura | Oxnard  
Camarillo | Santa Paula

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

**805.702.8337**

### How to use a QR Code

1. Open your phones camera app.
2. Point the camera at the QR code.
3. Tap the banner that appears on your screen.



# Edward Banman, MD

Family Physician

## Hometown

Born and raised near Winnipeg, Canada

## Medical School

University of Manitoba

## Internship

Los Angeles County + USC Medical Center

## Residency

Ventura County Medical Center

## Hobbies

- Skiing
- Reading
- Growing wine grapes & avocados

## Founder

Founded Primary Medical Group with Dr. Bailey in 1994

## Practicing medicine

Over 45 years







# Victor Duong, DO

## Family Physician

Accepting new patients!

### Education

- Undergraduate at University of Oregon
- Medical training at Western University of Health Sciences

### Residency

- Community Memorial Hospital in Ventura, CA

### Why Dr. Duong pursued medicine

- 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.

### Specialties

- Preventative outpatient medicine
- Management of both acute and chronic diseases

### Hobbies

- Hiking
- Rock climbing
- Reading biographies
- Drinking coffee at Prospect Coffee Roasters in Ventura
- Photography



Oxnard, CA

# Greg Ruelas, MD

Family Physician

Accepting  
new patients!

## Hometown

- Ventura, CA

## Education

- Bachelor of Science in Biology with an emphasis in Physiology at University of California at Davis
- Medical training at Keck School of Medicine at the University of Southern California

## Residency

- Family Medicine at the Ventura County Medical Center

## Specialties

- Pediatrics
- Adult medicine
- Women's health
- Geriatric care

Dr. Ruelas is well known for his attentiveness, bedside manner, problem solving skills, medical knowledge and compassion.


## Interested in seeing our Lombard Team?

Call our senior advocates today to learn more!

805.702.8337

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



 SCAN ME

# Mana Lazzarotto, DO

## Family Physician

### Home State

- Virginia

### Education

- University of Virginia
- The Edward Via College of Osteopathic Medicine

### Residency

- Community Memorial Hospital

### Favorite part of practicing medicine

- 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.

### Hobbies

- Cooking
- Going to the beach with her husband and kids

### Fun Facts

- 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 traveling to Eastern countries that developed her love for a more whole health approach to medicine.



Accepting  
new patients!



## Interested in seeing our Johnson Team?

Call our senior advocates today  
to learn more!

805.702.8337



# Are you ready to become a patient?



Did you know you can switch doctors at anytime?

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

**805.702.8337**

Here are some major insurances that we accept!

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



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

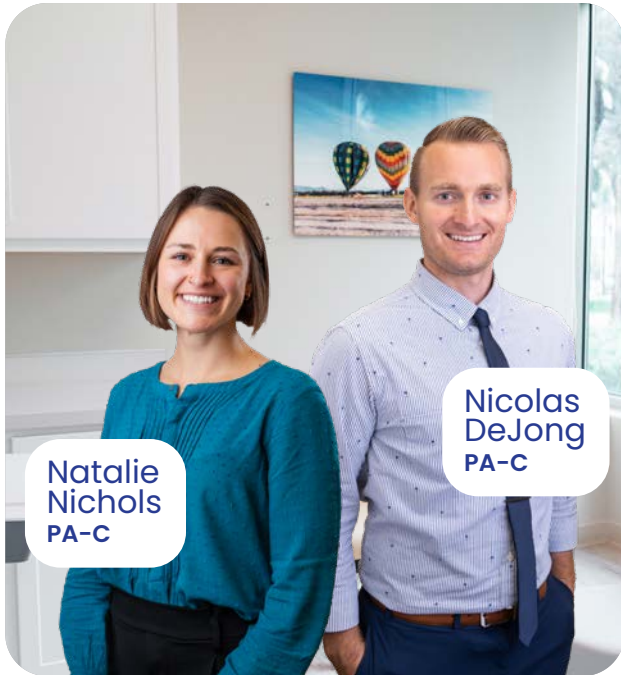
Call the Primary Medical Group office you would like to see and make an appointment.

If you have  
**Medicare Advantage  
HMO Insurance**

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

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

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



## (PA) Physician Assistant

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

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

## (MD & DO) Family Physician

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

## (NP) Nurse Practitioner

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

## (APP) Advanced Practice Providers

Includes nurse practitioners (NPs), physician assistants (PAs), certified nurse midwives (CNMs), and certified registered nurse anesthetists (CRNA). These clinicians are not MDs or DOs, but they bring with them considerable academic knowledge and practical experience.

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# APPs & Office Locations

## Garden Street Ventura, CA



Zena Aladdin, NP-C



Colette Frena, FNP-C

## W. Telegraph Ventura, CA



April Terry, FNP-BC

## Lombard Oxnard, CA



Nicolas DeJong, PA-C



Sue Houx, FNP-C

## E. Telegraph Ventura, CA



Mike Diaz, PA-C

## Johnson Ventura, CA



Natalie Nichols, PA-C

## Camarillo Camarillo, CA



Karen Popp, ACNP-C





# How Diet Affects Mental Health

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

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

There are several foods that can help improve mental health.

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

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

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

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

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



## Healthy Brain Foods

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

A close-up photograph of a piece of salmon fillet on a white plate. The salmon is topped with a golden-brown crust made of panko breadcrumbs, walnuts, and herbs. Fresh green herbs are scattered on top. To the left of the salmon is a portion of bright green steamed broccoli. The background is a soft, out-of-focus white.

# Walnut-Rosemary Crusted Salmon

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[primarymedical.net](https://www.primarymedical.net)

Servings  
**4**

Prep Time  
**10 min**

Cooking Time  
**8-15 min**

Calories  
**303 kcal**

## Ingredients

4 skinless salmon fillets, fresh or frozen  
Olive oil cooking spray

### Mustard Mixture

2 teaspoons Dijon mustard  
1 clove garlic  
½ teaspoon lemon zest  
1 teaspoon lemon juice  
1 teaspoon chopped fresh rosemary  
½ teaspoon honey  
½ teaspoon kosher salt  
¼ teaspoon crushed red pepper

### Panko Mixture

3 tablespoons panko breadcrumbs  
3 tablespoons finely chopped walnuts  
1 teaspoon extra virgin olive oil

### Optional Garnish

Parsley and lemon wedges

## Directions

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

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

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

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

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



# Fresh Quinoa Salad

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Servings  
**4**

Prep Time  
**15 min**

Cooking Time  
**12 min**

Calories  
**320 kcal**

## Ingredients

### To cook the quinoa

1 cup quinoa rinsed

1 ¾ cups water

½ teaspoon salt

### For the Dressing

4 tablespoons lemon juice

1 tbsp Dijon mustard

2 tbsp balsamic vinegar

2 tbsp water

2 cloves of garlic, minced

1/4 cup olive oil

salt & pepper to taste

### Toppings

1 cup fresh parsley or kale chopped

1 cup cherry tomatoes chopped

1-2 cucumbers, peeled and chopped

## Directions

**STEP 1** Place quinoa in a saucepan and add in the water and salt. Give it a mix, put the lid on and bring it to a boil in medium high heat. Once it comes to a boil, turn down the heat to low and cook for 10-12 minutes or until water is fully absorbed. Take it off the heat and let it rest for 15 minutes. Fluff it with a fork and place it in a large salad bowl.

**STEP 2** Meanwhile, prep the dressing by whisking all dressing ingredients in a small bowl. Set it aside.

**STEP 3** Add chopped kale to a bowl and top with olive oil. Use clean hands to massage for about 3 minutes to soften the leaves and infuse the leaves with the oil. (Opt out if using parsley)

**STEP 4** Place all ingredients in the bowl with the cooked quinoa.

**STEP 5** Drizzle it with the dressing. Give it a toss.



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For more recipes like these! Go to  
**becomewellwithin.com**





# Easy Fried Rice



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

Servings  
**4**

Prep Time  
**10 min**

Cooking Time  
**30 min**

Calories  
**451 kcal**

## Ingredients

1/2 tablespoon olive oil  
1 cup onion, finely chopped  
1 tablespoon garlic, finely minced

1 cup carrots, peeled & finely chopped  
2 eggs  
2 tablespoons Cilantro, chopped  
1/4 teaspoon pepper  
1/4 teaspoon ground ginger

1/4 teaspoon red pepper flakes  
1 tablespoon toasted sesame oil  
1 cup frozen green peas thawed  
2 cups cooked white or brown rice

## Directions

**STEP 1** Cook rice according to the directions. Rice cooking time will vary depending on what type/method you use.

**STEP 2** In a pan, add the olive oil with medium heat. Saute garlic and onions in the pan for 5 minutes.

**STEP 3** After 5 minutes add in carrots. Sauté for an additional 5 minutes until they start to soften.

**STEP 4** Push the veggie mixture to one side of the pan.

**STEP 5** In a small bowl, whisk together eggs until combined. Add eggs to the pan and scramble on the empty side of the pan.

**STEP 6** Once eggs are cooked (about 1-2 minutes), stir together with veggie mixture.

**STEP 7** Add ginger, red pepper flakes, toasted sesame oil, thawed peas, cilantro, and cooked rice back to the pot. Stir over low heat until combined and warm.



## Did you know you can switch doctors at anytime?

You don't need to wait for open enrollment to switch your doctor. You can choose a new doctor any time of the year!

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