

## PRIMARY MEDICAL

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# Your Choice for Your Health: Find the Right Doctor for You!

Primary Care Physicians in Ventura,  
Camarillo, Santa Paula, and Oxnard



# PMG Specializes in Senior Care



## About PMG

Primary Medical is committed to providing personalized, lifelong care for your entire family. Our Ventura, Oxnard, and Camarillo locations provide complete, advanced medical care for children, teenagers, adults, and seniors.

Family Medicine providers provide long-term, comprehensive medical care and preventive medicine to keep patients of all ages healthy throughout all stages of life.

At Primary Medical, our family medicine providers are highly trained and focus on keeping patients healthy through prevention and screening. We work closely with patients and take the time to learn about their patients and their medical histories to determine wellness plans that best fit each patient's individual needs. Primary medical family medicine providers also collaborate, when necessary, with other medical professionals for any specialty care. Our family medicine providers believe in creating long-lasting, caring relationships with patients so that we can serve as their medical advocates today and in the future.

## Accepting new patients!

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

Ventura | Oxnard  
Camarillo | Santa Paula

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



# 1,450+ Patient Reviews



## Primary Medical Group 5 Star Reviews

### Dr. Matthew Westfall

Primary Medical Group is very friendly & efficient.

***I never have to wait long during my appt. to be seen by Dr. Westfall.***

He takes his time, is very thorough, and explains everything so that I feel good when I leave the office.

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### Dr. Flor Mounts

Dr. Flor Mounts was very professional and caring.

***She listened to me and asked good questions.***

She was able to provide me with different tests needed to understand my condition and put a plan in place to get better. I would recommend her to friends and family.

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### Dr. Jacob West

I'm thrilled with the level of care I have received from Dr. West at Primary Medical Group. Dr. West is friendly, and kind, and I felt he truly listened to me. In my follow up he has been extremely thorough. It is the first time I've felt like a doctor cares about my well-being and is going to follow through until I am 100%. In addition,

***every staff person I have met is so warm, friendly, and helpful.***

# Our Staff & Locations



## Garden Street

26 South Garden St. Suite I  
Ventura, CA 93001

**Family Physicians**  
Dr. Castel  
Dr. Barrell

**Nurse Practitioners**  
Colette Frena  
Zena Aladdin

**805.507.2225**



## East Telegraph

10885 Telegraph Rd.  
Ventura, CA 93004

**Family Physicians**  
Dr. Bailey  
Dr. Wheaton

**Physician Assistant**  
Mike Diaz

**805.647.7704**



## Johnson

2772 Johnson Dr. #200  
Ventura, CA 93003

**Family Physicians**  
Dr. Banman  
Dr. Westfall  
Dr. West

**Endocrinologist**  
Dr. Ficks  
  
**Physician Assistant**  
Natalie Nichols

**805.642.1430**





## **Lombard**

1751 Lombard Suite A  
Oxnard, CA 93030

**Family  
Physicians**  
Dr. Ruelas  
Dr. Mounts

**Physician  
Assistant**  
Nicolas Dejong

**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  
Physician**  
Dr. Kehoe

**805.507.2242**



## **Loma Vista**

3555 Loma Vista Rd. #110  
Ventura, CA 93993

**Internist &  
Pediatrician**  
Dr. Williams

**805.653.0303**

# Meet our Patient Relations Specialists

Our Patient Relations team can help you become a patient and find the doctor that best fits your needs. Give them a call if you have any questions about your medical care or if you would like to switch doctors.



**Call our team directly! 805.702.8337**

## Frequently asked questions:

### **What do I do if my insurance broker or insurance company tells me I need to switch my doctor?**

Call the PR team! It is very important that you work with a trusted broker and that you can see the doctor you wish to see. We can help!

### **I am a current patient and changing insurance plans. I am told I can't see my PMG doctor anymore, what do I do?**

Call the PR team! This is not true. We are contracted with all major insurance plans in Ventura County and can make sure you stay with the doctor you love.

### **My insurance says they cannot find my doctor or the doctor I want to switch to, what do I do?**

Call the PR team! It is very common for insurances to get information wrong, but this is simply not true. The PR team can help navigate the insurance customer service with you to make sure you get the CORRECT answers.

### **What if the name on my insurance card does not match the doctor I want to see?**

Call the PR team! We can ensure you are assigned to the doctor you want to see!

# Interested in becoming a patient?

Have questions? Call our Patient Relations Team!

**805.702.8337**



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

Here are some major insurances that we accept!

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



Humana.



## We accept Medicare!

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

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

# Garden Street Office

Other Office Providers:  
Dr. Castel  
Dr. Barrell

## Health Tip

One of the best things that you can do for your health is connect with a family member, friend, or neighbor. Our human connections is so great for our health!

## Hometown

- Ventura County

## Education

- University of California, San Diego
- San Diego State University
- University of California San Francisco

## Why Zena pursued medicine

- She felt a natural calling to medicine and nursing since she was 9 years old while caring for her father, who she calls her first-ever patient when he was diagnosed with a rare autoimmune neuromuscular disease.

## Hobbies

- Spending quality time with her family and rescue dog
- Hiking around Ventura County
- Cooking
- Spending time at the beach
- Zumba fitness



## Zena Aladdin

Nurse Practitioner





## Education

- Kennesaw State University

## About Colette

- Colette was an Assistant Professor of Nursing at Kennesaw State University, her alma mater.
- Colette also provided medical care for the residents of a local Kennesaw, Georgia, homeless shelter which brought her great joy in helping others.

## Hobbies

- Snow skiing
- Bike riding
- Yoga
- Hiking

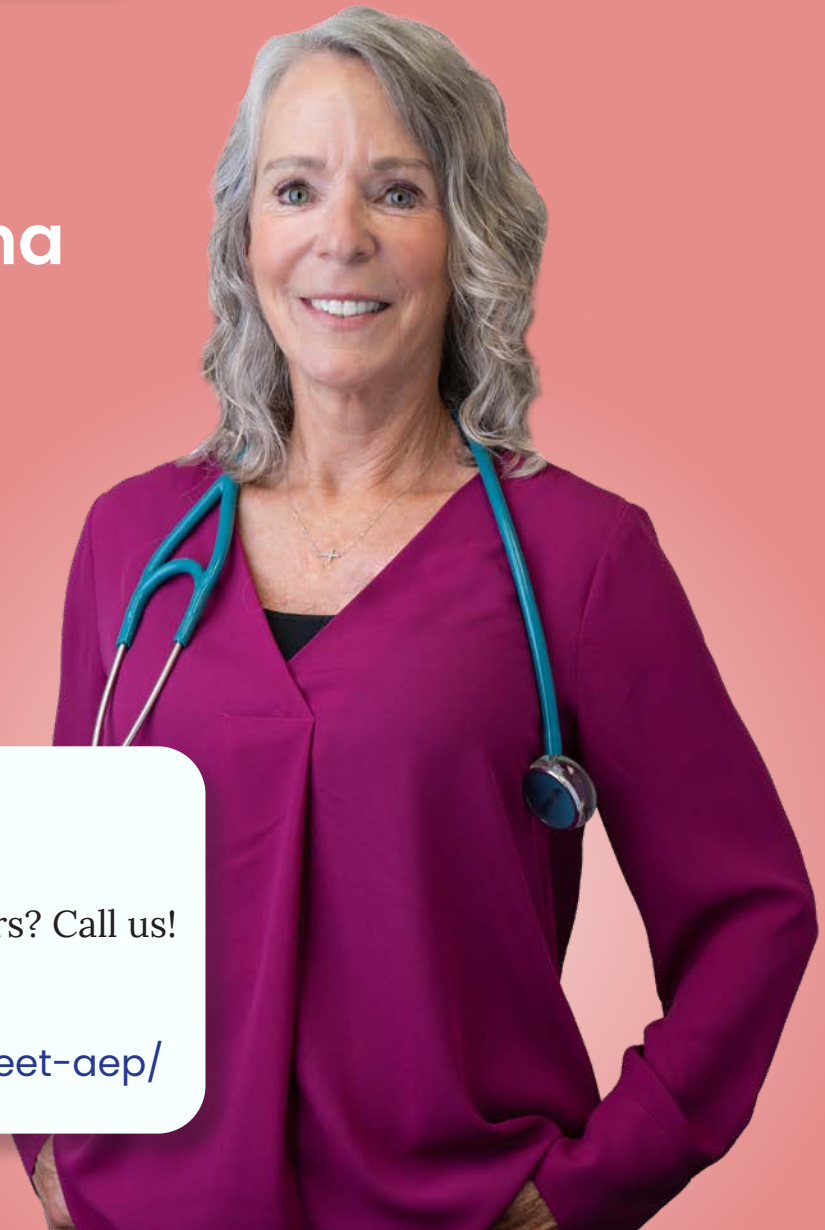


Colette is wonderful, helpful, knowledgeable, and caring.

-Patient Review

# Colette Frena

Nurse Practitioner



Interested in seeing our  
Garden Street Team?

Interested in seeing these providers? Call us!

**805.702.8337**

[primarymedical.net/garden-street-aep/](http://primarymedical.net/garden-street-aep/)

# East Telegraph Office

Other Office Provider:  
Dr. Bailey



Dr. Wheaton is wonderful; she treats you like a person and not a number. Very patient and makes you feel comfortable talking about anything with her. Dr. Wheaton is a godsend to me. She is the best!

-Patient Review

## Education

- Bachelor's Degree in Biology from the University of California, San Diego
- Chicago Medical School of Rosalind Franklin University
- Master of Public Health in Family and Community Medicine from Harvard University

## Residency

- Kaiser Permanente in Los Angeles

## Languages

- Spanish

## Hobbies

- Gardening
- Pottery



## Dr. Sherilyn Wheaton

Family Physician



## Hometown

- Santa Paula, CA

## Education

- UC Berkeley
- USC's Physician Assistant Program
- Bachelor of Science in Health Science from Cal State University, Dominguez Hills

## Languages

- Spanish

## Fun Fact

- Mike worked as a paramedic in Santa Barbara County for five years before returning to college to further his education by becoming a Physician Assistant.

## Hobbies

- Spending time with his wife, two daughters and son
- Volunteering at the Ventura County Sheriff Search & Rescue Team
- Golfing
- Cycling
- Backpacking
- Mountaineering



Mike has always been timely, responsive, and empathetic, and ALWAYS makes us feel we are the only patients they are helping that day; taking as long as our problem that specific visit requires! We are always treated with smiles, willingness to help, and availability; particularly at the E Telegraph site, since 99% of our visits are there. The providers and the staff in EVERY location have never been less than responsive, responsible, efficient, and extremely polite and professional.

-Patient Review

# Mike Diaz

Physician Assistant



Interested in seeing our  
East Telegraph Team?

Interested in seeing these providers? Call us!

**805.702.8337**

[primarymedical.net/east-telegraph-aep/](http://primarymedical.net/east-telegraph-aep/)



# Johnson Office

Other Office Provider:  
Dr. Banman

## Home State

- California

## Education

- Touro University Nevada  
College of Osteopathic  
Medicine
- Bachelor's in Molecular,  
Cell, and Developmental  
Biology at the University of  
California, Santa Barbara

## Hobbies

- Cycling
- Rowing
- Traveling
- Exotic eats

## Fun Fact

- Volunteered in  
Peru, Africa, and  
South East Asia

## Residency

- Community Memorial Hospital Ventura

## Home State

- Utah

## Education

- University of North  
Texas Health Science  
Center

## Languages

- Conversational Spanish

## Hobbies

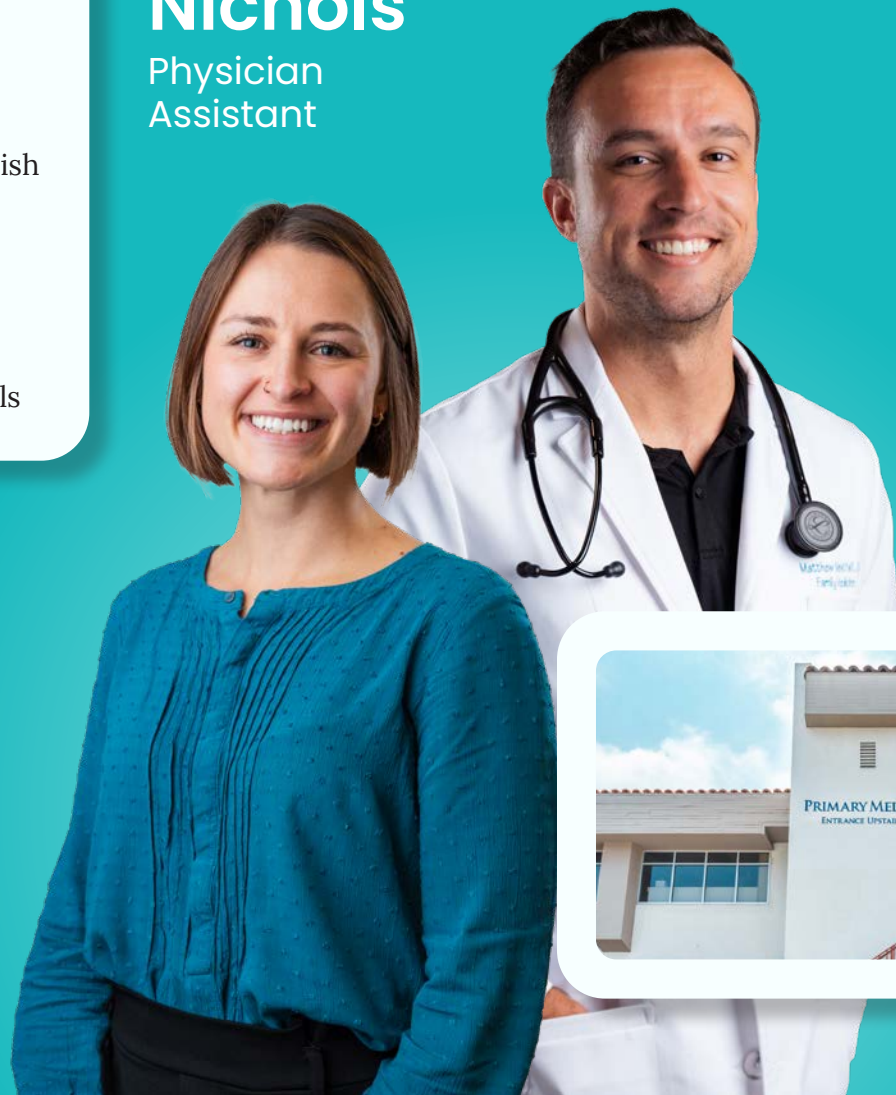
- Yoga
- Baking, especially  
sourdough bread
- Reading fiction novels

# Natalie Nichols

Physician  
Assistant

# Dr. Matthew Westfall

Family Physician





## Education

- Undergraduate degree in Biochemistry and Cell Biology from the University of California, San Diego
- Vanderbilt University Medical School in Nashville, Tennessee

## Residency

- Internal Medicine at UCLA Medical Center
- Fellowship in Endocrinology at Cedars-Sinai Medical Center

## Fun Fact

- Dr. Ficks was the Director of the Endocrine Teaching Clinic at Ventura County Medical Center for twelve years. She also practiced at UCLA Health in Thousand Oaks in the Division of Endocrinology.

## Home State

- Idaho

## Education

- Loma Linda University School of Medicine

## Residency

- Ventura County Medical Center

## Languages

- Spanish

## Why Dr. West pursued medicine

- As a young boy, 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.

## Hobbies

- Biking
- Running
- Surfing
- Camping
- Skiing

# Dr. Jacob West

Family Physician

# Dr. Lauren Ficks

Endocrinologist

Interested in seeing our Johnson Team?

Interested in seeing these providers? Call us!

**805.702.8337**

[primarymedical.net/johnson-aep/](http://primarymedical.net/johnson-aep/)



# Lombard Office

Oxnard, CA

## Home State

- Southern California

## Education

- UC San Diego School of Medicine

## Residency

- Cascades East Family Medicine Residency, with OHSU

## Hobbies

- Vegetable gardening
- Beach days
- Swing dancing

## Languages

- Spanish

## Approach to Medicine

Dr. Mounts' approach is preventative, encouraging routine screenings and healthy living to maintain health and catch conditions before they become serious. She is also experienced in treating complicated chronic medical conditions.

## Hometown

- Ventura, CA

## Education

- Bachelor of Science in Biology with an emphasis in Physiology at the 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

## Languages

- Spanish

## Specialties

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

## Dr. Flor Mounts

Family Physician



## Dr. Greg Ruelas

Family Physician



## Hometown

- Grandview, Washington

## Education

- Whitworth University in Spokane, Washington
- Loma Linda University

## Languages

- Spanish

## Fun Facts

- Nick worked in Division I collegiate athletics at Seattle University as an athletic trainer for one year before deciding to pursue further medical training as a Physician Assistant.
- Before starting PA school, he worked for another year in physical therapy, focusing on rehabilitation and treatment of orthopedic injuries.

## Hobbies

- Spending time with his wife, extended family, and friends
- Hiking
- Sports
- Travelling

## Hometown

- Indianapolis, Indiana

## Education

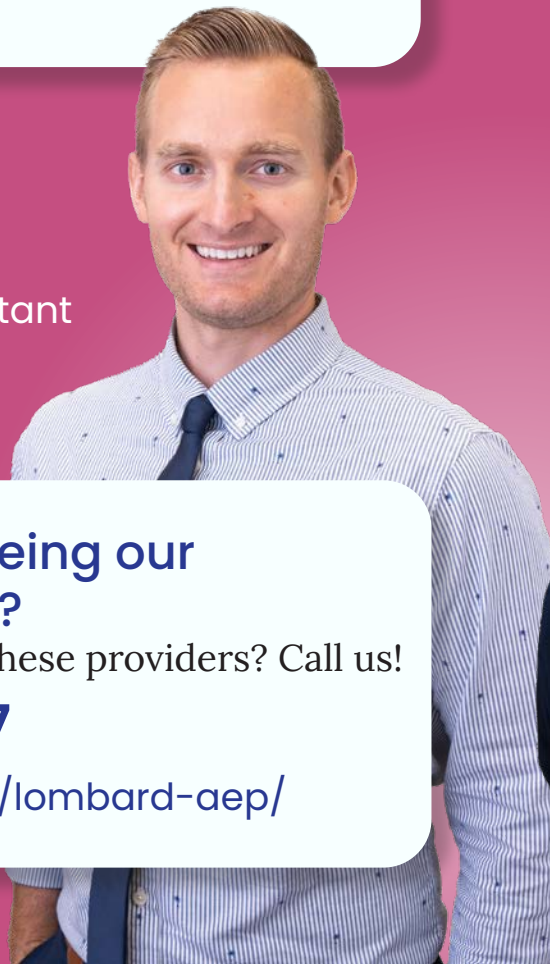
- Associate's degree and RN licensure from Ventura College
- Bachelor of Science in Nursing from California State University, Dominguez Hills (CSUDH)
- Master of Science in Nursing and her Family Nurse Practitioner certification from CSUDH

## Hobbies

- Golf
- Water skiing
- Snowboarding
- Reading
- Spending quality time with her family

# Nicolas Dejong

Physician Assistant



# Sue Houx

Nurse Practitioner



Interested in seeing our Lombard Team?

Interested in seeing these providers? Call us!

**805.702.8337**

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



# Camarillo Office



Dr. Paul Algra is wonderful! He explains things to me very clearly and gives me many options. I love the staff; everyone is so kind and happy all the time! They get me in and out right away, that's my favorite part of my appointment!!

-Patient Review

## Dr. Paul Algra

Family Physician



### Home State

- Michigan

### Education

- Michigan State University

### Residency

- Family Medicine at Naval Hospital Camp Pendleton

### Fun Fact

- Dr. Algra served at the Naval Experimental Dive Unit in Panama City, Florida, as an Undersea Medical Officer specializing in hyperbaric and saturation diving medicine for the US Navy.
- While Dr. Algra lived in Key Largo, FL he performed research in an underwater habitat known as Aquarius Reef Base.

### Hobbies

- Kindermusik and swim lessons with his children
- Exploring new places
- Hiking with his family

### Something that sets Dr. Algra apart

As a family physician, he takes 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 daily.





## Education

- Bachelor of Science from California State University, Dominguez Hills
- Master of Science in Nursing with Acute Care Nurse Practitioner degree from UCLA

## Hobbies

- Spending time with my Family, including my dogs Luna & Lucky
- Gardening
- Travel
- Musicals & Concerts (most recent Duran Duran, Queen, Moulin Rouge & SIX)

## Fun Fact

- Auditioned for SNL (didn't make the crew but what a great experience)

**Karen is board-certified as an Acute Care Nurse Practitioner by the American Association of Critical-Care Nurses (AACN).**



I'm so glad I went to Karen Popp! She listened to everything I had to say, took her time going over all options with me, and asked me multiple times if I was comfortable with our plan of action, and it seemed like she genuinely cared about helping me. Everyone that I interacted with at the office was friendly and helpful.

**-Patient Review**

# Karen Popp

Acute Care Nurse Practitioner

**Interested in seeing our Camarillo Team?**

Interested in seeing these providers? Call us!

**805.702.8337**

[primarymedical.net/camarillo-aep/](http://primarymedical.net/camarillo-aep/)



# Santa Paula Office



Dr. Kehoe was kind, extremely knowledgeable, and explained everything to me thoroughly and in verbiage that I could understand. It was only my first time meeting her, but she made me feel very comfortable, and it seemed like she genuinely cared about her patients.

-Patient Review



## Home State

- Southern California

## Education

- Yale University
- University of California, San Francisco

## Residency

- University of Washington, Harborview Medical Center in Seattle

## Languages

- Spanish

## Fun Fact

- Dr. Kehoe did volunteer and clinical work, learning from Western physicians and traditional healers in Bolivia, Ecuador, and Guatemala. During this time, she became fluent in Spanish, allowing her to serve the Spanish-speaking population.
- She is a former collegiate volleyball player

## Hobbies

- Baking
- Reading
- Hiking
- Outdoor activities

## Dr. Nicole Kehoe

Family Physician



Interested in seeing our Santa Paula Team?

Interested in seeing this provider? Call us!

**805.702.8337**

[primarymedical.net/santa-paula-aep/](http://primarymedical.net/santa-paula-aep/)

# Loma Vista Office

## Home State

- Southern California

## Education

- Loma Linda University  
of Medicine

## Residency

- Loma Linda University  
of Medicine

## Hobbies

- Philanthropy
- Spending time outdoors
- Playing tennis
- Cooking

## Dr. Traci Williams

Internist • Pediatrician



## Health Tip

Walking is an excellent exercise because it blends movement and aerobic health that is safe for people of all ages and abilities. Remember to take a friend or neighbor!



Interested in seeing our  
Loma Vista Team?


Interested in seeing this provider? Call us!

**805.702.8337**

[primarymedical.net/loma-vista-aep/](http://primarymedical.net/loma-vista-aep/)



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



## **MD (Doctor of Medicine)**

It is a medical degree awarded to individuals who have completed medical school and undergone rigorous training to become licensed physicians. MDs are trained in the art and science of medicine, enabling them to diagnose and treat a wide range of medical conditions, perform surgeries, and provide comprehensive healthcare to patients.

[www.aamc.org](http://www.aamc.org)

## **DO (Doctor of Osteopathic Medicine)**

DOs are licensed physicians who have completed medical school with additional training in osteopathic principles. They emphasize a whole-person approach to patient care, considering the interplay of the body's systems and the role of the musculoskeletal system in health and disease. DOs also sometimes use osteopathic manipulative treatment (OMT) to diagnose and treat certain medical conditions.

[osteopathic.org](http://osteopathic.org)

## **PA (Physician Assistant)**

PAs are healthcare professionals who work under the supervision of physicians. They are trained to provide medical care and services to patients, including diagnosing and treating illnesses, ordering and interpreting diagnostic tests, and prescribing medications. PAs play a critical role in the healthcare team, contributing to primary care and specialized medical practices.

[www.aapa.org](http://www.aapa.org)

## **NP (Nurse Practitioner)**

NPs are advanced practice registered nurses with specialized education and training. They have the authority to diagnose and treat medical conditions, prescribe medications, and provide a broad range of healthcare services. NPs often specialize in various areas of medicine, such as family practice, pediatrics, women's health, and mental health.

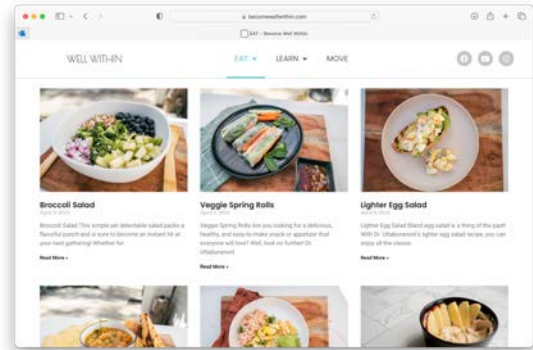
[www.aanp.org](http://www.aanp.org)



# WELL WITHIN

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



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

- Recipes
- Courses
- Fitness
- Blog



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

WELL WITHIN

# Vegetarian Cauliflower Mac

For more recipes like these! Go to  
[becomewellwithin.com](http://becomewellwithin.com)

Servings

4-6

Prep Time

20 min

Cooking Time

15 min

Calories

485 kcal

## Ingredients

3 tbsp. olive oil, plus more for  
baking dish

1 lb. fusilli bucati

1 medium-sized head  
cauliflower, cored and

chopped

3 cups spinach

4 cloves garlic, diced

1 large yellow onion, thinly  
sliced

Kosher salt and freshly  
Ground black pepper

4 oz. Italian cheese blend  
(asiago, mozzarella, romano,  
fontina)

2 oz. Parmesan cheese

1/4 tsp. mustard powder

Pinch cayenne pepper

## Directions

**STEP 1** Preheat the oven to 425°F & lightly oil  
a 9-by-13-inch baking dish.

**STEP 2** Cook desired pasta according to  
package directions. Drain the pasta and  
reserve 1 cup of water.

**STEP 3** Heat 2 tablespoons oil in a large pot  
over medium heat. Add cauliflower, garlic,  
and onion. Season with salt and pepper. Cook,  
covered, stirring occasionally, until tender, set  
aside and let cool.

**STEP 4** Combine the vegetables, mustard  
powder, and cayenne in a blender and purée.

**STEP 5** Add in reserved pasta water to get  
desired texture and blend until smooth

**STEP 6** Add sauce, Italian cheese blend,  
parmesan, and spinach to pasta and toss to  
combine. Transfer to prepared baking dish.  
If desired, sprinkle additional cheese over  
the pasta. Bake until golden brown, 14 to 16  
minutes.



# Instant Pot Butternut Squash Soup

WELL WITHIN

Servings  
**6-8**

Prep Time  
**12 min**

Cooking Time  
**30 min**

Calories  
**124 kcal**

## Ingredients

2 cups vegetable stock  
4 cloves garlic, minced  
1 Granny Smith apple, diced  
1 medium (uncooked)  
butternut squash, peeled,  
seeded, and diced

1 carrot, peeled and diced  
1 sprig of fresh sage  
1 white onion, diced  
1 peeled potato, diced  
1/2 teaspoon salt, or more to  
taste  
1/8 teaspoon freshly ground  
black pepper

1/8 teaspoon ginger  
Pinch of ground cinnamon  
and nutmeg  
1/2 cup canned  
(unsweetened) coconut milk  
Optional garnishes: extra  
coconut milk and a sprinkle of  
smoked paprika

## Directions

**STEP 1** Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, potato, salt, pepper, ginger, cinnamon, and nutmeg to an Instant Pot pressure cooker. Toss to combine. Close lid securely and set vent to “Sealing”.

**STEP 2** Press “Manual”, then press “Pressure” until the light on “High Pressure” lights up, then adjust the +/- buttons until time reads 8 minutes. Cook. Then very carefully, turn the vent to “Venting” for quick release, and wait until all the steam has released and the valve has dropped. Remove the lid.

**STEP 3** Remove and discard the sage. Stir in the coconut milk.

**STEP 4** Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being very careful when working with the hot liquid.) Taste, and season with additional salt, pepper, and ginger if needed.

**STEP 5** Serve warm, with optional garnishes if desired.



SCAN ME





Call our Patient  
Relations Specialists  
to Switch Today!

**805.702.8337**

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

PRIMARY MEDICAL