



Praxis APC Q1 Newsletter

We're delighted to share the latest edition of the Praxis Health Advanced Primary Care Newsletter. This is your source for health insights, provider updates, and seasonal wellness tips.

In this edition: Learn why February is the perfect time to check your heart health numbers, meet our new Licensed Marriage and Family Therapist Zachariah Garney, get to know the wonderful providers caring for you in Portland and Eugene, and discover the importance of annual wellness visits and key vaccines.

We're grateful you trust us with your care. With our dedicated providers by your side, you're in good hands!

Sincerely,
Praxis Health Advanced Primary Care Team

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FEBRUARY IS HEART MONTH

February is American Heart Month, and there's no better time to know your numbers.

Heart disease is the leading cause of death in the U.S., but many risk factors are preventable or manageable with the right information and support.



Knowing your blood pressure, cholesterol, and blood sugar levels is the first step to protecting your heart.



Book a Heart-health Visit this Month

If it's been more than a year since you've had these checked, or if you have a family history of heart disease, now's the time!

[\(971\) 478-1842](tel:(971)478-1842)



Behavioral Health Care Made Accessible

Mental health support integrated into your Advanced Primary Care.

Prioritize Your Mental Health

To support your mental and emotional well-being. Our dedicated team includes experienced behavioral health practitioner working closely with your primary care provider to deliver coordinated, compassionate care.

Support for a Wide Range of Needs

From medication evaluation and management for depression, anxiety, ADHD, and mood disorders to more complex conditions, our teams are here to help you take the next step toward feeling better.

**NOW ACCEPTING
NEW PATIENTS**

Meet Our New LMFT



Zachariah Garney, LMFT
Licensed Marriage and Family Therapist

- Master of Arts in Marriage and Family Therapy from Regis University
- Specializes in depression, anxiety, and relationship concerns
- In-person & virtual appointments

How to Get Started



Talk with our Behavioral Health Team to learn more about services and availability.



MEET OUR WONDERFUL CARE PROVIDERS

Praxis APC - Portland



Ginger Wey, MD

 9555 SW Barnes Road

Quick Facts

- Dr. Wey is Board-certified in Lifestyle Medicine and trained in acupuncture, blending traditional and integrative care techniques.
- She partners with patients to improve nutrition, fitness, sleep, and mental well-being for long-term health.



Nicholas Sweet, PA-C

 9555 SW Barnes Road

Quick Facts

- Nicholas was recognized with the Donald A. Pegg Award for leadership in lifestyle medicine by the American College of Lifestyle Medicine.
- He focuses on whole-person, relationship-based care that encourages patients to take an active role in their health.



Call Us Today!

(971) 478-1842



Schedule Online

Scan QR Code





MEET OUR WONDERFUL CARE PROVIDERS

Praxis APC - Eugene



Adam Litster, PA-C

 330 S Garden Way

Quick Facts

- Adam is a public health-trained clinician who combines medical expertise with a trauma-informed, community-centered approach.
- He is dedicated to empowering patients through education and collaboration to achieve lasting wellness.



Rajive Wadhwa, MD

 330 S Garden Way

Quick Facts

- Dr. Wadhwa is board-certified in Internal Medicine and Geriatric Medicine with over two decades of experience caring for adults and seniors.
- He believes in a holistic, whole-person approach that emphasizes preventive care and well-coordinated treatment.



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Why Are Annual Exams Important?

Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

Schedule an Appointment Today

[\(971\) 478-1842](tel:(971)478-1842)



Stay Up-to-Date on Key Vaccines

Vaccines are one of the simplest ways to protect your health. Consider booking you and your family for flu, Covid, and (when appropriate) RSV vaccinations



Benefits of Annual Vaccinations*

- ✔ Supports infection prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of upper respiratory-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Makes most infections less severe

*According to the CDC



Call to Book Your Vaccinations:

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