

February 2, 2022

Re: YES ON HB 4006, I'm a Patient and support my ND

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Dear House Health Care Committee,

My name is Maria Ciano, I am a patient of a Naturopathic Doctor. I would like to share my experience working with this medical provider, and ask you to support HB4006. There are of course many types of medical providers and models of care. The one I have come to value - and desire to keep seeing - is my ND. I feel cared for and I am cared for with the dedicated time and attention to my healthcare needs.

Unfortunately in Oregon NDs are not being fairly compensated for their contributions to my health and to the healthcare of this state. This puts my doctor on unstable financial ground, and my access to this highly valued care at constant risk.

It is essential that I be able to utilize my health insurance to see my doctor. I cannot afford to both purchase health insurance against major medical expenses and pay out of pocket for my regular and preventive care. That's just not right.

My licensed ND manages the majority of my healthcare needs. Whether it be my annual exam, lab orders, other health screenings and prescriptions. They also refer me to competent providers and specialists in the conventional medicine world as needed. Nearly all of them operate in partnership or in network with other providers, truly ensuring that my health is optimized.

My ND takes the time to teach me about my health concerns and how to best manage my health through diet and nutrition, staying active, overcoming stress, and improving my sleep, in addition to prescribing medications and treatments.

I appreciate all of the care and help I have received from my ND. I went to multiple different MD's over a period of about 5 years for symptoms of hypothyroidism and none of them listened to me or helped me with a correct diagnosis. One even fired me as a patient because I asked her to do further testing and she said that the TSH test was all I needed because that was the "medical standard". After the failure of standard medical care I decided to pursue naturopathic care and was quickly diagnosed with Hashimoto's thyroiditis and started care immediately to treat it. My health is greatly improved under the care of my ND and all ND's should receive equal pay for the care they provide. They are just as knowledgeable, if not more knowledgeable than an MD.

I am asking you to please vote yes on HB4006 and ensure fair access to licensed Naturopathic Doctors.

Sincerely yours,

Maria Ciano