

From: **Laura Cameron** <lrc1193@gmail.com>

Date: Mon, Jan 31, 2022 at 4:39 PM

Subject: Re: Seeking your testimonial to support pay parity for ND's, thank you!!

To: <dr.daivati@gmail.com>

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

Dear House Health Care Committee,

My name is Laura Cameron, and 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.

In 2009 I came down with a sickness that I never recovered from. I saw a primary care doctor and multiple gastroenterologists. They told me that there was pretty much nothing that they could do beyond prescribe me a couple of medications that may or may not help. These medications prescribed for irritable bowel syndrome did not help unfortunately. Later that year I learned about naturopath doctors, and I sought out one and that was the beginning of my journey to better health and wellness. Over the past 12 years, my once debilitating condition is now manageable and almost cured because of naturopath doctors, and their unique approach to medicine and empathy for their patients. I run two facebook groups for people around the world with irritable bowel syndrome and similar gastrointestinal diseases, and hundreds of them usually take the naturopathic route as primary medicine has failed to them.

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

Sincerely yours,

Laura Cameron