

February 3, 2022

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

Dear House Health Care Committee,

My name is Carolyn Rubin. 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. Several years ago, I had a lot of ongoing gastrointestinal issues that caused me to lose a significant amount of weight and was endangering my health. After months of seeing multiple doctors and having a large series of tests (CT Scans, MRIs, endoscopies and a colonoscopy) and having no diagnosis, I went to see a Naturopathic Doctor. My initial appointment lasted for 90 minutes instead of the typical 15 minutes, and my doctor wanted to know about me, my life and my family, and my emotional state in addition to my physical symptoms. She was the first person who actually saw me and listened to me, and she was the only doctor to correctly diagnose the source of all of my gastrointestinal issues – stress. She was able to come up with an appropriate treatment plan, and my symptoms improved. I am grateful to her for taking the time to listen to me and see me in a holistic manner, and not just see me as a set of symptoms. This is the type of care that I did not receive in the traditional Western medical system, and I am grateful to her for her time, thoughtfulness, and attention.

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

Sincerely yours,

Carolyn Rubin

