

Re: HB 2555, Vote YES to Support Naturopathic Doctors (NDs)

Dear House Health Care Committee,

My name is Arna and I work at UPS. I would like to share my experience working in Oregon with licensed Naturopathic Doctors and ask you to please support HB 2555.

I have had the opportunity to work closely with Naturopathic Doctors when I discovered I had Uterine cancer in 2010. The care I received from my Naturopathic Doctor was far superior to the care I was receiving from my oncologist. I always felt calmer and had a sense of hope when I left my appointments with my Naturopathic Doctor than when I left my oncologist's office. I was struggling with Fertility issues and I was seeing this Naturopathic Doctor for Fertility massages and Acupuncture. She also was willing to explain my care and treatments that I was receiving from other providers in a way I could understand, not just from my oncologist but from other Medical doctors as well. She is so educated and trained in so many disciplines. She had recommended I get an x-ray for an injury to my thumb but when I inquired with my primary care doctor, she dismissed it as unneeded. I wanted to switch to her as my primary care doctor but I was confused about the insurance and if I would be able to or not. My co-worker had tried to switch to a Naturopathic Doctor and he said it was difficult to get his treatments from his Naturopath covered by insurance, because everything was questioned. Anyway, I ended up switching to an Osteopathic Doctor instead of the MD I was seeing and the new doctor ended up sending me for an x-ray immediately. The diagnosis that my Naturopath suspected I had in my thumb was correct. I wish I could have found out a way to switch to her as my primary, I still would like to try someday soon, she was so compassionate at a time in my life when I was so low. Without her helping me thru that difficult time, I would have been even more scared and confused.

The care I received from my Naturopathic Doctor was designed to reduce pain and stress, which I found incredibly healing. I don't believe in blocking pain to keep going. That is the one thing that I found incredibly different from her treatments. Even when I get pain meds from my doctors, I rarely take them. I understand the danger in taking too much pain medication. The medical community is too irresponsible when it comes to prescribing pain medication, Naturopathic treatments offer an alternatives to this dangerous practice.

I recognize the great importance of NDs in their role as primary care providers to prevent illness and help reduce the need for pharmaceutical, surgical and hospital management. Their unique education equips them well in this role and enables them to offer treatment alternatives that patients truly desire.

I was astounded to learn that NDs are not being fairly compensated for their valuable contributions to healthcare in Oregon. I didn't realize it makes it difficult for NDs to stay in network with insurance companies, and even to remain in practice for their patients. Why is their care considered less valuable? NDs should be compensated fairly for the care they are able to deliver to the people of Oregon. With the doctor

shortage, it was a wise move giving nurses more responsibility to take a bigger role in treating patients, to help alleviate the pressure on doctors. We should also be trying to attract and attain Naturopathic Doctors.

I am asking you to vote yes on HB 2555 and support fair pay for Naturopathic Doctors.

Sincerely yours,

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