

Melinda Jezierski, MD, PhD  
at  
Stone Creek Family Medicine

Stone Creek Family Medicine provides comprehensive care for children, adults and seniors of Montgomery County with an emphasis on preventive medicine and holistic care. We enjoy getting to know our patients and consider family dynamics/social concerns while formulating sustainable treatment plans. With our electronic medical record, each patient has the opportunity to communicate with their physician and see their testing results at their convenience via the patient portal.

Dr. Jezierski, or "Dr. J" as she is known to many of her patients, obtained an M.D. and Ph.D. from Texas A&M Health Science Center (TAMU HSC) in College Station, TX. She completed clinical training at Scott and White Hospital in Temple, TX and conducted medical neuroscience research for 5 years in the Department of Human Anatomy and Medical Neuroscience. She fulfilled her family medicine residency training at the Conroe Family Practice Residency Program and worked at Lone Star Family Health Center, a Federally Qualified Health Center, which services all people of Montgomery County, regardless of their insurance status.

Dr. J joined Dr. Jennifer Chilek, a fellow Aggie, in September 2008 at Stone Creek Family Medicine, where both doctors practice medicine with very similar philosophies about prevention and wellness. Patients will notice that a significant amount of time is spent on assessing a patient's medical and total health needs to create individualized treatment options.

Dr. J continues to be an Adjunct Assistant Professor in the Department of Neuroscience and Experimental Therapeutics at TAMU HSC where her research interests include: women's health, dementia, brain injury and wellness. She and her husband, Jay, are the proud parents of Leo, born 2004, and Kip, born 2008. Her practice includes the following:

PREVENTIVE MEDICINE: Patients complete a yearly exam to evaluate all body systems, complete preventive screenings, and update treatment plans. A full body skin check for

suspicious lesions using a dermascope system is done annually. Patients are followed at individualized time periods for chronic disease management and wellness visits. We commonly see patients for pap smears, annual breast exams, colorectal screening, prostate exams, sports injuries, depression, well child exams, eating disorders, and vaccinations. We meet early with our teens at risk for sports-related injuries to complete baseline testing and education before starting seasonal sports. For example, for those participating in contact sports, we offer pre-concussion testing that is valuable baseline data in the event that a concussion occurs. For those that need school and employment physicals that are not covered by insurance, we offer exams at a low price.

WELLNESS CARE: The goal of wellness is not to simply maintain a disease free life but to balance the mind, body and spirit. We incorporate a holistic, integrative and personalized approach to weight loss management, common psychological concerns, sports injuries, stress reduction and lifestyle modification/maintenance. Dr. J is currently involved in wellness and sports medicine research projects in which qualified patients may choose to participate. We will supervise wellness clinics throughout the year and will assist those who are interested in group meetings. Our goal is sustainable health for each individual through collaboration with other professionals.

CHRONIC DISEASE MANAGEMENT: We care for those with complicated medical issues such as diabetes, cardiovascular disease (including high blood pressure, coronary artery disease, high cholesterol, heart failure, atrial fibrillation with coumadin management, and peripheral vascular disease), allergies and asthma, chronic obstructive pulmonary disease and tobacco addictions, sports injuries, skin conditions (such as dermatitis, acne, psoriasis, benign and pre-cancerous lesions), endocrine issues (such as thyroid disorders, diabetes, menopause, osteoporosis, and obesity), gastrointestinal disease (such as esophageal reflux, cancer prevention, and hepatitis), dementia and common psychological issues (such as depression, anxiety, ADHD), arthritis and other rheumatic diseases, among others.

We offer long term management with an evidenced-based approach to treatment and work closely with a diabetes educator/nutritionist, psychologist and life coaches, physical therapists, hypnosis therapist and exercise trainers to maximize treatment options. We will sponsor wellness clinics throughout the year and will assist clusters of patients who are interested in group meetings.

ACUTE CARE AND MINOR EMERGENCIES: We strive to see acutely ill patients and those with injuries that require immediate attention such as minor lacerations and simple fractures. We work closely with the Lake Area Imaging Center just down the road to expedite x-rays and MRIs. We also rely on Lake Area Urgent Care in case we are unable to accommodate patients in a timely fashion or in after-hours situations.

NEWBORN CARE: We see our newborns at a complimentary visit during the first week that the baby is at home to monitor weight, jaundice and breast feeding. We also perform circumcisions if desired by the parent. Babies are scheduled for regular visits to complete their newborn screens and to start well-child exams. We work closely with lactation consultants to help patients work through the rough few weeks of breast feeding and have an on-call service for new moms in need of advice.

"KID" CARE: As parents we understand the pressures of raising children. Dr. J invites small children to come into the office before their first visit to "meet the doctor" and take home a complementary book. We provide care at annual check-ups and for acute illnesses. We work with the family to develop care plans for chronic diseases like asthma. We spend time in the visit discussing diet, safety, development, school progress and issues that concern children and teens such as family dynamics, exposure to sexual matters, acne control, sports preparation and eating disorders.

WOMEN'S HEALTH: Health care advances have significantly increased longevity, and consequently, women today may expect to live at least a third of their lives in an estrogen-deficient state known as menopause. We provide an individualized approach to the pre-menopausal time period as well as menopausal symptom management. We work closely with Richie's Pharmacy to accommodate those women desiring compounded hormone replacement treatment. We also work closely with Yoga Instructors, Carolyn Jones and Tera Binding, and Eddie Enriquez, Certified Personal Trainer, to develop individualized exercise plans for women. Dr. J is currently conducting women's health research projects in which patients may choose to participate.

MEN'S HEALTH: We welcome men of all ages for yearly well exams, chronic disease management and acute care. We perform yearly sports physicals and write exercise prescriptions for those men needing a personalized approach to wellness. We work

closely with Eddie Enriquez, Certified Personal Trainer, and owner of CAP Elite Fitness, to help men achieve their fitness goals and protect them against cardiovascular events.

MINOR OFFICE SURGERY: We offer appointments for removal of suspicious or bothersome skin lesions, minor injuries such as laceration repair and infant circumcisions.

FAMILY PLANNING: Raising a family can create significant social, financial and environmental stressors that are often improved when parents are able to better control the number and spacing of children. We offer a variety of contraception options including IUD placement. For some, these are not preferential or religious options, therefore we work with each individual to help support family decisions. We also assist with the prevention and management of sexually transmitted diseases, perform pap smears and help patients to prepare for conception.

NATURAL HEALING and END OF LIFE CARE: We honor those who choose minimal intervention both at the end of life, or as healthy, aging adults. We work closely with families who have chosen to care for their aging or dying loved ones at home. We introduce hospice in the early phase of terminal disease rather than at the end of life and work with home health agencies to optimize home treatments so that individuals may maintain a rich existence in a setting surrounded by family, friends and a familiar environment.

We welcome you to Stone Creek Family Medicine and look forward to taking care of you and your family.