

For help choosing a doctor who is right for you call our patient support team at 206-329-1777, TTY 711

The Polyclinic Ballard



Stephen Carter, MD | Family medicine

Dr. Carter received his medical degree from Hahnemann University in Philadelphia, Pa. He completed his residency at Swedish Medical Center in Seattle, Wash. Dr. Carter’s clinical interests include urgent care, geriatrics, musculoskeletal injuries, and sports medicine.



Nupur Garg, DO | Internal medicine

Dr. Garg received her medical degree from Midwestern University in Glendale, Ariz. She focuses on preventive medicine and general medicine, but specializes in chronic illnesses. She performs joint injections, cryotherapy, and skin biopsies.



Matthew Noell, MD | Internal medicine

Dr. Noell received his medical degree from St. George’s University School of Medicine in Grenada. He completed his residency at Legacy Health System in Portland, Ore. Before joining The Polyclinic, Dr. Noell practiced at Swedish Medical Group. Dr. Noell provides comprehensive primary care to adults.



Mena Salib, MD, MBA | Family medicine

Dr. Salib received his medical degree from St. George’s University School of Medicine in Grenada, West Indies. He completed his family medicine residency at Eisenhower Health in Rancho Mirage, Calif. Dr. Salib has special interests in helping patients manage chronic diseases and helping seniors maintain their health.

The Polyclinic Downtown



Paula Arciaga, DO | Internal medicine

Dr. Arciaga received her medical degree at A.T. Still University, School of Osteopathic Medicine in Arizona. She completed her internal medicine residency at Broward Health Medical Center in Fort Lauderdale, Fla. Dr. Arciaga provides comprehensive primary care for adults. She has a special interest in treating obesity and its metabolic complications.



Jenna Green, ARNP | Internal medicine

Jenna earned her master’s degree in nursing from University of North Dakota. She provides preventive care and urgent visits, as well as treatment for asthma, Type 2 diabetes, hypertension, and minor skin conditions.



Mark McCabe, MD | Internal medicine

Dr. McCabe received his medical degree from The University of Chicago Pritzker School of Medicine. He completed his internship and residency at the University of Washington in Seattle. His clinical interests include prevention of chronic disease such as diabetes, heart disease and obesity.



Andrew Smith, MD | Family medicine

Dr. Smith received his medical degree from the University of Louisville School of Medicine, in Louisville, Ky. He completed his residency at Tacoma Family Medicine, in Tacoma, Washington. Dr. Smith’s clinical interests include acute and chronic care, pediatrics, medical weight loss, LGBTQIA+ and men’s and women’s health.



Kelly Thompson, PA-C | Family medicine

Kelly earned her bachelor’s degree from Dickinson College in Carlisle, Pa. She received her physician assistant certificate at Saint Vincent Catholic Medical Centers. Kelly provides preventive care and urgent care visits for all ages and has a special interest in sexual medicine/STI screenings and treatment, LGBTQ care, Type 1 diabetes, and travel medicine.

The Polyclinic Madison Center



Kevin Beene, MD, MS | Family medicine with OB

Dr. Beene received his medical degree from the University of Wisconsin School of Medicine and Public Health and completed his residency at Swedish Cherry Hill Family Medicine. His clinical interests include HIV medicine, LGBTQIA+ health, reproductive health, pediatrics, and obstetrics.



Ginger Blakeney, MD | Family medicine

Dr. Blakeney received her medical degree from the University of Washington School of Medicine and completed her residency at Swedish Medical Center First Hill. She has special interests in women’s health and pediatrics.



Cassandra Giedt, MD | Family medicine with OB

Dr. Giedt received her medical degree from the University of Washington School of Medicine and completed her family practice residency at Group Health in Seattle, Wash. She provides comprehensive primary care to patients of all ages and has special interests in OB and prenatal care, well-child care, Type 2 diabetes, and obesity medicine.



Brad Houser, ARNP | Internal medicine

Brad completed his Doctorate of Nursing Practice at Seattle Pacific University with a specialization in family practice. Prior to graduate school, he earned his initial bachelor’s degree in nursing locally at Bellevue College. Brad’s clinical interests include preventive medicine, musculoskeletal injuries, and holistic therapies.



Myra Horiuchi, MD | Family medicine with OB

Dr. Horiuchi received her medical degree from the Albert Einstein College of Medicine in New York, NY. She completed her residency at Swedish Family Medicine in Seattle. Her clinical interests include women’s health, prenatal care, and infant and child care.



Katherine Huseby, DNP, ARNP | Family medicine

Katherine studied at Seattle University and Case Western Reserve University. She completed a UW Premera Rural Nursing Health Initiative ARNP Fellowship and has a special interest in preventive care, women’s health, and family planning.



Kin Lai, MD | Internal medicine

Dr. Lai received his medical degree from The Ohio State University in Columbus, Ohio. He completed his residency at Mayo Clinic in Phoenix, Ariz. Dr. Lai is passionate about preventive health, along with working with patients to treat and improve chronic conditions such as hypertension and lipid disorders.



Joshua David Munro, MD | Internal medicine

Dr. Munro received his medical degree from American University of the Caribbean and completed his residency from AnMed Family Medicine Residency Program. His main focus is on preventive medicine and management of chronic diseases.



Maura O’Connor-Lenth, ARNP | Family medicine

Maura received her Master of Science in Nursing from Seattle Pacific University. Maura’s primary interest is to provide effective care for both acute and chronic illness while promoting preventive medicine and optimize long-term wellness.

All providers listed accept Medicare and Medicare Advantage plans.

Featured primary care providers accepting new patients at The Polyclinic

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The Polyclinic Madison Center



Chang Liu, DO | Internal medicine

Dr. Liu received her medical degree from Western University of Health Sciences in Oregon and completed her residency at Midwestern University, Canyon Vista Medical Center in Arizona. She manages chronic conditions and has special interests in diabetes, thyroid dysfunction, asthma and chronic obstructive pulmonary disease. She also performs in-office procedures like joint infections, skin biopsy and cryotherapy.



Seema Nair, MD | Family medicine

Dr. Nair received her medical degree from the American University of the Caribbean in St. Maarten, N.A. She completed her residency at University of Florida Department of Community Health and Family Medicine in Jacksonville, Fla. She provides comprehensive care to children and adults of all ages. Her primary interest is in preventive medicine, managing chronic conditions, and patient education.



Thanuja Narendra, MD | Internal medicine

Dr. Narendra received her medical degree from Kilpauk Medical College in Chennai, India. She provides primary care for adults age 18 and older. Her special interests include preventive medicine, women's health, geriatrics, diabetes, hypertension, and cardiovascular disease.



Suzanna Parle-Pechera, MD | Family medicine

Dr. Parle-Pechera received her medical degree from University of Rochester School of Medicine and Dentistry. She completed her residency at Tacoma Family Medicine in Tacoma, Wash. Dr. Parle-Pechera enjoys taking care of patients of all ages and has special interests in pediatrics and women's health.



Jae Sim, MD | Family medicine

Dr. Sim received her medical degree from Thomas Jefferson Medical College at Thomas Jefferson University, Philadelphia, Pa. She completed her residency at Swedish Medical Center in Seattle. She has special interests in women's health, pediatrics, and helping patients manage chronic disease.



Jacklyn Spiegelberg, DNP, ARNP | Internal medicine

Jacklyn received her nursing degree from Oregon Health & Sciences University in Portland. She received her doctorate in nursing practice from the University of Washington. Jacklyn's special interests include preventive medicine, chronic disease management, and gerontology.



Alecia Stewart, DO | Family medicine with OB

Dr. Stewart received her medical degree from Marian University College of Osteopathic Medicine and completed her residency at Swedish Cherry Hill Family Medicine Program. She provides care for the entire family, from pregnancy, to birth, and into elder age.

The Polyclinic Northgate Plaza



Sara Benveniste, MD | Family medicine with OB

Dr. Benveniste received her medical degree from the University of Washington Medical School in Seattle, Wash. She completed her residency at Valley Medical Center in Renton, Wash. Before joining The Polyclinic, she practiced for 10 years at Swedish Greenlake Primary Care. Dr. Benveniste offers the full scope of family practice including: pediatric wellness exams, adolescent and adult wellness, low-risk obstetrics, sports preparation exams, travel medicine, menopause, nutrition, musculoskeletal injuries, behavioral health, diabetes, hypertension.



Kelsey Cline, MD | Family medicine

Dr. Cline received her medical degree from the University of Washington School of Medicine and completed her residency at Swedish First Hill School of Medicine. She has special interests in prenatal/postnatal care, breastfeeding, women's health, mental health, pediatric and adolescent medicine, addiction medicine (buprenorphine-waivered), whole family care, and chronic disease management.



Laura Colman, MD | Family medicine with OB

Dr. Colman received her medical degree at the University of Michigan Medical School in Ann Arbor, Mich. and completed her family medicine residency at Swedish First Hill. She has special interests in obstetrics, women's health, chronic disease management, and LGBTQ care. She performs office-based procedures including IUDs, Nexplanons, colposcopies, joint injections, and skin biopsies.



Taisha Doo, MD | Internal medicine

Dr. Doo received her medical degree from the University of Iowa Carver College of Medicine and completed her residency at the University of Chicago Northshore Family Medicine. Her clinical interests include preventive care, chronic disease management, patient-centered care plans, memory care, and healthy aging.



Hieu Duong, MD, MS | Family medicine with OB

Dr. Duong received her medical degree from University of Colorado School of Medicine in Aurora, CO. She completed her residency at Providence St. Peter Family Medicine in Olympia, WA. She has special interests in women's health, obstetrics, including prenatal and postnatal care, office-based procedures and LGBTQ+ health.



Alaina Garrie, DO* | Older adult medicine

Dr. Garrie received her medical degree from Rowan School of Osteopathic Medicine in Stratford, N.J. She completed her residency at The Lehigh Valley Family Medicine Residency Program in Allentown, Pa. She completed her fellowship training in Geriatrics at The Mt. Sinai School of Medicine in N.Y.



Kimberly Ghiglia, ARNP | Family medicine

Kimberly received her medical degree from Seattle Pacific University. She has special interests in women's health, dermatology, and minor office procedures.



Rhea Hanchett, DNP, FNP-BC, CMSRN | Internal medicine

Rhea received a Bachelor of Science degree in Nursing at the University of Illinois at Chicago. She then went on to receive a Doctor of Nursing Practice (DNP) – Family Nurse Practitioner degree from Rush University in Chicago, Ill. Rhea has special interests in women's health, dermatology, diabetes, and preventive care.



Alexandra Vladimir, MD | Internal medicine

Dr. Vladimir received her medical degree from Carol Davila University of Medicine and Pharmacy in Bucharest, Romania. She completed her internal medicine residency at Mount Sinai School of Medicine in New York, N.Y. Dr. Vladimir treats a wide range of conditions in adults including high blood pressure, diabetes, and anxiety/depression. She focuses on prevention and overall well-being to help patients maintain

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*Patients must be on a Medicare Advantage plan to choose Dr. Garrie as their primary care physician.

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