

# *health choices*

2026 MEDICAL & WELLNESS SERVICES DIRECTORY

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## healthchoices

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Experts in  
*caring*



## Prosser Memorial Health's Spine Center Brings Advanced Spine Care Close to Home

Prosser Memorial Health has expanded access to specialized care with the addition of the Spine Center, led by David A. Yam, M.D., a highly respected neurological spine surgeon with more than 20 years of experience in spine surgery. With a career spanning private practice, academic neurosurgery, and leadership roles in spine care, Dr. Yam brings a rare level of expertise to the Prosser community and surrounding region.

The Prosser Memorial Health Spine Center was established to provide patients with advanced, personalized spine care close to home. Spine conditions such as herniated discs, spinal stenosis, degenerative disc disease, nerve pain, spinal cord compression, scoliosis, kyphosis, sacroiliac joint pain, and prior spine surgery issues can greatly affect a person's quality of life. The Spine Center is designed to help patients find answers, understand their options, and receive expert treatment without having to leave the region.

A major strength of the Spine Center is its comprehensive approach to care. In many cases, patients may benefit from conservative, non-surgical treatments to reduce pain and improve function before surgery is considered. When surgery is needed, the Spine Center offers highly specialized procedures using state-of-the-art techniques and technology.

The Spine Center offers minimally invasive spine surgery, which can be used to treat various spine conditions while reducing disruption to surrounding tissue and often helping patients recover more quickly. Services also include advanced procedures not commonly available in many communities, including disc replacement for the neck and low back, cervical and lumbar fusion, sacroiliac fusion, surgery for lumbar disc herniation and spinal stenosis, vertebral augmentation, surgery for spinal tumors and trauma, spinal deformity correction, and revision spine surgery. For several patients, this means access to a level of spine care that might otherwise require travel to Seattle or Portland.

The Spine Center also emphasizes a highly personalized patient experience. Every spine condition is different, and each patient's symptoms, goals, and treatment needs are unique. The team takes time to listen carefully, explain options thoroughly, and create individualized treatment plans designed to support the best possible outcomes.

Supporting that patient-centered approach is Nicole Butcher, PA-C, bringing 24 years of experience in neurosurgery, physiatry, and pain management. Throughout her career, Butcher has provided critical support in hospital and clinic settings, performed surgical assistance in complex spine and cranial procedures, and collaborated closely with multi-disciplinary teams across neurosurgery, oncology, and radiology. Her advanced procedural experience includes work in minimally invasive decompression, spinal fusions, kyphoplasty, and more. With advanced expertise, leading-edge procedures, and a commitment to individualized care, the Prosser Memorial Health Spine Center is helping bring world-class spine services closer to home for communities across the region.

The team at Prosser Memorial Health's Spine Center continues to grow adding new providers in 2026. The Spine Center is now seeing patients in Prosser and at the Clinic at 508 North Wilbur Avenue in Walla Walla. In the coming year, patients will also benefit from expanded services, including injection-based treatments and expanded provider availability to further support patient care. For more information or to schedule an appointment, call 509.786.5599.

Learn more at [ProsserHealth.org](https://ProsserHealth.org)



Spine Center  
Prosser Memorial Health

# Experts in *caring*



For 80 years, Prosser Memorial Health has provided top-quality medical care with respect, hope, optimism, honesty, and the utmost commitment to improve the health of our community.



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# Cancer Care, Close to Home

A cancer diagnosis can feel overwhelming, but getting access to expert care should not be. Patients in the Yakima Valley and surrounding communities have access to advanced cancer care provided by a team of highly-skilled specialists, without the need to travel far from home. Astria Health's cancer care program brings together both board-certified Hematologist/Oncologists and board-certified Advanced Oncology Nurse Practitioners who are dedicated to providing high-quality, personalized care in a supportive and compassionate setting. These experienced providers have chosen to practice in rural areas like ours, making treatment for cancer more accessible to patients throughout the region.

Patients can be seen for oncology and hematology services in Prosser at the Astria Health Center, and in Sunnyside at the Astria Sunnyside Hospital Cancer Center, which also offers infusion therapy on-site. Astria Health offers many of the same services you might expect to find only in larger urban areas.

**Cancer diagnosis, imaging, and genetic testing:** Advanced imaging tools allow for early and accurate detection. Genetic testing is also available to evaluate inherited cancer risk, with expert guidance on results and recommended steps.

**Treatment for solid malignancies:** Including breast, colon, kidney, and gastrointestinal cancers.

**Blood malignancies:** Such as leukemia, lymphoma, and myeloma.

**Other blood disorders:** Including anemia, thrombocytopenia, pancytopenia, and coagulation issues.

**Second opinions:** Patients can request a second opinion on a diagnosis or treatment plan—no referral required.

**Support and education:** Our team provides resources to help patients and caregivers understand treatment, manage side effects, and cope with the emotional challenges of cancer.

Specialized care is also provided by surgeons experienced in oncology surgery, interventional radiologists who can help with image-guided cancer diagnosis and treatments, and a board-certified head and neck surgeon, ensuring comprehensive treatment plans tailored to each patient.

## Cancer Prevention and Screening

Early detection saves lives. Annual wellness exams with your primary care provider are an important first step. During these visits, providers can order preventive tests such as mammograms, colonoscopies, and lab work to catch cancer in its earliest stages. Common cancer symptoms may include unexplained pain, unusual bleeding or bruising, significant weight loss, chronic cough, lumps or skin changes, or unusual bladder or bowel habits. While these symptoms are not always signs of cancer, they should be discussed with a healthcare provider as soon as possible.

For more information, visit Astria Health's website at <https://www.astria.health/services/cancer-care>

**GENERAL SURGERY**

**Andreas Schneider, MD**  
915 Vintage Valley Pkwy, Ste 200  
Zillah, WA 98953  
P: 509-314-6565  
F: 509-314-6564

**Andreas Schneider, MD**  
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Union Gap, WA 98903  
P: 509-454-7700  
F: 509-454-7710

**Astria Health Center – Prosser**  
355 Chardonnay Ave  
Prosser, WA 99350  
P: 509-781-6366  
F: 509-781-6367

**Astria Health Center – Toppenish**  
516 W 4th Ave  
Toppenish, WA 98948  
P: 509-865-2500  
F: 509-865-2623

**Astria Health Center – Union Gap**  
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**Ernesto Dizon, MD**  
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Sunnyside, WA 98944  
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F: 509-837-2587

**Ernesto Dizon, MD**  
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Union Gap, WA 98903  
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**Manuel Ybanez, MD**  
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**Phylicia Yorgure, MD**  
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**Specialty Center Surgical Group**  
500 S 11th St.  
Sunnyside, WA 98944  
P: 509-837-7722  
F: 509-837-2587

**HEMATOLOGY**

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Prosser, WA 99350  
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F: 509-781-6367

**Astria Sunnyside Hospital – Cancer Center**  
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F: 509-837-1557

**Christina Zoric, AGACNP**  
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P: 509-837-1587  
F: 509-837-1557

**Mahat Inkiab, MD**  
1013 E Edison Ave  
Sunnyside, WA 98944  
P: 509-837-1587  
F: 509-837-1557

**HOSPICE & PALLIATIVE CARE**

**Heartlinks**  
204 W 2nd St.  
Grandview, WA 98930  
P: 509-837-1676

**HOSPITALS**

**Astria Sunnyside Hospital**  
1016 Tacoma Ave  
Sunnyside, WA 98944  
P: 509-837-1500

**Astria Toppenish Hospital**  
502 W 4th Ave  
Toppenish, WA 98948  
P: 509-865-3105

**Prosser Memorial Hospital**  
200 Prosser Health Drive  
Prosser, WA 99350  
P: 509-786-2222

**IN-HOME CARE SERVICES**

**AllWays Caring Home Care**  
2650 Yakima Valley Hwy. Ste C  
Sunnyside, WA 98944  
P: 509-412-3619

**Home Care Services**  
911 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-837-8982

**INFUSION THERAPY**

**PURE Infusion Suites**  
105 S 1st St. Ste 100  
Yakima, WA 98901  
P: 509-508-4808

**Tracy Marlow, RN**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-731-3025

**Vita IV Solutions**  
2402 Fruitvale Blvd  
Yakima, WA 98902  
P: 509-731-3025

**INSURANCE**

**Vanmar Insurance**  
15 N. Naches Ave. Ste 15  
Yakima, WA 98901  
P: 509-839-9000

**Internal Medicine**

**Anna Madej, MD**  
208 N Euclid Ave  
Grandview, WA 98930  
P: 509-882-1855  
F: 509-882-4998

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**Gloria Abacan, MD**  
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F: 509-882-4998

**INTERVENTIONAL RADIOLOGY**

**Specialty Center Surgical Group**  
500 S 11th St.  
Sunnyside, WA 98944  
P: 509-837-7722  
F: 509-837-2587

**David Shoemaker, MD**  
500 S 11th St.  
Sunnyside, WA 98944  
P: 509-837-7722  
F: 509-837-2587

**MASSAGE**

**Brittany Byma, LMT**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-830-7326

**Complete Wellness**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-830-7326

**Jesenia Rodriguez, LMT**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-439-4448

**Logan Williams, LMT**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-952-8036

**Oasis Therapeutic Massage**  
1811 W. 2nd St.  
Grandview, WA 98930  
P: 509-882-8001

**Tami Graham, LMT**  
1000 E. Edison Ave.  
Sunnyside, WA 98944  
P: 509-305-1012

**Toppenish Therapeutic Massage**  
513 1st Ave. Ste. 106  
Zillah, WA 98953  
P: 509-314-6655

**MEDICAL CLINICS**

**Benton City Clinic**  
**Prosser Memorial Health**  
701 Dale Ave. Suite A  
Benton City, WA 99320  
P: 509-588-4075

**DaVita Mt. Adams Kidney Center**  
3220 Picard Pl.  
Sunnyside, WA 98944  
P: 509-837-2013

**Grandview Clinic**  
**Prosser Memorial Health**  
1003 Wallace Way  
Grandview, WA 98930  
P: 509-203-1080

**Life Options**  
1616 E. Gregory Ave. Ext.  
Benton City, WA 98944  
P: 509-839-2000

**Life Options**  
301 Division St.  
Grandview, WA 98930  
P: 509-882-1899

**Mid-Valley Community Clinic**  
700 S. 11th St.  
Sunnyside, WA 98944  
P: 509-839-6822

**Neighborhood Health Services**  
617 Scoon Rd.  
Sunnyside, WA 98944  
P: 509-837-8200

**Neighborhood Health Services**  
111 Main St.  
Granger, WA 98932  
P: 509-317-2182

**Pine Family Practice**  
2240 E. Lincoln Ave.  
Sunnyside, WA 98944  
P: 509-836-2367

**Planned Parenthood**  
2934 Covey Lane  
Sunnyside, WA 98944  
P: 509-866-904-7721

**Prosser Clinic**  
**Prosser Memorial Health**  
336 Chardonnay Ave. Suite A  
Prosser, WA 99350  
P: 509-786-1576

**Prosser Comprehensive Pain Management**  
820 Memorial St. Suite 3  
Prosser, WA 99350  
P: 509-786-5599

**Prosser Digestive Health Center**  
**Prosser Memorial Health**  
820 Memorial St. Suite 3  
Prosser, WA 99350  
P: 509-786-5599

**Prosser General Surgery Center**  
**Prosser Memorial Health**  
200 Prosser Health Drive  
Prosser, WA 99350  
P: 509-786-5599

**Prosser Heart Center**  
**Prosser Memorial Health**  
200 Prosser Health Drive  
Prosser, WA 99350  
P: 509-786-5599

Experts in  
*caring*



## Expert Digestive Care Close to Home at Prosser Digestive Health Center

Digestive health plays a vital role in overall wellness, affecting everything from nutrition and energy to comfort and quality of life. At Prosser Digestive Health Center, patients have access to advanced gastroenterology and hepatology services close to home, with expert care for a wide range of digestive conditions and disorders.

The experienced team at Prosser Digestive Health Center includes Mitchell L. Cohen, MD, AGAF, FACG; Jack Brandabur, MD, FASGE; Amber Charoen, MD; W. Michael McDonnell, MD, FACP, AGAF, FAASLD; Kailey Friesz, ARNP; and Becca Reinhard, MPAS, PA-C. Together, they provide comprehensive care for all common and complex digestive concerns, as well as liver disease.

Prosser Digestive Health Center offers evaluation and treatment for conditions including gastroesophageal reflux disease, or GERD, swallowing problems and esophageal motility disorders, Barrett's esophagus, celiac disease, biliary tract disorders such as gallstones and bile duct problems, constipation, diarrhea, diverticular disease, irritable bowel syndrome, gastrointestinal bleeding, liver disorders, and pancreatic disorders. The center also provides colon cancer screening and treatment for colorectal polyps, including removal of large colon polyps, as well as care for inflammatory bowel disease such as Crohn's disease and ulcerative colitis.

In addition to office-based care, the center offers a broad range of advanced diagnostic and therapeutic procedures. These include colonoscopy, upper endoscopy, endoscopic mucosal resection of large colon polyps, ERCP, endoscopic ultrasound, gastrointestinal stricture dilation, gastrointestinal stenting, PEG, capsule endoscopy, tissue sampling and biopsies throughout the GI tract, liver biopsy, liver elastography, esophageal manometry and pH testing, and anorectal manometry.

Understanding gastrointestinal function is essential for diagnosing and managing conditions that affect daily life. Motility disorders can interfere with nutrition, sleep, energy, work, and overall comfort, making it difficult for patients to function at their best.

Led by Dr. Amber Chaoren and Dr. W. Michael McDonnell, the new Motility Center offers advanced testing such as esophageal manometry and anorectal manometry. Esophageal manometry measures how the muscles in the esophagus contract during swallowing and helps diagnose conditions such as achalasia, esophageal spasms, muscle weakness, scleroderma, and reflux-related disorders. Anorectal manometry is a non-invasive test that evaluates how the rectum and anal sphincter are functioning and helps identify causes of chronic constipation, difficulty passing stool, and fecal incontinence. These specialized studies provide essential insights into gastrointestinal function and are important for evaluation of conditions such as dysphagia, esophageal motility disorders, chronic reflux, fecal incontinence, and chronic constipation. Many of these studies help guide decision making prior to consideration of surgical procedures. Until now, patients often had to travel to Seattle or Spokane for these tests.

With a skilled provider team, advanced technology, and specialized services available locally, Prosser Digestive Health Center and Motility Center are helping bring sophisticated digestive care to the community. Patients no longer need to travel far for many of the answers and treatments they need.

If you are experiencing digestive symptoms or have questions about your gastrointestinal health, call the Prosser Digestive Health Center at 509.786.5599 to schedule an appointment.

 Prosser Digestive Health Center  
Prosser Memorial Health

[Learn more at ProsserHealth.org](https://www.ProsserHealth.org)



# ASTRIA HEALTH CENTER

## Caring for Families T

Primary care providers (PCPs) are Doctors, Physician-Assistants, and Nurse Practitioners who have extensive training and expertise in caring for the whole person. In addition to having PCPs that can establish an ongoing care relationship with patients, ***Astria Rapid Care*** is available in Prosser, Sunnyside, and Toppenish to provide primary care services without an appointment.

PCPs with Astria Health specialize in Family Practice, Internal Medicine, or Pediatrics. Astria has care providers to treat patients of every age. These specialists focus on preventive medicine, and treat common health issues as well as chronic and complex illnesses.



Prosser | Grandview | Sunnyside

[www.astria.health](http://www.astria.health)

# Accepting New Patients

# Throughout the Valley

Services available at Astria Health Centers include:

- Annual wellness exams
- Medicare annual wellness exams
- Immunizations
- Healthy lifestyle/disease prevention education
- General health problems and acute illnesses
- School, sports, and camp physicals
- Diabetes management
- Chronic disease management
- Minor emergencies, cuts, abrasions, and sprains



*At Astria Rapid Care*



e | Zillah | Toppenish | Union Gap



**MEDICAL CLINICS**

**Prosser Specialty Clinic  
Prosser Memorial Health**  
820 Memorial St. Suite 3  
Prosser, WA 99350  
P: 509-786-5599

**Spine Center  
Prosser Memorial Health**  
508 North Wilbur Ave  
Walla Walla, WA 99362  
P: 509-786-5599

**Spine Center  
Prosser Memorial Health**  
200 Prosser Health Drive  
Prosser, WA 99350  
P: 509-786-5599

**Sunnyside Immediate Care**  
2680 Yakima Valley Hwy., Ste B  
Sunnyside, WA 98944  
P: 509-839-3000

**Swofford & Halma Clinic**  
2303 Reith Way  
Sunnyside, WA 98944  
P: 509-837-3933

**Valley Medical Clinic**  
618 Railroad Ave.  
Zillah, WA 98953  
P: 509-829-5221

**Valley Vista Medical Group**  
820 Memorial St.  
Prosser, WA 99350  
P: 509-786-2010

**Yakama Indian Health Services**  
401 Buster Rd.  
Toppenish, WA 98948  
P: 509-865-2102

**Yakima Valley Farm Workers  
Clinic**  
1000 Wallace Way  
Grandview, WA 98930  
P: 509-882-3444

**Yakima Valley Farm Workers  
Clinic**  
510 W. 1st Ave.  
Toppenish, WA 98948  
P: 509-865-5600

**MEDICAL SUPPLIES**

**Howards Medical Supply**  
2580 Yakima Valley Hwy.  
Sunnyside, WA 98944  
P: 509-515-0200

**MENTAL HEALTH**

**Blackwell, Mackenzie PMHNP-BC**  
1003 Wallace Way  
Grandview, WA 98930  
P: 509-203-1080

**Comprehensive Healthcare**  
1319 Saul Rd.  
Sunnyside, WA 98944  
P: 509-837-2089

**Innovation Resource Center**  
533 S. 6th St.  
Sunnyside, WA 98944  
P: 509-836-2400

**Morse, Heather S. PMHNP-BC**  
336 Chardonnay Ave. Suite A  
Prosser, WA 99350  
P: 509-786-1576

**Neeway, Mariana PMHNP-BC**  
336 Chardonnay Ave. Suite A  
Prosser, WA 99350  
P: 509-786-1576

**Peters, Steve MS, MHP, FS,  
LCMHC**  
701 Dale Ave. Suite A  
Benton City, WA 99320  
P: 509-588-4075

**Smith Counseling Services**  
714 E Edison Ave  
Sunnyside, WA 98944  
P: 509-515-0420

**Stokes, Steven, ARNP**  
701 Dale Ave. Suite A  
Benton City, WA 99320  
P: 509-588-4075

**Sunrise Counseling & Consulting**  
300 S. 7th St.  
Sunnyside, WA 98944  
P: 509-818-3337

**The Lighthouse**  
600 North Ave.  
Sunnyside, WA 98944  
P: 509-837-6689

**United Family Center**  
106 N Elm St  
Grandview, WA 98930  
P: 509-402-9090

**Woodward-Core, Kelly LMHC**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-5599

**NEPHROLOGY**

**Astria Health Center – Sunnyside**  
2705 E Lincoln Ave, Ste C  
Sunnyside, WA 98944  
P: 509-837-6911  
F: 509-837-6920

**Vamsi Kanneganti, MD**  
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**NEUROSURGERY**

**Astria Health Center – Prosser**  
355 Chardonnay Ave  
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F: 509-781-6367

**Astria Health Center – Sunnyside**  
1812 E Edison Ave  
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F: 509-837-1700

**Astria Health Center – Zillah**  
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**Dave Atteberry, MD**  
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**Peter Grunert, MD**  
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Sunnyside, WA 98945  
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F: 509-837-1700

**Peter Grunert, MD**  
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Zillah, WA 98953  
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F: 509-314-6564

**Peter Grunert, MD**  
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Prosser, WA 99350  
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F: 509-781-6367

**OBSTETRICS  
& GYNECOLOGY**

**Astria Health Center – Sunnyside**  
803 E Lincoln Ave, Ste 1  
Sunnyside, WA 98944  
P: 509-837-1550  
F: 509-837-2066

**Miguel Brizuela, MD**  
803 E Lincoln Ave, Ste 1  
Sunnyside, WA 98944  
P: 509-837-1550  
F: 509-837-2066

**Mountainview Women's Health  
Center**  
240 Division St  
Grandview, WA 98930  
P: 509-882-4700

**Prosser Women's Health Center  
Prosser Memorial Health**  
336 Chardonnay Ave. Bldg. 3  
Prosser, WA 99350  
P: 509-786-0031

**Robert Wells, MD**  
803 E Lincoln Ave, Ste 1  
Sunnyside, WA 98944  
P: 509-837-1550  
F: 509-837-2066

**OCCUPATIONAL MEDICINE**

**Astria Health Center – Sunnyside**  
1812 E Edison Ave  
Sunnyside, WA 98944  
P: 509-712-3295  
F: 509-837-1700

**James Hebard, MD**  
1812 E Edison Ave  
Sunnyside, WA 98944  
P: 509-712-3295  
F: 509-837-1700

**Occupational Medicine Clinic  
Prosser Memorial Health**  
713 Memorial St.  
Prosser, WA 99350  
P: 509-788-6030

**OCCUPATIONAL THERAPY**

**Astria Health – Pediatric  
Therapies**  
1017 Tacoma Ave  
Sunnyside, WA 98944  
P: 509-837-1720  
F: 509-515-0064

**Astria Health Physical Therapy**  
326 S 9th St.  
Sunnyside, WA 98944  
P: 509-836-4835  
F: 509-837-1755

**Bair, Bonnie, OT**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-6626

**Bancroft, Laurel OTR**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-6626

**Bell, Darwin OT**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-6626

**Dorman, Katie OTR/L**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-6626

**Padilla, Andrea OTR**  
723 Memorial Street  
Prosser, WA 99350  
P: 509-786-6626

**Waite, Robert OTR**  
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Prosser, WA 99350  
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**ONCOLOGY**

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**ORTHOPEDICS**

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Sunnyside, WA 98944  
P: 509-712-3295  
F: 509-837-1700



Grunert, MD | Ward, MD | Atteberry, MD



# Astria Sunnyside Hospital Ranks Top 5% in Neurosurgery

When someone you love is in pain—whether from a back injury, a spinal degeneration, or something more complex—you shouldn't have to choose between the expert, award-winning care they need and the inconvenience of travel, including time off work and added expense.

Astria Sunnyside Hospital has been recognized by *Healthgrades* with a **Five-Star Rating for Spinal Fusion** for both 2024 and 2025—an achievement that places Sunnyside Hospital among the top programs in the country for neurosurgery outcomes. Healthgrades evaluates hospital quality based on complication and mortality rates, giving patients a reliable measure of excellence in care. In the analysis, hospitals that performed at the five-star level had significantly better patient outcomes, with tens of thousands of complications and deaths potentially avoided nationwide.

Astria Sunnyside Hospital's recognition is driven by the skill of its three neurosurgeons—**Dr. Dave Atteberry, Dr. Peter Grunert, and Dr. Brad Ward**—and by its investment in innovative surgical tools. These include advanced imaging for pre-surgical planning, intraoperative monitoring to protect critical nerve function, and minimally invasive robot-assisted surgery with neuro-navigation using Mako 4 SmartRobotics™. Mako 4 offers more robot-assisted procedures with premium clinical and operational experience for spine surgeries.



"I have significant back problems as a result of 30 years in the fire service. Numerous incidents over the years caused damage to my back, my spine. I ended up with a referral to Astria Health and Neurosurgeon, Dr. Peter Grunert. The care he has provided has been top notch. He is unbelievable. His

knowledge, background, compassion, his care—has been exemplary from day one. Had I not received the care that I received through Astria Health and Dr. Grunert, I would not be walking today."

—Joseph May, Yakima Fire Department, *Retired*

Astria Health's mission is to provide their communities access to trusted, exceptional healthcare close to home. Ensuring that patients do not have to travel to receive advanced neurosurgical care, fulfills that mission.

Astria Health's neurosurgery program is built around a multidisciplinary approach, combining the expertise of neurosurgeons, radiologists, rehabilitation therapists, pain management specialists, and trained nurses. This collaborative team ensures each patient receives an individualized treatment plan using advanced surgical techniques and technology. Patients benefit from:

- Outpatient setting with faster recovery
- Minimal scarring, blood loss, and post-operative pain
- Lower risk of infection and complications
- No need for opioid medications

Astria's advanced neurosurgical options allow patients to experience fewer disruptions to their lives, quicker returns to normal activities, and significantly better outcomes.

Astria Sunnyside Hospital continues to lead in providing accessible, high-quality care for patients throughout the region.

For more information about neurosurgery services, visit <https://www.astria.health/services/neurosurgery>

**ORTHOPEDICS**

**Astria Health Center – Union Gap**

1420 Ahtanum Ridge Dr  
Union Gap, WA 98903  
P: 509-454-7700  
F: 509-454-7710

**Chad Williams, MD**

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Sunnyside, WA 98944  
P: 509-712-3295  
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**Prosser Orthopedic Center**

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**Gibbons Pharmacy**

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**Safeway Pharmacy**

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Grandview, WA 98930  
P: 509-882-1060

**Safeway Pharmacy**

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Sunnyside, WA 98944  
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**Safeway Pharmacy**

711 W. 1st Ave.  
Toppenish, WA 98948  
P: 509-865-4700

**Sunnyside Pharmacy**

2695 E. Lincoln Ave. Ste C  
Sunnyside, WA 98944  
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**Walmart Pharmacy**

2675 E. Lincoln Ave.  
Sunnyside, WA 98944  
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**Yakima Valley Farm Workers**

**Pharmacy**  
1000 Wallace Way  
Grandview, WA 98930  
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**Yakima Valley Farm Workers**

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**PHYSICAL THERAPY**

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**Grandview Physical Therapy**

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**Prosser Memorial Health**

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**Sunnyside Physical Therapy Services**

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**Toppenish Physical Therapy**

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## Precious Beginnings: The Family Birth Center

Bringing a baby into the world is one of life's most important moments, and choosing where to deliver matters. At Astria Sunnyside Hospital, families across the Yakima Valley trust the Family Birth Center for safe, high-quality care delivered with compassion, respect, and a deep connection to the community.

From the moment you arrive for delivery through recovery after birth, care is designed to support both mother and baby, every step of the way.

### Safe, Specialized Care for Every Birth

The Family Birth Center is equipped to care for a wide range of delivery needs, from routine births to more complex situations. Experienced obstetric providers and clinical teams are trained to manage high-risk conditions, including gestational diabetes, preeclampsia, and other medical concerns. The team also provides safe, comfortable care for patients with a high body mass index (BMI), ensuring that each mother receives individualized support and appropriate clinical care.

Individual personalized childbirth education classes are available, and taught by one of Astria Sunnyside Hospital's labor & delivery nurses, covering everything you need to know about childbirth. The class is scheduled for mothers at their convenience. Education continues during your stay, with nurses providing guidance and support to help families feel confident in caring for their newborn.

### Care That Puts You First

At Astria Sunnyside Hospital, every patient is an active partner in their care. As the first hospital in the Yakima Valley to implement and fully embrace the TEAMBirth model, the Family Birth Center emphasizes clear communication, shared decision-making, and respect for each patient's preferences.

Families are supported by a team that listens, explains options, and works together to ensure the safest possible outcome—while honoring what matters most to each mother.

"At Astria Sunnyside Hospital, our goal is simple—safe deliveries, healthy babies, and healthy moms. Through

TEAMBirth, we ensure every mother is heard, supported, and part of every decision. We understand how overwhelming childbirth can feel, and we create a space where families feel safe, respected, and cared for—so they can focus on welcoming their baby. The Sunnyside community is incredibly family-centered, and that sense of care and connection shapes everything we do—it's the heart behind how we serve every patient."

—Rovianne Pasicaran, OB Director, Astria Sunnyside Hospital

### Advanced Care in a Comfortable Setting

The Family Birth Center combines advanced medical care with a welcoming, comfortable environment. Four spacious delivery suites are designed to support both labor and recovery in one place, each featuring jetted tubs and space for support partners.

Mothers and babies stay together throughout their hospital stay, promoting bonding and continuity of care.

Highly trained teams are prepared to support all types of deliveries, including vaginal births and Cesarean sections. A dedicated, state-of-the-art C-section suite—located within the Birth Center—allows mothers and babies to remain together, even during surgical delivery. Anesthesia services are also available to ensure comfort and effective pain management.

### A Commitment to Every Family

What truly sets the Family Birth Center apart is its commitment to the people it serves. Rooted in the values of the Sunnyside community—family, connection, and care—the team works to create an experience that is not only safe, but also supportive and respectful.

For families across the region, Astria Sunnyside Hospital remains a trusted choice for bringing new life into the world—close to home, close to family, and centered on what matters most.

For more information, visit  
<https://www.astria.health/locations/astria-sunnyside-hospital-family-birth-center>

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RAPID CARE

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**ASTRIA RAPID CARE PROSSER**

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RESIDENTIAL & REHABILITATION

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**Toppenish Nursing & Rehab Center**

802 W. 3rd Ave.  
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## Your Mental Health Matters. We're Here to Help.

Your mental health is just as important as your physical health. It affects how you think, feel, and act. It can also affect your body. At Astria Health, we are here to help you feel better.

Many people are feeling more stress, worry, and sadness today. Life has changed a lot in recent years. School has changed for kids; adults are dealing with work, money and health concerns. Some people are also worried about losing insurance or access to care. All of this can feel overwhelming. If these feelings are not treated, they can get worse over time. Mental health challenges can affect your sleep, your energy, and your relationships. Getting help early can make a big difference.

Depression and anxiety are real medical conditions. They are not signs of weakness. The brain is part of the body, just like the heart or lungs. When something is not working right in the brain, it can change how you feel and think.

Your brain uses tiny messengers to send signals. When those signals are off balance, you may feel sad, worried, or stressed. The good news is—treatment can help restore that balance. At Astria Health, our Behavioral Health team looks at the whole person—both mind and body. Our providers can diagnose conditions, provide counseling, and prescribe medication if needed. We work with you to create a care plan that fits your needs.

We care for adults and children ages 5 and older. Our services include:

- Mental health evaluations
- Counseling, also called talk therapy
- Medication management
- Education and support
- We treat many conditions, including:
  - Anxiety and panic
  - Depression
  - Bipolar disorder
  - PTSD (trauma-related stress)
  - OCD
  - ADHD
  - Schizophrenia
  - Chronic pain

In our community, many people feel stress from work, money, and long hours. Some feel alone or feel like they have to “push through.” While being strong is important, you don’t have to do it alone.

Care is available. Astria Health accepts Medicaid for both adults and children, so many families can get help without worrying about cost.

Some people feel unsure about medication. That’s okay. Many medications are not addictive and do not change who you are. They help your brain work the way it should so you can feel like yourself again.

If you are struggling, you are not alone. Asking for help is a strong and brave step. Just like you would get care for a broken bone, your mental health deserves care too.

Getting started is simple. Talk to your primary care provider and ask for a referral to Astria Health. At Astria Health, you will be treated with kindness and respect. We are here to support you every step of the way.

Learn more at: [astria.health/services/behavioral-health/psychiatry](https://astria.health/services/behavioral-health/psychiatry)

**You are not alone. Help is here, right here in the Yakima Valley.**

### Behavioral Health services are available:

**Astria Health Center – Grandview**  
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**Astria Health Center – Prosser**  
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**Astria Health Center – Sunnyside**  
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**Astria Health Center – Sunnyside**  
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**SERVICE CLINICS**

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**WIC - Farm Workers Clinic**  
510 W. 1st Ave.  
Toppenish, WA 98948  
P: 509-865-6677

**WIC - Farm Workers Clinic**  
620 W. 1st St.  
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P: 509-877-6167

**WIC - Neighborhood Health Services**  
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**SLEEP MEDICINE**

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# Your Mouth Matters: How Dental Health Connects to Your Whole Body

Your mouth is more than your smile—it's a window into your overall health. At Astria Health, dental care is an important part of whole-person care, helping detect early signs of serious health conditions while keeping you and your family healthy.

What happens in your mouth can affect the rest of your body—and vice versa. Dentists are often the first to notice signs of broader health concerns, including:

**Heart disease** – Gum disease has been linked to increased cardiovascular risk

**Diabetes** – Oral infections can make blood sugar harder to control, and diabetes can increase the risk of gum disease

**Infections and inflammation** – Bacteria in the mouth can spread to other parts of the body

**Nutritional or immune concerns** – Changes in the mouth can reflect underlying health issues

Regular dental visits are about more than your teeth—they are an important part of staying healthy.

## Comprehensive Dental Care for All Ages

Astria Health dentists and hygienists provide care for both children and adults, including all patients with Medicaid insurance, helping ensure access across the Yakima Valley. Our team offers a full range of services to prevent, diagnose, and treat dental concerns.

### Preventive & Diagnostic Care

Routine exams, X-rays, and cleanings help detect problems early. During your visit, our team examines your teeth, gums, and mouth, and provides guidance on how to maintain good oral health between visits.

### Restorative Treatments

When needed, we provide treatments to restore your oral health, including fillings, root canals, crowns, and bridges. These services help repair damage, relieve pain, and protect your natural teeth.

### Advanced & Supportive Care

If more advanced care is needed, we offer tooth extractions and custom dentures or partials to restore comfort, function, and appearance.

Our goal is always to preserve your natural teeth whenever possible while supporting your comfort, confidence, and quality of life.

### Regular Dental Visits Matter

Delayed or missed dental care can lead to more than cavities. Untreated issues can progress to infection, tooth loss, and complications that affect your overall health. Routine visits help:

- Detect problems early
- Prevent more complex and costly treatment
- Support management of chronic conditions
- Improve confidence and quality of life

At Astria Health, we are committed to providing accessible, high-quality dental care for our communities. Whether it's your child's first visit or ongoing care for yourself, our team is here to support your health every step of the way.

**A healthy mouth supports a healthy life—and it starts with regular dental care.**

# Start preparing for spring allergy season with these expert tips

(BPT) Spring is right around the corner! If you're among the one in four U.S. adults that suffers from seasonal allergies, it's time to start preparing for the influx of pollen and other allergens.

"The biggest mistake people make with spring allergies is waiting for the first sneeze to take action," said Dr. Fred Pescatore, M.D., a Manhattan-based natural physician and author of *The Allergy and Asthma Cure*. "If you wait for symptoms to show up, you're fighting an uphill battle. Preparing early is the difference between controlling your allergies and letting them control you."

Check out Dr. Pescatore's top tips for preparing for allergy season so you can enjoy spring with minimal symptoms.

## Change your air filter

Your HVAC air filter works hard year-round to improve your indoor air quality by removing dust, pollen and other allergens from your home. Change the filter at the onset of spring so it is operating optimally before spring allergy season arrives.

Pro tip: If you have severe allergies, don't replace the filter yourself. The old filter will be full of allergens that can trigger your symptoms during the replacement. Instead, have another household member take on the chore and dispose of it immediately.

## Manage inflammation

Leading up to allergy season, make an effort to manage inflammation before it starts. Inflammation is a normal immune response to allergens, triggering symptoms like sneezing, congestion, coughing and watery eyes.

A proactive approach can help reduce the intensity of seasonal symptoms. Foundational habits like limiting excess sugar, gluten and dairy, prioritizing sleep and managing stress all support a more balanced immune response. For those looking to add targeted nutritional support, Pycnogenol<sup>®</sup> French maritime pine bark extract has been clinically studied for its role in helping to modulate the body's inflammatory response



when taken ahead of allergy season.

While many people rely on over-the-counter antihistamines for short-term symptom relief, some prefer a more natural approach that supports overall immune health rather than simply masking symptoms.

Dr. Pescatore adds, "When recommending Pycnogenol<sup>®</sup> to my patients, I typically suggest 50 to 100 milligrams daily starting 5-8 weeks before allergy season for best results."

## Reduce pollen exposure

Pollen is one of the most common seasonal allergy triggers, so reducing your exposure is key. This is especially important now, as pollen seasons have become more intense, start earlier and last longer in recent years - largely due to climate change. Warmer weather creates the perfect environment for pollen to thrive, especially during warm days and cool nights.

Even though it's tempting to let the fresh spring air in, keep doors and windows closed to prevent pollen from entering your home and settling

on surfaces. Using a high-quality air purifier with a HEPA filter can also help reduce indoor pollen levels and improve overall air quality. In addition, avoid doing yard work like mowing the lawn before noon, when pollen counts are typically highest, and try to limit outdoor activities on high pollen-count days.

## Add a shower to your nighttime routine

If you don't shower at night, it's time to start. During the day, pollen settles on and clings to your hair, face and body. Rinsing off before going to bed prevents pollen from settling on your pillow and triggering allergies while you sleep. Plus, having a warm shower before bed can be incredibly relaxing, allowing you to settle into sleep and wake up refreshed to take on another day.

## Don't be reactive. Be proactive.

You can't control allergens, but you can make intentional changes in your life to reduce your exposure to allergens and manage your symptoms before they start. Use these expert tips to get a jump on allergy season so you can enjoy the warmer weather to the fullest!



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