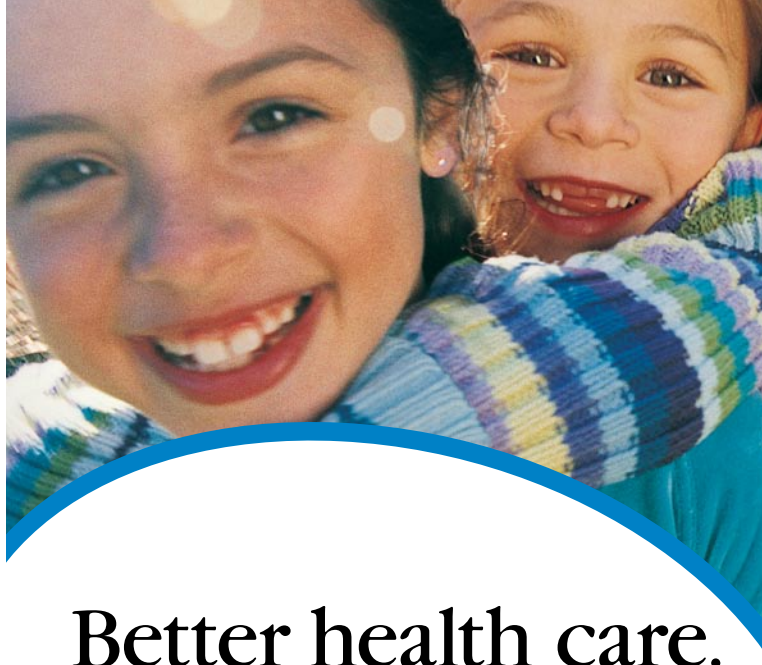


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Better health care.  
Closer to home.

**sound**  
family medicine

WE DELIVER.



## Start a relationship with better health.

At Sound Family Medicine, we're committed to improving the health of patients, their families and the East Pierce County community.

What makes coming to Sound Family Medicine so special are the personal relationships you'll develop with members of our staff. To us, you're a human being, not a series of symptoms. We'll provide you with health care that goes beyond medical tests and diagnoses. You'll be treated as a whole person—body, mind and spirit—and can count on a greater overall health experience.

## Our specialty is you.

Along with providing primary care for people of all ages, you'll also find a complete range of services at Sound Family Medicine, including preventive medicine, management of ongoing health problems like hypertension and diabetes, and treatment for many injuries and mental health issues.

From family physicians and physician assistants to nurse practitioners, we staff more family care providers than any other practice in Eastern Pierce County. So not only will you find more appointment openings, you'll also receive more quality and personal time with your provider and make better choices about your health care.

## High-tech. Personal touch.

Thanks to our secure, state-of-the-art digital records system, your health history will be immediately accessible to our practitioners at all Sound Family Medicine locations. Your records are updated digitally at the time of your visit, so your information will always be current and accurate. The system also checks for drug interactions every time a new prescription is



*SFM providers back row from left to right: Jim Gee, PAC; Sonya Cottrell, PAC; Kevin Taggart, MD and Ed Pullen, MD. Front row from left: Nancy Grubb, MD; Marc Aversa, MD; Curtis Allen, PAC and Don Sinden, DO.*

provided, helping to prevent drug interaction medication errors.

In fact, by using this technology our providers helped 20% more of our high hypertension patients achieve their goal diastolic blood pressure. This work won Sound Family Medicine two awards: one national and one statewide award for excellence. And as part of our continuous effort to serve you better, this award-winning program will soon be available for patients with diabetes, high cholesterol and other medical ailments so that everyone can better achieve long-term control of their conditions.

You'll also find this level of quality in our online services and phone systems. Just point your browser to [soundfamilymedicine.com](http://soundfamilymedicine.com) to make appointments, retrieve lab results, browse informative health news and more. Plus, you can receive practical medical advice via telephone from our on-call nurses, Monday through Friday, 7:30am to 6pm.

253-848-5951  
[soundfamilymedicine.com](http://soundfamilymedicine.com)  
3908 10th Street SE  
Puyallup, WA 98374

**sound**  
family medicine





## Which type of provider is right for me?

To help you choose the Sound Family Medicine provider who is right for you, go to [soundfamilymedicine.com](http://soundfamilymedicine.com) to read bios and find locations.

**Family Physicians** are board-certified, residency-trained specialists in family medicine. They offer comprehensive, high-quality medical care to patients of all ages, with a range of services that include: preventive medicine, injury treatment, mental health issues, vasectomies, circumcision of newborns, and the removal of many skin lesions. They take special joy in providing family-oriented prenatal care as well as delivery services at the Good Samaritan Birthing Center. And throughout your infant's life, our practitioners can care for almost all illnesses and injuries.

**Physician Assistants** or PAs are health care professionals licensed to practice medicine



**Advanced Registered Nurse Practitioners**, ARNPs, are registered nurses with a Masters Degree in patient care, diagnosis and treatment. They offer practical information with a focus on prevention, wellness, education and are readily available for patients who need to manage ongoing health issues.

## More options. More convenience.

If you need to be seen right away, patients are welcome to visit our Sound Same-Day Clinic seven days a week, no appointment necessary. These convenient clinics are at the same locations as our Sound Family Medicine offices and new patients are also welcome.

with physician supervision. As part of their comprehensive responsibilities, PAs conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, and write prescriptions.

# Better health care begins here.

Call **253-848-5951** or visit [soundfamilymedicine.com](http://soundfamilymedicine.com)

### Bonney Lake Office

19820 Hwy 410 E, Bonney Lake, WA 98390  
Fax 253-891-8574

Monday–Thursday  
8 am–5 pm  
Friday 8 am–5 pm  
Eves by appointment

**Same Day Clinic Hours**  
Weekdays 8–11 am

#### Providers

Gillian Batchelder, PAC  
Sonya Cottrell, PAC  
Susan McDonald, MD  
Sean Stout, MD

### Sunrise Office

11102 Sunrise Blvd E, #102, Puyallup, WA 98374  
Fax 253-286-2263

Monday–Thursday  
8am–5pm  
Friday 8am–5pm  
Eves by appointment

**Same Day Clinic Hours**  
Weekdays 8–10 am

#### Providers

Darin Blackburn, MD  
Denise Gruchalla, PAC  
Donald Sinden, DO  
David Nieman, PAC

### Hartland/Puyallup Office

3908 10th Street SE, Puyallup, WA 98374  
Fax 253-845-7073

Monday–Thursday  
7:30 am–7 pm  
Friday 7:30 am–5 pm  
Saturday 9 am–3:30 pm  
Sunday 1–4:30 pm

#### Same Day Clinic Hours

Monday–Thursday  
7:30 am–8 pm  
Friday 7:30 am–6 pm  
Saturday 9 am–3:30 pm  
Sunday 1–4:30 pm

#### Providers

Curtis Allen, PAC  
Marc Aversa, MD  
Sonya Cottrell, PAC  
Tammy D'Souza, DO  
James Gee, PAC  
Nancy Grubb, MD  
Jennifer Knowles, MD  
Cydne Marckmann, MN, ARNP  
Andrew Poplawski, PAC  
Edward Pullen, MD  
Kevin Taggart, MD  
Christopher Young, MD



*SFM providers back row from left to right: Cydne Marckmann, ARNP; Andrew Poplawski, PAC; Tammy D'Souza, DO; Darin Blackburn, MD; Jennifer Knowles, MD and Sean Stout, MD. Front in blue: Susan McDonald, MD. Not shown: Christopher Young, MD; Denise Gruchalla, PAC; and David Nieman, PAC.*