



Gary E. Foresman, MD and Jessica Joslyn, PA-C

Welcome to Middle Path Medicine! We would like to introduce you to Gary E. Foresman, MD, Founder and President of Middle Path Medicine and Jessica Joslyn, PA-C. Our staff is dedicated to assisting you on your journey to health and healing. In this welcome packet, you will find handouts regarding the Wellness Evaluation, BioImpedance Analysis, the Foundations of Health, the Basic Nutritional Protocol, and information about the services available to you from the team here at Middle Path Medicine.

Here is just a sampling of the information and health assistance Middle Path Medicine offers:

- **Gary E. Foresman, MD** – Fellowship Trained & Board Certified Internal Medicine Specialist, Fellowship Trained & Board Certified in Functional, Anti-Aging and Regenerative Medicine, and an Integrative Oncology Fellow
- **Jessica C. Joslyn, PA-C** – Certified Physician Assistant, graduate of the Primary Care Associate Program at the Stanford University School of Medicine. Offers traditional family care, naturopathic medicine, and Lyme disease management, and more.
- **Medical Assisting Staff** – Our Medical Assistants go above and beyond every day to ensure that all of your health & wellness questions are resolved in a timely and accurate manner. The MAs at Middle Path Medicine are your best resources for helping you achieve optimal health.
- **Intravenous Nutrition Therapy** – Administered under the direction of Dr. Foresman by our Registered Nursing staff. IV Therapy can be used to support your immune system, as an adjunct to chemotherapy, for surgery and travel preparation, and to address many other specific needs.
- **Supplement Shop** – Offering the finest herbal and vitamin nutritional support available anywhere. Each supplement is hand selected by Dr. Foresman. Our Supplement Shop offers a **10% discount** for our 55 and over shoppers every day, and everyone can take advantage of **10% off** most items every Saturday! Many of our favorite supplements are available for **Buy One, Get One FREE!** Our shop is open to the community, not just our patients!
- **www.MiddlePathMedicine.com** – Your primary source of information regarding any health concern. While visiting, sign up for our **E-Mail Newsletters** for the latest articles from Dr. Foresman and our entire staff, as well as sale announcements and any upcoming events.

What to Expect

When you become a patient, you will go through our Wellness Evaluation – this is a time to establish your chart, obtain information regarding *you*, and run some simple and effective tests that help us measure how *well* you are. The Wellness Evaluation takes 45 minutes and includes a tour of our office so you can actually see what we have to offer. Our Medical Assistants handle this visit.

Your initial appointment with Dr. Foresman will be about one and a half hours long or with Jessica the Physician Assistant one hour long. This will give you time to discuss your health concerns in detail. In order to make the most of your visit, please follow these suggestions:

1. Write down questions you have and bring a pen and paper for notes.
2. Bring any supplements, vitamins, and medicines you are taking so we can review them.
3. A copy of your specific recommendations will be provided for your reference.
4. The Middle Path Medicine Supplement Shop is here to serve you should the doctor or PA prescribe any supplements. We are happy to help you in our shop immediately following your visits. Getting the exact prescription given to you by Dr. Foresman or Jessica is the only way to ensure our ability to help you on your journey to health and healing. Most importantly, the staff at MPM can translate Dr. Foresman's utterly illegible handwriting!

Follow up visits are 60 minutes long with Dr. Foresman and 30 minutes long with Jessica, but you can schedule longer appointments when necessary. You are welcome to call MPM if you have any questions!

Our staff is here to make your visit a comfortable and positive experience. Every effort is made to confirm and keep your appointment time. Please take the time to review our cancellation policy. We request that you check in at our front desk 15 minutes prior to your scheduled appointment. This allows time for the Medical Assistant to check you in, take your vitals, and update any information in your chart.

Once again, welcome to Middle Path Medicine; we look forward to supporting you on your journey to health and healing!

Gary E. Foresman, MD
Founder & President
Internal & Integrative Medicine

Miranda Foresman
Creative Director

Maileen Apar
Receptionist

Jessica C. Joslyn, PA-C
Certified Physician Assistant

Joy Reyes
Medical Assistant

Oceana Kaufman
Medical Assistant

Patti Brubaker, RN
Registered Nurse

Nadine McKinley
Supplement Shop

Cindy Salazar
Supplement Shop

Joy Grunklee
Supplement Shop

Veronica Stevenson
Office Manager