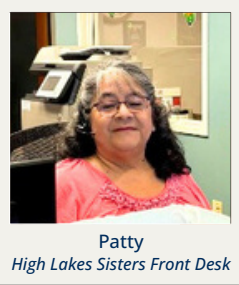
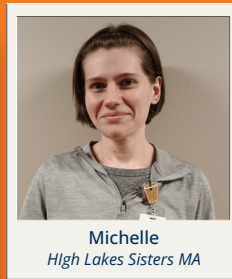


# Every Day, You Brighten Lives!



**Patty**  
*High Lakes Sisters Front Desk*



**Michelle**  
*High Lakes Sisters MA*

## You Make a Difference Every Day

Every interaction, every smile,  
every effort your work changes  
lives.



**Left to Right**  
Shelby, Bree, Melissa, Anna, Jessica  
*High Lakes Redmond Medical Assistants*

## Excellence in Care, Strength in Teamwork

Together, we provide the best care.  
Your dedication is the heart of our clinic.

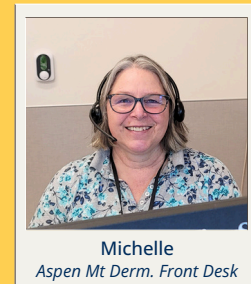
**Left to Right, Top Row, then Bottom Row:**  
Richelle, Alyssa, Genesis, Erica, Misty  
Emile, Alicia, Jessica  
*High Lakes Upper Mill Medical Assistants*



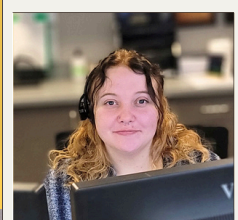
## Compassion is Our Superpower

In primary care, every act of  
kindness is a heroic act.

**Left to Right**  
Sophie, Jeanette, Rachel, Katie  
*High Lakes Cultus Lake Medical Assistants*



**Michelle**  
*Aspen Mt Derm. Front Desk*



**Nikki**  
*Primary Care Scheduler*



**Lexi & Molly**  
*Primary Care Schedulers*

## Patients First, Always

Your care, compassion, and  
expertise make all the difference.

**Yvette**  
*High Lakes Sisters MA*



## Stronger Together

Collaboration, dedication  
and heart this is what  
makes us great.



**Angel & Donabel**  
*High Lakes Upper Mill Front Desk*



# A Partnership that Matters

At High Lakes Health Care, we prioritize your health to provide better care for you and your family. That is why we have partnered with Interpath Laboratory, a locally owned and operated, clinical & pathology laboratory.



**High Lakes  
Health Care**  
PRAXIS HEALTH



**INTERPATH**  
LABORATORY

## Together, We Bring You:



**Reliability** - that you can count on



**Lowered Costs** without compromising quality



**Convenience** - On-site and integrated results

## Why Praxis Chooses Interpath:

- ✓ **Locally Owned, Family Operated.** Experience the personalized care and attention of a locally-owned laboratory.
- ✓ **Over 50 years of experience** - Established in 1967, Interpath brings decades of trusted service and medical expertise.
- ✓ **Leaders in the Industry** Interpath is the Pacific Northwest's largest independent, clinical and pathology laboratory.
- ✓ **Uncompromising Quality** Interpath delivers reliable, high-quality services without cutting corners.
- ✓ **Outstanding Customer Service** Ensuring you receive compassionate, attentive service every step of the way.
- ✓ **Shared Values** We are aligned on our commitment to providing patient-centered care.

# Why Pay More for Lab Tests?

We know that rising healthcare costs and high deductibles can be frustrating. This is why we believe in reducing costs & providing clear, easy-to-understand, transparent lab test pricing, so that more of your money can go towards what matter most—your family.



## We are Leading the Way to Lowering Costs Providing You with Transparent Pricing



Your Clinic



High Lakes  
Health Care  
PRAXIS HEALTH



Our Lab



INTERPATH  
LABORATORY

We've compared the average prices from regional hospitals to Interpath Laboratory's prices, giving you a clear view of the cost differences.

TEST NAME	AVERAGE HOSPITAL PRICE*	AVERAGE INTERPATH LAB PRICE*
Comprehensive Metabolic Panel (CMPM)	\$72*	\$10*
Lipid Panel (LIPM)	\$44*	\$21*
Thyroid Stimulating Hormone (TSH)	\$105*	\$20*
Hemoglobin A1c (A1C)	\$68*	\$14*
C4 Compliment Blood Test	\$133*	\$28*

*\*These cost estimates are based on average cash pay prices, actual prices may vary and are based on insurance.*

You have the right to choose where you have your lab work done!  
Choose Interpath Laboratory and start saving today!





# Quick Fact:

According to the American Cancer Society (ACS), **colorectal cancer** is the **second** leading cause of cancer-related deaths in the U.S.<sup>1</sup>



Author: Alyssa Abonitalla, MA



## Early signs of colorectal cancer may include\*:

- Blood in the stool
- Changes in bowel habits
- Abdominal pain
- Weight loss
- Fatigue
- Decreased appetite



## Risk Factors

- History of polyps or inflammatory bowel disease
- Family history of colorectal cancer
- Poor diet
- Sedentary lifestyle
- Smoking
- Heavy alcohol use



## Who Should Get Checked?

- Everyone should begin colorectal cancer screening at **age 45**<sup>3</sup>.



## Screening/Diagnosis

- **Colonoscopy:** A doctor examines the entire colon for abnormalities.
- **Fecal tests (e.g., FIT, FOBT):** Checks for hidden blood in the stool.
- **Flexible sigmoidoscopy:** Examines only the lower part of the colon.
- **Cologuard:** A stool test that detects for DNA biomarkers and blood.

\*Many of these symptoms can also be caused by other conditions, so it's important to consult your PCP to discuss any concerns!

### Did you know?

Men are more at risk of developing colorectal cancer than women<sup>2</sup>.

### What is the average age people begin screening for colorectal cancer?

a. 35

b. 45

c. 50

Answer: B. 45



1. American Cancer Society. Colorectal Cancer Statistics | How Common Is Colorectal Cancer? [www.cancer.org](https://www.cancer.org/cancer/types/colon-rectal-cancer/about/key-statistics.html). Published January 13, 2023. <https://www.cancer.org/cancer/types/colon-rectal-cancer/about/key-statistics.html>

2. CDC. Colorectal Cancer Statistics. Colorectal Cancer. Published June 12, 2024. <https://www.cdc.gov/colorectal-cancer/statistics/index.html>

3. CDC. Screening for Colorectal Cancer. Colorectal Cancer. Published May 9, 2024. <https://www.cdc.gov/colorectal-cancer/screening/index.html>





Now Accepting New Patients

# Welcome!

## Quick Facts About Our Provider

- Julia first worked with High Lakes as a medical assistant for our Shevlin Park clinics. Her passion for primary care blossomed as she witnessed the need for and the importance of effective primary care providers in patients' lives.
- Julia has a background in Kinesiology and is passionate about treating orthopedic injuries and helping patients get back to the activities they love.
- Julia's medical interests also include women's health, geriatrics, and mental health.
- In her free time, Julia enjoys reading, hiking, paddle boarding, and skiing.



### High Lakes Health Care Upper Mill

 929 SW Simpson #300  
Bend, Oregon 97702


 (541) 389-7741

**Schedule an  
Appointment Today!**



Scan QR Code

## Schedule an Appointment Today!

 (541) 389-7741



STARTING JANUARY 2025


# Welcome!


## Quick Facts About Our Provider

- She has always been drawn to primary care, born out of her passion for preventative medicine, and her ability to foster long-term relationships with her patients in this practice setting.
- Melanie's practice interests include obesity and weight management, menopause counseling and management, care of LGBTQIA+ populations, and providing patient-centered care to promote health and well-being for her patients.
- In her free time, she enjoys travel, hiking, yoga, Nordic and alpine skiing, scuba diving, stained glass art, singing and playing her ukulele.



### High Lakes Shevlin Park - Cultus Lake

 2165 NW Shevlin Park Rd  
Bend, Oregon 97703


 (541) 389-7741

**Schedule an  
Appointment Today!**



Scan QR Code

## Schedule an Appointment Today!

 (541) 389-7741