

Naturopathic Dr. Duncan in town

By
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There is a new Naturopathic doctor in town. Dr. Duncan has joined the office of Margaret Philhower, ND in Takilma and is available there on Wednesdays. He specializes in cancer care, cardiovascular wellness, diabetes care and mitochondrial function optimization.

Dr. Duncan is originally from Utah where he grew up in a small farming community that lay at the foothills of the Uintah mountain range. He loved the mountains in his backyard there and Southern Oregon feels like home to him because it reminds him of the place he grew up. Duncan comes from a large family and now has three children and a wonderful wife who keeps him healthy.

Dr. Duncan is an Air Force veteran who fell in love with serving others. After several years of service, he decided to go to medical school to fulfil his childhood dream to become a doctor. Around the time he graduated from undergraduate studies, a close family member was diagnosed with cancer. Seeing him go through treatment lead Duncan to look into alternative approaches to conventional medicine. He eventually

found Naturopathic Medicine and the profession’s philosophy made sense to him. While pursuing his medical degree he became deeply involved in researching nutrition, brain health, cardiovascular health, endocrinology and environmental medicine. Duncan earned a bachelor’s degree in biology from the University of Houston-Downtown and a doctorate in naturopathic medicine from Bastyr University in Seattle.

Dr. Duncan says, “My intentions for my first year of practice are to stay grounded, get involved in my community, build a practice that people associate with excellent care and cure and change the community’s expectations regarding the standard health care model. In the future, I see myself further developing my new affordable health care model where the doctor and patient are able to spend as much time as needed together to come to a resolution that results in the patient not only getting better but stronger, more focused and more mobile too. Once my patients get to the point where they no longer need to see a physician, I like to help them maintain health with yearly checkups, tips and tricks.”

On his time off Duncan loves to fish, hunt, camp, hike, snowboard, rock climb, hang out at the beach, and play guitars with friends and family.

Duncan says, “If there are community

members who would like to develop a sustainable health plan that is geared toward increasing their vitality and achieving cure,

I’m seeing patients on Wednesdays in Takilma and the rest of the week at Siskiyou Vital Medicine in Medford.”



Health care for every Oregonian: A guest opinion by Dr. Christine Perala Gardiner

The health insurance industry is one of the most profitable private sectors in the U.S. just after energy and banking. In the U.S., health care is treated as a commodity, available to those who can pay. More than 60 percent of all Americans, even those who have some coverage, must often choose between basic necessities (like housing, transportation and food) and their medical needs.

Health Care for All Oregon (HCAO) is a state non-profit formed to frame the topic of health care for all Oregonians. The idea is not new or original. Publically funded or single payer health care provides for every citizen in many countries, including Switzerland, Japan, France, Canada and indeed most of the rest of the “industrialized” world. The State of Vermont has led the U.S.

by becoming the first state to use a section of law that allows states to implement Medicare for every person in the state, not just covering seniors under the federal Medicare program.

Under publicly funded health care, access to needed medical care is seen as a public good, like bridges and the fire dept. Lack of access to health care burdens public resources in many ways, not least with the faster spread of communicable diseases. When a person waits until their condition is critical before seeking help, the costs and risks of care are much, much higher than if the problem were handled early. Many think that people should not fear losing their home if they are injured or become ill. Medical bills now lead as the primary factor in U.S. bankruptcy claims.

HCAO sponsors Citizen Lobbying Days at the Salem Capitol, to bring Oregonians face to face with our elected officials. I joined a group from Southern Oregon, who visited our state Sen. Herman Baertshiger in his Salem office, to find out his views on pubic health care.

Seven days into this “long session” (Feb. – June 2015), Baertshiger said Cover Oregon (Oregon’s version of ObamaCare) is now a hot topic. As someone who has attended a lot of session meetings on this topic, and has actually read the legislation, he said our state health care program is still too complicated to understand. Herman listened to our concerns regarding our expensive health care system that delivers such poor results. For example, the American people pay more than

any other country for health care, yet the U.S. is ranked No. 35 in life expectancy and No. 27 in infant mortality among industrial nations.

Compare Medicare with 2 percent administration costs versus private insurance companies charging 20-35 percent administration charges. It’s easy to see that reducing administration costs by 18-33 percent will free up a lot of money to provide medicine for people who need it.

An important aspect of the HCAO bill is that every doctor and hospital in Oregon is fully funded, with a strong emphasis on preventative care. This would greatly reduce the need for bloated billing departments. It reduces the burden on every Emergency Room, as patients go to see a doctor early when a medical issue arises, rather than waiting till

they reach crisis stage to begin asking for help. Oregon could purchase medicines at 50-60 percent discounts (like the VA), and pass those savings on to all patients. These are some of the ways that HCAO reduces the costs of delivering medicine, while improving services.

Do you think the time has come for Oregon to shed the heavy burden of fees paid to the lucrative health insurance industry? I invite you to learn more about how we can reduce the real costs of our health care system while improving services. We need at least 1 million Oregon voters to support this initiative for affordable health care to become reality in Oregon. Visit www.hcao.org to learn more.



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