



*'The secret in the care of the patient is in caring for the patient'*

## Welcome!

Congratulations on selecting the best internal medicine practice in Phoenix. We want you to know what all of us truly believe: *the secret in the care of the patient is in caring for the patient.*"

Whether you have come through a referral from a doctor or through the advice of a friend or relative, we would like to give you some background about our office.

Please take a few minutes to read our office packet. You will find some valuable information on how our office works and how you can access the staff and Dr. Lakin for your medical needs.

We also want to introduce you to our website, [www.doctordoug.com](http://www.doctordoug.com). Through our secure patient portal, we offer the convenience to schedule appointments, refill your prescriptions, and reference other specialty doctor's that Dr. Lakin works with on-line. We also publish a newsletter to update you on current medical issues, what's new in the office, and hopefully bring a smile to your face. Be sure to add your email address to the portal on our website to receive your copy at <https://lp.constantcontactpages.com/su/HFp8mGZ>.

Our office is equipped and staffed to provide a variety of comprehensive medical care services for our patients. For your convenience, we have a full laboratory drawing station in our office. When blood work is ordered, we can complete the work here, so you do not need to go to another facility. We usually have routine lab results in 24 hours. Dr. Lakin does treadmill testing in the office. We have a dedicated room for treadmill and EKG testing. We also do in-office glucose, urinalysis, and protime testing.

The office is conveniently located on the northeast corner of Mt View and 90<sup>th</sup> Street; minutes away from HonorHealth Scottsdale Shea Medical Center for emergency care, and Scottsdale Medical Imaging for radiology procedures.

Our staff members are all professionals in their fields. From our front desk, to our back office: we are here to help you with your medical needs.

Although we are not a 'concierge medical office', our practice does have an annual administrative fee of \$500.00. This fee helps offset some of the extras we do for you in our office and is payable during the calendar year.

We encourage you to take an active part in your healthcare and hope you join us for the many events Dr Lakin has planned for 2021.

Again, welcome to Dr. Lakin's practice. We look forward to serving your medical needs!

## **'FROM THE DOC'**

I'm 57 years old now.... the age my father was when he retired back in 1991 after struggling with health issues. Fortunately, I'm healthy and I don't see any end in sight for my career. I'm moving into my 30<sup>th</sup> years of practice (33rd as a physician) and I love what I do.

As yearly events mark the passage of time, I do get to reflect on my work and my choices.....and overall, I'm satisfied with my path..... It's an interesting place in one's career. In giving my staff impressions for the upcoming few years in the office, I made the point that I have an impressive group of contemporaries from Johns Hopkins that I compare myself with.

My class is a group of outstanding individuals...and they've accomplished a great deal. They are..... Head of Oncology at Johns Hopkins, Head of Scientific Research at Johns Hopkins Medical School, Head of Urology at Johns Hopkins, Dean of Medicine at University of Indiana, the Dean of Meharry Medical School....and these are just the ones that I can readily identify. In addition, just a month ago, one of my medical chiefs (William Kaelin, MD) won the Nobel Prize in medicine for 2019. And this is just to name those whom I have readily heard about.

I, on the other hand, have pursued a more straightforward path, one of traditional practice, but I think in doing so we have created something special here in Scottsdale. Myself, and the entire staff, are dedicated to the principles that were inculcated in me at Johns Hopkins....that of excellence and care.

We were taught in training that: Excellence is not an act...it is a habit. You are what you do every day.

With this in mind, we strive, every day in this office, to be the best we can in providing personal attention and highest level medical care to those who seek our assistance and expertise.

With such accomplished medical brethren, I would feel satisfied with nothing less.

It is an honor to serve you now...and in the coming years.....and as my oldest patient, a 104 year old fellow, tells me....'you're just getting started.'

All the best.

*Dr. Lakin*

# DOCTOR DOUG

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## CURRICULUM VITAE

**DOUGLAS MAYNARD LAKIN, MD**

**2021**

### Education:

- Arizona State University, Bachelor of Arts, Honors Program/Department of Philosophy 1983
- The Johns Hopkins University School of Medicine, Medical Degree 1987
- The University of Iowa Hospitals and Clinics, Medical Residency, Department of Internal Medicine 1990

### Certification and Licensure:

- State of Arizona, 1990
- Board Certified, Internal Medicine, 1990

### Employment:

- Hospital Staff, Scottsdale Healthcare 1990-Present
- Private Practice, Scottsdale Arizona 1990-Present

### Honors:

- Phi Beta Kappa 1982
- Outstanding Graduate, College of Liberal Arts, Arizona State University (#1 out of 6,000 graduates), 1983
- Mauer Award at Arizona State University (for outstanding academic achievement and civic contribution) 1983
- Outstanding Alumnus, Barrett Honor's College, ASU, 2003-2004
- Top Doc, Phoenix Magazine, numerous years

### Organization Memberships:

- American College of Physicians
- AMA

### Research:

#### Arizona State University:

- Honors thesis defined role of pheromones in the development of species differentiation of two native Arizona Species of fruit flies, *Drosophila arizonensis* and *Drosophila mojavensis*.  
Mentor Theresa Markow, PhD
- The Johns Hopkins University School of Medicine: research on the development and differentiation of prostate cancer in a rat model.  
Mentor John Isaacs, PhD

### Private Practice:

#### F1290-02

- "A randomized, double-blind placebo-controlled multicenter evaluation of the efficacy and safety of two doses of phosphatidylserine (BC-PS) in the treatment of patients with age-associated memory impairment (AAMI)."

#### F1290-09

- “An open-label, multicenter trial of phosphatidylserine (BC-PS) in patients with age-associated memory impairment.”

#### Glaxo Pr. S3A T28

- “A randomized, double-blind evaluation of the efficacy and safety of ondansetron and placebo in the outpatient treatment of patients with age-associated memory impairment.”

#### Glaxo Pr. S3A 258

- “A randomized, double-blind evaluation of the efficacy and safety of two doses of ondansetron and placebo in the outpatient treatment of patients with age-associated memory impairment.”

#### The Keys

- “8 Principals For Achieving Better Health”  
by Douglas M Lakin, M.D.”

#### The Diet

- “A Pocket Guide for Managing Medical Symptoms” by Douglas M Lakin, M.D. & Debra Landau-West, MS, RD”

#### The Guide

- “The Guide – A Pocket Guide For Managing Medical Symptoms” by Douglas M. Lakin, M.D.”

#### Thrive 101

- “Health & Wellness for College Students” by Douglas Lakin M.D., Debra Landau-West M.S.,R.D.

#### Taking Control

- “Advance Care Planning Guide for When You Become Seriously Ill” by Linda Stehling, MD, Douglas Lakin, MD.

#### The Barrett Guide

- “Health & Wellness for ASU College Students” by Douglas Lakin, MD, Debra Landau-West, M.S.,R.D., Caroline Abboud

#### The New Guide

- “A Pocket Guide for Managing Medical Symptoms”, by Douglas M Lakin MD & Debra Landau-West, M.S., R.D.

#### CURRENT OFFICE ADDRESS:

Paradise Valley Medical Clinic, PC  
9977 N. 90<sup>th</sup> Street  
Ninety Mountain View  
Suite 180  
Scottsdale, AZ 85258

480.614.5800 (Phone)

480.614.6322 (Fax)

e-mail: douglakin@doctordoug.com

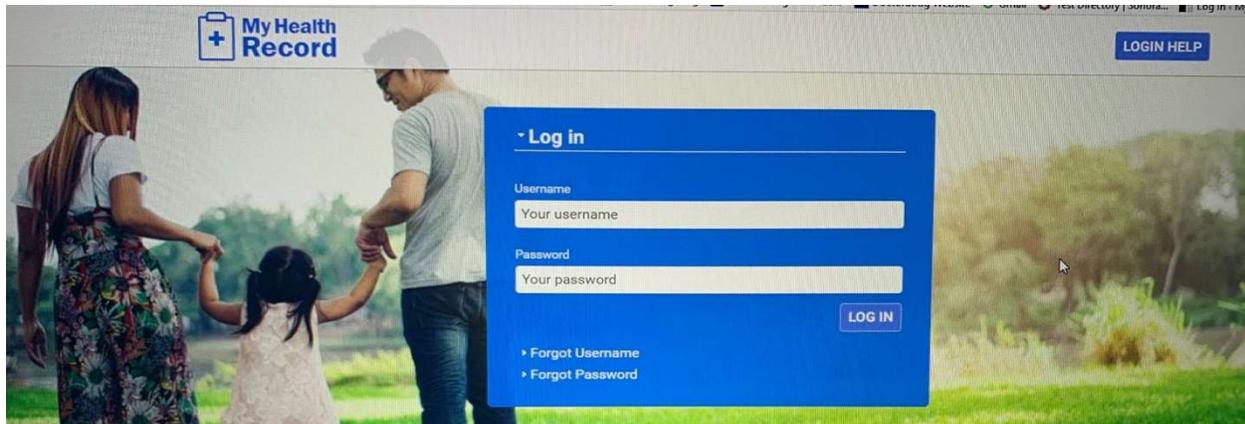


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his Podcasts at:  
[www.doctordoug.com](http://www.doctordoug.com)**

**Or:**

**[douglakin.podomatic.com/](http://douglakin.podomatic.com/)**

# DR. LAKIN'S SECURE PATIENT PORTAL 'MyHealthRecord.com'



Dr. Lakin and staff are very excited to announce our secure patient portal!  
We changed vendors, and our new secure portal, [MyHealthRecord.com](https://MyHealthRecord.com), is easier to use and easier for us to respond to your medical requests.

## At your convenience

- View your health record from any Internet-enabled device
- Exchange secure messages with Dr. Lakin and staff
- Request and manage appointments

## Anytime access

- Lab orders
- Test results
- Upcoming appointments

To be linked to our new patient portal, [MyHealthRecord.com](https://MyHealthRecord.com), you are required to complete a short questionnaire. This is a very simple process.... quick and easy. If you need assistance, we are always here to help.

*Call us to get your invitation email and register today!*



**Join Dr. Lakin on twitter:**

**User name: 'DoctorLakin'**

**<http://www.twitter.com>**

D O C T O R  D O U G

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**VISIT DR. LAKIN'S WEBSITE!**

**[www.doctordoug.com](http://www.doctordoug.com)**

**BE SURE TO REGISTER YOUR  
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Visit Dr. Lakin's Website For More..... [www.doctordoug.com](http://www.doctordoug.com)



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