

Community Health

Meet Dr. Hamidzadeh, our new dentist



Community Dental Clinic has a new dentist on staff and she is eager to help patients with any dental problems. Ekaterina (Katia) Hamidzadeh, DMD, a.k.a. Dr. H., joined the practice mid-October, and will be seeing new patients as well as taking over the patients of Dr. Bratt, who departed for NYC to be closer to his family.

Hamidzadeh hails from a rural area near Moscow, Russia, where all types of health care resources, including dental, were limited. She was inspired to become a dentist after enduring traumatic dental experiences as a child.

“All procedures were done without anesthesia and on old equipment,” Hamidzadeh says. “There were two dentists who served our community and the school system. They came to schools and took kids out of classes for treatment. There was no escaping it. As a result, I have anxiety around my own dental procedures and can relate to my patients who also have anxiety. I swore I would become a dentist and no child would ever shed a tear like I did.”

Hamidzadeh’s sister emigrated to the U.S. in the 1990s, followed by their father. The family was united in 2003, when Dr. H. came to the U.S. to attend dental school. She received her undergraduate degree in biology from Florida International University, and her dental degree from University of Florida.

Hamidzadeh likes variety, and that is why she chose general dentistry rather than

a specialty. She says the most important aspect to dental care is regular check-ups. Next comes a good diet, especially for children, whose teeth and mouths are developing. She just says “No” to Soda, which has so much sugar and acid that it dissolves teeth.

“Most of the population is malnourished, especially children,” Hamidzadeh says. “They are eating foods high in sugar, with little essential nutrients. This can cause devastating effects in the mouth. You can tell a lot about people’s overall systemic health and habits from their mouths. Even first signs of systemic illnesses such as diabetes can be detected from looking at a person’s mouth.”

For toothpaste, Dr. H. recommends any fluoride tooth paste. She also says gum chewers should use Xylitol sugar free gum.

Before moving to Lamoille County, Hamidzadeh worked at a private practice in Jacksonville, FL. Her husband is an active-duty military dentist based in Georgia. As a family, they decided to move to Stowe because it offered the lifestyle and family values they sought, as well as the opportunity to serve the community. They have an infant son and two German Shepherd dogs. They enjoy being outside and skiing.

Hamidzadeh is looking forward to settling in Lamoille Valley. “I’m very excited to become a member of this community and I hope it will become my forever home.”

Welcome Dr. Sheldon Ravin



Sheldon J. Ravin, DO, has joined Morrisville Family Health Care as a family physician. He will be building his own panel of new patients, in addition to seeing patients previously with Dr. Delores Burroughs-Biron, who was recently appointed medical director at Woodridge Nursing Long Term Care and Rehabilitation Center.

Dr. Ravin graduated from Chicago College of Osteopathic Medicine. Prior to joining the CHSLV group, he was a primary care

associate at a private practice in Colorado Springs, CO., and staff physician at a hospital. He served on numerous medical boards, ran a drug and alcohol program, was a principal investigator in pharmaceutical studies, a researcher, lecturer, writer, and medical director, and a medical student teacher and mentor.

Because he enjoys working in different medical fields, Dr. Ravin chose family practice. "I like all medicine, taking care of people, and using my brain to make accurate diagnosis that are critical for patient management," he says. "Primary care providers can oversee consistency in patient care and help patients navigate the complex field of medicine. As a medical

home, CHSLV provides a complete care package and support system for its patients."

Dr. Ravin and his wife had been coming to Vermont for many years to visit friends in Greensboro and fell in love with the area. They looked for a place to retire and found it in Craftsbury. "I'm not ready to retire yet, but I was ready to leave Colorado, which has become very crowded. I feel serenity in Craftsbury, not the frenetic pace of Colorado. It's a lot more relaxed."

An advocate of the importance of exercise and a healthy lifestyle, Dr. Ravin cycles and plays golf, and can now enjoy those activities in Vermont's picturesque landscape. He also paints, likes a good book, and cooking a flavorful meal to share with friends and family.

Breastfeeding education and support

Breastfeeding for a first-time mom has a learning curve and can sometimes be stressful, so it's good news that Lamoille Valley has a new board-certified lactation consultant. Gloria Tuthill, RN, BSN, a member of CHSLV's Community Health Team, became an international board-certified lactation consultant this past summer. Lactation consultants are professional breastfeeding specialists trained to teach mothers how to feed their babies. They help women experiencing breastfeeding problems, such as latching difficulties, painful nursing, and low milk production.

Tuthill, a maternal child health nurse and mother of a toddler, was inspired to pursue the certification after having problems breastfeeding her own newborn. "I had latch issues," she says. "The first two weeks were really difficult, so I met with a lactation



Gloria Tuthill
RN, BSN

consultant. She was wonderful, and I was able to continue breastfeeding."

When Tuthill meets with a new mom, the first thing she does is find out what

the mother's goals are. Does she want to breastfeed for two weeks, two months, two years, not at all? Then she devises a plan to help mom be a successful breast feeder. She checks in with her every two weeks to provide education, support, and the tools to be successful.

"I help with latch issues or other concerns. It can be a simple fix, or more complicated. A shallow latch is most common. In the early days, it can cause abrasions on the nipple, which in turn can cause inability to get enough milk. I'll help mom adjust the infant's latch so the baby gets a full feeding and is satisfied," Tuthill explains. "A woman's body can produce a milk that is specifically formulated for her baby."

For more information about breast feeding or to schedule an appointment with Gloria Tuthill, RN, BSN, call Morrisville Family Health Care, 802-888-6008.