



Since 1986

# DOCTORS CLINIC HOUSTON



## TRANSPORTATION AVAILABLE

Seven convenient locations  
in and around Houston

Monday-Friday ..... 8:30 a.m. - 6:00 p.m.  
Saturday ..... 9:00 a.m. - 1:00 p.m.

[WWW.DOCTORSCLINICHOUSTON.COM](http://WWW.DOCTORSCLINICHOUSTON.COM)







## MEDICAL SERVICES

Doctors Clinic Houston has been providing quality medical care in the Houston area since 1986. Our seven medical clinics, conveniently located throughout the Houston area, are staffed with board certified orthopedic surgeons and Neurosurgeons as well as Neurologists and pain management physicians.

Our patients' overall health is very important to us; which is why we have a team of doctors that specialize in different areas of medicine, so that we can provide total health care.

Here are the services that we offer;

- Traumatic and High Impact Injuries
- Family and Internal Medicine
- Physical Medicine/Rehabilitation
- Diagnostic Services (Digital X-Ray, MRI, Cat Scan, & Lab)
- Psychological Treatment/Therapy
- Workers Compensation / Industrial Injuries
- Maritime Injuries
- Chiropractic Care
- Immigration Examinations

Each function within our system is designed to:

- Provide Same Day Medical Services
- Provide Accurate Documentation
- Document Work Status
- Provide Comprehensive Medical Services – NEGOTIATION for all services through Doctors Clinic Houston
- Obtain Medical Records from ER, MRI and other Providers, quickly and at no charge
- Provide prescription delivery to the home or clinic
- Provide Precise and Expeditious Narratives



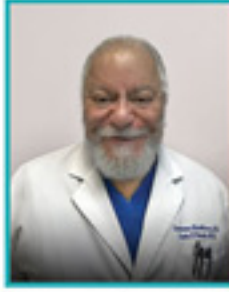
When you have clients whose injuries are a result of an accident or an on the job injury, consider Doctors Clinic Houston as your quality care provider. Your clients will appreciate the convenience of choosing from our seven Houston locations. We accept Medicare, Medicaid, PIP, HMO, and PPO insurances. Doctors Clinic Houston offers a complete health care service, so there will be no need for your clients to go to any other facility.

In addition, we provide extended hours of operation for your clients, including Saturdays. Our Central Billing Office will provide narratives and medical bills within two weeks of client release.



### Dr. Louis Varela, MD

A native Houstonian, physician, served in the U.S. Army as General Medical Officer, business owner, entrepreneur, married and father of four children. Dr. Varela is fluent in English and Spanish.



### Dr. Leslie Allison, MD

Dr. Allison earned his bachelors' degrees in biochemistry and biology at Queens University in Kingston, Ontario, Canada. He earned another bachelor's degree in medical science and his doctor of medicine specializing in Family Medicine at Memorial University of Newfoundland in St. John's, Canada in 1988. Later on, Dr. Allison finished an MBA emphasizing finance and administration at the University of Houston in Texas. Dr. Allison is fluent in English, French, and Spanish.



### Ms. Inyang Isemin, FNP

Ms. Inyang Isemin is a compassionate and dedicated family nurse practitioner with 8+ years of experience and 21+ years of overall nursing experience. She has a diverse clinical background in family and internal medicine, home health, behavioral health, alzheimers/dementia, long-term, and medical-surgical nursing.



### Ms. Anne Halvorsen, FNP

Ms. Halvorsen is a Board-Certified Family Nurse Practitioner. She received her Bachelors in Nursing from University Texas Medical Branch, Galveston in 2011 and her Masters in Nursing from Tusculum University, Greeneville, TN graduating in 2020. As a family Nurse Practitioner, Anne has been trained to treat the whole family, from infancy to the elderly. Anne can assess, diagnose and treat the majority of conditions that present in the clinic. Anne also knows that patients with complex conditions sometimes need to see a physician or a specialist and can refer these patients to the appropriate provider. She is passionate about preventive care, mental health, LGBTQIA+ and trauma informed care.



### Dr. Federico Valderrama, MD, PA

Dr. Valderrama graduated from Universidad Nacional Autonoma De Mexico, Iztacala in 1969 and specializes in Family Medicine. Dr. Valderrama completed his first and second year of Internal Medicine residency at Lancaster V.A. Hospital in New Brunswick, Canada, and Worcester, Massachusetts. On his third year of residency Dr. Valderrama moved to Waco, Texas where he completed his Family Practice Residency. Dr. Valderrama is Fluent in English, and Spanish.



### Ms. Viviane Nguyen, DNP, FNP, BC

Ms. Viviane Nguyen, DNP, FNP-BC has been practicing in the medical field for over 20 years. She is very passionate and committed to providing patient-centered care to all of her patients. She is professionally skilled in Disease Prevention, Disease Management, and Primary Care. Ms. Nguyen's long term vision includes becoming a Professor at a nearby university. For leisure, she likes to read books, practices yoga & meditation, and enjoys traveling with her family.



### Mr. Herman Spivey, FNP, BC

Herman Spivey, APN (Advanced Practice Nurse) and his wife have recently relocated to the Houston area after raising their two daughters in San Antonio. He is excited to be a part of the Doctors Clinic Houston team. As an RN and ANP, Rhett has had experience with inpatient as well as outpatient care since 2007. His time as a bedside ICU nurse and in the community clinics has helped form a passionate desire to see everyone treated as an individual with focused and high standards of care. He is trained and worked especially in Cardiology, Diabetes, Weight Management and Bioidentical Hormone Replacement for those years.



### Ms. Jancy Cherian, FNP

Ms. Jancy Cherian is a Board-Certified Family Nurse Practitioner. She is very passionate and committed to providing patient-centered care to all her patients.

She is highly skilled in planning, coordinating, and managing patient care as an advanced Nurse Practitioner that contributes to delivering high quality services by keeping in compliance with hospital standards.



# PAIN MANAGEMENT

Doctors Clinic Houston understands the importance of comprehensive pain management, including psychotherapy and other pain management treatments in cases of traumatic injuries.

It is important to know what causes the pain. At Doctors Clinic Houston we properly examine and diagnose our patients in order to be able to accurately document, evaluate, and treat your injured client.



We have a compassionate staff that will educate your client with their condition and treatment options.

Such as;

- Epidural Steroid Injection (ESI)
- Facet Joint Injections
- Surgical Intervention



## Dr. Naveen Ramineni

Dr. Ramineni is a fellowship trained and board certified physician specializing in the evaluation and treatment of musculoskeletal and spinal disorders through interventional spinal procedures.

Dr. Ramineni is board certified in Physical Medicine and Rehabilitation with sub-specialty board certification in Pain Medicine through the American Board of Medical Specialties.





# PHYSICAL THERAPY / REHABILITATION

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Some conditions can be treated with therapy. This can reduce pain, improve and restore mobility following traumatic injury.

Our doctors will diagnose the condition and provide proper treatment options. Each patient's individual treatment plan is geared toward reaching specific rehab goals; passive and active modalities are utilized in the treatment of traumatic injuries.

- Ultrasound
- Heat
- Cold
- Electrical Stimulation
- Manual Therapy Skills
- Manual Traction
- Mechanical Traction
- Synergy Systems

PAIN MANAGEMENT  
PHYSICAL THERAPY





Orthopedics is the study and research of the musculoskeletal system (muscles, bones, joints, nerves, etc.). Having the right specialist is the key to achieving the best possible outcome. Our orthopedists at Doctors Clinic Houston work closely with patients dealing with acute and chronic musculoskeletal conditions as the result of traumatic injuries. In order to care for all of our patients' needs, Doctors Clinic Houston is staffed with additional specialists such as;

- 1- Board Certified Pain Management Specialist
- 2- Board Certified Neurosurgeon
- 3- Board Certified Orthopedic Surgeons
- 4- Plastic / General Surgeon (Burn, Scar)
- 5- Gastroenterologist
- 6- Hand Specialist
- 7- Neurologist



Some specific conditions treated by our specialists are;

- |                                |                 |                   |
|--------------------------------|-----------------|-------------------|
| • TBI (Traumatic Brain Injury) | • Knee Injury   | • Disc Herniation |
| • Shoulder & Elbow Injury      | • Spinal Injury | • Sciatica        |
| • Hand & Wrist Injury          | • Back Injury   | • Joint Pain      |
| • Facet Syndrome               | • Neck Injury   |                   |

## TRAUMATIC BRAIN INJURY (TBI)

When post-injury patients present with symptoms such as insomnia, dizziness, blurred vision, headaches, eye pain, daytime sleepiness, anxiety, fear of driving, and mood swings, a traumatic brain injury (TBI) should be suspected. Providers at Doctors Clinic Houston thoroughly assess post-injury patients that display these symptoms via diagnostic neural screening to diagnose and treat TBI.

DCH networks with expert Specialists such as Neurologists, Neurosurgeons, Psychologists, and Psychiatrists, who utilize the latest technologies to diagnose and treat the victims of this injury. Some diagnostic studies used to evaluate include MRI with DTI (Diffusion Tensor Imaging), NeuroQuant imaging, and Brain View testing equipment. Our providers understand the importance of timely assessment and diagnosis of this condition to restore a patient's overall health and quality of life.



### NeuroQuant: A Medical Imaging Aid to Early Detection of Alzheimer's

This program, called NeuroQuant, is the first of its kind available to assist with diagnosis. NeuroQuant analyzes high-resolution images from an MRI scan of the brain to quantify the volume of the hippocampus, temporal horn, and other brain structures.



# NEUROSURGEON

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## Dr. Remi Nader, MD

Dr. Nader completed his medical studies at McGill University in Montreal. He later followed a general surgery internship in Texas at the University of Texas Medical Branch where he obtained his residency in neurosurgery.

He also completed a sub-specialization in skull base surgery at the University of Arkansas for Medical Sciences. He is one of 4 doctors at Baptist Hospitals of Southeast Texas and one of 36 at Baylor St. Luke's Medical Center who specialize in Neurological Surgery.



## Dr. Yan Michael Li, MD

Dr. Yan Michael Li is an award-winning fellowship-trained neurosurgeon who specializes in the treatment of complex spine diseases and brain & spine tumor. Dr. Li has strong clinical interest in simple and complex spine surgery, minimally invasive spinal surgery, and computer-assisted spinal navigation and robotic surgery.

Dr. Li's clinical focus includes all aspects of spinal surgery such as including herniated disk disease with nerve compression, degenerative spine stenosis, complex spine tumor, trauma and deformity diseases.



## Dr. Gary Kraus, MD

Doctor Gary Kraus is Board Certified by the American Board of Neurosurgery, is Fellowship trained, and is recognized as a top Houston neurosurgeon by his peers and patients.

Dr. Kraus has special expertise in non-surgical and minimally invasive Treatments of spinal problems. Although he has performed thousands of surgical procedures, Dr. Kraus routinely treats pain patients without surgery. His patients find him to be approachable, and his demeanor is kind and compassionate. Dr. Kraus has always held to a higher standard in patient care, for which he receives many honors and awards.







## ORTHOPEDIC SURGEONS

### Dr. Jose E. Rodriguez-Cordova, MD, FACS

Dr. Rodriguez is board certified by American Board of Orthopedic Surgery and practices advanced general orthopedics and is sub-specialized in Orthopedic Spine and Neck surgery. He completed his fellowship in spine surgery at Texas Back Institute in association with UT Southwestern Medical School.

Licensed in: Texas, New York, and Puerto Rico  
Dr. Rodriguez is Fluent in: English, and Spanish



### Dr. Anthony Owusu, MD

Dr. Anthony Owusu is a fellowship trained Orthopedic Spine Surgeon specializing in Minimally Invasive Spine Surgery. His fellowship training was completed at the prestigious Texas Back Institute in Dallas.

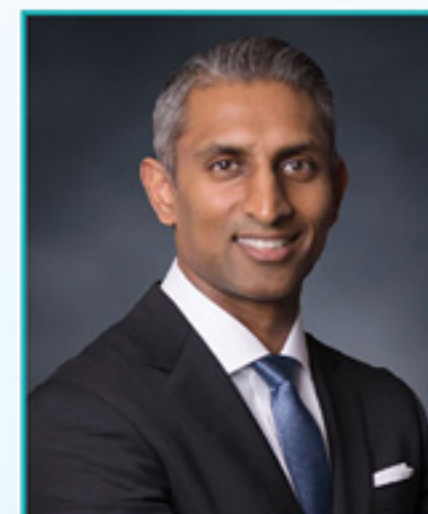
Before this advanced spinal training, he completed his orthopedic residency at the Medical College of Virginia and Howard University College of Medicine in Washington, DC. Dr. Owusu has performed hundreds of spinal procedures and has published and presented industry-leading research in spine surgery.



### Dr. Dushi Parameswaran, MD

Dr. Parameswaran completed his graduation from University Of Louisville School Of Medicine in 2004. He's a sports medicine trained Orthopedic Surgeon who treats injuries of the shoulder, elbow, hip, knee, foot, and ankle. Board-Certified and fellowship trained, he is dedicated to getting patients back to work and/or back to a normal lifestyle as quickly as possible.

He utilizes the latest techniques in open and minimally-invasive surgery. Areas of expertise include: Shoulder Arthroscopy for rotator cuff repair; Knee Arthroscopy for cartilage repair and transplantation, Knee Alignment (ACL) Reconstruction, and kneecap problems; Shoulder and Knee Replacement; Treatment of broken bones of the arms and legs from work injuries, sports related injuries and accidents related injuries.





# PSYCHOLOGIST

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## Dr. Andrew G. Brams, Ph.D., L.S.S.P

I have worked as an independent practitioner since 1999 and have been an advocate for mental health awareness for many years.

Through assessment and therapy services, the client and/or their caregivers are guided, educated and given emotional support in their quest to seek happiness and success. Every client is different and requires a somewhat different approach to their needs.

I believe humor and humility can have a profound impact on the therapeutic relationship and going “places” that have been labeled with sadness, anger and anxiety. The client is not here for me; I am here for the client and use what they bring into the assessment and therapeutic experience.



# PODIATRIST

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## Dr. Elnaz Sabeti, DPM

Dr. Sabeti, A local of Houston completed her undergraduate degree in Bachelor of Science in Biology from the University of Houston in 2010.

She then continued her studies at UT San Antonio to obtain a second Bachelor’s degree from UT Health Science center; Dr. Sabeti completed her professional education as Doctor of Podiatric Medicine at New York College of Podiatric Medicine in 2016 and continued her comprehensive Foot and Ankle Surgery and Medicine training surgical at Wyckoff Heights Medical Center in Brooklyn, New York.



ORTHO SURGEONS  
& SPECIALISTS



# IMAGING SERVICES

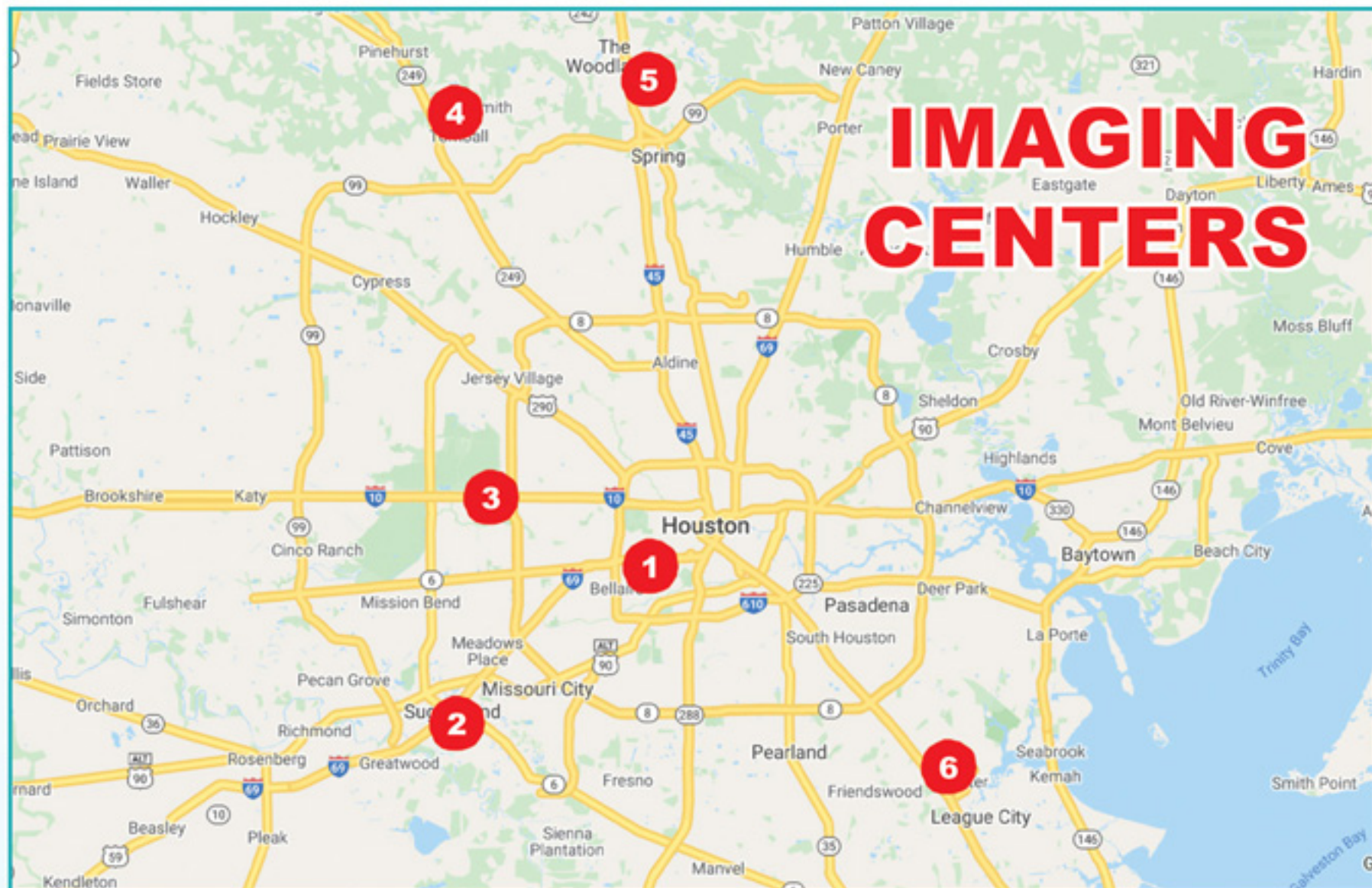
Doctors Clinic Houston is pleased to offer comprehensive diagnostic imaging services to diagnose a wide range of medical conditions following traumatic injuries.

Having the right tools to diagnose your client's condition is vital to providing the right treatment. We utilize cutting edge technology, in order to be accurate with our diagnosis and prognosis.

Imaging services offered are;



**MRI - CT - Digital X-Ray - Ultrasound - C-arm (Mobile Fluoroscopy) - EMG**



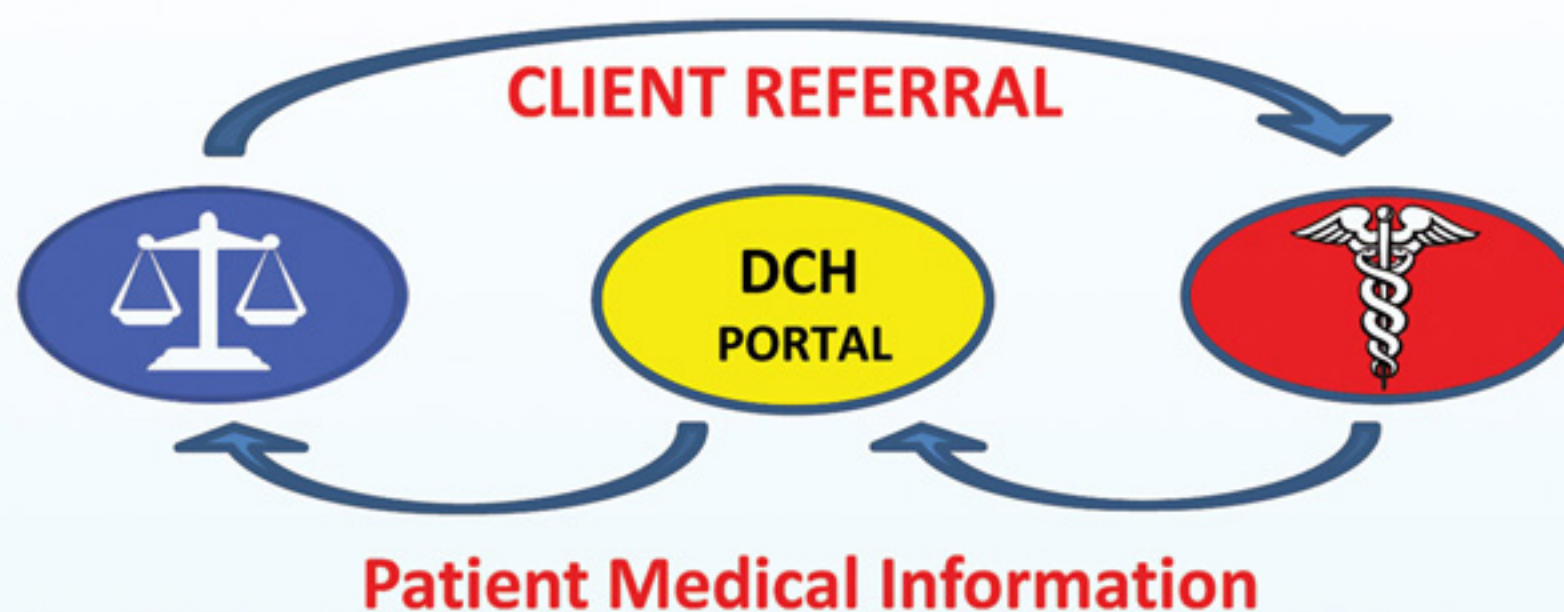
- |  |  |
|--|--|
| <b>1</b> 3391 Westpark Dr<br>Houston, TX 77005             | <b>4</b> 444 Holderrieth Blvd, Suite#1<br>Tomball, TX 77375  |
| <b>2</b> 2655 Cordes Dr, Suite#130<br>Sugar Land, TX 77479 | <b>5</b> 26218 I-45 North<br>Spring, TX 77386                |
| <b>3</b> 10929 Katy Freeway<br>Houston, TX 77079           | <b>6</b> 202 North Texas Ave, Suite 400<br>Webster, TX 77598 |



# Why Doctors Clinic Houston?

- **Same day** patient Medical Examination at all of our seven clinics.
- **HIGH patient satisfaction** with optimum medical improvement.
- Convenient locations with **extended hours** to include Saturdays.
- Hospital and MRI records retrieved and accessible on line.
- Final narrative provided within **12 business days** of patient discharge, available via:
  - DCH Portal
  - Delivery
  - ChartSwap
  - Mail
- **Reduced claims expense** - no cost for hospital records or the expense of ChartSwap.
- **Comprehensive medical services** of: general medicine, pain management, spinal & extremity injections/surgery, orthopedic, physical therapy, psychological evaluation.
- **Flexible negotiations**
- Bilingual Staff
- Exceptional **personal attention**

## DCHPORTAL.COM



- Real-time patient tracking of current medical services & charges
- Staff time savings
- 24/7 Portal access from anywhere anytime
- Secure access to medical notes

*Serving the Greater Houston Area for over 30 years*

Corporate Office: 14770 Memorial Drive, Suite 200, Houston, Texas 77079

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[WWW.DOCTORSCLINICHOUSTON.COM](http://WWW.DOCTORSCLINICHOUSTON.COM)



