



VANDNA JERATH, MD, FACOG

Physician Executive | Medical Director

CONTACT

- ✉ vjerathmd@optimawomenshealthcare.com
- ☎ 303.809.4772 mobile
- 📍 9399 Crown Crest Blvd, Suite 450
Parker, CO 80138
- 🌐 drjerath.com
- 🌐 linkedin.com/in/drjerath
- @drjerath @doctorjerath @optimawhc @optimavitalitymd

HEALTHCARE EXPERTISE

- Women's Health
- Obstetrics
- Gynecology
- Contraception
- Infertility / Fertility
- Menopause
- Sexual Health
- Urogynecology
- Wellness/Well-being
- Preventative Medicine
- Patient care management
- Patient education
- Clinical & hospitalpractice
- Evidence Based Medicine
- Practice management
- Business development
- Market Analysis & Growth
- Revenue Growth
- Budget Development
- Branding
- Medicare/Medicaid
- Insurance payer contracts
- Thought leadership
- Strategic planning
- Operational efficiency
- Utilization management
- Quality Metrics
- Quality improvement
- Patient Safety
- Digital health innovation
- Healthcare social media
- Telemedicine
- Stakeholder Alignment
- Analytical Thinking
- Data Analytics
- Policies & Protocols
- Process Improvement
- Consulting & Coaching
- Speaking
- Media Ready
- Effective Communication
- Adaptable Team Player
- Problem Solving
- Relationship Building

LICENSURE & CERTIFICATIONS

- **American Board of Obstetrics & Gynecology (ABOG)**
 - Written - June 1998
 - Oral - January 2001
- **American College of Obstetrics & Gynecology, Fellow (FACOG),**
 - Board Certified – January 2001-present
- **Colorado Board of Medical Examiners, Medical License**
 - November 1997-present
- **DEA 1998-present**
- **BioTE Certification 2005**
- **MonaLisa Touch Certification 2005**
- **Centura Health Physician Peer Coach Certification 2019**
- **Centura Health Physician Leadership Academy 2020-2022**
- **Stanford WellMD Physician Well-Being Director Course, Stanford University/Stanford Medicine, October 2021-November 2021**

Accomplished and high performing board certified ob/gyn physician, women's health expert, and physician well-being leader with 30 years of clinical, leadership, and business experience. Strategic thinker and change agent able to drive positive outcomes in healthcare at the intersection of medicine, business, innovation, and technology. Consistently deliver value as a medical director, speaker, healthcare advisor, and thought leader with a proven track record of success. Experienced speaker and media contributor on women's health topics, physician leadership, and physician well-being. Digital health innovator able to integrate and improve patient care. Able to build highly reliable teams through open communication, trust, transparency, and teamwork. Passionate about educating, engaging, and empowering women through all stages of reproductive health and helping physicians thrive with prioritized well-being. Utilize servant leadership and cross functional approach to engage stakeholders and key opinion leaders to inspire collaborative partnerships which optimize patient centric healthcare delivery, ensure affordable access to quality healthcare, improve health equity, foster a culture of wellness, and advance the quadruple aim.

- ✓ **Women's Health Expert**
- ✓ **High Impact Medical Director**
- ✓ **Transformational Thought Leader**
- ✓ **Business Trailblazer & Entrepreneur**
- ✓ **Patient Centered Physician**
- ✓ **Dynamic & Media Savvy Speaker**
- ✓ **Digital Health Innovator**
- ✓ **Highly Reliable Team Builder**

CAREER HIGHLIGHTS

- **Women's Health Expert** - Compassionate, highly skilled ob/gyn physician with expertise in **women's, reproductive, maternal, menopausal, and sexual health**, providing **clinical excellence** and quality, evidence based, **patient centered care outpatient and in hospital**
 - Over 1,600 hormone pellet procedures, 2,000 surgeries performed, 5,000 babies delivered, 25,000 women provided healthcare, and 150,000 patient visits.
- **Medical Director** - Tapped by hospital leadership team.
 - **CREW Physician Wellness Program - Founder and first Medical Director** of robust physician well-being program. Spearheaded grass roots initiatives and **engaged key stakeholder support, including hospital CEO, CMO & CDO to grow program and secure \$80K funding** from proof of concept and actionable plan to mitigate physician burnout. Inspired physician engagement, receiving national recognition.
 - **Ob/Gyn Hospital Department - Hand picked** by hospital COO to head department. Led with **problem solving, improved quality metrics, patient safety focus, and new impactful initiatives, including lowering primary c-section rates** by 50% (48% to 24%) from education/awareness and **starting ERAS protocol, initiating CNM credentialing for growth, and establishing ACOG evidence based protocols.**
- **Thought Leader** - Experienced in multiple leadership and Medical Director roles.
 - **Innovative and transformational thought leader and physician advisor for hospital CEO, CMO, and COO. KOL selected for CEO's task force to provide input and direction on hospital strategic plans.**
 - **Chair of AdventHealth Physician Well-being Task Force** - asked by sytem CMIO and multi-state CCO to chair group of physician thought leaders across health system.
- **Entrepreneur** - **Founder, owner, Medical Director** of two successful clinical private practices with **increased patient satisfaction and positive health outcomes.**
 - **Over 4,000 patients and scaled revenue** as solo physician. Able to **build partnerships and add new innovative therapies and products (BioTE & MonaLisa)**
- **Speaker/Media Savvy** - **Dynamic & engaging** speaker and reliable **medical contributor** with extensive media/press experience.
 - Sought after **speaker to audiences of 20-500 on women's health, healthcare leadership, and physician well-being**, for patients, hospital, and community.
 - Multiple **media and press** appearances, including interviewed as women's health expert for local **9News, DenverChannel 7News, Fox31 KDVR news, KOAA News5.**
 - **Featured physician** in several women's health articles online, including **Shape magazine, PopSugar, Medical Economics, and MedPage Today.**
- **Digital Health Innovator** - **Physician pioneer & consultant** in social media and digital health.
 - **Actively embrace direct to patient/consumer healthcare delivery.**
 - Established and built two **thriving private practices and brand from social media.**
 - **Successfully incorporated telemedicine, AI, and virtual innovation** into practice.
- **Awards** -
 - **Exceptional Leadership in Physician Well-being Award, 2022** by AdventHealth.
 - **Physician Leadership Academy, 2022** by Centura Health
 - **Physician Humanitarian Award, 2019** by Parker Adventist Hospital.
 - **Chief Resident Outstanding Research Presentation Award, 1998** by UC Health.

VANDNA JERATH, MD, FACOG

CLINICAL EXPERTISE

Ob/Gyn Physician, Medical Director, and Owner *OPTIMA WOMEN'S HEALTHCARE | JAN 2010-PRESENT*

- Private practice focused on comprehensive women's healthcare including obstetrics, gynecology, infertility, urogynecology, preventative care, wellness, minimally invasive surgery, menopause, and sexual health
- Grew practice from social media and online presence
- Over 4,000 patients clinically cared for and treated
- Increased patient satisfaction and improved health outcomes through boutique patient centered philosophy
- Successfully implemented telemedicine visits, AI, and virtual assistants
- Extensive experience with billing, coding, insurance payers and reimbursement
- 98% private payer insurance; 2% Medicaid/Medicare
- Experienced in all aspects of practice management, clinical operations, and entrepreneurship

Ob/Gyn Physician, Medical Director, and Owner *OPTIMA VITALITY MD | JULY 2015 - PRESENT*

- Cash pay private practice focused on patient wellness, menopause, and sexual health
- Offering bioidentical hormone treatment for men in andropause and women in perimenopause or menopause
- Offering innovative laser therapy for menopausal women
- Added anti-aging skincare line
- Scaled practice and increased revenue

Ob/Gyn Hospitalist Physician *ENVISION HEALTH | MAY 2019 - PRESENT*

- Employed part-time/prn, 1-2 24hr hospital shifts/month
- Implemented program at Parker Adventist Hospital
- Contributed to growth and success of hospital program
- Up to date on current ACOG guidelines and new research
- Able to maintain critical and acute care ob/gyn clinical skills

Ob/Gyn Physician, Medical Director, and Owner *COLORADO OB/GYN ASSOCIATES | JAN 2003- DEC 2009*

- Purchased practice from retiring senior physician
- Continued to grow practice, and add certified nurse midwives (CNM) and nurse practitioners
- Developed collaborative practice guidelines with advanced practice practitioners/midlevel extenders
- Added additional physician in 2005
- Delivered over 25 babies per month solo 2006-2009
- Developed extensive entrepreneurial skills

Ob/Gyn Physician *COLORADO OB/GYN ASSOCIATES | SEP 1998-DEC 2002*

- Employed at busy clinical practice
- Implemented new protocols for improved quality of care
- Grew the practice to add and train a certified nurse midwife
- Generated \$1.2M in revenue

Clinical Instructor & Preceptor *UNIVERSITY OF COLORADO HEALTH SCIENCES CENTER | 1998-PRESENT*

- Served as a clinical preceptor and mentor with positive impact for medical students
- Provided busy clinical ob/gyn experience and rotations for third year medical students

LEADERSHIP EXPERTISE

Chair of Physician & APP Well-Being (PWB) Task Force *ADVENTHEALTH | MARCH 2023 - PRESENT*

- Selected by health system CMIO and multi-state CCO for demonstrated thought leadership and impact at hospital level
- Leading group of 16 PWB physician leaders, executives, and administrators & engaging key stakeholders of health system
- Spearhead PWB best practices, creating system drivers of burnout, establish system structure, and implement solutions

Medical Director of Physician Wellness *ADVENT HEALTH PARKER | JUL 2020 - PRESENT*

- Founder and Medical Director of CREW - Collaboration & Coaching, Resiliency, Engagement, and Wellness program
- Created and established initial and robust hospital physician wellness program (2018) to prevent physician burnout and promote physician well-being through enhanced connection, communication, collaboration, community, and culture
- Engaged key stakeholders (CMO/CEO) and able to obtain \$80K funding for the program through proven concept, ideas, and actionable plan
- Increased and improved physician and hospital leadership engagement and collaboration

Colorado Chief Wellness Officer (CWO) Forum *COLORADO PHYSICIAN HEALTH PROGRAM (CPHP) | JUNE 2023 - PRESENT*

- Identified as physician well-being & thought leader across Colorado and asked to join as representative for AdventHealth hospitals Rocky Mountain Region
- Selected for success of CREW physician well-being program at AdventHealth Parker
- Collaborative efforts by CPHP, Colorado Health Association (CHA), CWO, and Medical Directors across Colorado hospitals

Department Chair of Women & Babies (Ob/Gyn) *PARKER ADVENTIST HOSPITAL | JAN 2017 - DEC 2019*

- Led department as Medical Director/Department Chair
- Problem solved and improved departmental issues related to strategic plans, deck doc system, operational inefficiencies, perinatal committee, marketing, and patient service
- Implemented new clinical protocols and guidelines consistent with ACOG evidence based guidelines
- Reviewed and improved quality metrics for quality improvement
- Decreased departmental primary c-section rate from 48% to less than 24% through education and awareness
- Successfully implemented first Ob/Gyn hospitalist program
- Initiated and developed credentialing privileges to add certified nurse midwives (CNM)
- Go to person for women's health thought leadership
- Facilitated communication with hospital leadership and key stakeholders

Physician Leadership Council *PARKER ADVENTIST HOSPITAL | JAN 2019 - PRESENT*

- Physician leaders selected as KOL for hospital CEO's task force
- Provide thought leadership to advise hospital CEO, CMO, & COO
- Strategic planning for hospital and Centura Health
- Provide input on hospital operations and improvement areas
- Discuss hospital policy and procedures
- Confidential assessment of sensitive hospital issues
- Participate in hospital leadership interviews
- Assist with hospital emergency preparedness & covid plans

VANDNA JERATH, MD, FACOG

RESEARCH

- **Utility of Allopregnanolone as An an Objective Screening Tool for Postpartum Depression: A Systematic Review**, Capstone Research Project; Clinical Advisor for Physician Assistant Students at Sacred Heart, Madison Reichert and Savannah Townsend; poster presentation October 2023 and submitted for publication January 2024.
- **Bioidentical Testosterone Pellet Therapy in Women: An Alternative Way to Treat Perimenopausal and Menopausal Symptoms and Improve Quality of Life: A Pilot Study**, Graduate Thesis; Advisor for Professional Sciences Master Student at University of Denver, Kara Groetken; June 2021
- **MonaLisa Touch as a novel treatment of genitourinary syndrome of menopause and improvement of quality of life**; Graduate Thesis; Advisor for Professional Sciences Master Student at University of Denver, Meg Cooksey, June 2019
- **L-arginine and nitric oxide levels: possible correlation with pregnancy complications**; Chief Resident Project Abstract and poster presentation April 1999 and Chief Resident's Outstanding Research Award May 1998 Advisor: Kim Leslie, M.D.; MFM Division, Department of Obstetrics and Gynecology, University of Colorado Health Sciences Center and John Wiel, M.D.; Department of Cardiology, University of Colorado Health Sciences Center
- **Prior classical cesarean section with successful VBAC**; case report Advisor: Carol Stamm, M.D.; Department of Obstetrics and Gynecology, Denver Health Medical Center; 1998
- **Characterization of the proopiomelanocortin system in the intermediate pituitary of the Sturgeon, *Acipenser tansmontanus***; B.S. Honors Thesis- abstract accepted to GW Medical School William Beaumont Research Society; Advisor: Robert Dores, PhD; Department of Biological Sciences, University of Denver; 1990

MEDIA & PRESS

- **A Guide to Vaginal Discharge: What the Color and Consistency Actually Mean**; Interviewed and Featured in Article by Emily Weaver; March 28, 2022; [PopSugar](#).
- **CDC Recommends Pregnant Women Get Vaccinated**, February 15, 2022, [KRDO News](#), Interview with Jasmine Arenas.
- **Home Births: local midwives see business boom during pandemic**, January 26, 2022, [KQAA News5](#), Interview with Natalie Chuck.
- **Covid Vaccine in Women: Ten Things to Know**, September/October 2021, [Parker Adventist Hospital Media](#) and [@doctorjerath YouTube](#).
- **What's Inside Colorado's Vaccine Safety Data? Problem Solvers Analyze Reported Side Effects**, February 8, 2021, [Fox 31 KDVR News](#), Interview with Lori Jane Gliha.
- **Colorado Governor Jared Polis Facebook LIVE Featuring Small Business Owners for Paycheck Protection Program (PPP) and Small Business Relief Program**; January 25, 2021, featured through [Colorado Office of Economic Development and International Trade](#) Interview.
- **Do You Keep the Morning After Pill at Home? If So, Make Sure You Know the Expiration Date?**; Interviewed and Featured in Article by Emily Weaver; November 9, 2020; [PopSugar](#).
- **Effective Marketing Methods for Primary Care Doctors**; Interviewed and Featured in Article by Heidi Moawad; June 11, 2018; [Medical Economics](#).
- **How A Brazilian Wax Made Me Physically Ill**; Interviewed and Featured in Article by Jahia Seppanen; November 3, 2017; [Shape Magazine](#).
- **What I Learned From Turning Over My Office Staff**; Article; November, 10, 2016, [Contemporary Ob/Gyn](#).

LEADERSHIP EXPERTISE

Colorado ACOG Education Committee

COLORADO ACOG | JAN 2015 - PRESENT

- Plan professional ACOG sponsored local CME conferences, events, and symposiums
- Engage physician, nurse, NP, PA, and midwife participation
- Education based on ACOG evidence based guidelines and innovative new research
- Dynamic speaker for conferences

Physician Leadership Academy

CENTURA HEALTH | JANUARY 2020 - OCTOBER 2022

- Identified as physician leader across health system by hospital CEO and CMO
- Selected for exclusive physician leadership program designed to cultivate future physician executives
- Mentored by Centura Health system Senior VP and Chief CCO
- Worked with executive Medi-leadership coach to identify and develop career goals and problem solve issues

Medical Executive Committee

PARKER ADVENTIST HOSPITAL | JAN 2017 - DEC 2019

- Served on hospital governing committee for all Medical Staff (physicians and advanced practice providers)
- Reviewed and updated Medical Staff bylaws
- Problem solved many Medical Staff issues
- Advised on Medical Staff credentialing, peer review, quality measures, risk management, and departmental issues
- Confidential assessment of sensitive Medical Staff issues
- Participated in hospital leadership interviews

Parker Hospital Foundation Board

PARKER ADVENTIST HOSPITAL | JAN 2019 - PRESENT

- Serve on board for faith based mission and philanthropy based community service
- Provide community education, programs, comfort, healing, and life-saving care to people in need
- Fundraising for physician wellness and other programs
- Networking with the Town of Parker and Douglas County community members

Perinatal Committee

PARKER ADVENTIST HOSPITAL | JAN 2012 - PRESENT

- Review and assess maternal and fetal cases and outcomes
- Review and improve quality measures
- Implement new perinatal initiatives, policies, and procedures based on CMS, JCAHO, and ACOG guidelines
- Improved department c-section rates and started ERAS

Delineation of Privileges Task Force

CENTURA HEALTH | JAN 2020 - JUNE 2020

- Reviewed, modified, and created new delineation of privileges for certified nurse midwives and ob/gyn physicians across all Centura Health hospitals
- Acted as liaison for hospital at health system level

Medical Consultant & Advisor

MULTIPLE COMPANIES | JAN 2020 - CURRENT

- Medical consultant and advisor to start-ups and existing companies regarding women's health, physician well-being, digital healthcare, healthcare social media, and medical devices

VANDNA JERATH, MD, FACOG

MEDIA & PRESS

- **7 Simple Ways to Find Joy in Medicine; Article;** October 18, 2016; [Contemporary Ob/Gyn](#).
- **Do's & Don'ts of Calcium Supplements; Interviewed and Featured in Article;** August 26, 2016; [Grow Magazine](#) - a Health Publication by Parker Adventist Hospital.
- **Finding My Passion As A Solo Practitioner; Article;** August 5, 2016, [Contemporary Ob/Gyn](#).
- **Lena Dunham Got Us Thinking About Ovarian Cysts;** Interviewed and Featured in Article by Nichole Bazemore; March 16, 2016, [How Stuff Works](#).
- **When (and how) To Get A Medical Second Opinion;** Interviewed and Featured in Article by Nichole Bazemore; February 9, 2016; [Amino Health](#).
- **Fads vs Facts: Should You Give Up Gluten;** Interviewed and Featured; January 18, 2016; [Grow Magazine](#) - a health publication by Parker Adventist Hospital.
- **Friday Feedback: Dr. Google Will See You Now;** Interviewed and Featured in Article by Molly Walker; February 15, 2015; [MedPage Today](#).
- **In Practice: The Yelp Phenomenon;** Interviewed and Featured in Article by Molly Walker; September 13, 2014; [MedPage Today](#).
- **Ob-Gyns Open Up About Their Health IT Solutions; Featured in Article and Case Study;** July 29, 2015; [Greenway Health](#).
- **Light Bladder Leakage, Sex, and Intimacy;** Podcast Interview by Marilyn Suttle; January 18, 2013; [Poise](#).
- **Can You Succeed Without A Mobile EHR Solution;** Interviewed and Featured in Article by Vicki Amendola, Editor; July 3, 2012; [Healthcare Technology Online](#).
- **Perinatal Depression: Antidepressant Treatment Dilemma; January 17, 2012;** [ABC Denver 7 News Live](#) Interview with Mitch Jelniker and Ana Cabrera.
- **Do's and Don'ts During Pregnancy;** Article; March 2011; [Expectant Mother's Guide](#), Denver.
- **Special Delivery: Coordinated Care Plan Spells Success for High Risk Pregnancy;** September 2011; Interviewed and Featured in Article; [Grow Magazine](#) - a health publication by Parker Adventist Hospital.
- **Facebook Tips For Doctors' Offices and Medical Practices;** Featured in Article by Jeff B. Copeland; December 11, 2011; [ShopTalk Social Media](#).
- **Physician Social Media Users Say ROI is Real;** Featured in Article by Debra Beaulieu; November 9, 2011; [FiercePractice Management](#).
- **Social Media Doctor: Doctor Heads to Social Media to Find Patients;** November 4, 2011; Profiled on [Denver 9 News TV](#) segment by Cheryl Preheim.
- **Premenstrual Syndrome in Women;** June 14,, 2011; [ABC Denver 7 News Live](#) Interview with Bertha Lynn and Dayle Cedars.
- **Doctors and Social Media: should the two mix?;** Featured in Article by Michelle Kellogg; June 6, 2011; [Parker Health Examiner](#).
- **Preparing and Planning Pregnancy;** February 28, 2011; Parker Adventist Hospital TV; [Leaders in Expert Healthcare Series](#).
- **Do's and Don'ts of Pregnancy;** Article; February 2011; [Healthy Living Magazine](#) - Douglas County health publication.
- **The Flu and Pregnancy;** Article; January 2011; [Search Parker Magazine](#).
- **Prevention of the Flu in Pregnancy;** October 5, 2010; [ABC Denver 7 News Live](#) Interview with Mitch Jelniker and Christine Chang.

SPEAKING ENGAGEMENTS

- **Physician Wellbeing Toolkit: the essentials to build an impactful program;** July 25, 2024, Round Table Speaker, [Coalition for Physician Well-being Conference](#).
- **Women's Health AI: practical utilization in an ob/gyn clinical setting;** January 24, 2024, [Colorado ACOG Stuart A. Gottesfeld, MD, Hot Topics in Ob/Gyn Series](#).
- **Creating Physician Wellness Rounds with Meaning and Impact;** June 9, 2023, [Colorado ACOG Summer Symposium](#).
- **Teens in Medicine: Obstetrics & Gynecology;** October 11, 2022, [Parker Adventist Hospital Seminar](#).
- **Physician Leaders: how to find your voice, have a positive influence, and make a transformational impact;** July 28, 2022, [Coalition for Physician Well-being Conference](#).
- **Are You Stressed & Struggling? We Are Too. An honest panel discussion on turning burnout to balance;** March 24, 2022, [Parker Adventist Hospital and Centura Health Wellness Rounds](#).
- **Relational Health: innovative therapies to improve sexual health in midlife women;** September 25, 2021, [Centura Health Wellness Conference](#).
- **Career in Medicine: obstetrics & gynecology;** May 10, 2021, [University of Denver PreMed Virtual Student Seminar](#).
- **Mentorship for Medical and Healthcare Careers: obstetrics & gynecology;** March 29, 2021; [FemHealth Virtual Seminar](#).
- **CREW: Physician Wellness, a parker hospital physician to physician wellness initiative to reignite the meaning and joy in medicine, overcome challenges, create a path to fulfillment, and help physicians thrive;** September 15, 2020; [Parker Hospital Foundation](#).
- **CREW: A Case Study to Support a Culture of Physician Wellness, a parker hospital physician to physician wellness initiative to reignite the meaning and joy in medicine, overcome challenges, create a path to fulfillment, and help physicians thrive;** November 1, 2019; [Centura Health Medical Staff Leadership Conference](#).
- **Menopausalities In Breast Cancer: revitalize your life & get your sexy back;** October 15 2019; Parker Adventist Hospital; [Breast Cancer Health Seminar](#).
- **Teens In Medicine: obstetrics & gynecology;** October 15, 2019; Parker Adventist Hospital, [Teens in Medicine Seminar](#).
- **CREW: A Parker Physician To Physician Initiative;** November 14, 2018; [Expanded MEC Meeting](#), Parker Adventist Hospital.
- **Ageing Gracefully & Living Vibrantly: how to balance hormones, renew intimacy, and revitalize your life;** October 5, 2018; [Taking Care of You, Women's Health & Wellness Event](#).
- **Revitalize Your Life & Get Your Sexy Back;** November 30, 2017; Holiday Open House; [Optima Women's Healthcare](#).
- **Menopausalities In Breast Cancer: revitalize your life & get your sexy back;** October 17, 2017; Parker Adventist Hospital; [Breast Cancer Health Seminar](#).
- **Healthcare Social Media: how to make a positive impact on your practice and healthcare using word of mouse;** April 12, 2017; Parker Adventist Hospital; [Business of Medicine Seminar](#).
- **7 Supplements: to help you live a healthy life;** October 20, 2016; Parker Adventist Hospital, [Health Seminar](#).
- **Menopause: how to balance your hormones and live vibrantly;** March 22, 2016; Parker Adventist Hospital; [Health Seminar](#).
- **Gluten Free & Healthy Living: sort the facts from the fads;** February 23, 2016; Parker Adventist Hospital, [Community Health Seminar](#).
- **Healthcare Social Media and Digital Health: how to effectively connect, communicate, and collaborate to make a positive impact;** August 30, 2015; [Greenway Health ENGAGE 2015](#), GreenPC & GOBUG User Group Meeting.
- **Gluten: fads vs facts;** October 3, 2014; [Women's Health & Wellness Expo](#).
- **Healthcare Social Media: using word of mouse to market & manage your practice by educating, engaging & empowering women;** June 14, 2014; [Colorado ACOG Summer Educational Symposium](#).

VANDNA JERATH, MD, FACOG

MEDIA & PRESS

- **Women's Health: Pap smears, HPV, and Cervical Cancer Screening;** Article; August 15, 2010; [Healthy Living Magazine](#) – a Douglas County health publication.
- **Herbs During Pregnancy;** April 1, 2010; Interviewed and Featured in Article; [Grow Magazine](#) – a health publication by Parker Adventist Hospital.
- **Cervical Cancer Screening: Pap Smears and HPV;** February 16, 2010; [ABC Denver 7 News Live](#) Interview with Mitch Jelniker and Christine Chang.

EDUCATION

University of Colorado Health Sciences

INTERNSHIP & RESIDENCY,

OBSTETRICS & GYNECOLOGY, 1994-1998

The George Washington University School of Medicine

MD, DOCTORATE OF MEDICINE, 1990 -1994

University of Denver

BS, BACHELOR OF SCIENCE, 1990 -1994

- Major: Biology & Minor: Chemistry & Business
- Cum Laude Graduate

HOSPITAL AFFILIATIONS

Advent Health Parker, Advent Health formerly Parker Adventist Hospital, Centura Health, Parker, CO, 2009 - present

Saint Anthony's North Hospital, Centura Health, Westminster, CO, 1998 - present

North Suburban Medical Center, HealthONE, Thornton, CO, 1998 - present

University of Colorado Hospital, UC Health, Denver, CO, 1994 - 1998; Clinical Faculty 1998- present

Denver Health Medical Center, Denver, CO, 1994-1998

Rose Medical Center, HealthONE, Denver, CO, 1994-1998

PROFESSIONAL ORGANIZATIONS

American College of Obstetricians and Gynecologists (ACOG); current fellow

Colorado ACOG; current member

Denver Medical Society; current member

Colorado Medical Society; current member

Coalition for Physician Well-being; current member

Doctors for America; current member

Parker Chamber of Commerce; current member

American Medical Association; member 1990-1998

American Medical Women's Association; member 1990-1994

Medical Society of District of Columbia; member 1990-1994

SPEAKING ENGAGEMENTS

- **Women's Health After 40: comprehensive overview, honest discussion, latest updates & helpful tips;** April 22, 2014; Parker Adventist Hospital, [Health Seminar](#).
- **Hormones: what you need to know to stay balanced;** September 7, 2013; [Women's Wellness Expo](#).
- **Women's Health After 40: what's up and what's new;** February 20, 2013; [Physician Education Symposium](#), Parker Adventist Hospital.
- **Social Networking: how to make a positive impact on your practice and healthcare;** October 24, 2012; [Krause CPA Seminar](#).
- **Women's Health after 40: An Overview;** September 25, 2012; Parker Piecekeeper's Quilt Guild Seminar; Providence Presbyterian Church.
- **Women's Health after 40: Key Issues Every Woman Should Know;** September 18, 2012; [COPIC Seminar for Female Healthcare Providers](#).
- **Urinary Incontinence: feeling wet – don't fret;** April 26, 2012; Parker Adventist Hospital [Community Health Seminar](#).
- **Healthcare Social Media: using word of mouth to build a practice by engaging, educating, and empowering patients;** April 25, 2012, [4 Corners MGMA Conference](#).
- **Social Media Case Study: Using Word of Mouse to Grow a Medical Practice;** March 14, 2012; Practice Manager's Meeting; [Physician's Ally](#).
- **Women's Health after 40: An Honest Discussion;** March 9, 2012; [Illuminate Women's Luncheon](#).
- **Healthcare Social Media;** August 24, 2011; [Catalyst Health Partners Presentation](#); Littleton Adventist Hospital; Ob/Gyn Practice Managers.
- **Social Media: How to Use Word of Mouse to Grow a Medical Practice;** April 27, 2011; [Clear Creek Valley Medical Society Young Physicians Event](#).
- **Using Social Media in the Medical Practice;** March 15, 2011; [Practice Manager's Seminar](#); Parker Adventist Hospital.
- **Social Media: My experience with Word of Mouse;** February 16, 2011; Denver Medical Society Presentation, [Young Physicians' Seminar](#).
- **Urinary Incontinence: Feeling wet – don't fret;** September 21, 2010; Parker Adventist Hospital [Community Health Seminar](#).
- **Diabetes: A high risk dilemma of pregnant women;** June 10, 2010; Parker Adventist Hospital; [Department of Obstetrics and Gynecology](#).
- **Osteoporosis: A dilemma of postmenopausal women;** April 28, 2010; [Heritage Eagle Bend](#) ; Parker Adventist Hospital, [Community Health Seminar](#).
- **Urinary Incontinence: Feeling wet – don't fret;** April 16, 2010; Parker Adventist Hospital, [Community Health Seminar](#).
- **Gestational Diabetes: Management and Treatment;** February 2007; [Saint Anthony's North Hospital](#); Departments of Obstetrics and Gynecology and Family Medicine.
- **Gestational Diabetes: A Review;** March 2007; [North Suburban Medical Center](#); Department of Obstetrics and Gynecology .
- **Gestational Diabetes: Management and Treatment;** February 2007; [Saint Anthony's North Hospital](#); Departments of Obstetrics and Gynecology and Family Medicine.
- **Antiphospholipid Antibody Syndrome in Pregnancy;** August 11, 1997; [Denver Health Medical Center](#); Department of Obstetrics and Gynecology.
- **Respiratory Disease: The Geriatric Focus;** September 1, 1997; [chief resident presentation, University Hospital](#); Department of Obstetrics and Gynecology.
- **Antiphospholipid Antibody Syndrome in Pregnancy: current concepts and future recommendations in the evaluation, management, and treatment;** May 12, 1998; [Rose Medical Center](#); Department of Obstetrics and Gynecology.