



# North Coast Physician

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### Cover Photo

#### "DOUBLE BULB REFLECTION"

*Stephen Kamelgarn, M.D.*

*The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. [hdcnms@sbcglobal.net](mailto:hdcnms@sbcglobal.net)*

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# Ride an E-Bike!

Emily Dalton, M.D.



The electric bicycle, or “e-bike” as it is commonly known is a wonderful form of transportation. It gives the rider outdoor exercise and reduces one’s carbon emissions. The variety I like has a rechargeable electric motor that provides a varying degree of pedal assistance. These bikes can be ridden without the pedal assist, just like a standard bicycle, or when engaged, the pedal assistance can be soft, medium, or strong. Most e bikes have 3 to 5 levels of added power.

The assist feature allows the rider to ascend steep hills without having to get off and walk, or to go longer distances in less



time. These bikes can be ridden in rain or shine, on pavement or trails, and many have integrated lighting for riding in the dusk or at night. For example, if you have a 10 mile commute to work that on an ordinary bike would be exhausting or excessively time consuming, that commute is now doable.

E-bikes are many times more energy efficient than cars, buses or trains. The cost for an e-bike runs from about \$2,000 to \$11,000 depending on what features and brand you want to buy.

I have found myself much more likely to grab my bike to go out and about knowing that the steep hill I will encounter to get home will be a breeze. I enjoy riding to work so much I get disappointed when I have to drive.

E bikes are a great way to exercise, they reduce carbon emission and they are just plain cool! Ride one! §



## Our President out “recruiting”

*L-R, Join Luh, M.D., Henry Crevensten, M.D., Jenny Villasenor, David Villasenor, MD*

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## PRACTICE OPPORTUNITIES



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## PHYSICIANS NEEDED

**MEDICAL DIRECTOR** needed - K:Ima:W Medical Center.  
Contact [hr.kmc@kimaw.org](mailto:hr.kmc@kimaw.org)

## OFFICE EQUIPMENT FOR SALE

**EXAM TABLES** and other misc. office equipment for sale. Contact: Tim Paik-Nicely, M.D. (707) 616-9088.

**FOR SALE** - hydraulic exam table /manipulation table.  
Contact: Kate McCaffrey, D.O. (707) 599-7832

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## MISCELLANEOUS

**FIREWOOD** for Sale.  
Contact Lee (707) 499-2805

### LIKE TO WRITE?

Editorial and Publications Committee would like to encourage you to join the committee. Meetings are held quarterly 12:15 - 1:30 pm at the Medical Society office. Come help coordinate our member publications.

### SIGN UP TO HOST SOCIAL EVENT

*We hope to soon be able to start up some of our social gatherings..... sign up today to host Friday PM Rounds, Women in Medicine Social, Spouse Social, "Walk With A Doc" lead, etc.*

*Send email to: [hdncms@sbcglobal.net](mailto:hdncms@sbcglobal.net)*

**MEMBERS WISHING TO PLACE A CLASSIFIED AD  
(BUSINESS- FREE TO MEMBERS FOR FIRST 6 MOS. /  
PERSONAL 1/2 PRICE)**

## Calendar of Education, Physician Meetings & Socials

*[http://www.hdncms.org/Physician\\_Educational\\_Calendar.html](http://www.hdncms.org/Physician_Educational_Calendar.html)*

### Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
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Full Page	\$200.00	8.50 (w) x 11.00 (h)
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*DEADLINE: 15th day of the preceding month to be published*