

Family Medicine Physician Tamara Saukin, MD Provides Services for the Greater New York Area

Get to know Family Medicine Physician Dr. Tamara Saukin, who serves the New York City tri-state area at her private practice, Staten Island Family Medicine.



New York, Feb 27, 2019 (Issuewire.com) - As a Diplomate of the American Board of Family Medicine and board certified family medicine physician, Dr Saukin practices traditional family medicine and will

treat the entire family--from children to geriatric patients. Dr Saukin is also formally trained in integrative holistic medicine, nutrition, and weight loss and offers them as options for children as well as adults. She offers integrative medicine and alternative customized treatment options for children, enabling patients to achieve personal wellness goals--from weight loss to homoeopathic remedies for certain disease processes.

Dr Saukin stays current in the field by maintaining professional memberships in the American Board of Family Medicine, the American Academy of Family Physicians, the American Medical Association, the Academy of Family Physicians and the Richmond County Medical Society. Dr Saukin is proficient in treating sports injuries, analyzing sports training regimens, and is very familiar with the pressures young women, teens, and athletes typically face. These include, but are not limited to: psychosocial issues, eating disorders, rehabilitation programs, and muscle memory.

Dr Saukin attended an accelerated medical program at Union College/Albany Medical College where she was accepted to medical school directly after graduating as valedictorian from Midwood High School in Brooklyn. Dr Saukin holds an honours undergraduate double major in biology and economics with a published honours thesis entitled "The Economic Efficacy of Teaching versus Non-Teaching Hospitals." She completed her training at Columbia University and Stamford Hospital, a Columbia affiliate, where she served as chief resident in Family Medicine, assuming many administrative and teaching roles.

Family medicine is the medical specialty which provides continuing, comprehensive health care for the individual and family. It is a speciality in breadth that integrates biological, clinical and behavioural sciences. The scope of family medicine encompasses all ages, both sexes, each organ system, as well as every disease entity. The specialist is called a family physician or family doctor.

With her practice, Dr Saukin speaks both conversational Spanish and Russian in addition to English, which allows her to treat a wide variety of diverse patients. Dr Saukin takes pride in working alongside her patients, from pediatric to geriatric, guiding them to their individual healthcare goals. When she is not seeing patients, Dr Saukin enjoys playing classical guitar, hiking with her rescue golden retriever, volunteering for autistic children, reading, and travelling.

Learn More About Dr Tamara Saukin:

Through her FindATopDoc.com Profile: <https://www.findatopdoc.com/doctor/2210600-Tamara-Saukin-family-practitioner-Staten-Island-NY-10305>. She can also be reached via her clinic's website: <https://statenislandfamilymedicine.com>. Her phone number is: 718-351-5557. Dr Saukin is based out of Staten Island, New York.

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