



Dr. Orna Izakson ND, RH(AHG)
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AltaNaturalMedicine.com

February 21, 2023

Dear Senator Giessel —

Thank you so much for sponsoring Senate Bill 44, supporting the complete practice of naturopathic medicine in Alaska.

My name is Dr. Orna Izakson, and I am a licensed naturopathic doctor in Alaska and Oregon with a focus on mental health, women's health and chronic disease.

As you well know, Alaska faces a significant shortage of healthcare providers. Naturopathic doctors have the training, safety record and calling to step into our full scope of practice. Passing SB 44 would help all Alaskans.

For the past 13 years I have practiced in Oregon, a state with a full scope of practice commensurate to my education and that of my Alaska colleagues. Both Oregon and the DEA permit me to prescribe pharmaceuticals, including controlled substances, with few limitations.

My patients primarily improve their health with nutritional supplements, herbs, diet and lifestyle changes. I have rarely needed to use pharmaceutical interventions, but having the option to prescribe is important for keeping my patients well.

In my Oregon practice, some patients present with prescriptions already on board — sometimes a great many of them. As we work together, most patients find that full doses of their medications is no longer necessary. Being able to adjust their medications, nearly always downward, improves their health, saves money and protects their safety. For example, I help many patients normalize their blood pressure and blood sugar levels. Leaving them on higher doses of antihypertensives and antidiabetics until they can get an appointment with a prescriber is unnecessary and unsafe.

One of my earliest Oregon patients was a young mother, hoping to get pregnant, who presented with seizure-like symptoms. Her neurological work up was inconclusive, and she declined the drugs offered by her neurologist. After working with diet, lifestyle, herbs and nutritional support, she settled into a pattern consistent with catamenial epilepsy. With that insight, she again approached specialists to for hormonal support. She again declined the antiseizure drugs her neurologist offered, and spent several miserable months trialing different birth control pills that caused significant side effects without improving her symptoms. Finally, after hormone testing that her specialists would not order, we had clear evidence that her progesterone levels were low. Her symptoms entirely resolved with over-the-counter progesterone cream. For the first time in years she was safe to drive a car, and went on to become a healthcare provider.

Her life turned around with the use of an over-the-counter product that Alaska naturopathic doctors are not allowed to recommend. My patient would have continued utilizing scarce specialist appointments while suffering her symptoms and the side effects from unnecessary medications.

I have on rare occasions needed to prescribe antibiotics for acute infections, antivirals for herpes outbreaks and rescue inhalers for asthma. During the pandemic, Oregon's scope of practice allowed me and my colleagues to volunteer in the mass vaccination effort, and now allows us to prescribe paxlovid for patients in acute need. Being able to offer this is just good medicine.

Although it is within my Oregon scope of practice, I personally do not perform minor office procedures or offer IV-nutrient therapy, but have referred my patients to colleagues for these procedures. I have provided nutrient injections and my patients love them.

Naturopathic doctors in Alaska do not want to be medical doctors or to replace medical doctors. We do want to collaborate with our peers to help our patients by offering the full suite of tools we are trained to use — and which we use conservatively, effectively and with a stellar safety record in states where we are given the scope to do so. Senate Bill 44 would allow naturopathic doctors to step fully into our appropriate role in the Alaska healthcare ecosystem, improving access and reducing costs for all Alaskan.

Thank you for your sponsorship and support of this bill.

Sincerely,



Dr. Orna Izakson ND, RH(AHG)
2102 Cleveland Ave., Anchorage AK 99517
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AltaNaturalMedicine.com

Orna Izakson ND, RH(AHG)
Vice President, Alaska Association of Naturopathic Doctors

February 21, 2023

To: Senator Cathy Giessel

I am writing to request that you lend your support to updating licensing laws for naturopathic medicine in Alaska, specifically SB 44.

These are among the reasons SB 44 needs to be enacted:

Because naturopaths are not permitted to write prescriptions in Alaska, I have had to make another appointment with my primary medical doctor to fill my prescriptions, thus incurring unnecessary costs for me and my insurance company.

My naturopathic doctor works with me to keep my need for prescription medicines to a minimum while addressing the underlying issues that caused my condition in the first place. As a person with an autoimmune disorder, I found a lot of success in managing my condition without costly medications.

Additionally, my naturopathic doctor can often see me before my primary care provider and spends quality time with me addressing needs.

Naturopathic doctors are a valuable resource:

Most naturopathic medical schools are located in states that have included prescription writing authority since the late 1980's or early 1990's and these therapies have been part of naturopathic medical education since that time.

Naturopathic doctors are ready, willing and able to address the doctor shortage in Alaska.

Naturopaths have had an impressive record of safety in Alaska as well as in states where ND's have more expansive scopes of practice such as Arizona, Oregon and Washington State.

This is a consumer rights issue. Naturopathic doctors have been licensed in Alaska since 1986 and would be my first choice of family doctor, if they were able to fully support my needs with prescription coverage.

Thank you in advance for your support of SB 44.

Sincerely,

A handwritten signature in cursive script that reads "Scharla K. Baker". The ink is dark and the signature is fluid.

Scharla K. Baker

Haley Brown
1212 Denali Way
Fairbanks AK 99701

To Senator Cathy Giesel,

I am in full support of senate bill 44 which focuses on broadening the scope of practice for naturopathic doctors in regards to prescription rights within the state of Alaska. If this bill were to pass this would open up an incredible amount of doors for practitioners as well as patients. Currently, naturopathic doctors are practicing at a deficit compared to medical doctors due to the inability of access to full scope of practice, that is prescription rights.

For example, I myself don't have health insurance provided by my job, White Spruce Medical Clinic is a naturopathic clinic in Fairbanks that offers cheaper pricing than most for primary care provider visits, and being that Dr.Scott Luper is a trusted individual that I'd share my health care information with I'd like to see him as a patient. My only needs are to acquire birth control and to have regular checkups on my current antidepressant medications. Unfortunately due to the restrictions to his scope of practice I'm unable to see the provider I trust as often as I'd like with an appointment price that fits my budgeting as well as my treatment needs.

The appointments and experiences I have had in this state have been absolutely wonderful. I've felt heard and thoroughly taken care of. I feel they are competent in my medical needs and issues. I feel that because they put the natural approach first that the state wouldn't have the issue of worrying about irresponsible prescribing habits like we currently face with MD's. From first hand experience I've seen that naturopathic doctors have more than enough education and experience in the medical realm that there is no clear reason why they shouldn't be able to prescribe.

Thank you for your time and consideration.

Sincerely,

Haley Brown

February 20, 2023
To: Senator Cathy Geissel
Re: SB 44

My name is Mary DeSmet and I am urging you to support Senate Bill 44 (SB 44) which updates the scope of practice for Naturopathic doctors - helping to reflect their education and training. This would also benefit people seeking good health care AND would help drive down costs on many levels. It would likely attract more providers considering a move to our state.

The changes proposed in this bill reflect a scope of practice that is currently safely and effectively offered by naturopathic doctors in many other states around the country. Given our unique healthcare challenges in Alaska, we should be leading the way in pursuing policies which provide consumers with MORE options and greater access to affordable care.

I have lived in Juneau, AK, since 1973 and have received excellent care from naturopathic physicians for many years: Dr. Scott Jamison, Dr. Glenna Wilde, Dr. Patrick Neary and currently, Dr. Emily Kane. Legislators should be drafting laws that support their continued practice, not limited in scope, laws that fully reflect their training.

Thank you in advance for your support of SB 44 and for taking a step toward better healthcare for the residents of Alaska.

Sincerely,
Mary L DeSmet
8760 Dudley Street
Juneau, AK 99801
(707) 292-4494
fullcircle@ak.net

February 21, 2023

Dear Senator Cathy Giessel,

I am writing in support of SB 44. Our naturopath has been our Primary Care Physician for over 20 years. We are highly confident with this model and standard of care. We truly appreciate and trust the wealth of information and therapeutic approaches our doctor provides. It enables us to be more proactive in our treatment and offers natural therapies and alternatives to more invasive models of care.

Occasionally however, additional interventions such as prescription drugs or in office procedures are necessary. This creates additional expense as we now must schedule with another physician who is not our primary care doctor and doesn't know us or our full medical history.

This bill is long overdue here in the State of Alaska, thank you for your time!

Lisa Martsolf
PO Box 84061
Fairbanks, Alaska 99708

Patricia Mongold
3100 Kiska Drive
Fairbanks AK 99709
(907) 474-0076

The Honorable
Senator Cathy Giessel
Senate President
Senator.Cathy.Giessel@akleg.gov

Re: Support for SB44
Senate Health and Social Services Committee Hearing February 23rd

Date: February 23, 2023

Dear Senator Giessel:

I am writing to support passage of SB44, enabling my naturopathic Doctor to practice medicine to the full extent of his training. I want to thank you for co-sponsoring this bill.

For many years I had several medical issues that I was seeking care for from my family physician. After numerous visits and tests over a period of several years I was still unable to get relief. Three years ago, I finally sought care with a naturopathic doctor. Within a few weeks he had determined the main source of my discomfort and within two months my symptoms disappeared. Unlike my previous doctor my new doctor didn't have a timer set for the length of my appointment and took great care in trying to find the right treatments for me.

No matter how happy I am with my new doctor I still have one issue and that is his inability to write prescriptions. I have three medicines I take daily, and I am forced to now have two doctors in order to get the necessary refills. In my opinion this leads to disjointed medical care and could cause conflicts between doctors.

My naturopathic doctor has the necessary training to write prescriptions and if we were located in many states other than Alaska he would have the ability to prescribe as necessary. It seems a disservice to Alaskans that naturopathic doctors are unable to fulfill this need in our state.

Please inform Senator David Wilson, Chairman, and members of his Health and Social Services Committee, of my support for SB 44. Please provide a copy of this letter to the committee for the hearing tentatively scheduled on February 23rd, 2023. And please encourage members of the committee to vote the bill out with a "Do-Pass" recommendation.

Thank you for your service in Juneau and I appreciate you taking the time to read my letter and consider my request.

Sincerely,



Patricia Mongold

David Mongold
3100 Kiska Drive
Fairbanks AK 99709
(907) 474-0076

The Honorable
Senator Cathy Giessel
Senate President
Senator.Cathy.Giessel@akleg.gov

Re: Support for SB44
Senate Health and Social Services Committee Hearing February 23rd

Date: February 23, 2023

Dear Senator Giessel:

I am writing to support passage of SB44, enabling my naturopathic Doctor to practice medicine to the full extent of his training. I want to thank you for co-sponsoring this bill.

I have been under the care of a naturopathic doctor for over a year. When my long time family physician retired I was unable to locate a person who was willing to spend the time necessary to determine what the source of my medical issues were.

With my naturopathic doctor I am provided a longer and more in-depth appointment. My former doctor was constrained by a time limit for appointments and because of this he was unable to diagnose my ailments. I also was subjected to more tests which of course cost real out of pocket dollars even though I have good medical insurance.

The one issue I have with my naturopathic doctor is his inability to write prescriptions, even though he has the same training as other doctors. I have a few medicines I must take, and I am forced to now have two doctors in order to get the necessary refills. In my opinion this leads to disjointed medical care and could cause conflicts between doctors.

Please inform Senator David Wilson, Chairman, and members of his Health and Social Services Committee, of my support for SB 44. Please provide a copy of this letter to the committee for the hearing tentatively scheduled on February 23rd, 2023. And please encourage members of the committee to vote the bill out with a "Do-Pass" recommendation.

I appreciate you taking the time to read my letter and consider my request. Thank you for your service in Juneau.

Sincerely,

A handwritten signature in black ink, appearing to read 'David Mongold', with a stylized, flowing script.

David Mongold

YOUR NAME

PO Box 504 Delta Junction, AK 99737 | 907-803-3408 | ericanddiane@hotmail.com

February 22, 2023

Dear Senator Giessel,

I am writing in regard to Senate Bill 44. I am in support of this bill allowing Naturopathic Doctors to write prescriptions. It is my belief that by limiting Naturopathic Doctors you are doing a disservice to them, their training, and their patients. By passing this bill it is my belief that Naturopathic Doctors will be better able to serve their patients.

Sincerely,

Diane Ruse