

VANDNA JERATH, MD, FACOG

Optima Women's Healthcare, PLLC
9399 Crown Crest Blvd, Suite 450
Parker, CO 80138
303.805.1807 O | 303.595.5390 F
optimawomenshealthcare.com
drjerath.com
staff@optimawomenshealthcare.com



CURRENT POSITION

Optima Women's Healthcare, PLLC
Obstetrician and Gynecologist
Physician, Private Practice
2010-current: Owner

Vandna Jerath, MD, PLLC dba Colorado Ob/Gyn Associates
Obstetrician and Gynecologist
2003-present: Owner
2000-2003: Partner
1998-2000: Employee

LICENSURE / CERTIFICATION

ABOG Written - June 1998
ABOG Oral- January 2001
FACOG Board Certified – January 2001- present
Colorado Board of Medical Examiners State License- November 1997-present
DEA 1998-present

EDUCATION

Obstetrics and Gynecology Internship and Residency
The University of Colorado Health Sciences Center
Denver, Colorado
June 23, 1994-June30, 1998

M.D., Doctor of Medicine
The George Washington University School of Medicine and Health Sciences
Washington D.C.
August 1990-May 1994

B.S., Bachelor of Science
Major Biological Sciences, Minors in Chemistry and Business
University of Denver
Cum Laude Graduate, Honors Program Scholar
Denver, Colorado
September 1986-June 1990

EXPERIENCE

2010-current	Parker Adventist Hospital Active Medical Staff; Parker, CO
1998-current	North Suburban Medical Center Active Medical Staff; Thornton, Colorado
1998-current	Saint Anthony's North Hospital Active Medical Staff; Westminster, Colorado
2000-current	University of Colorado Health Sciences Center Clinical Instructor and Preceptor Ob/Gyn teaching for Medical Students; Aurora, Colorado
1998-2001	Denver Health Medical Center Ob/Gyn Attending Physician; Denver, Colorado
October 1990-June 1992	Primary Care Internal Medicine Preceptorship Dr. Barret Burka; Washington D.C.
June 1991- August 1991	Accord Medical Center via Business Grapevine, Inc. Administrative Assistant & Receptionist; Denver, Colorado
July 1989-July 1990	Minor & Brown, P.C., Attorneys at Law Administrative Assistant; Denver, Colorado
June 1987-May 1990	University of Denver Recreation Center Assistant; Denver, Colorado
June 1987-August 1990	Video Screen Manager; Denver, Colorado
August 1984-June 1987	Video Mania Manager; Denver, Colorado
June 1984-August 1984	Kinder Care, Inc. Childcare Assistant; Englewood, Colorado

RESEARCH

"L-arginine and nitric oxide levels: possible correlation with pregnancy complications";
Chief Resident Project
Abstract and poster presentation April 1999 and Chief Resident's 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

"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 Does, PhD; Department of Biological Sciences, University of Denver

MEDIA/PRESS

"Perinatal Depression: Antidepressant Treatment Dilemma"; January 17, 2012; ABC Denver 7 News Live Interview with Mitch Jelniker and Ana Cabrera.

“Social Media Doctor: Doctor Heads to Social Media to Find Patients”; November 4, 2011; Profiled on Denver 9News TV segment by Cheryl Preheim.

“Premenstrual Syndrome in Women”; June 14,, 2011; ABC Denver 7 News Live Interview with Bertha Lynn and Dayle Cedars.

“Prevention of the Flu in Pregnancy”; October 5, 2010; ABC Denver 7 News Live Interview with Mitch Jelniker and Christine Chang.

“Cervical Cancer Screening: Pap Smears and HPV”; February 16, 2010; ABC Denver 7 News Live Interview with Mitch Jelniker and Christine Chang.

PUBLICATIONS/ PRESENTATIONS

“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.

“Can You Succeed Without A Mobile EHR Solution”; Interviewed and Featured in Article by Vicki Amendola, Editor; July 3, 2012; Healthcare Technology Online

“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.

Women’s Health after 40: An Honest Discussion; March 9, 2012; Illuminate Women’s Luncheon.

“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.

“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.

“Do’s and Don’ts During Pregnancy”; Article; March 2011; Expectant Mother’s Guide to Denver Publication.

“Preparing and Planning Pregnancy”; February 28, 2011; Parker Adventist Hospital TV; Leaders in Expert Healthcare Series

“Social Media: My experience with Word of Mouse”; February 16, 2011; Denver Medical Society Presentation, Young Physicians’ Seminar

“Do’s and Don’ts of Pregnancy”; Article; February 2011; Healthy Living Magazine – a Douglas County health publication.

“The Flu and Pregnancy”; Article; January 2011; Search Parker Magazine

Urinary Incontinence: Feeling wet – don’t fret”; September 21, 2010; Parker Adventist Hospital Community Health Seminar.

“Women’s Health: Pap smears, HPV, and Cervical Cancer Screening”; Article; August 15, 2010; Healthy Living Magazine – a Douglas County health publication.

“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.

“Herbs During Pregnancy”; April 1, 2010; Interviewed and Featured in Article; Grow Magazine – a health publication by Parker Adventist Hospital.

“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.

TOPIC CONFERENCES

University of Colorado Hospital; Department of Obstetrics and Gynecology:

“Total Pelvic Exenteration: a review”; October 1993.

“Endometrial Cancer: a review”; October 1993.

“Management of Atypia Pap Smears”; November 1995.

“Narcotic Management of Chronic Pelvic Pain”; January 1997.

“The Vaginal Pessary: It’s role in the conservative management of SUI and SPR”; February 1998.

Rose Medical Center; Department of Obstetrics and Gynecology:

“Granulosa Cell Tumor of the Ovary: associated with abnormal uterine bleeding and uterine atypia”; Tumor Board case presentation; March 1997.

PROFESSIONAL ORGANIZATIONS

American College of Obstetricians and Gynecologists; current fellow

Colorado Obstetrics and Gynecology Society; current member

Denver Medical Society; current member

Colorado Medical Society; 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

HONORS/AWARDS

RESIDENCY: University of Colorado Health Sciences Center; Dept Ob/Gyn

Outstanding Research Presentation Award; Chief Resident’s Research Day; May 12, 1998

MEDICAL SCHOOL: The George Washington University

William Beaumont Research Society; 1992-1994

Kane King Dodek Obstetrics and Gynecology Academic Honor Society; 1994

Gamma Phi Beta Academic Scholarship; 1990-1991

UNDERGRADUATE: University of Denver

Outstanding Sophomore Woman; 1988

Outstanding Panhellenic Junior Woman; 1989

Distinguished Senior Woman; 1990

Pioneer Award: twelve individuals recognized for leadership and community service; 1990

William T Driscoll Award: Biological Sciences scholastic award; 1989

Chancellor’s Leadership Corps: ten students selected to advise the chancellor; 1988-1990

Academic/Leadership Honor Societies: Omicron Delta Kappa; Golden Key; Mortar Board; Alpha Epsilon Delta; Order of Omega; Rho Lambda

ACTIVITIES/ COMMITTEES

PRIVATE PRACTICE: Optima Women's Healthcare

Perinatal Committee; member

PRIVATE PRACTICE: Colorado Ob/Gyn Associates

Clinical Instructor and Preceptor; University of Colorado Health Sciences Center:

Teaching and clinical experience for medical students years 1-3; 2000-present

Various Committees; Saint Anthony's North Hospital and North Suburban Medical

Center : call scheduling, deck doc, peer review, OR, and Ob/Gyn issues; 1998 - 2009

60th Anniversary Ob/Gyn Reunion and CME: University of Colorado Health Sciences

Center: help organize residency reunion, 2008

RESIDENCY: University of Colorado Health Sciences Center and Hospital

Intern Applicant Interviews: organized pre-interview social events with residents, organized formal talks and tours for the applicants; 1996-1997

Chief's Banquet: organized recognition dinner/dance/awards ceremony in honor of 1997 chief residents

Housestaff Association: Ob/Gyn department representative; 1995-1998

MEDICAL SCHOOL: The George Washington University

Organization of Student Representatives: to the American Association of Medical Colleges; 1992-1994

Medical School Student Council: Secretary; 1992-1994

The George Washington University Student Association: graduate senator; 1992-1993

"A Day in the Life of a Medical Student: a program for parents and partners": planning committee class representative; 1990-1993

Medical Ethics, Right to Treatment, and Health Policy Committees; 1990-1994

UNDERGRADUATE: University of Denver

All Undergraduate Student Association (AUSA) Senate: Student Body President: 1988-1989;

Court Justice: 1989-1990; Senator: 1987-1988

Gamma Phi Beta Sorority: Executive Board Member: 1986-1990; Alumni Volunteer: 1990-present

Colorado Centennial Conference: political lobbying conference staff member; 1988-1990

CME

Numerous Ob/Gyn conferences, courses, and training workshops attended yearly

CME hours kept up to date- details furnished upon request

PHILANTHROPIES/ VOLUNTEERING

Leukemia and Lymphoma Society

Susan G. Komen Foundation

Democratic National Convention

Family Wellness Summit

Special Olympics

Salvation Army

March of Dimes

Multiple Sclerosis

Ronald McDonald House

DNCC Green Recycling

Breast Cancer Foundation

American Diabetes Association

OTHER

Colorado resident since 1981

Born in New Delhi, INDIA; immigrant to USA at age 2

Fluent understanding of Hindi
Conversational (and medical) knowledge of Spanish
Healthcare social media outreach
Enjoy triathlons, running, tennis, hiking, professional sports, theater, reading, impressionistic and modern art, politics, and international travel.

SOCIAL MEDIA

I use healthcare social media to engage, educate, enlighten, and empower patients, women, colleagues, and the community and am a healthcare social media pioneer and expert locally. I am one of the first physicians in Colorado actively participating in and building a healthcare social media network that is extensive (over 5000 connections) across multiple platforms. I have done healthcare social media presentations and/or consulting for the 4Corners MGMA, Denver Medical Society, Clear Creek Valley Medical Society, Parker Adventist Hospital practice managers, Littleton Adventist Hospital OB/Gyn practice managers, healthcare marketing and practice management organizations, fellow physicians and other healthcare colleagues. I was also profiled on Denver 9News by Cheryl Preheim as the “Social Media Doctor” with positive healthcare social media efforts and results – <http://on9news.tv/sjozH2> .

Website	optimawomenshealthcare.com
Blog	drjerath.com
Social Media	facebook.com/drjerath facebook.com/optimawhc twitter.com/drjerath twitter.com/optimawhc pinterest.com/drjerath pinterest.com/optimawhc gplus.to/drjerath gplus.to/optimawhc linkedin.com/in/drjerath youtube.com/doctorjerath

E-Newsletter

** Please contact me directly for details and availability regarding consulting, speaking, projects, or presentations related to healthcare social media. **

