



NORTHERN CALIFORNIA
MEDICAL ASSOCIATES

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Download:

- [I-Tsyr Shaw, MD](#) (head shot)
- [Isha Shrestha, MD](#) (head shot)

NCMA Endocrinology and Diabetes Center welcomes two new physicians to our expanding practice

NCMA Endocrinology and Diabetes Center is excited to announce the long-awaited expansion of endocrinology services in fall 2019. In addition to practice director Yuichiro Nakai, MD, two additional endocrinologists are joining the NCMA Endocrinology and Diabetes Center team:

- [Isha Shrestha, MD](#), joined Northern California Medical Associates on September 23, 2019. Dr. Shrestha completed her Endocrinology fellowship at Chicago Medical School in summer 2019. Dr. Shrestha previously completed her residency training at Loyola Medicine in Berwyn, Illinois.
- [I-Tsyr Shaw, MD](#), joins Northern California Medical Associates on October 1, 2019. A board-certified endocrinologist, Dr. Shaw is relocating from her successful practice in Ohio. She completed her Endocrinology, Diabetes & Metabolism fellowship at Ohio State University in 2013. Prior to that, Dr. Shaw had a residency in Internal Medicine at Mayo Clinic in Rochester, Minnesota.

NCMA Endocrinology and Diabetes Center's expansion in services is the latest and largest in a series of steps that began with Dr. Yuichiro Nakai joining NCMA in 2011 after completing his endocrinology training in 2006 at UC Davis. He worked in his own private practice until 2011.

Heather Kehres, PA-C, joined in 2012. Under the supervision of Dr. Nakai, she focuses on helping patients lower their risks for future complications and improve their quality of life. Jennifer Logan, RD, CDE, added her certified diabetes educator & dietitian capabilities to our practice in 2016. In 2017, NCMA Endocrinology and Diabetes Center earned Diabetes Education Accreditation Program (DEAP) status from the American Association of Diabetes Educators.

With this expansion of services, NCMA Endocrinology and Diabetes Center's goal remains providing patient-centered, up-to-date endocrinology evaluation and management services to our local and extended community, coordinating with other patient care providers — without external (pharmaceutical) influences on treatment choices.

We are pleased to be able to accept referrals from local physicians in need of additional endocrine, diabetes and metabolism healthcare services and expertise. Please contact our Santa Rosa office at 707-578-7530. Learn more about our services and educational offerings by visiting www.ncmahealth.com/ncma-services/endocrinology/.

About Northern California Medical Associates

[Northern California Medical Associates](#) (NCMA) has been a leading association of medical practitioners in the North Bay Area since 1975, when Cardiology Associates of Santa Rosa, Inc. first opened its doors. NCMA remains committed to expanding its expertise and scope of care by continuing to merge with several private practices to better serve our patients in Sonoma, Mendocino and Lake counties. In addition to our family and internal medicine practices, NCMA's specialties include: cardiology, cardiothoracic surgery, TAVR surgery, dermatology, endocrinology, ENT / otolaryngology / head & neck surgery, foot & ankle medicine / podiatry, gastroenterology, obstetrics, gynecology, orthopaedics, osteopathic neuromusculoskeletal medicine, rheumatology, urology and vein disorder treatment. Visit us on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).

About NCMA Endocrinology and Diabetes Center

NCMA's Endocrinology and Diabetes practice is one of the most comprehensive endocrinology healthcare groups in the state of California. Yuichiro D. Nakai, MD, I-Tsyr Shaw, MD, Isha Shrestha, MD, and the team at NCMA Endocrinology and Diabetes Center in Santa Rosa diagnose and treat hormone-related health conditions by identifying imbalances in the hormone glands of your body system. Through discussion, examination and careful laboratory testing, we work hard to provide comprehensive treatment options for conditions such as:

- Diabetes
- Metabolic syndrome
- Thyroid hormone imbalances
- Thyroid masses and cancers
- PCOS (polycystic ovarian syndrome)
- Over or under production of hormones
- Osteoporosis
- Hypertension
- Cholesterol (lipid) disorders
- Pituitary and adrenal imbalances and masses
- Testosterone disorders
- Cancers of the endocrine glands

Learn more about these services at www.ncmahealth.com/ncma-services/endocrinology/.