



## Dr. Alexandra Volarich

Dr. Alexandra Volarich is a naturopathic doctor practicing in Canby, OR, and she is thrilled to be a part of the Sunshine Family Healthcare team. Her practice is comprised of family medicine, women's health/fertility support, hormone management, GI dysfunction, and mental health. She incorporates both naturopathic and conventional medicine to meet as many patients' needs as possible. She believes strongly in shared decision making with her patients and always enjoys collaboration between various care teams or specialists.

### Common conditions include:

- Irregular menstrual cycles
- Endometriosis
- PCOS
- Perimenopause/menopause
- Urinary symptoms
- Pelvic pain or discomfort
- Constipation/diarrhea
- Irritable bowel syndrome
- Depression/ anxiety
- Inflammatory condition

**Additional modalities:** Extensive training in pelvic floor therapy and abdominal-uterine massage by Kathryn Kloos' Integrative Pelvic Floor Mentorship. Dr. Volarich also offers multiple types of regenerative injection therapies, such as prolotherapy and PRP for alternative methods of pain management and aesthetic treatments.

### Education:

- Residency: 2 post-graduate years AANMC accredited position, 2020-2022
- Doctorate: National University of Natural Medicine, 2016-2020
- Master of Science in Health Sciences, St. Louis University 2013-2014
- Undergraduate studies, University of Richmond, Virginia 2009-2013

Dr. Volarich is a Missouri native who has happily found her new home in Oregon. When she is not practicing medicine, you can find Dr. Volarich bettering her snowboarding skills, trying to keep up with her partner mountain biking, or reading a book to their dog, Lincoln.