

Meliora Family Medicine, PLLC

Jessica Davis, MD

SM: Dr Davis, what guided you to become a doctor?

JD: When I was young, I thought I would become a teacher—until I realized that the thought of standing in front of a classroom terrified me. I liked science, problem solving and working with my hands, so I pursued a B.S. in biomedical engineering. I eventually decided that I could not spend all day in front of a computer in a corporate setting. I ultimately chose medicine because I needed more human interaction, and a chance to serve people in a very personal, meaningful way. Now I embrace the challenges of medical problem-solving, as well as the opportunities for one-on-one teaching with every patient.

SM: What is your specialty?

JD: I have double board certification in family medicine and integrative and holistic medicine. I am also certified to practice medical acupuncture.

SM: Why did you choose these areas of study?

JD: I went into medicine to be a family doctor. I had always been drawn to stories of old-fashioned general practitioners who made house calls with their horse and buggy. Continuity and relationships are important to me; being there to support and guide people through pivotal moments in their lives from birth to death. I believe in focusing on prevention and maintaining wellness, and paying attention to the mind-body connections that strongly influence our health.

SM: How did you decide to open your own independent practice?

JD: I was frustrated by practicing in a typical office setting, where I felt I really wasn't able to help most people who came to see me due to time constraints and financial pressures. I wanted to find a way to bring the focus back to the doctor-patient relationship, and create a fulfilling practice where both my patients and I could thrive instead of just surviving.

SM: What does your practice offer?

JD: I offer full primary care services for all ages, from acute illness and injuries to chronic disease management, GYN exams, and physicals. I also offer medical acupuncture treatment for my own patients as well as on a consultation basis.

SM: What makes your practice unique?

JD: -Integrative, holistic approach that treats the whole person, not just a disease
- Longer appointments that start on time
- Access to your own doctor 24/7
- Solo doctor, no staff
- The ability to schedule your own appointments on my webpage
- Online "E-visits"
- Free "meet-the-doctor" visits
- Accessible payment plans for anyone with or without insurance
- A relaxed, natural setting

SM: What are your future plans to advance medicine in your area?

JD: I will continue to work with a group called the Ideal Medical Practices project (www.impcenter.org), of which I am a founding board member. This is a national non-profit organization of physicians and other health-care professionals committed to improving the quality of primary care. The core principles are to provide easy access, a solid relationship built over time, a broad variety of services, and effective coordination of care. A sister organization is SavingPrimaryCare.org which provides a forum for political action to create a higher functioning health system that supports effective primary care, improves outcomes, reduces costs, and improves patients' experience of care.

SM: What made you come to the Saratoga area?

JD: I grew up in Schaghticoke, then left to do all of my training in Rochester, New York. I came back home to be closer to my family, most of whom still live in the area. I am glad to be able to serve the community where I grew up.

SM: How will you mix family life and your career as a doctor?

JD: I have a two year old son, so balancing work and family is very important to me. I plan to limit my practice size so I can remain part-time. Running my own business allows me to set a flexible schedule. I also try to be mindfully present in whichever setting I'm in, so that when I'm with my son I don't think about work and vice versa.

SM: What do you like best about your job?

JD: Having created a practice that allows me the time to truly sit and listen to the stories of people's lives, and to be a guide for them in their own decision-making process.



“ I believe in focusing on prevention and maintaining wellness, and paying attention to the mind-body connections that strongly influence our health. ”

SM: What are some of your interests or hobbies?

JD: Medical interests include healthcare reform, integrative medicine, wellness and prevention, women and children's health, and end of life care. Personal interests include spending time with my family, reading, knitting, baking, volleyball, and kayaking.

Meliora Family Medicine, PLLC
Integrative Primary Care & Medical Acupuncture

Jessica Davis MD
Phone & Fax:
(877) 664-6116

PO Box 173
172 Hudson Ave
Stillwater, NY 12170

JessicaDavisMD@onebox.com
www.meliorafamilymedicine.com