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HERITAGE VALLEY
HEALTH SYSTEM

PGY-3



Sana Borda, MD

Hometown: Riverside, CA

Undergraduate: University of California, Riverside

Medical School: American University of the Caribbean

"I was interested in Heritage Valley because I was looking for an unopposed program that would maximize my learning experience throughout residency. After the interview, I knew this was where I wanted to be. I met with several residents, faculty and staff and found that everyone was friendly, open and helpful in answering my questions. I love the family feel of the program and I know I will be supported in reaching my goals, while growing personally and professionally. This is truly an ideal program and I am excited to be a part of the family!"



Smruthi Devalaraju, MD

Hometown: Miramar, FL

Undergraduate: University of Florida

Medical School: St. George's University School of Medicine

"I was drawn to Heritage Valley during my interview process because the staff, residents and faculty showed genuine interest in my experiences. I wanted to be part of a program that is compassionate and has positive work environment, which was evident during the interview. I loved that it is an unopposed program with flexibility of tailoring my training according to my personal interests. I felt welcomed by everyone and was convinced I would get extensive training in all aspects of Family Medicine."



Anh-Dao Lee, DO

Hometown: St. Clairsville, OH

Undergraduate: Wheeling Jesuit University

Medical School: Ohio University Heritage College of Osteopathic Medicine

"I knew Heritage Valley was the program for me right after my interview! I could instantly see myself growing and learning in the supportive environment. They have good class sizes, attending physicians that are passionate about medicine, and the ability to focus on your own areas of interest within Family Medicine. The surrounding area also has a friendly sense of community that makes you feel right at home."



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Akulkumar Patel, MD

Hometown: Andover, MA

Undergraduate: Bates College

Medical School: American University of Antigua College of Medicine

"I chose Heritage Valley because of its strong reputation of producing excellent, proficient family physicians in an unopposed setting. The faculty, fellow residents, and staff all have such a great camaraderie and it is something I knew that I wanted to be a part of immediately after my interview. I truly felt that I would enjoy working, learning, and growing as an individual and physician with these people over the next three years. I also appreciated that the program tailors your curriculum with the ability to pick/create your own TRAC that aligns with your own educational desires or interests."



Zachary Sheffler, DO

Hometown: Greensburg, PA

Undergraduate: Seton Hill University

Medical School: Lake Erie College of Osteopathic Medicine

"I chose the Heritage Valley Family Medicine Residency Program due to the interview experience, curriculum, and location. Faculty and residents were very welcoming and friendly at my interview. After discussing my goals, I was confident I would be able to achieve them there. I found the TRAC system unique and liked that I could tailor certain aspects of the curriculum. As a southwestern PA native, it was also important that I continue my education here and serve the community."



Dina Sidig, MD

Hometown: Khartoum, Sudan

Medical School: University of Science and Technology/Sudan

"On my interview day I was blown away by the camaraderie of the faculty, staff and residents, the passion they had for serving the community, and the incredible supportive environment. I love that the program is unopposed with a well-rounded curriculum; it challenges you to be the best physician and person you can possibly be while also being close to my family."



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PGY-2



Lamis Khalil, MD

Hometown: Southfield, Michigan

Undergraduate: American University of Beirut

Medical School: Lebanese American University School of Medicine

"I knew I wanted to be part of the Heritage Valley Family Medicine team as soon as I interviewed there! Even though this year's interviews were virtual, the residents and physicians displayed a palpable sense of community and positive work environment; they were all warm-hearted, compassionate and showed genuine interest in my experiences. They made me feel at home! What attracted me the most were their TRACs that would allow me to tailor my training to fit my areas of interest. I was confident I would get a well-rounded residency training there that would help me achieve my professional goals."



Nicholas Lieb, DO

Hometown: Harrison City, PA

Undergraduate: Saint Vincent College

Medical School: Lake Erie College of Osteopathic Medicine – Bradenton

"I was interested in completing a residency at Heritage Valley for many reasons. Heritage Valley is close to my hometown, and I feel personal ties to the greater Pittsburgh area. The residency program appealed to me because of its well-rounded training opportunities in Family Medicine as well as its options to focus on tracks such as Sports Medicine or Palliative Care. It was evident during my interview that the program fostered a good sense of community and well-being among the residents."



Jared Maurer, DO

Hometown: Julian, PA

Undergraduate: Pensacola Christian College

Medical School: Edward Via Virginia College of Osteopathic Medicine

"Heritage Valley was appealing to me because their program offered great educational opportunities in a community hospital setting. I was also drawn by the opportunity to pursue my interests in Sports Medicine and OMM while in residency. During my interview, the faculty, staff, and residents were so kind and welcoming, and I knew that it was the kind of environment that I wanted to join."



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Saniya Niazi, MD

Hometown: Karachi, Pakistan

Undergraduate: BAMB PECHS Govt College for Women

Medical School: Karachi Medical and Dental College

"I chose Heritage Valley, as not only it offered an unopposed program that would diversify my learning experiences; it also provided the richness to personalize my training through TRACs. On my interview day, I was thoroughly impressed with the Program's cultural dexterity, inclusiveness, and has passionately the faculty, residents, and staff all comes together as a team to serve the community. As this was not enough, the Program statement, "Program As Unique As You" confirmed the intellectual alignment of our vision for professional growth. I knew I will choose Heritage Valley every time over any other program."



Jon D. Nicassio, DO

Hometown: Harrison City, PA

Undergraduate: The University of Pittsburgh at Greensburg

Medical School: West Virginia School of Osteopathic Medicine

"When choosing a residency program, I was looking for a program that was friendly, compassionate, hardworking, and supportive to their residents, employees, and staff. I quickly learned from my rotations at the Heritage Valley Beaver Campus, that the program had all of these traits I was looking for. I loved how supportive and knowledgeable everyone was. I knew that I would receive the best training in Family Medicine."



Michael R. Thomas, DO

Hometown: Pittsburgh, Pennsylvania

Undergraduate: Saint Vincent College

Medical School: Lake Erie College of Osteopathic Medicine

"I was initially interested in Heritage Valley because I wanted to attend a good program that was close to home. I was really impressed during my interview as everyone was very welcoming and friendly. I was happy to learn that I could pursue my interest in Behavioral Health at Heritage Valley. After I came for a second look, I realized this was a great community that I wanted to be a part of."



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PGY-1



Hannah Coombe, DO

Hometown: Maple Shade, NJ

Undergraduate: Grove City College

Medical School: Liberty University College of Osteopathic Medicine

"The Family Medicine program here at Heritage Valley Beaver is well established and well known for training fantastic Family Medicine Physicians. Everyone, from the faculty and residents to the nurses and office assistants are approachable and supportive. When searching for a program, I was also looking for a family friendly training environment with a strong reputation and a location my family could finally call "Home". This... is... it! The proximity of Beaver to Pittsburgh brings everything within reach. We have an abundance of parks and kid-friendly activities as well as entertainment, professional sports, and plenty of restaurants to satisfy any foodie cravings. My family found a beautiful home in Coraopolis where we can easily access the city or commute to work."



Bushra Hashmi, MD

Hometown: Pittsburgh, PA

Undergraduate: Allegheny College

Medical School: American University of Integrative Sciences

"This program appealed to me because of the unique curriculum and strong institutional support it offers. As an unopposed program, it offers a well-rounded experience in clinical and procedural skills both in the inpatient and outpatient settings. I knew this program was right for me after having such a positive interview experience and learning more about the many opportunities I have to tailor my curriculum to my interests. Being close to my hometown of Pittsburgh is a bonus!"



Andrew Kroemer, DO

Hometown: Edinboro, PA

Undergraduate: Allegheny College

Medical School: Lake Erie College of Osteopathic Medicine

"I chose Heritage Valley FM for a multitude of reasons. First, I did an audition rotation here during my fourth-year in medical school and saw how organized and involved they were with my medical school education. It was quite obvious that if they took that amount of time for a visiting medical student, they must really care about their residents and their education. Second, I was incredibly impressed by the structure of the longitudinal curriculum, and how it has shorter rotations with repetition which is more attune with my learning style compared to more traditional structures. Lastly, I wanted a location that was unopposed that allowed me to have access to many opportunities that other FM residencies would have been competing for. For example, I have a passion for sports medicine and Heritage Valley allows me the chance to be the team physician for a local high school as well as Geneva College."



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Jaclyn Natalone, DO

Hometown: Dix Hills, NY

Undergraduate: University of Delaware

Medical School: Lake Erie College of Osteopathic Medicine

"I was initially drawn to this program because of my interview experience. In addition to the fact that everyone was very welcoming, with Heritage Valley being an unopposed program, I got the sense that the faculty genuinely cares about the residents. This program creates a learning environment that encourages you to become a competent, well-rounded physician. I was also drawn to the program because the residents serve a wide variety of patients, including both rural and urban-underserved populations. After my virtual interview, I came for a second-look and fell in love with the area! I knew that residency would be challenging regardless of where I chose, but I'm happy that I chose a program with wonderful co-residents and supportive faculty!"



Chelse Van Spronsen, DO

Hometown: Jenison, MI

Undergraduate: Alma College

Medical School: Lake Erie College of Osteopathic Medicine

"I knew I wanted to complete my residency at Heritage Valley following my rotation with the program. I found all the residents and faculty to be extremely kind and welcoming and knew it would be a perfect learning environment to excel in my areas of interest. The small size of the program and the rural community medicine setting were very appealing to me. I have also lived in the Greater Pittsburgh area for the past year with my soon-to-be husband and grew to love the many amazing food options in Pittsburgh as well as the beautiful nature trails of Western Pennsylvania. Heritage Valley had everything I wanted and needed in a residency program."



Kayla Wilson, MD

Hometown: Millerstown, PA

Undergraduate: Lock Haven University

Medical School: American University of the Caribbean

"I chose Heritage Valley because I knew it was the best place I had found to learn how to become an excellent family physician. Being an unopposed program, I knew I would not be competing for any learning opportunities. I have never encountered a hospital system that felt like it was one big family as much as Heritage Valley. Everyone in the program is supportive and residents never have to be afraid to ask for help. I'm glad that I am now part of this wonderful community where patient care and resident education remain the top priorities."