

TOUCHSTONE HEALTH WELCOMES

KRISTINA SANCHEZ, MD



PHYSICIAN FOCUS



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Although Dr. Kristina Sanchez initially thought she'd return to New Mexico after completing her family medicine residency at St. Mary-Corwin Medical Center, she soon changed her mind. The reason? She fell in love—with the city of Pueblo, with her new husband and, she says, with her close-knit resident class. Having just finished their third and final residency year, Sanchez and three of her classmates will be hanging their professional shingles with the recently formed Touchstone Health. Their mentor and former attending physician, Dr. Louise Schottstaedt, opened Touchstone on July 14 with another former attending physician, Dr. Al Arline.

Touchstone, Sanchez explains, will focus on treating the whole patient, not just the symptoms or disease. "Our approach is holistic—we'll care for the complete family spectrum, from infancy to end of life," she says.

Sanchez says that physicians and patients each have responsibilities in the journey to good health. "I'm there to educate and motivate. Patients have to do the work. I truly believe most people want to be successful in achieving their health goals. And when goals are reached, I celebrate with them."

Real teamwork will be the clinic's defining characteristic, Sanchez adds. "We've already spent three years getting to know each other, counting on each other, and when necessary, covering for each other. We each have different strengths and personality traits. We're all tremendously excited about Touchstone."

Touchstone Health will be fully electronic, too—no more paper medical files. Access to patient medical history will be much faster, and is expected to decrease both medical error and unnecessary testing. The clinic also has an Internet presence at www.touchstoneonline.com and eventually will offer patients more online services.

Dr. Sanchez married St. Mary-Corwin's Director of Risk Management, John Sanchez, in May. Since honeymooning in Italy, the two have made their home in Pueblo. When she's not at the clinic, Dr. Sanchez enjoys aerobics and strength training, reading and hiking.

To schedule an appointment with Dr. Sanchez, call (719) 560-4744.

Touchstone Health is a team of family physicians and support staff whose purpose is to help you stay healthy and well.



HOURS: MONDAY - FRIDAY, 8:00 AM - 5:00 PM

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