

Deondra Pedroza on 04/23/2019 09:29 PM UTC

Hello Timothy, I have attached your after visit summary. Please let us know if we can help you with anything else. Thank you!

TIMOTHY GOULET on 04/03/2019 06:40 PM UTC

Hello, I met with Dr. Gangal this week and she mentioned that she'd provide me a list of therapists that specialize in CBTI. I left the office before I got that list. If you could send it though the portal here, that would be great! Thanks! Tim Goulet

Oregon Sleep Associates
Kaanchan Gangal MD
2228 Nw Pettygrove Suite 150
Portland, OR 97210
Phone: 503-288-5201 Fax: 503-288-0151

4/1/2019

TIMOTHY GOULET
5007 Sw Illinois St
Portland, OR 97221

Timothy,

Here is a summary of the plan discussed. Please contact us if you have any further questions or concerns.

Plan: Do not drive if you feel drowsy.

I will have the patient see Jason (DME) for mask assessment and change out if needed.

The patient has elected to obtain durable medical equipment (DME) through our office.

These are some providers that specialize in cognitive behavioral therapy for insomnia:

Lucas De Master, PsyD
(971) 220-5993
650 NE Holladay Street, Suite 1600, Portland, OR 97232

Babak Govan, PhD or Avid Farahani, PsyD
Integrative NW
12540 SW 68th Avenue, Suite B
Tigard, OR 97223
503-575-1317
www.integrativenw.com

Follow up in 6 months. Call sooner if questions.

Cc: Donald Valerio, MD

Dr. Gangal was Going to Get me a list for CBTI

from: TIMOTHY GOULET

date: Apr 03, 2019, 02:40 PM EDT

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