

Plunging into the world of Pathology

Dr. David Hoak and Dr. Thomas Allerding

"WHEN PEOPLE THINK OF PATHOLOGISTS, they think of *Quincy M.E.*," says Dr. David Hoak, Medical Director at InCyte Pathology, who is also a 2011 Best Doctor. The popular 1970's television show may have painted a picture of forensic pathology, but the work real pathologists do veer off-script from television shows. "We don't do many autopsies, and we



Dr. David Hoak (l) and Dr. Thomas Allerding (r) with some of the slides they review

don't do forensic autopsies," he says.

What pathologists do is diagnose diseases based on studying cells and tissue. There are two sides to pathology: cytology, which deals with cells in fluid, and histology, which deals with a piece of tissue.

Pathologists review cells and tissues that come in from doctors' offices. This can include pap smears and breast biopsies, as well as anything that is removed from the body—a mole, in a doctor office visit; a leg, in an amputation; a portion of a colon in surgery.

"Some things can be more traumatic for someone to see, but not after 20 years," says Dr. Thomas Allerding, another 2011 Best Doctor who practices at InCyte Pathology and who long ago overcame any sense of queasiness from looking at and handling things removed from the human body. He focuses more on the task at hand and how a patient will benefit from his work. "We may get a segment of colon because the patient has colon cancer. Our job is to describe the cancer and explain how extensive it is."

The pathologists initially perform a "gross," or overall first visual exam with a naked eye. From this point, the tissue is put through a complex and highly technical process of embedding into paraffin wax, staining with a variety of dyes that locate and identify different cells, and cutting, which reduces the tissue to a very thin slice, all in order to create slides for the pathologist to review.

Throughout the entire process, everything is bar-coded, because one of the biggest issues is to not mislabel anything and to not to mix up slides. "Bar-coding is a really nice way to ensure what you have in your hand matches what is on the system," explains Allerding. "There is a lot of technology, but the staining, cutting and basic notion of embedding has been around for a long time."

"A lot of cells look alike, but with these kind of stains you can really ferret out what kind of tumor you are looking at," says Hoak. "This is a high level of technology; none of this existed when I was a resident."

Though technology has advanced, both Hoak and Allerding were originally drawn to pathology because they were captivated by the chance to learn, investigate, and ultimately, help patients.

"I always liked biology and when I read *Microbe Hunters*, it was all about the early pioneers of infectious diseases," says Hoak. "I did some research and had to do a rotation in

Top Rated Spine Care for the Inland Northwest



Jeff McDonald, M.D., Ph.D.

Board Certified, American Board of Neurological Surgeons

www.idspinecare.net
(208) 667-4949



NORTH IDAHO
NEUROSURGERY & SPINE^{PLLC}

Affiliated with Northwest Specialty Hospital in Post Falls and Kootenai Medical Center in Coeur d'Alene

Outpatient Clinics in Coeur d'Alene, Kellogg and Sandpoint, ID

BOARD CERTIFIED CARDIOLOGISTS

Fellows of the American College of Cardiology

Where your cardiovascular care is our specialty

Consultative Cardiology · Echocardiography · Nuclear Cardiology
Cardiac Electrophysiology & Intervention · Peripheral Artery Disease
Carotid Ultrasonography · Cardiac Catheterization · Coronary Angioplasty & Stents

Main ■ 509-838-7711
122 W 7th Avenue, Suite 310

William R. Bennett, MD
Andrew J. Boulet, MD
Eteri S. Byazrova, MD
Donald A. Chilson, MD
Angelo S. Ferraro, MD
R. Dean Hill, MD
Michael D. Hostetler, MD
Kevin M. Kavanaugh, MD
Timothy J. Lessmeier, MD
Eric C. Orme, MD
Michael E. Ring, MD
Stephen T. Thew, MD
L. Douglas Waggoner, Jr., MD
Michael P. Williams, MD

Coeur d'Alene ■ 208-676-9913
700 Ironwood Drive, Suite 350

Joseph A. Abate, MD
Dennis B. Cooke, MD
Ronald M. Fritz, DO
Carl L. Hanson, MD
Ronald D. Jenkins, MD
Keith A. Kadel, MD
Kevin M. Kavanaugh, MD
Wolfgang Spyra, MD

Walla Walla ■ 509-522-5731
St. Mary Medical Center, 401 W Poplar

Suwong Wongsuwan, MD

Northside ■ 509-489-7504
212 E Central, Suite 240

Amna T. Ahmed, MD
John P. Everett, MD
Marek Janout, MD
Keith A. Kadel, MD
Eric D. Stucky, MD

Sandpoint ■ 208-263-2505
606 N 3rd Avenue, Suite 203

Robert L. Holman, MD
Ronald D. Jenkins, MD



ANDREW J. BOULET, MD



R. DEAN HILL, MD



ERIC C. ORME, MD



TIMOTHY J. LESSMEIER, MD



MICHAEL E. RING, MD



MICHAEL P. WILLIAMS, MD



www.heartclinicsnw.com

Congrats to our Top Docs

From your partners and staff

Thank you, Spokane!

With three offices throughout Spokane, including our newly opened Valley location, top level care is right around the corner.

Jeffrey D. Bunn, MD
Neil A. Giddings, MD
John F. Hoffmann, MD
Michael J. Olds, MD

EN&T SPOKANE EAR, NOSE & THROAT CLINIC, P.S.
www.SpokaneENT.com

VALLEY 13414 E. Mission Ave. | DOWNTOWN 217 W. Cataldo Ave.
NORTH 9922 N. Nevada St. | (509) 624-2326

Zäla

M E D I C A L

- Juvederm ultra plus/with lidocain for maximum comfort
- Botox/Dysport
- Radiesse
- Restylane with lidocaine
- Perlane
- Endermologie
- Thermage
- Vein Treatments
- Hair Removal
- IPL/Photo Rejuvenation
- Permanent Cosmetics
- Scar Treatments
- Skin Tag Removal/CO2
- Obagi Prescription Skin Care
- Clarisonic Pro Line
- Prescription Latisse
- Sclero therapy
- Obagi Blue Peel
- TCA peels



Be Yourself

ONLY BETTER

Call today for your complimentary consultation and let our highly experienced staff design a plan for your goals and budget.

208.665.2300
zalamedical.com

.....
1859 N Lakewood Dr Ste 304 CDA

BEST DOCTORS | 2011

pathology, and was surprised; I didn't think I wanted to be like my father, but I ended up being like my father, who was a pathologist!"

"I started out more of a chemist," says Allerding, "what a nerd!" After working as an orderly at a hospital to earn extra money for school, he was lured into the world of medicine. Originally, he planned to go into cardiology with one year in pathology, but "once I got in the door and saw how interesting pathology was, I never left. I miss the patient contact once in a while, but I like watching our employees grow and develop in our company. After a while you realize there is more to like."

Keeping up with this fast paced field can be challenging. "There are so many new things," says Allerding. "Our literature is huge. Pathology has gotten so broad, you need that extra level of knowledge and training. That is also what is fun, though."

"We've now entered a competitive era," says Hoak. "Now, specimens are totally portable. We are now competing against labs from New York, Seattle and etc." As part of that competitive edge, there is now a movement for patients to have direct access to pathologists, to answer their questions. Before, pathologists were behind the scenes, but increasingly, Hoak and Allerding are trying to make themselves available to educate patients. "It is a lot of fun when that happens, I get really juiced about it," says Allerding. "Patients can look in the microscope."

Both Hoak and Allerding hail from Ohio, but they found in Spokane a residential and medical community in which they were able to put down roots.

"Spokane is still a collegial medical community," says Hoak. "You get to know a large number of doctors. The community is somewhat conservative in a good sense. It doesn't jump on any bandwagon, but waits to see if something pans out."

"We believe in local pathology," says Allerding. "All the people who work here are local, all the money is local. We like the fact we can give the people in this community great local pathology care. We try to remember that each little glass slide and barcode is a patient and a person. We ask all our employees keep that in mind." ■

For the best healthcare *patients go to you.* For the best financial advice *physicians turn to us.*

The right partnership can give you one of the most powerful tools in investing today—confidence. Your UBS Financial Advisors, Travis Prewitt and Brad Desormeau, backed by world-class research and resources, will work with you to create your plan that offers clear direction and relevant advice. Because in order to rebuild confidence in today's unpredictable marketplace, you need to surround yourself with a team you can count on.

Recognized among 2010's list of "Best Financial Advisors for Doctors" by *Medical Economics* magazine, The Prewitt Group works with physician clients in several states and is a member of the Spokane County Medical Society "Circle of Friends". Team leader, Travis Prewitt, has more than 30 years' experience in providing wealth management to the medical community.

**Advice you can trust
starts with a conversation.**



"*Medical Economics'* recognition of our team as one of the country's best financial advisors for doctors highlights our commitment to provide the same kind of specialized expertise and dedication to physician wealth care that physicians provide to community health care." – Travis Prewitt



The Prewitt Group
UBS Financial Services Inc.

J. Travis Prewitt
Director
Wealth Advisor
509-744-3314
travis.prewitt@ubs.com

Brad Lee Desormeau
Financial Advisor
509-622-0609
brad.l.desormeau@ubs.com

601 West Riverside Avenue, Suite 1200
Spokane, WA 99201
prewittgroup@ubs.com

ubs.com/team/prewittgroup

