



2018 Top Doctors

Presented by CDPHP®

Few things are more important than your health. That is why for the second year in a row, CDPHP is releasing key performance data, as well as results from patient satisfaction surveys, to show which local primary care doctors have met our health plan's rigorous standards for quality, efficiency, and patient satisfaction.

Built on the principles guiding our Enhanced Primary Care (EPC) program, a nationally recognized, patient-centered medical home model that rewards doctors for value, not volume, CDPHP is celebrating the top-performing primary care practices from the Capital Region and beyond.

Whether you're looking for a new family doctor, or just want to see if your physician made the list, we hope you will find this report useful as you navigate today's health care choices.



Introducing the Capital Region's Top-Performing Primary Care Practice

Dr. Kathleen Catalano's career path has been anything but traditional, which is perhaps why her approach to medicine is anything but conventional. The school-teacher-turned-family-physician was teaching special education at a school in Texas when she decided to pursue a lifelong dream of becoming a doctor.

"I came into medicine later in life," said Catalano, who spent the first few years of her medical career working for hospitals. "It was important for me to take my time with patients, which is why I decided to open my own practice," she added.

In 2001, Catalano opened the doors to a private practice in Johnstown, NY, where she practices a mind-body approach to medicine. "I realized very early on how important the mind is in creating our reality. If we have an attitude that we are sick, we will be sick."

Mind-body medicine focuses on the interactions between the brain, body, and spirit, and a person's ability to stay healthy and cope with chronic disease.

"Some patients can take you down the rabbit hole. When they walk into the office, they think they know what's wrong. They've done the research and they request the tests. When possible, I try to focus on wellness and spirituality."

Her approach to medicine recently hit a roadblock when Catalano began suffering "note bloat," a common frustration among medical professionals required to meet heavy reporting requirements.

A sole practitioner with a staff of just three employees, Catalano was having a difficult time keeping up with her practice's back office needs. It was about that time that she joined the CDPHP Enhanced Primary Care (EPC) program, a patient-centered medical home model that provides financial incentives for doctors who are successful at improving quality of care, efficiency of services, and patient satisfaction. Catalano has used the program's enhanced reimbursements and bonus dollars to staff a full-time employee, responsible for most of her back office needs.

"If it wasn't for CDPHP, I wouldn't be here today," said Catalano, who says the financial support she receives from CDPHP has been critical to keeping her practice open.

**"If it wasn't for CDPHP,
I wouldn't be here today."**

Kathleen Catalano, DO
CDPHP Enhanced Primary Care Physician



The Best of the Best

The CDPHP Enhanced Primary Care (EPC) program rewards doctors for better – not more – care. To qualify for the program, a practice must complete an intensive program designed to improve teamwork, efficiency, and their ability to treat the whole patient. Congratulations to the following practices that have taken high-quality care and patient satisfaction to the next level.

Albany Medical Center Department of Pediatrics	CapitalCare Pediatrics Troy	Community Care Physicians, PC – Niskayuna Internal Medicine	SPHPMA – Riverside Medical Center
Amsterdam Family Practice Associates, PC	Columbia Internal Medicine, PLLC	Community Care Physicians, PC – Partners in Family Medicine North Greenbush	SPHPMA – Troy Family Health Center
Brunswick Family Practice, PLLC	Columbia Memorial Hospital – Broadway Family Care Center	Community Care Physicians, PC – Saratoga Medical Associates	SPHPMA – Troy Pediatric Health Center
CapitalCare Family Medicine Averill Park	Columbia Memorial Hospital – Columbia Memorial Family Care	Community Care Physicians, PC – Schodack Internal Medicine and Pediatrics	St. Mary's Healthcare – Amsterdam Pediatric Health Center
CapitalCare Family Practice Berne	Columbia Memorial Hospital – Jefferson Heights Family Care Center	Eugene Merecki, MD, PC, dba Malta Family Medicine	St. Mary's Healthcare – Carondelet Pavilion Health Center
CapitalCare Family Practice Charlton	Columbia Memorial Hospital – Kinderhook Medical Care	Family Medicine Of Mechanicville, PLLC	St. Mary's Healthcare – Gloversville Health Center
CapitalCare Family Practice Guilderland	Columbia Memorial Hospital – Windham Medical Care	Kathleen M. Catalano, DO	St. Mary's Healthcare – Johnstown Health Center
CapitalCare Family Practice Ravena	Community Care Physicians, PC – Capital Healthcare Associates	Lansingburgh Family Practice, PC	St. Mary's Healthcare – Johnstown Pediatric Health Center
CapitalCare Family Practice River Road	Community Care Physicians, PC – Clifton Park Pediatrics	Neal A. Baillargeon, MD	St. Peter's Health Center for Children
CapitalCare Family Practice Rotterdam	Community Care Physicians, PC – Dr. Barat's Office	Riverview Pediatrics – Troy	St. Peter's Internal Medicine – Hoosick St., Troy
CapitalCare Internal Medicine Balltown Road	Community Care Physicians, PC – Internal Medicine Delmar	Sanjay Taneja, MD, dba Grand Medical & Pediatrics	St. Peter's Pediatrics – Clifton Park
CapitalCare Internal Medicine Nott St.	Community Care Physicians, PC – Latham Medical Group	Saratoga Hospital – Schuylerville Family Health	Troy Family Physicians
CapitalCare Internal Medicine River Road	Community Care Physicians, PC – Latham Pediatrics	Shaker Pediatrics, PC – Latham	Whitney M. Young, Jr. Health Center, Inc. – Albany
CapitalCare Pediatrics Albany	Community Care Physicians PC – Niskayuna Family Medicine	SPHPMA – Cohoes Family Care	Whitney M. Young, Jr. Health Center, Inc. – Troy

Taking High-Quality Care to New Heights

When it comes to health care, no two patients are alike. From cancer screenings to childhood immunizations, CDPHP has dug deep into the data well to determine which practices rise to the top in these critical areas of care.

Cancer Screenings: Breast, cervical, colorectal cancer screenings

1. **Kathleen M. Catalano, DO**
2. CapitalCare Internal Medicine River Road
3. Community Care Physicians, PC – Dr. Barat’s Office
4. Community Care Physicians, PC Latham Medical Group
5. CapitalCare Family Practice Guilderland
6. Eugene Merecki, MC, PC, dba Malta Family Medicine
7. Community Care Physicians, PC – Capital Healthcare Associates
8. Lansingburgh Family Practice, PC
9. Community Care Physicians, PC – Saratoga Medical Associates
10. CapitalCare Internal Medicine Balltown Road
11. CapitalCare Family Practice Charlton
12. CapitalCare Internal Medicine Nott St.
13. CapitalCare Family Practice River Road
14. Troy Family Physicians
15. CapitalCare Family Practice Berne
16. Amsterdam Family Practice Associates, PC
17. Community Care Physicians – Delmar Internal Medicine
18. SPHPMA – Riverside Medical Center
19. CapitalCare Family Practice Rotterdam
20. Sanjay Taneja, MD, dba Grand Medical & Pediatrics
21. Community Care Physicians, PC – Niskayuna Family Medicine
22. Community Care Physicians, PC – Niskayuna Internal Medicine
23. Community Care Physicians – Schodack Internal Medicine and Pediatrics
24. Brunswick Family Practice, PLLC

No Ordinary Pediatrician

Understanding that 35-40 percent of children will experience some type of mental health issue, Dr. Anthony Malone of CapitalCare Pediatrics in Troy and his staff have made it their mission to pay just as much attention to patients’ emotional health as they do their physical health.



Childhood Immunizations

1. Shaker Pediatrics, PC – Latham
2. St. Peter’s Pediatrics – Clifton Park
3. Riverview Pediatrics – Troy
4. Albany Medical Center Department of Pediatrics
5. Community Care Physicians, PC – Clifton Park Pediatrics
6. St. Mary’s Healthcare – Johnstown Pediatric Health Center
7. SPHPMA – Troy Pediatric Health Center
8. CapitalCare Pediatrics Troy
9. St. Peter’s Health Center for Children
10. Community Care Physicians, PC – Latham Pediatrics
11. CapitalCare Pediatrics Albany



Diabetes Care

1. Lansingburgh Family Practice, PC
2. SPHPMA – Riverside Medical Center
3. Sanjay Taneja, MD, dba Grand Medical & Pediatrics
4. CapitalCare Internal Medicine Nott St.
5. CapitalCare Internal Medicine River Road
6. Community Care Physicians, PC – Capital Healthcare Associates
7. Community Care Physicians, PC Latham Medical Group
8. CapitalCare Family Practice Guilderland
9. Community Care Physicians, PC – Dr. Barat’s Office
10. Columbia Internal Medicine, PLLC
11. Saratoga Hospital - Schuylerville Family Health
12. Community Care Physicians, PC – Niskayuna Family Medicine
13. Brunswick Family Practice, PLLC
14. Community Care Physicians – Schodack Internal Medicine and Pediatrics
15. Community Care Physicians, PC – Saratoga Medical Associates
16. CapitalCare Family Practice Berne
17. Troy Family Physicians
18. CapitalCare Internal Medicine Balltown Road
19. St. Peter’s Internal Medicine-Hoosick St., Troy
20. CapitalCare Family Medicine Averill Park
21. Columbia Memorial Hospital – Columbia Memorial Family Care
22. CapitalCare Family Practice Charlton
23. CapitalCare Family Practice River Road
24. Columbia Memorial Hospital – Kinderhook Medical Care
25. CapitalCare Family Practice Rotterdam

Taking Patient Satisfaction to New Heights

A cornerstone of the EPC program is an emphasis on the patient's experience of care as measured in terms of patient satisfaction. CDPHP has compiled a list of local primary care practices that go out of their way to please you.



Likely to recommend to family and friends

1. Columbia Memorial Hospital – Windham Medical Care
2. Columbia Memorial Hospital – Broadway Family Care Center
3. Neal A. Baillargeon, MD
4. St. Mary's Healthcare – Amsterdam Pediatric Health Center
5. Troy Family Physicians
6. Community Care Physicians, PC – Latham Pediatrics
7. CapitalCare Pediatrics Troy
8. Shaker Pediatrics, PC – Latham
9. Eugene Merecki, MD, PC, dba Malta Family Medicine
10. CapitalCare Internal Medicine River Road
11. Brunswick Family Practice, PLLC
12. CapitalCare Family Practice Guilderland
13. Lansingburgh Family Practice, PC
14. CapitalCare Internal Medicine Nott St.
15. Community Care Physicians, PC – Clifton Park Pediatrics
16. Community Care Physicians, PC – Capital Healthcare Associates
17. CapitalCare Family Practice River Road
18. CapitalCare Family Practice Rotterdam
19. CapitalCare Pediatrics Albany
20. Columbia Internal Medicine, PLLC
21. St. Peter's Health Center for Children
22. Community Care Physicians, PC – Niskayuna Internal Medicine
23. Riverview Pediatrics – Troy
24. CapitalCare Family Practice Charlton
25. Sanjay Taneja, MD, dba Grand Medical & Pediatrics



Open on evenings, weekends, and holidays

1. Columbia Memorial Hospital – Broadway Family Care Center
2. Neal A. Baillargeon, MD
3. St. Mary's Healthcare – Amsterdam Pediatric Health Center
4. St. Mary's Healthcare – Johnstown Health Center
5. Shaker Pediatrics, PC – Latham
6. Brunswick Family Practice, PLLC
7. Columbia Internal Medicine, PLLC
8. SPHPMA – Troy Family Health Center
9. Riverview Pediatrics – Troy
10. CapitalCare Family Practice Guilderland
11. CapitalCare Pediatrics Troy
12. St. Mary's Healthcare – Gloversville Health Center
13. Community Care Physicians, PC – Latham Pediatrics
14. Saratoga Hospital – Schuylerville Family Health
15. CapitalCare Family Practice Charlton
16. CapitalCare Family Medicine Averill Park
17. Troy Family Physicians
18. **Kathleen M. Catalano, DO**
19. CapitalCare Pediatrics Albany
20. Amsterdam Family Practice Associates, PC
21. CapitalCare Internal Medicine Balltown Rd
22. Community Care Physicians – Delmar Internal Medicine
23. Sanjay Taneja, MD, dba Grand Medical & Pediatrics
24. Community Care Physicians, PC – Clifton Park Pediatrics
25. SPHPMA – Troy Pediatric Health Center

"I am so very proud of the success achieved by all of our EPC practices, and Dr. Catalano in particular, who has proven that small, independent practices can succeed at value-based care."

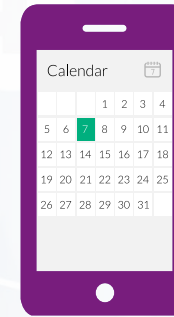
- John Bennett, MD
President and CEO, CDPHP





Less time spent in waiting rooms

1. Columbia Memorial Hospital – Broadway Family Care Center
2. CapitalCare Pediatrics Albany
3. St. Mary's Healthcare – Amsterdam Pediatric Health Center
4. Columbia Memorial Hospital – Windham Medical Care
5. SPHPMA – Riverside Medical Center
6. Neal A. Baillargeon, MD
7. CapitalCare Internal Medicine River Road
8. Eugene Merecki, MD, PC, dba Malta Family Medicine
9. Sanjay Taneja, MD, dba Grand Medical & Pediatrics
10. CapitalCare Family Practice Charlton
11. Columbia Memorial Hospital – Columbia Memorial Family Care
12. Community Care Physicians, PC – Capital Healthcare Associates
13. Community Care Physicians, PC – Niskayuna Family Medicine
14. Columbia Internal Medicine, PLLC
15. Saratoga Hospital – Schuylerville Family Health
16. CapitalCare Internal Medicine Nott Street
17. Riverview Pediatrics – Troy
18. Shaker Pediatrics, PC – Latham
19. SPHPMA – Cohoes Family Care
20. Amsterdam Family Practice Associates, PC
21. Community Care Physicians, PC – Dr. Barat's Office
22. Community Care Physicians, PC – Latham Pediatrics
23. Columbia Memorial Hospital – Kinderhook Medical Care
24. Community Care Physicians, PC – Niskayuna Internal Medicine
25. Community Care Physicians, PC – Saratoga Medical Associates



Schedules appointments quickly

1. Brunswick Family Practice, PLLC
2. Columbia Memorial Hospital – Columbia Memorial Family Care
3. Columbia Memorial Hospital – Windham Medical Care
4. Columbia Memorial Hospital – Broadway Family Care Center
5. Community Care Physicians, PC – Niskayuna Family Medicine
6. Family Medicine of Mechanicville, PLLC
7. Lansingburgh Family Practice, PC
8. Neal A. Baillargeon, MD
9. SPHPMA – Cohoes Family Care
10. SPHPMA – Riverside Medical Center
11. Sanjay Taneja, MD, dba Grand Medical & Pediatrics
12. St. Mary's Healthcare – Amsterdam Pediatric Health Center
13. St. Mary's Healthcare – Gloversville Health Center
14. St. Mary's Healthcare – Johnstown Health Center
15. Troy Family Physicians
16. Columbia Internal Medicine, PLLC
17. Community Care Physicians, PC – Dr. Barat's Office
18. CapitalCare Pediatrics Troy
19. Community Care Physicians, PC – Latham Pediatrics
20. Riverview Pediatrics – Troy
21. St. Peter's Pediatrics – Clifton Park
22. Shaker Pediatrics, PC – Latham
23. St. Mary's Healthcare – Johnstown Pediatric Health Center
24. St. Peter's Health Center for Children

“A majority of my patients are on Medicaid and will never see a bill, but we are all paying for these costs. I don't allow myself to get distracted by the latest drug or test. I only prescribe medicine if I think it will help my patients.”

- Dr. Adetutu Adetona
Lansingburgh Family Medicine



Connect with us!

Tell us what you think at
insights.cdphp.com/join 

Get fitness tips, wellness ideas,
and more! Follow us on social
and visit blog.cdphp.com.



To learn more about Enhanced Primary Care, **visit www.cdphp.com/epc**.



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,[®] Inc.
Capital District Physicians' Healthcare Network, Inc.

500 Patroon Creek Boulevard, Albany, NY 12206-1057
(518) 641-3400 or 1-888-519-4455

www.cdphp.com

18-9340 | 1018