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<td>Robert Stark Adams Jr., MD</td>
<td>Family Medicine, Primary Care</td>
<td>Dermatology, gynecology and geriatrics.</td>
<td>Wake Forest University</td>
<td>Madigan Army Medical Center</td>
<td>Family Medicine</td>
<td>6905 Knightdale Blvd. Suite 106</td>
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<td>Kathryn Rena (Rena) Hodges, PA-C</td>
<td>Family Medicine, Primary Care</td>
<td>Hypertension, dietary health and weight management and minor surgical procedures.</td>
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<td>Campbell University</td>
<td>Physician Assistant</td>
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Isaias E. Melo-Lizardo, MD  

**Specialties:** Family Medicine, Primary Care  

**Special Interests:** Management of asthma, COPD, diabetes and hypertension.  

**Medical School:** Universidad Autonoma de Santo Domingo  

**Residency:** East Carolina University  
**Area:** Family Medicine  

**Fellowship:** East Tennessee State University  
**Area:** Rural Family Medicine Fellowship  

**Certification:** Family Medicine  

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Denise Poland-Torres, PA  

**Specialties:** Family Medicine, Primary Care  

**Bachelor of Science:** Greensboro College  
**Area:** Biology/Chemistry  

**Physician Assistant:** Wake Forest University  

**Certification:** Physician Assistant  

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Melanie White, FNP-BC  

**Specialties:** Family Medicine, Primary Care  

**Special Interests:** Chronic disease management for hypertension and diabetes, women’s health and adolescent health.  

**Bachelor of Science:** East Carolina University  
**Area:** Nursing  
**Honors:** N.C. Nursing Scholar 3.0  

**Master of Science:** University of North Carolina at Chapel Hill  
**Area:** Nursing  
**Honors:** 4.0 GPA  

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Li Zhou, MD  
Medical Director

**Specialties:** Family Medicine, Primary Care  
**Special Interests:** Preventive medicine, women’s health, and managing chronic medical diseases.  
**Medical School:** Beijing Medical University  
**Residency:** Genesys Regional Medical Center  
**Certification:** Family Medicine

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Virginia Grae (Ginger) Gibson, MS, RD, LDN, CDE

**Specialty:** Nutrition  
**Special Interests:** Diabetes management, pediatrics  
**Internship:** North Carolina Central University  
**Area:** Dietetics, Medical Nutrition Therap  
**Bachelor of Science:** University of North Carolina at Chapel Hill  
**Area:** Clinical Laboratory Science  
**Master of Science:** North Carolina Central University  
**Area:** Family and Consumer Sciences  
**Certifications:** Registered Dietitian, Diabetes Education

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### Tara Harris, FNP

| Specialties: | Family Medicine, Primary Care |
| Special Interests: | Chronic disease management, specifically diabetes management and diabetes self-management education. |
| Doctorate: | Duke University |
| Area: | Nursing Practice |
| Master of Science: | East Carolina University |
| Area: | Nursing |
| Certification: | Nursing-Nurse Practitioner |

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| Master of Medical Science: | Emory University |
| Master of Science: | Campbell University |
| Area: | Clinical Research |
| Certification: | Physician Assistant |

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