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### Robert Stark Adams Jr., MD

**Specialties:** Family Medicine, Primary Care  
**Special Interests:** Dermatology, gynecology and geriatrics.  
**Medical School:** Wake Forest University  
**Residency:** Madigan Army Medical Center  
**Certification:** Family Medicine

- **Knightdale Family Medicine**  
  - 6905 Knightdale Blvd.  
  - Suite 106  
  - Knightdale, NC 27545  
  - **Phone:** (919) 261-8760  
  - **Fax:** (919) 261-8765  
  - **Website:** [www.unchealthcare.org/pn/practices-locations/knightdale-family-medicine](http://www.unchealthcare.org/pn/practices-locations/knightdale-family-medicine)

### 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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### Kathryn Rena (Rena) Hodges, PA-C

**Specialties:** Family Medicine, Primary Care  
**Special Interests:** Hypertension, dietary health and weight management and minor surgical procedures.  
**Master of Medical Science:** Emory University  
**Master of Science:** Campbell University  
**Area:** Clinical Research  
**Certification:** Physician Assistant

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  - Suite 106  
  - Knightdale, NC 27545  
  - **Phone:** (919) 261-8760  
  - **Fax:** (919) 261-8765  
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<th>Special Interests:</th>
<th>Medical School:</th>
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<tr>
<td>Isaias E. Melo-Lizardo, MD</td>
<td>Family Medicine, Primary Care</td>
<td>Management of asthma, COPD, diabetes and hypertension.</td>
<td>Universidad Autonoma de Santo Domingo</td>
<td>East Carolina University</td>
<td>East Tennessee State University</td>
<td>Family Medicine</td>
<td>6905 Knightdale Blvd, Suite 106, Knightdale, NC 27545</td>
<td>(919) 261-8760</td>
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<tr>
<td>Melanie White, FNP-BC</td>
<td>Family Medicine, Primary Care</td>
<td>Chronic disease management for hypertension and diabetes, women's health and adolescent health.</td>
<td>East Carolina University</td>
<td>Genesys Regional Medical Center</td>
<td>University of North Carolina at Chapel Hill</td>
<td>Nursing, 4.0 GPA</td>
<td>6905 Knightdale Blvd, Suite 106, Knightdale, NC 27545</td>
<td>(919) 261-8760</td>
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</tr>
<tr>
<td>Li Zhou, MD</td>
<td>Family Medicine, Primary Care</td>
<td>Preventive medicine, women’s health, and managing chronic medical diseases.</td>
<td>Beijing Medical University</td>
<td></td>
<td></td>
<td>Family Medicine</td>
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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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Suite 106
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Special Interests: Dermatology, gynecology and geriatrics.
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Residency: Madigan Army Medical Center
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Website: www.unchealthcare.org/pn/practices-locations/knightdale-family-medicine
# Primary Care (cont.)

## Kathryn Rena (Rena) Hodges, PA-C
- **Specialties**: Family Medicine, Primary Care
- **Special Interests**: Hypertension, dietary health and weight management and minor surgical procedures.
- **Master of Medical Science**: Emory University
- **Master of Science**: Campbell University
- **Area**: Clinical Research
- **Certification**: Physician Assistant

## 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

## 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

---

**Knightdale Family Medicine**
- 6905 Knightdale Blvd.
- Suite 106
- Knightdale, NC 27545
- **Phone**: (919) 261-8760
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- **Website**: www.unchealthcare.org/pn/practices-locations/knightdale-family-medicine
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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Suite 106
Knightdale, NC 27545

**Phone:** (919) 261-8760
**Fax:** (919) 261-8765

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