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Christine O'Meara, MD  
*Medical Director*

**Specialties:** Family Medicine, Primary Care  
**Special Interests:** Preventive care, women’s health, and a holistic approach to preventing and treating disease  
**Medical School:** University of Medicine and Dentistry of New Jersey  
**Area:**  
**Honors:**

**Residency:** University of North Carolina at Chapel Hill  
**Area:** Family Medicine  
**Honors:**

**Certification:** Family Medicine

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Thomas Kenneth Warcup, DO, FAOBFP  
*Medical Director for Population Management for UNC Health Alliance, UNC’s Next Generation Accountable Care Organization and UNC/REX Home Health Services; Chair, Care Transformation committee, UNC Health Alliance*

**Specialties:** Family Medicine, Primary Care  
**Special Interests:** Population health  
**Medical School:** University of New England  
**Area:** Osteopathic Medicine  
**Chief Residency:** Warren Hospital  
**Area:** Family Practice  
**Certification:** Family Medicine

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**Phone:** (919) 962-2862  
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Internal Medicine

Tabitha Brook Bednarczyk, PA-C

Specialties: Internal Medicine, Primary Care
Special Interests: Preventive medicine
Master of Science: East Carolina University
Area: Physician Assistant Studies
Certification: Physician Assistant

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Amanda Boykin, PharmD, BCACP, CPP

Specialty: Internal Medicine
Special Interests: Diabetes, hypertension, hyperlipidemia, anticoagulation, smoking cessation, medication therapy management (MTM) and COPD/asthma
Residency: New Hanover Regional Medical Center
Area: Pharmacy
Bachelor of Science: Georgetown College
Area: Exercise Science
Doctorate: University of Kentucky
Area: Pharmacy
Certification: Pharmacy-Ambulatory Care Pharmacy

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Cherry Hitt, MSW, LCSW, LCAS

Specialties: Internal Medicine, Primary Care
Special Interests: Managing depression, anxiety, and traumatic stress; working with people needing assistance with substance use issues; the latest scientific evidence regarding best practices within the mental health field and collaboration with primary care providers to provide integrated treatment; Cognitive Behavioral Therapy using other evidence-based treatment models depending on need; tools beyond treatment sessions so people can utilize resources to help with monitoring and improving symptoms outside of sessions.

Master of Social Work: University of North Carolina at Chapel Hill
Area: Behavioral Health
Certification: Social Work

Troy A. Lantz, MSW, LCSW

Specialties: Internal Medicine, Primary Care
Special Interests: Anxiety, depression, trauma
Bachelor of Science: Brigham Young University
Area: Marriage, Family and Human Development
Master of Social Work: University of North Carolina at Chapel Hill
Certification: Social Work
Internal Medicine (cont.)

Marcy Menard, MS, RD, LDN

Specialty: Internal Medicine
Special Interests: Weight management and motivational interviewing
Internship: Meredith College
Area: Nutrition
Bachelor of Science: Susquehanna University
Area: Biology
Master of Science: Meredith College
Area: Nutrition Science
Certification: Registered Dietitian

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North Chatham Pediatrics & Internal Medicine
118 Knox Way
Chapel Hill, NC 27516
Phone: (984) 215-5900
Fax: (984) 215-5942
Website: www.unchealthcare.org/pn/practices-locations/north-chatham-pediatrics-and-internal-medicine

Primary Care

Tabitha Brook Bednarczyk, PA-C

Specialties: Internal Medicine, Primary Care
Special Interests: Preventive medicine
Master of Science: East Carolina University
Area: Physician Assistant Studies
Certification: Physician Assistant

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**Area:** Marriage, Family and Human Development

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Nathaniel (Nate) Sowa, MD, PhD

**Assistant Professor**

**Specialty:** Psychiatry and Psychology

**Special Interests:** Delivery of mental health care in medical and surgical settings

**Medical School:** University of North Carolina at Chapel Hill

**Residency:** University of North Carolina Hospitals

**Area:** Psychiatry

**Fellowship:** University of Washington

**Area:** Consultation Liaison Psychiatry

**Doctorate:** University of North Carolina at Chapel Hill

**Area:** Neurobiology

**Certification:** Psychiatry and Neurology

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