

Starling Spotlight

Fall is almost here! We have many new providers who have joined our team and important news to share.

Meet Our New Providers

Internal Medicine



Dr. Anna Meola – Internal Medicine: *Granby*

Dr. Meola attended West Virginia School of Osteopathic Medicine, before completing her residency training at ECHN Family Medicine Residency in Manchester, Connecticut. During her final year of residency, she served as Chief Resident.

As a board-certified family physician, she has strong interests in physician leadership within the community, osteopathic manipulation, nutrition, preventive health, and chronic diseases including, but not limited to, high blood pressure, diabetes, and heart disease.

Dr. Meola welcomes new primary care patients in Granby.

Call (860) 653-7261



Dr. Flora Parvin – Internal Medicine: *Southington*

Dr. Parvin did her medical school training in Iran. She spent six years practicing as a primary care physician in Iran before coming to the United States. She then completed a post-sophomore fellowship in Anatomic Pathology at UCONN and went on to complete her

Internal Medicine residency at Our Lady of Mercy Medical Center in the Bronx, New York.

Since 2004, she has served as a hospitalist, treating hospital patients facing a variety of illnesses and medical conditions. She enjoyed her experience as a hospitalist helping seriously ill patients get better. However, she missed building long-term relationships with her patients and is excited to be a part of Starling's Primary Care team, where she can spend time getting to know her patients and guiding them on their health journeys.

Dr. Parvin welcomes new primary care patients in Southington.

Call (860) 329-0401

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Limiting Visitors

We kindly ask that only patients come to appointments, unless assistance is required. We also ask that you do not bring children with you to appointments unless absolutely necessary. We appreciate your assistance so that we can keep you, your loved ones, and our staff as safe as possible.

Starling Is Your Go-To Resource for Testing and Vaccines

Vaccine Appointments: We still have doses of vaccines available. We offer vaccines to anyone in the community, age 12 and above. We also now offer booster vaccines for those who are moderately and severely immunocompromised. **Call our Vaccine Hotline for an appointment: (860) 368-2285**

Vaccines in Enfield: We are now offering the Johnson & Johnson vaccine in Enfield. **Call (860) 253-5330.**

Testing: COVID PCR testing is available at **300 Kensington, New Britain M,W, F, 7:45am-3:45pm.**

Appointments are required. Contact your provider who can send the order for testing and schedule an appointment.

Flu Season Is Coming!

Flu season is around the corner. Many of our offices are starting to announce fall flu clinics. Visit starlingphysicians.com/flu-clinics for a list of upcoming clinics. Or, talk to your primary care provider.

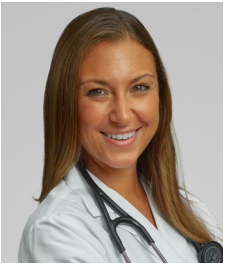


Dr. Oosman Tariq – Internal Medicine: Bloomfield & Plainville

Dr. Tariq’s education and clinical experience span over twenty years. As a primary care provider, he has a particular interest in preventive medicine and the role of diet, nutrition, and lifestyle modification in the management of chronic conditions. He enjoys partnering with his patients to help them improve eating habits and modify behavior to attain better health.

Dr. Tariq welcomes new primary care patients in Plainville and Bloomfield.

Call (860) 747-5766



Nicole Pensiero, MSN, APRN, FNP-C – Internal Medicine: Wethersfield

Nicole attended the University of Saint Joseph for undergraduate and graduate school, where she studied nursing and obtained her master’s degree as a Family Nurse Practitioner. She served as a nurse at Bristol Health for seven years while working on the medical-surgical floor and intensive care unit.

At Starling, she provides a full range of primary care services including annual visits, treatment of illness, routine screenings, and management of chronic health conditions.

Nicole cares for her patients holistically and strives to achieve her patients’ goals of care while educating them on how to be advocates for their own health.

Nicole welcomes new primary care patients in Wethersfield.

Call (860) 258-3470



Maria Turturici, FNP-S, RN, BSN – Internal Medicine: New Britain

Maria practiced as a registered nurse at Hartford Hospital, remaining on her unit for over ten years and caring for many different populations with varying health conditions. In 2020, Maria graduated from the University of Saint Joseph with a master’s degree in nursing as a Family Nurse Practitioner.

Maria has chosen primary care because she knew she wanted to be with her patients from the beginning and support them through whatever their lives bring. Maria wants to be an active resource for her patients and provide them with the proper tools they need to live healthy and balanced lives. Her goal is to work together with patients to foster the achievement of an optimal health outcome.

Maria welcomes new patients in New Britain at 300 Kensington Avenue.

Call (860) 522-1633



Joël Burns, MSN, APRN, FNP-C, FCNS – Internal Medicine: Wethersfield

Joël has worked for many years as a nurse practitioner in primary care and urgent care settings. She has been responsible for providing primary care to patients ranging from 3 to 85+ years old, including preventive screenings and wellness exams. She also was responsible for providing care to walk-in patients which included the assessment, diagnosis, and treatment of a variety of illnesses, diseases, and emergencies.

Joël is pleased to join the Wethersfield Primary Care team, working with Dr. Thomas Savinelli. She welcomes new patients to the 1260 Silas Deane location.

Call (860) 721-5731

Family Medicine

Family medicine is a medical specialty within primary care that provides ongoing and comprehensive health care for the individual and family across all ages, genders, diseases, and parts of the body. Our family medicine doctors see patients ranging from newborns through the elderly. They provide routine care, preventive screenings, sick visits, and manage chronic health conditions.



Dr. Umara Saleem – Family Medicine: Enfield

Dr. Saleem is an accomplished board-certified family physician treating patients of all ages. Recognized for her excellence in clinical medicine, Dr. Saleem has won multiple awards in pediatric care, women’s health, and teaching. She is published in the reputable journal, Family Doctor, and sits on the NYSAFP Diversity Inclusive Task Force.

Growing up in Queens, New York, Dr. Saleem proudly calls Barnard College at Columbia University her alma mater. After that, she attended AUA School of Medicine, where she graduated summa cum laude and then went on to complete her residency and training at the renowned Mid-Hudson Family Medicine Program in Hudson Valley, New York.

She has served as an attending physician in outpatient clinical practice, perfecting her skills in incorporating mental health and well-being in patient-centered care. Her interests include newborn, pediatric, and adolescent medicine, and women’s health, with a strong focus on maternal/ post-partum care/ new families. She also serves as a family medicine lecturer and adviser at Kingsbrook University Jewish Medical Center in Brooklyn, New York.

Dr. Saleem welcomes patients of all ages to her practice in Enfield.

Call (860) 253-5330



Dr. Muhammad ‘Ahsan’ Iqbal – Family Medicine: Enfield

Dr. Iqbal is excited to join the Starling family and bring his expertise in adult, geriatric, and addiction medicine, as well as women’s health to the Greater Enfield/ Western Massachusetts region. After completing medical school at Saba University in the Dutch Caribbean, he acquired more than 5 years of experience seeing patients of all ages in outpatient and inpatient settings.

Dr. Iqbal trained in Hudson Valley, New York at the prestigious Institute for Family Health.

He completed part of his training in Pediatrics and Newborn care at Albany Medical Center and Westchester Medical Center.

Dr. Iqbal, also known as “Dr. Smiley,” treats children as if they were his own and takes great care in focusing on the totality of his patients’ needs. He understands the unique aspects of each community and aims to better serve his patients through preventive care and evidence-based medicine.

Dr. Iqbal welcomes patients of all ages to his practice in Enfield.

Call (860) 253-5330



Dr. Diamond Tyrell-Smith – Family Medicine: Hartford

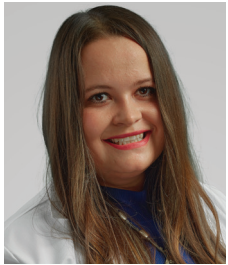
Dr. Tyrell-Smith received her Doctor of Osteopathic Medicine degree from the Edward Via College of Osteopathic Medicine in Blacksburg, Virginia. She did her residency with Eastern Connecticut Health Network Family Medicine in Manchester, Connecticut. In her final year, she served as Chief Resident.

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Dr. Tyrell-Smith was born and raised in Hartford, Connecticut and she is honored to deliver care in this community. As a family medicine physician, she sees patients ranging in age from infants to the elderly. She has received extensive training in geriatric care in outpatient and long-term facility settings, as well as in women's health and pediatric care. Dr. Tyrell-Smith loves all aspects of family medicine with a special interest in women's health, pediatric care, adolescent care, preventive medicine, weight loss management, and management of chronic diseases such as diabetes mellitus, hypertension, hypercholesterolemia, chronic obstructive pulmonary disease, and asthma.

She welcomes new patients to her Hartford practice located at 580 Farmington Avenue.

Call (860) 522-1621



Dr. Anna Perrone – Family Medicine: Newington

Dr. Perrone attended medical school at the Lake Erie College of Osteopathic Medicine in Greensburg, Pennsylvania. She did her residency with Eastern Connecticut Health Network (ECHN) Family Medicine in Manchester, Connecticut. She concurrently pursued her master's degree in Medical Education at Lake Erie College of Osteopathic Medicine.

Dr. Perrone has extensive experience in treating patients of all ages in both inpatient and outpatient practice settings. Special interests include preventive medicine, lifestyle and behavioral modification, geriatric care, nutritional counseling, osteopathic manipulative treatment, pediatric and adolescent medicine, women's health, and the management of chronic conditions including, but not limited to, hypertension, hyperlipidemia, diabetes, thyroid, and gastrointestinal disease.

Dr. Perrone is up to date with the latest evidence-based health screening guidelines and immunization recommendations. She performs a variety of procedures in the office including skin biopsy and excision, cryotherapy, steroid joint injections, hyaluronic joint injections, trigger point injections, cerumen removal, pap smears, IUD placement and removal, and osteopathic manipulative treatment.

She is pleased to be part of Starling's growing Family Medicine practice where she can provide high-quality, compassionate care to the community. She sees patients in Newington.

Call (860) 594-1199

Specialty Care



Dr. Grace Bundens – OB/GYN

Dr. Bundens earned her medical degree at Cooper Medical School of Rowan University. Following medical school, Dr. Bundens completed her Obstetrics and Gynecology residency, training at the University of Connecticut where she received the Resident Teaching Award, the Gretchen Allen Award for Outstanding Care in the Women's Clinic, and the Society of Laparoscopic & Robotic Surgeons Outstanding Minimally Invasive Surgery Resident Award.

Dr. Bundens treats a complete spectrum of issues affecting sexual and reproductive health with a particular interest in minimally invasive gynecologic surgery and is certified in Da Vinci® robotic surgery. She also has a special interest in medically complex pregnancies, adolescent gynecology, LGBTQ care, and family planning. She is a member of the American Congress of Obstetricians and Gynecologists and the American Association of Gynecologic Laparoscopists.

Now welcoming new patients in Hartford, Bloomfield, and Wethersfield.

Call (860) 246-4029

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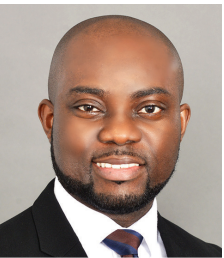
Dr. Ela Banerjee – Endocrinology: Wethersfield and New Britain

Dr. Ela Banerjee did her medical training and residency at the University of Connecticut School of Medicine in Farmington, Connecticut. She then completed her fellowship training in Endocrinology, Diabetes, and Metabolism from the Warren Alpert Medical School of Brown University in Providence, Rhode Island.

Her areas of specialty include general endocrinology, diabetes, osteoporosis, pituitary disorders, adrenal disorders, thyroid disorders, thyroid cancer, osteoporosis, calcium disorders, and transgender care. She is also trained in thyroid ultrasound and thyroid biopsy. As a part of Starling Physicians, she looks forward to providing the best, evidence-based care for her patients.

Dr. Banerjee sees patients in Wethersfield and New Britain.

Call (860) 547-1278



Dr. Olurotimi Adekolu – Pulmonary, Critical Care & Sleep Medicine: Bloomfield, Wethersfield, and New Britain

Dr. Olurotimi Adekolu completed his residency at the University of Connecticut in Farmington, after which he served as a Chief Resident at the Yale Waterbury Internal Medicine program. He then proceeded to complete a fellowship in Pulmonary and Critical Care Medicine at the Newark Beth Israel Medical Center and Robert Wood Johnson Barnabas Healthcare system. During his fellowship, he also served as a Chief Fellow and was subsequently accepted to the highly coveted Sleep Medicine fellowship at the Yale School of Medicine.

Dr. Adekolu is board-certified in Internal Medicine as well as Pulmonary and Critical Care Medicine. He is also a member of various academic societies. His special interests include the management of sleep-disordered breathing, non-invasive ventilation, disorders of hypersomnia, asthma, COPD, and pulmonary hypertension.

He sees patients in Bloomfield, Wethersfield, and New Britain.

Call (860) 547-1876



Dr. Paul Azimov – Physical Medicine & Rehabilitation: Springfield, MA

As a board-certified physiatrist, Dr. Azimov has been serving the community of Western Massachusetts since 2005. He provides musculoskeletal and spine care, with a special interest in spinal injections and non-surgical treatment options to reduce pain and restore function.

Dr. Azimov diagnoses and treats both acute pain and chronic pain and provides non-surgical treatments for patients suffering a wide range of conditions impacting the lower back and neck.

Now welcoming new patients in Springfield, Massachusetts.

Call (413) 224-6420

New to the Area? Turning 65? Retiring Soon? Change in Medications? Need Extra Help? Guidance on Medicare Plans

Our qualified professionals are here to provide assistance as the annual enrollment period approaches. Stop by our Medicare Resource Center from 1-3pm on the following days and talk with an expert who can answer questions and discuss options.

Location:
1260 Silas Deane Highway
Wethersfield, CT

Time:
1:00 pm - 3:00 pm

Dates:
Thursday, September 9
Thursday, October 7
Wednesday, November 10
Thursday, December 9

Location:
300 Kensington Avenue
New Britain, CT

Time:
1:00 pm - 3:00 pm

Dates:
Thursday, September 16
Monday, October 4
Monday, October 25
Monday, November 15



Changing Locations

Dr. Smith and Dr. Deshaies have moved from 704 Hebron Avenue to 289 Western Blvd. in Glastonbury. They can still be reached at **(860) 659-1379**

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Join Us for Free Monthly Diabetes Education Classes Now Offering In-Person and Online Options

Our two experienced diabetes educators offer free classes for diabetic patients and family members to understand and manage diabetic care.

Classes Offered:

Diabetes Basic Care & Management

What is diabetes, medication instruction, balancing food, medication, nutrition and exercise, blood glucose goals, tools to help successfully manage diabetes.

Carb Counting & Meal Planning

What are macronutrients, how do carbohydrates affect your blood sugar, healthy meal planning.

Diabetes Medications & Prevention of Long-Term Complications

A brief overview of medications for your diabetes. Also, learn about how diabetes can affect different parts of your body and how to prevent problems/complications from diabetes.

Sensor Therapy

Introduction to continuous glucose monitoring, interpretation of glucose monitoring, professional CGM trials, individual and group training on personal devices.

In person classes held at 1 Lake Street in New Britain in the IT/Media room; located in building B, door 7.

Please see class schedules on reverse side. Registration is required.

Upcoming 2021 Online and In-Person Class Schedule

Online

Diabetes Basics Care and Management:

October 5 9am-10am
November 2 9am-10am
December 7 9am-10am

Carb Counting and Meal Planning:

October 12 9am-10am
November 9 9am-10am
December 14 9am-10am

Diabetes Medications & Prevention of Complications:

October 19 9am-10am
November 16 9am-10am
December 21 9am-10am

Sensor Therapy:

October 26 9am-10am
November 30 9am-10am

In-Person

Diabetes Basics Care and Management:

October 4 9am-11am
November 1 9am-11am
December 6 9am-11am

Carb Counting and Meal Planning:

October 11 9am-11am
October 25 9am-11am
October 25 5pm-7pm
November 8 9am-11am
November 29 9am-11am
November 29 5pm-7pm
December 13 9am-11am

Diabetes Medications & Prevention of Complications:

October 18 9am-11am
November 15 9am-11am
December 20 9am-11am

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Listen to Doctors You Can Trust!

We thank all our patients who have received their COVID vaccines. For those who are hesitant, we know there is a lot of false information out there on social media and the news.

Visit starlingphysicians.com/covid to watch a helpful video where four of our doctors address the most common myths.

Hear from Members of the Starling Team



Dr. Catherine Holmes
Internal Medicine



Dr. Peter Doelger
OB/GYN



Dr. Elizabeth Martin
Pediatrics



Dr. Scott Walker
Internal Medicine

We Make It Easy to Find an Available Primary Care Provider!

We now offer one central number to book an appointment with a primary care provider (PCP) in a town near you. Don't wait until you are sick to look for a PCP. Seeing a primary care provider on a regular basis is essential and they provide comprehensive care including:

A PCP plays a valuable role in keeping you healthy and treating illness:

- Annual and well visits
- Sick visits
- Management of chronic health conditions
- Routine screenings
- Identification of risk factors
- Guidance on maintaining a healthy lifestyle

3 easy options to finding a PCP:



Call
(860) 721-5743



Visit
www.starlingphysicians.com/findpcp



Complete
'Request an Appointment'
on our FindPCP page



www.starlingphysicians.com