

Alexander Waite, DO was born in Durham, North Carolina, grew up in Winston-Salem, NC and received his BS in Biology from Wake Forest University in Winston-Salem. After receiving his undergraduate degree, Dr. Waite joined the Peace Corp and spent two years in the Central African Republic where he taught high school and served as the village pharmacist.

Following the Peace Corp, Dr. Waite returned to the United States and taught high school biology and chemistry in Oregon and Orlando, Florida. He was named Teacher of the Year for the Orlando-Orange County School System. After a few years of teaching he attended Prescott College in Arizona where he obtained a Master of Science degree in Environmental Studies, followed by the College of Osteopathic Medicine at Nova Southeastern University in Davie, Florida where he obtained the Doctor of Osteopathic Medicine degree. He graduated in the top of his class and was awarded life membership in Psi Sigma Alpha, the National Scholastic Osteopathic Honor Society.



Dr. Waite completed his family medicine residency at the Mayo Clinic in Jacksonville, Florida where he received the 2007-2008 award for Outstanding Patient Care in Family Medicine Residency. He is Board Certified in Family Medicine and joined Blue Ridge Medical Group in 2009. Dr. Waite was immediately accepted into the community and in 2010 received the Winston-Salem Journal's People's Choice Award for Best Family Physician.

Medicine is Dr. Waite's passion; taking care of the entire family, from newborns to geriatrics, including acute illness and wellness and preventive care. He performs minor procedures in the office including, but not limited to, skin biopsies, lesion removal, women's health, pap smears, contraception counseling, STD counseling, joint injections, drainage of abscesses and small wound care.

Dr. Waite is married to Kelly Campbell Waite and they have a young son, Emory Thomas Waite. The Waite's are local and in addition to enjoying spending time with his family, Dr. Waite is active in hiking, biking and gardening.

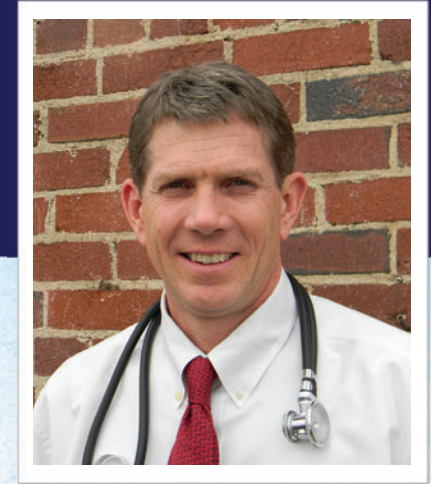
Did you know Dr. Waite is...

- Welcoming new patients
- Accepting most insurance, including Medicare and Medicaid
- Available for same day appointments
- Associated with Blue Ridge Medical Group physicians who will see you in the hospital for continuity of care
- Associated with Blue Ridge Medical Group specialists for quick referrals if you need them!

Visit our website
www.blueridgemd.com

Blue Ridge Medical Group
108 South State Street
Yadkinville, NC 27055

BLUE RIDGE MEDICAL GROUP



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Board Certified in Family Medicine

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What is Family Medicine?

Family Medicine provides comprehensive and continuing health care for families and individuals of all ages. It is based on knowledge of the patient in the context of family and the community, emphasizing health promotion and prevention of disease.

Family Medicine physicians must successfully complete an accredited 3 year residency in the U.S. in addition to their medical degree. They then must pass an examination in order to become board certified. The American Board of Family Medicine requires maintenance certification via continuing education, chart audits and retaking of the board exam every 7-10 years. Nearly 1 in 4 off all office visits are made to Family Physicians. They provide more care for underserved and rural populations than any other medical specialty.

Why should I choose Dr. Waite as my doctor?

Dr. Waite combines experience, Board Certification and a very caring and warm personality, and he is available to treat your entire family!



An Ounce of Prevention.....

The purpose of preventive medicine is to avoid the development of disease. It is the proactive approach to medical care. Examinations, treatments and advice are performed/given in order to prevent illness or discover it before it becomes more serious. Examples include screening mammograms, pap smears, vaccinations, PSA (Prostate Specific Antigen) testing, blood pressure checks, cholesterol screening, colonoscopy and other types of screenings.

Many cancers may be cured if detected early. Many complications from certain diseases may be avoided if the problems are identified early and treated. Come in today for a complete physical and health maintenance recommendations based on your age and gender.

*dedication
experience
availability*

Did you know?

- Heart disease is the leading cause of death for both men and women.
- Other top causes include: cancer, stroke, chronic lower respiratory diseases, diabetes, influenza and pneumonia, all of which can be prevented.
- You can prevent or delay the onset of type 2 diabetes mellitus through a healthy lifestyle.
- Smoking is the leading cause of COPD. Symptoms develop slowly so people may be unaware that they are sick.
- There is an immunization that prevents the most common form of bacterial pneumonia.
- For most people making a few healthy lifestyle decisions will greatly reduce or eliminate preventable risk factors for disease.

- * Avoid all tobacco usage in any form.
- * Avoid or use alcohol in moderation.
- * Maintain a healthy weight.
- * Exercise regularly.
- * Eat a healthy diet.

All of our physicians and mid-level providers, whether Family Medicine, Internal Medicine, Cardiology or Pulmonology, will be glad to assess your risks and make recommendations to help you modify your lifestyle to reduce disease risk factors.

What do other patients say about Dr. Waite?

Children absolutely love him—everyone loves him and thinks he's the best. Patients say they feel comfortable with him, he listens and takes time to answer their questions and explain things to them, and that he is very, very nice and has very good bedside manners.

Trust Your Health to the Finest Care!

Visit our office in Yadkinville

Committed to Excellence!