



ADENA **ARICA DONINI, CNP**

Specialty(ies): Family Medicine, Primary Care
Clinic(s): Adena Family Medicine of Chillicothe
Location(s): Chillicothe
Phone: (740) 779-4060
Fax: (740) 779-4069
Websites(s): adena.org/afmc

Additional Information

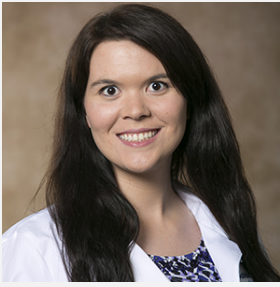
Graduate School
The Ohio State University College of Nursing, Columbus, OH, Master of Science, Family Nurse Practitioner

Clinical Interests
Diabetes

About

Arica N. Donini, CNP, focuses on providing engaging and individualized patient care that incorporates the patient’s preferences and beliefs. Donini has a special interest in providing care personalized to patients by providing them with the tools and education they need to live a healthier life. Donini is originally from Portsmouth, Ohio and has experience in working with limited healthcare access populations through the National Health Service Corporation.





ADENA **ASHTON FIELDS, DO**

Specialty(ies): Family Medicine
Clinic(s): Adena Family Medicine of Chillicothe
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Phone: (740) 779-4060
Websites(s): adena.org/afmc

Additional Information

Medical School

University of Pikeville - KYCOM

Residency

Adena Health System, Family Medicine

Clinical Interests

Osteopathic Manipulative Medicine,
Pediatrics, Women's Health.



Adena Health System

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CHRISTOPHER J. SKOCIK, DO

Specialty(ies): Family Medicine, Primary Care
Clinic(s): Adena Family Medicine of Chillicothe
Location(s): Chillicothe
Phone: (740) 779-4060
Fax: (740) 779-4069
Websites(s): adena.org/afmc

Additional Information

Medical School

Ohio University College of Osteopathic Medicine, Athens, Ohio

Residency

Youngstown Osteopathic Hospital, Youngstown, Ohio

Internship

Youngstown Osteopathic Hospital, Youngstown, Ohio

Clinical Interests

Family Medicine, Pediatrics

About

For the past 20 years, Dr. Christopher Skocik, DO, has been a primary care physician with Adena Family Medicine, A Department of Adena Regional Medical Center, of Chillicothe, Ohio. Originally from Niles, Ohio, Dr. Skocik was inspired to become a family medicine doctor by watching his own family practitioner. He enjoyed visiting him, seeing what he did and thought he could do the same thing. Dr. Skocik enjoys taking care of the whole family as it makes it easier to understand a patient's health when he can see the family history and family dynamics. As a family medicine doctor, he cares for patients of all ages from birth through the senior years. Dr. Skocik has been in practice long enough that some of the children he has treated since birth are now bringing their children to him.

At Adena Family Medicine - Chillicothe, Dr. Skocik sees the complete gamut of illness from regular infections and colds in children and adults to chronic diseases such as diabetes, high blood pressure and high cholesterol. Dr. Skocik thoroughly enjoys treating patients with diabetes as there are so many treatment options available. Dr. Skocik uses a whole-person approach to consider both the physical, mental and emotional needs of patients.



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Dr. Skocik particularly enjoys working with athletes and providing sports medicine. From his enjoyment of skiing and sporting events, Dr. Skocik understands the health considerations athletes need to be successful in their event.

Dr. Skocik is an avid gardener and has recently begun raising chickens.



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Physician Biographies
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ADENA **KATHLEEN M. VILLARREAL, MD**

Specialty(ies): Internal Medicine, Pediatrics, Primary Care
Clinic(s): Adena Family Medicine of Chillicothe
Location(s): Chillicothe
Phone: (740) 779-4060
Fax: (740) 779-4069
Websites(s): adena.org/afmc

Additional Information

Medical School

Medical College of Ohio, Toledo, Ohio

Residency

Medical University of Ohio at Toledo, Ohio

Internship

Medical University of Ohio at Toledo, Ohio

Clinical Interests

Pediatrics, Women's Health

About

Internal medicine and pediatrician, Kathleen Villarreal, MD, with Adena Family Medicine located in Chillicothe, Ohio, likes that the practice is able to provide healthcare for patients from birth to death. Although she is trained in internal medicine, Dr. Villarreal prefers being a kid's doctor. A good day for her is one where a child will come into her office and say "Hi, Dr. Willwill." It always puts a smile on her face since very few can pronounce her name correctly.

Dr. Villarreal became a primary care physician due to a very early memory of an ill cousin on a holiday. She vividly remembers the doctor meeting her aunt to take care of the ill cousin. That contact left an impression on her and she strives to be that kind of family doctor. In her practice, Dr. Villarreal enjoys working with people on a day to day basis, knowing that she can help them live a happier, healthier life.

Dr. Villarreal has four sons that have her busily running from sporting event to sporting event throughout her central Ohio community. She has firsthand knowledge of how important it is for children to receive quality care and the importance of fostering healthy lifestyles from an early age. As a family medicine physician, Dr. Villarreal is active in prevention and early detection of health issues that face children and adolescents today. These issues include behavioral difficulties, social stresses, and depression or anxiety disorders.



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