

Transition to New Ownership

We are excited to introduce **Dr. Liqaa Essam Naser, ND**, as the new director of Seattle Advanced Thyroid Health. Beginning May 19, 2025, Dr. Liqaa will assume responsibility for managing your care. Dr. Leslie DeGasparis, ND, has made the heartfelt decision to retire. She has thoughtfully chosen Dr. Liqaa to carry forward the high-quality, personalized care that has defined this practice for over 20 years. Dr. Liqaa is committed to providing exceptional thyroid, endocrine, and hormone services tailored to your needs.

We sincerely thank Dr. Baptist for filling in during a difficult time while Dr. Leslie attended to her family's health, and we wish her all the best in her next endeavor.

Appointments & New Office Location

Telemedicine appointments will continue to be available. In-office visits can be scheduled at: **3710 168th St NE, Suite A101, Arlington, WA 98223**

How to Contact Us:

1) **For patients without a CharmHealth patient portal registered yet**, please contact us at 206-925-3525 or submit inquiries online at www.seattleadvancedthyroid.com/contact

We will respond via phone or email from <Secure Message> delivery@neocertifiedmail.com. Please add this to your safe sender's list and check your spam inbox.

2) **For patients registered with CharmHealth portal account**, please contact through the patient portal.

Medical Records

Your medical records will be securely stored for at least seven years from your last appointment. To request a copy or transfer records to another provider, please submit a written request. Instructions and the release form are available at: www.seattleadvancedthyroid.com



Fullscript Account Changes

Starting 5/1/25, please add Dr. Liqaa Essam Naser as your ordering provider on Fullscript. Patients will no longer be able to order under Seattle Advanced Thyroid Health starting 5/19/25. For more information, visit <https://support.fullscript.com/articles/switching-between-linked-patient-accounts/>

To add Dr. Liqaa to your Fullscript account:

1. **Log out** of Fullscript
2. Go to <https://us.fullscript.com/welcome/dr-liqaa> and enter your Fullscript email address.
3. Click on your name on the top right of the screen and select **"Switch account"**
4. Select **Dr. Liqaa Essam Naser**.



Out-of-Network Reimbursement Service

Visits will continue to be covered under your out-of-network benefits, and we are pleased to share some exciting news: Dr. Liqaa's patients will have free access to Reimbursify, a service that submits reimbursement claims for patients.

Thank You for Your Support

We appreciate your trust during this transition and please **view our website for further information and updates**. If you have any questions or would like to schedule an appointment, please contact our office. Thank you for being a valued part of our community. We look forward to continuing your care with Dr. Liqaa.

Seattle Advanced Thyroid Health

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www.seattleadvancedthyroid.com

March 21, 2025

To my dear Patients,

With a heavy heart, I am writing to share that I will be retiring after more than 20 years in practice, effective May 18, 2025. Caring for you has been one of my life's greatest joys and privileges, and I have had the honor of building relationships with so many wonderful patients and families. Recent months have brought significant challenges within my family that have made it clear I need to dedicate more time and energy to them while I can. Though this transition is bittersweet, I find comfort in knowing I am leaving you in the very best hands.



I am thrilled to introduce Dr. Liqaa Essam Naser, ND, who will be taking over the practice. She is a highly skilled and compassionate physician. I have been incredibly impressed by her depth of knowledge, attentiveness, and dedication to patient well-being. I know she will serve you with the same passion and expertise I have always strived to provide.

Although I am stepping away from practice, my heart remains with each of you. I wish you all continued health, happiness, and well-being in the years ahead.

With gratitude and warmest wishes,
Dr. Leslie DeGasparis, ND

A Message from Dr. Liqaa Essam Naser, ND, CABP, MBChB



Dear Patients of Seattle Advanced Thyroid Health,

I am deeply honored to have been chosen by Dr. DeGasparis to continue her legacy of exceptional, personalized care. The trust she has placed in me is something I take very seriously, and I am committed to maintaining the high standards of care you have come to expect. With over 20 years of experience as both a Medical Doctor and Naturopathic Doctor, I bring a comprehensive perspective that bridges conventional medicine with natural approaches. My expertise in hormones, thyroid function, and metabolic health stems not only from my professional training but also from my personal health journey.

My Personal Journey: My path to integrative medicine began with my own struggles with hormonal imbalances, hypothyroidism, and PCOS. When conventional treatments only masked my symptoms, I used my medical training to investigate deeper, addressing the root causes through nutrition, stress management, and gut health optimization. This transformative experience shaped my philosophy that true healing comes from treating the whole person rather than isolated symptoms—an approach I bring to each patient interaction.

Comprehensive Care: I specialize in **thyroid care**, particularly for hypothyroidism and Hashimoto's disease, using advanced testing to identify underlying factors such as autoimmunity and gut inflammation. My approach combines **bioidentical hormone replacement therapy** with **thyroid optimization** techniques that go beyond standard protocols. I also offer testosterone replacement therapy, medical weight management, peptide therapy, and IV nutrient therapy, along with aesthetic treatments including **PRP therapy** and **Botox**—all personalized to your unique biochemistry and health goals.

I look forward to meeting each of you and continuing the journey toward optimal health that you began with Dr. DeGasparis. My commitment is to listen attentively, develop individualized treatment plans, and provide the education and support you need to achieve your health goals.

I welcome the opportunity to provide continuity in your care and build a relationship based on trust, respect, and collaborative healing.

Warmly,
Dr. Liqaa Essam Naser, ND, CABP, MBChB

Learn more about Dr. Liqaa on our website:

