



OUR PHYSICIANS



FAMILY PHYSICIAN JAMIE LOEHR, MD, FAAFP

Jamie Loehr, MD, FAAFP has practiced as a family physician in Rochester and Ithaca, NY, for the past 28 years. He graduated from Cornell University and then Baylor College of Medicine and did his residency training in Rochester NY. Dr. Loehr founded Cayuga Family Medicine in 2000 and provides outpatient care to patients of all ages, from birth to death.

Dr. Loehr became especially interested in vaccines while discussing the topic with vaccine hesitant families in Ithaca. After writing a book about vaccines (The Vaccine Answer Book - 200 Essential Answers to Help You Make the Right Decisions for Your Child), he did a part-time vaccine fellowship with the American Academy of Family Physicians (AAFP). He served as the AAFP liaison to the Advisory Committee on Immunization Practices (ACIP) from 2011 to 2015 and is still the AAFP representative on the ACIP influenza work group.



FAMILY PHYSICIAN ALEXANDRA KARNOW, DO

Alexandra M. Karnow, DO grew up in Rockland County, NY and after high school attended Mount Holyoke College in South Hadley, MA where she got her degree in Biology with a minor in Chemistry. During college she had the opportunity to do a summer internship in the Neurobiology and Behavior department at Cornell University and that is when she fell in love with Ithaca. She received her medical degree from New York College of Osteopathic Medicine in Old Westbury, NY in May 2013. She then completed her family medicine residency and UHS Wilson Medical Center in Johnson. Dr. Karnow joined Cayuga Family Medicine in September 2016. She and her family are enjoying living in such a beautiful part of the country.



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FAMILY PHYSICIAN MARY HOWSON, MD

Mary Howson, MD has practiced as a primary care physician in the Ithaca area for the over 20 years. She graduated from University of Ottawa medical school and graduate program in family medicine. Dr. Howson provides care for a multitude of patients—young and old.



FAMILY PHYSICIAN SALLY WINEHOLT, MD

Dr. Sally Wineholt is a family physician who works with patients to improve and maintain health as well as address acute concerns. Sally believes in working with patients to find healthcare choices that fit with their lifestyle. She is especially interested in women's health, pediatrics and mental health. Sally trained at Univeristy at Buffalo for medical school and completed her Family Medicine residency at UHS Wilson Hospital. Outside of medicine, Sally enjoys sailing, kayaking, sewing, baking and exploring new places with her family.