

Testimonials



○ Winner for “Best Family Doctor” in the 2014 Ventura County Star Readers’ Choice Awards.

○ “I’m so lucky to have Dr. Hughes as my baby’s doctor! She is very knowledgeable, a good listener and she knows how to comfort you and your child in every situation. She is a mom and she has been there, so she really understands what all the new moms are going through. Before I ask her anything, she already had answered! She treats my baby like it is her baby. I have recommended her to everyone I know and everybody loves her too! I am so thankful to have you, Dr. Jenny!”

- *Dini Leopoldo*

○ “Dr. Hughes is a wonderful pediatrician. We cannot say enough good things about her. She takes the time to listen and assists us to make informed decisions about our children’s care. She has gone above and beyond to help us and we are very grateful for all that she has done for our family. She represents what all doctors should be: a subject matter expert who cares for her patients as individuals.”

- *Mike and Nicole Harding*

○ “I followed Dr. Hughes to Primary Medical because I felt so confident in her abilities and was also very grateful for her attentive, caring, and open-minded approach. She’s proven to be hugely capable and has really valued my concerns as a mother to understand the care my son is getting.”

- *S.W.*

○ “We are thrilled to have found Dr. Hughes. She is exceptionally qualified. Her medical knowledge, patience and rapport with our children sets her apart from other pediatricians we’ve experienced.”

- *Han Tekisalp*



PRIMARY MEDICAL

Primary Medical welcomes new patients at all office locations and takes most insurance plans, including Covered California Plans with Blue Shield and Anthem Blue Cross, along with HMOs, PPOs and Medicare.

Specializing in Family Practice, Internal Medicine, Endocrinology and Pediatrics, Primary Medical’s physicians, nurse practitioners and physician’s assistant are available to help patients from throughout Western Ventura County at five offices in Ventura and Oxnard.

- 10885 Telegraph Road, Ventura
Phone: 805-647-7704, Fax: 805-647-7084
- 3555 Loma Vista Road, #110, Ventura
Phone: 805-653-0303, Fax: 805-653-5761
- 2953 Telegraph Road, Ventura
Phone: 805-652-5252, Fax: 805-652-0097
- 2772 Johnson Drive, Suite 200, Ventura
Phone: 805-642-1430, Fax: 805-641-1436
- 1751 Lombard Street, Suite A, Oxnard
Phone: 805-981-9111, Fax: 805-981-8333

www.primarymedical.net

PRIMARY MEDICAL

Introducing
Dr. Jennifer Hughes, Pediatrician



“Come meet with us to discuss your child’s care. Selecting the right pediatrician is one of the most responsible choices you can make for your baby’s future.”

Dr. Hughes practices at
2953 Telegraph Road in Ventura
and welcomes new patients.

Call 805-652-5252
to make an appointment.

Dr. Jennifer Hughes, DO

Jennifer Hughes, DO, is a board-certified Pediatrician with a focus on holistic wellness. She believes strongly in educating families about infant nutrition and breastfeeding. She is a certified breastfeeding specialist and continues her studies to become an International Board Certified Lactation Consultant.



Dr. Hughes earned her medical degree at Western University of Health Sciences in Pomona, Calif. She completed her residency training in pediatrics at St. Joseph's Medical Center in Phoenix, Ariz. and also at the University of California, San Francisco, Fresno.

Dr. Hughes is certified by the American Board of Pediatrics. She enjoys spending time outdoors with her husband, daughter and French bulldog, and is proud to be able to raise her family in such a great community as Ventura County.

Dr. Hughes practices at 2953 Telegraph Road in Ventura and welcomes new patients.

Call **805-652-5252** to make an appointment.



From Birth to Adolescence

Newborns

Whether this is your first baby or your seventh, new life is a roller coaster of excitement, hormones and change. Social pressures for “how you should raise your infant” can feel overbearing and confusing. Your pediatrician must be a trusted extension of your family: an expert you feel comfortable with, someone you trust and who respects you. It makes a big difference during the magic of those first months.

Toddlers

The toddler years are full of bumps, giggles and boo-boos. This is an important time to stay current with well-baby visits to monitor growth as well as physical and emotional development. Developmental screening and early preventative care and education on issues like nutrition, growth, potty training, constipation, temper tantrums, tummy aches, peer interaction, sleeping issues and picky eating habits should be addressed early and safely.

School-Aged Kids: 5-10

At this age, family life is always busy and well-child visits often get missed. It's vital to keep up with these visits – after I've been updated on your child's new favorite sport/movie/toy – as there could be some new skin rashes, vague headaches, or unusual behaviors that we uncover. Perhaps it's a need for glasses triggering headaches, or a food allergy - or school pressure. These years are filled with new expectations and kids don't always have the emotional intelligence to articulate their problems. Having an extra and impartial “eye” that your child trusts can make sure we aren't missing a preventable problem.

Adolescents: 11 +

The tween and teen years can be challenging at times for parents and children. Children experience rapid physical and emotional changes, and this is a crucial time to guide them to make smart, responsible and healthy choices. During visits we discuss topics like pimples, puberty and emotional changes; nutrition and exercise; and positive coping skills. I focus on establishing a rapport, respecting growing independence and encouraging responsibility.

Why Choose Dr. Hughes and Primary Medical?

- Dr. Hughes is a board-certified pediatrician and mother.
- Dr. Hughes offers expertise in breastfeeding and nutrition.
- Sick patients are accommodated for same-day visits and Saturday visits with 24/7 on-call support.
- Visits are low pressure and unhurried.
- Primary Medical offers friendly family practice doctors and nurse practitioners to provide seamless care for the entire family.



“As a mom and a doctor, it's only in a low-pressure environment that we can actively discuss treatment options and address concerns. Primary Medical and I provide that environment. Every child and family deserves customized care, which is why I encourage regular routine well visits to monitor and educate the family and maintain positive interactions with the patient and family.”

“Your pediatrician should be a trusted extension of your family and an expert you feel comfortable with, someone you trust and who respects you. The Primary Medical pediatric team is always here for you.”

– Dr. Jennifer Hughes

