

Douwe Rienstra, MD

CURRICULUM VITAE

Education

- B.A.Chemistry 1965, Duke University, Durham, N.C
- M.D., 1969, Duke Medical School, Durham, N.C.
- Rotating Internship, 1969-1970, Kaiser Permanente Foundation Hospital, Oakland, CA
- Pediatric Residency, 1970-1971, Kaiser Foundation Hospital, San Francisco, CA

License

- Washington WA00012287

Faculty Appointment

- Clinical Instructor, Department of Preventive Medicine, Medical College of Wisconsin 1979-1982

Professional Experience

- Burien General Hospital Emergency Department - 1972 to 1973
- General practice locum tenens in Pacific Grove, CA spring 1975
- General practice locum tenens in Watsonville, CA spring through fall 1975
- Medical Advisor, Maharishi European Research University in Avoriaz, France in 1976
- General practice physician with the TM organization in Vittel and Biarritz, France, 1976
- Staff Physician at Sacred Heart Rehabilitation Hospital in Milwaukee WI in 1977
- General practice Elm Grove, WI January 1977 through April 1978
- Staff Physician at the Alcoholism Treatment Program in Brookfield WI from 1977-1982
- General practice Brookfield, WI April 1978 through June 1982
- General practice locum tenens in Red Bluff, CA February 1983 through May 1983
- Locum tenens Red Bluff and Ilwaco, WA summer 1983
- General practice Port Townsend, WA fall 1983 to present
- Locum tenens Wrangell, AK summer 1984
- ER work in Ilwaco, WA and with Northwest Emergency Physicians in Port Angeles and Arlington, WA, 1984 through 1986
- Emergency Room Physician in Burien, Forks, Port Angeles and Arlington, WA between 1972 and 1985
- General Practice: Port Townsend, WA, 1983 to present
- Medical Advisor, Gray Wolf Ranch, Port Townsend, WA 2006 to present

Hospital Affiliations

- Jefferson General Hospital, Port Townsend, WA 1984 through present
- Elmbrook Memorial Hospital, Brookfield, WI 1977 through 1982

- St Joseph's Hospital, Milwaukee, WI 1977 through 1982
- St. Elizabeth Community Hospital, Red Bluff, CA 1983 (locum)

Appointments

- Secretary, Jefferson County Medical Society 2007 to 2012, President 2012 to present
- Chairman Department of Family Practice, Elmbrook Memorial Hospital, Brookfield, 1979-1982
- Member, Alcoholism and Drug Abuse Advisory Board, 1985-1990
- Hospice Physician, Jefferson General Hospital, 1984-1989

Professional Societies

- Washington State Medical Association
- American Society for Nutrition
- Jefferson County Medical Society

Awards

- James B. Rast Award for Excellence in Comparative Anatomy, Duke University, 1964

Publications

- “One Doctor’s Prescription for a Healthy Relationship with the Environment” Port Townsend and Jefferson County Leader April 20, 2016 page C-2
- “Make Music with Your Health” Senior Guidebook Winter 2016 page 20
- “Ten Treatments for Common Ailments” Olympic Business Journal 2007 March page 20.
- “Health Courts Appeal” (letter) Duke Alumni Magazine 2007 January page 7.
- “Medicine for People!” Newsletter for patients published irregularly from 1985 and monthly since May 2003, archived at www.RienstraClinic.com
- “Retirement Lifestyles: Health and Aging Living” Olympic Business Journal 2005 June page 7.
- “Why you shouldn’t buy drugs from Canada (or what the US drug companies are doing right)” Olympic Business Journal 2005 January page 16
- “Osteoporosis” Fifty Something 1990 October page 18.
- “Cholesterol: A doctor explains the numbers” Medical Abstracts Newsletter 1989 May page 1.
- “At Last a Cure for the Common Cold?” Port Townsend Leader 1984 December 25.
- “Res ipsa loquitur” (letter) Western Journal of Medicine 1984 July. Washington State Medical Association insert page 8.
- “Curanderismo” (letter) Western Journal of Medicine 1984 March; 140(3):457.
- “Heal Thyself” Northwest Passage 1973 July 30 page 9.

Presentations and Lectures

- “Nutritional Physiology of Parkinson’s Disease” presentation to the Parkinson’s Support Group at Jefferson Healthcare, Port Townsend, WA March 22, 2007.
- “Malpractice Insurance Issues” presentation at the annual meeting of the Association of American Physicians and Surgeons in Portland, OR, on October 15, 2004.
- “Doctor Talk” ten one-half to one-hour video programs on various health issues aired on PTTV in Jefferson County, BKAT in Bremerton, and BIB on Bainbridge Island produced between 2000 and 2002.
- “Fibromyalgia: Current concepts” presentation given as part of the Wellness Program at Jefferson General Hospital February 17, 2000.

- “Underused methods of diagnosis and treatment” presentation at the Journal Club at Jefferson General Hospital on January 4, 2000.
- "Fast-Track Treatment of Suspected Strep Throat" presentation at the Journal Club at Jefferson General Hospital on March 4, 1999.
- “How Integrative Medicine can Lower Costs” presentation to Kiwanis Club, Sequim, WA, and to Lions Club, Silverdale, WA April 23, 1998
- “Steroid pathways and natural hormone replacement in the menopause” presentation at the Journal Club at Jefferson General Hospital on January 6, 1998.
- “Free Radicals in Health and Disease” sponsored by Skookum Corporation, Port Townsend, WA May 27, 1994
- “Body and Soul: Health in the Eighties” weekly lecture series given through Peninsula Community College from January 4 through March 19, 1985.
- “Nutrition and Aging” sponsored by the Senior Information and Assistance Program on March 22, 1984.