

EDUCATION

Oklahoma State University, B.S. in 1975

University of Oklahoma Health Science Center, Oklahoma City, Oklahoma M.D. Degree, June 19, 1980

Internal Medicine Residency; Oklahoma University Tulsa Medical College, 1985-1987

MEDICAL CAREER

Dr. Williams is a Stillwater native and his strong ties to the community of Stillwater led him to open his practice in his hometown in 1987 through today. He is the owner of Associates of Medicine.

His commitment to his community has also motivated him to serve at the Stillwater Medical Center as the Chief of Medicine (1997), Past Chair of Infectious Disease, Past Chair of Utilization Control Facilities Committee and he is currently an active staff member.

His passion and focus on delivery of exceptional patient care is demonstrated by completed extensive medical research involving Hypertension, Diabetes, Insomnia, Osteoporosis, Gastrointestinal Disorders, Cardiac Dysrhythmia, and Migraine Headaches.

AWARDS & ACHIEVEMENTS

Diplomate American Academy of Pain Management

American Medical Association

Oklahoma State Medical Association

Deans Award for Internal Medicine Research, University of Oklahoma 1986

1 COMPREHENSIVE PHYSICAL
1 CUSTOMIZED WELLNESS PLAN
365 DAYS OF HEALTH

YEARLY COMPREHENSIVE PHYSICAL

The cornerstone of care is the comprehensive yearly physical. Your exam will take approximately ninety minutes and will include comprehensive lab work and screenings.

After the physical, we will meet and discuss the results of your examination and tests, identify areas on which we need to focus, and craft an annual wellness plan customized just for you. We will work together throughout the year to ensure that you are implementing your plan. If you are not realizing the results you desire, we will adjust your plan.

While we will bill your insurance for the physical, you will not be required to pay any additional out-of-pocket fees above your standard co-payment and deductible. Lab tests and x-rays may be charged separately.

To get started, please choose one of the following:

1. Visit our office at the address listed below
2. Call (405) 377-8000
3. Visit us online: www.signatureMD.com/williams

John D. Williams, MD

608 South Hester Street
Stillwater OK, 74074

(405) 377-8000

www.signatureMD.com/williams



signature **MD**

Live Healthier | Live Longer | Live Better™



John D. Williams, MD

www.signatureMD.com/williams

The national healthcare debate has created widespread awareness of the US Healthcare Crisis. Primary care medicine is no longer based on the one-on-one relationship between physician and patient, but has deteriorated into an impersonal system in which patients are seen by anonymous medical providers in seven-minute visits at large clinics. In this new healthcare setting, your provider is most likely not a doctor, doesn't know your history, doesn't know you, and never will.

By limiting his panel of patients to 600, Dr. Williams will be able to partner with you to optimize your health.

This partnership will enable increased patient-doctor interaction, patient education, preventive care, and follow up.

Dr. Williams understands that taking an active role in the health of his patients can enable him to detect early signs of serious illness; increase life expectancy, quality of health, and overall patient satisfaction; and decrease the need for prescription drugs.

- Focus on Preventive Health
- Availability 24 Hours a Day, 7 Days a Week
- Same (or) Next Day Appointments
- On Time and Longer Appointments
- A Comprehensive Physical Consultation
- Custom Tailored Wellness Plan

Patients under personalized care programs experience 65% fewer hospitalizations than like age counterparts.



IT'S ALL ABOUT YOUR HEALTH

Thoughtful patients are therefore taking a serious interest in taking charge of their own health by changing their focus from visiting the doctor only when they are ill, to working with their doctor to stay healthy.

Dr. Williams is committed to providing each and every one of his patients with the finest in preventive care, state-of-the-art diagnostics & treatments, and appointments that start on time and last as long as necessary.

Longer visits enable Dr. Williams to provide comprehensive whole-person care, rather than the more typical treatment of one issue per visit.

IS IT WORTH THE COST?

Only you can answer this question. Dr. Williams will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Williams goal is to not only add years to your life, but quality to those years.

Consider this: The cost of preventive care is approximately \$4 a day*. The lifetime cost of a stroke is approximately \$140,000.

* Approximation based on typical "Annual Membership Fee"

Did you know? 60% of early deaths are a result of behaviors and/or chronic conditions that are preventable.

Dr. Williams will work with you to identify any underlying factors in your lifestyle that may lead to a chronic condition; he will develop a customized wellness program that may reduce symptoms, improve your quality of life, and help avert diseases such as stroke, diabetes and heart disease.

Isn't it time you made the most important investment of your life, the investment in your health?