

Sheila C. Lally, DO

Contact Information:

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PROFESSIONAL EXPERIENCE

Breast/General Surgeon, Poulsbo, WA 1994-present
Peninsula Breast Center, Poulsbo, WA (co-founder) 2011-present
Survive & Thrive, Poulsbo, WA (founder & director) 2012-present
Emergency Room Physician, 1991-1996
Certified Mountaineering Instructor & Guide
National Outdoor Leadership School, 1982-1988

AREAS OF EXPERTISE

Breast cancer treatment
Health & Fitness for Cancer Survivors
Outpatient Surgery
Upper & Lower Endoscopy

PROFESSIONAL ORGANIZATIONS

American Society of Breast Surgeons
American College of Osteopathic Surgeons
Washington State Medical Society
Kitsap County Medical Society
American Osteopathic Association
Wilderness Medical Society
Society of Botanical Artists, London

MEDICAL LICENSE

Washington

BOARD CERTIFICATION American Board of Osteopathic Surgery, 1996

EDUCATION

Suburban General Hospital, Norristown, PA
General Surgery Residency, 1991-1994
Advanced Cardiac Life Support, 1989-2013
Advanced Trauma Life Support, 1990-2001
ATLS Instructors' Course, 1991-2000
Pediatric Advanced Life Support, 1994-1996
Advanced Burn Life Support, 1993

Maricopa Medical Center, Phoenix, AZ
General Surgery Residency, 1989-1991

Doctor's Hospital, Massillon, OH
Rotating Medical Internship, 1988-1989

Ohio University College of Osteopathic Medicine, Athens, OH
Doctorate of Osteopathy, 1984-1988

Sheila C. Lally, DO

University of California, Santa Cruz, CA

Major: Biology & Environmental Studies (BS/BS), 1978-1984

Minor: French Language

University of Colorado, Boulder, CO,

Arctic and Alpine Research Institute -- Biology, 1981

Cabrillo State College, Santa Cruz, CA

Emergency Medical Technician, 1982

Cleveland State University, Cleveland, OH

Major: French Language, 1977

National Outdoor Leadership School, Lander, WY

Spring Semester in the Rocky Mountains, 1979

Summer Instructors' Course, 1982

Winter Instructors' Course, 1984

Teton Science School -- Avalanche Training, 1984

Mt. Rainier climb, WA 1994

Mt. McKinley Mountaineering Expedition, AK 1994

Society of Botanical Artists, London

Diploma in botanical painting, 2014

HONORS

Dean's List, Cleveland State University, 1977

Top Female Graduate, NOLS Instructor Training Course, 1982

PUBLICATIONS

Pocket Guide to Medical Therapy for House staff

Mountaineering Instructors' Manual

INTERESTS

Botanical Painting (oil & watercolor), High Altitude Mountaineering, Sailing, Bicycle Touring, Alpine/Nordic Skiing, Travel, Gardening, Cooking.