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Eve Paretsky, MD

Family Medicine

Growing up, I lived in Kansas, California, and Wisconsin. After going to college in New York state, I lived in New Mexico for a few years and then went to medical school in Chicago. When I came to Seattle for residency I felt like I had finally found a place to put down roots. For me, medicine is a way to have a positive impact in people's lives. I appreciate the opportunity to get to know each patient, learn about their family and background, and help them become healthier.



About My Practice: I came to Kaiser Permanente because I believe that the integrated care model is the safest and most effective way to provide health care. Here, primary care providers work closely with specialists to give patients the care they need. I also appreciate the extraordinary team I get to work with—wonderful clinicians, nurses, medical assistants, and technicians who truly care about their patients. My goal is to help my patients live healthier lives. I do this by getting to know my patients as people and building relationships with them that extend for years and years. For me, the best part of family medicine is working with the whole family and watching parents and children grow and change. I also love that we are able to do so much right here in our clinic, from prenatal care to minor procedures. In addition to the satisfaction I get from seeing my own patients, I enjoy working with our residents as they grow into their role as clinicians.

How I Thrive: My husband and I have two boys who keep us on our toes every day. I love travel, food, reading, and most importantly, spending time with my family. Healthy eating is very important to me—my favorite event of the week is heading to the farmers market to stock up on fruits and vegetables (well, maybe not parsnips). Every moment I can be with friends and family leaves me feeling energized and optimistic.

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